

should lie in the dressing for an hour or two.

Many housekeepers prefer to have the salad mixed at table, and people who understand how to mix a salad are always proud and pleased to display their accomplishments. If we were to watch the experts we should find that, supposing they had to mix a bowl full of salad, they would proceed as follows:—

First they would put into the spoon a saltspoonful of salt, a saltspoonful of mustard, and half a saltspoonful of pepper, mixing these ingredients thoroughly and moistening the paste with one tablespoonful of vinegar. They would then toss the salad well in the sauce; when it was well mixed, they would add three tablespoonfuls of best Lucca oil, and toss the salad again, and they would most likely continue this process until you felt inclined to say, "Well, there is no doubt about that salad being thoroughly mixed." And, indeed, there must be no doubt about the matter; for I daresay you remember the old proverb says, when speaking of a salad, that a counsellor should put in the salt, pepper, and mustard, a miser the vinegar, a spendthrift the oil; while a madman should toss the whole.

Our accomplished friends would have made in this way a plain salad dressing. This dressing is good with all salads, and cold dressed vegetables of all kinds can be tossed up in it. Cold potatoes cut into slices, cold beans, peas, cauliflowers, haricot beans, &c., &c., or a mixture of these, are excellent with it, and if placed prettily on a dish and garnished prettily, they will supply delicious, wholesome, and tempting food.

Fish salads and meat salads—that is, salads mixed with lobster, crab, salmon, chicken, or any other kind of dressed meat or fish are best served with Mayonnaise sauce. This sauce is very easily made if once you know how to do it, and those only who will not follow the directions given exactly, fail in making it. This is the way to do it:—

Be sure that everything you use is cold, and make the sauce in a cool place. Unless this is done the sauce will not thicken properly. Take a round-bottomed bowl, and put in it the yolk of an egg. Beat it with a fork, and remember that the sauce must be beaten one way. If it is beaten first one way and then another, it will be likely to curdle. Add oil—the best salad oil only must be taken—a drop at the time, and, beat the sauce lightly between every addition until the oil and egg together make a paste as thick as paste. You need not be afraid of putting in too much oil, for one egg will take a pint of oil; and if you make more sauce than is needed, you can put it into a bottle, and it will keep a long time. When the paste is smooth and workable, you can add more than one drop of oil at once; but do not put in too much, and remember that one portion must be mixed thoroughly before another is added. When the sauce is quite thick, and you have used half the oil you mean to use, drop a little vinegar in. You will find that the sauce at once acquires a creamy appearance. Now drop in oil again, and then vinegar once more, until you have made as much as is wanted, and the sauce looks like very thick custard, and is sufficiently acid for your taste. It must be thick, however, for Mayonnaise sauce is intended to coat the preparation with which it is served, not to flow round it. A little salt and white pepper may now be added, and the sauce is ready.

The appearance of a salad depends largely upon the garnishing. Here individual taste comes in, and you will generally find that the girl who can trim a bonnet can garnish a salad. Of course the colours must be contrasted prettily, and any ornamentation that can be obtained must be used and arranged effectively. Hard-boiled eggs, sliced tomatoes,

sliced beetroot, chopped parsley, cray fish, prawns, lobster claws, and nasturtium flowers are all used in garnishing, and lobster coral, or the hard boiled yolk of an egg rubbed through a wire sieve, is a decided improvement.

I will now mention two or three salads not met with every day:—New potatoes cut in slices, tossed in salad dressing, and ornamented with eggs. Celery mixed with cold chicken or rabbit, and Mayonnaise sauce; garnish with beetroot and hard-boiled eggs, and sprinkle chopped parsley over all. Tomatoes cut into slices with haricot or other beans or green peas in the middle; garnish with lettuce, and mix them with Mayonnaise or dressing. Cold dressed roots, such as carrots and beetroot, mixed with cold beef or ham. Mix with dressing; garnish with minced gherkins or chopped capers. Equal quantities of watercress and young dandelion leaves; flavour with onion, and mix with dressing. Cold cabbage chopped small and cold potatoes; pickles, and beetroot are sometimes added to this salad; mix with salad dressing. Corn salad with beetroot and salad dressing. Many more might be mentioned did space permit.

I know there are people who persist in putting sugar, milk, and vinegar with salad. I have no directions to give to them, for I regard them as not being educated up to salads. I can only say that I congratulate them on possessing such excellent appetites, and I sincerely hope that they will always be able to gratify their simple tastes.

PHILLIS BROWNE.

HOW TO SELECT AND MANAGE SINGING BIRDS.



works on the subject are generally more accurate and exhaustive than English ones.

The few suggestions I have to offer are mainly such as I think would hardly commend themselves to the attention of one perusing a manual, unless already possessing some previous practical knowledge of the subject.

First, I would ask my reader, Do you wish to keep only one bird or many? If the former, choose one of the following birds, which are all better songsters when kept alone: canaries, chaffinches, rose-linnets, larks: (these latter have to be hung out of doors, and therefore are not company); goldfinches I purposely omitted, as, while most graceful, engaging little creatures, their thin, harsh twitter can hardly be called a song. Nightingales and warblers in general require too much attention; it is cruel to attempt to keep them unless one well understands their treatment, and resides where all the various things can be procured which they absolutely need.

If a single bird is kept other than the inevitable canary, I should in preference advise either a chaffinch or a skylark. Blackbirds, thrushes, and all talking birds are apt to be troublesome, and are uncleanly in their habits.

If more birds than one are to be kept, choose from the following list, where they stand in the order they should be added:—Canaries, rose-linnets, goldfinches, chaffinches, bullfinches, green-linnets, red-poles and siskins.

As a nice selection for a medium-size cage, I advise one or a pair of canaries, one rose-linnet or goldfinch, and one chaffinch, all, of course, male birds.

Bullfinches are often tyrannical and vindictive in their temper to their fellow prisoners. If they can pipe, they are valuable, and must be kept apart; if they can't, they are of no use, having nothing but their plumage and docility to recommend them.

Greenfinches, if kept in small cages, are apt to be quarrelsome; moreover, they have but little song.

I will now give a list of birds not to be added to the aviary: Tits of all kinds. The large species are cannibals, killing and often eating other birds; the smaller are hard to keep alive, and don't sing. Yellow-hammers are ungainly and clumsy in their movements, treading down, and hurting their companions; snow-buntings (so largely sold in London) have the peculiarly objectionable habit of flying about at random in the dark, when all the other birds are roosting; hurting themselves, and often killing others; robins will not thrive much better than nightingales, and are perpetual disturbers of the peace. In their wild state all birds shun them, the blackbird excepted, who seems to seek their company. It is curious to note that these two birds have the same gait, as also the chaffinch and magpie resemble in that respect. A few remarks on diet will perhaps not be out of place, the subject being one of the greatest importance for the welfare of birds.

Never buy mixed seeds; the mixtures sold always contain too much hemp and flax seed. Any manual will tell the deleterious effects of these seeds upon birds, though they for a while thrive, and sing more lustily than is natural when fed on this diet. Mix canary, rape, and millet seed in equal parts (the rape slightly predominating) as the regular diet; give a little hemp once a week, or, better, entice the bird out of the cage, with this seed. You can after a while give them a very little daily in your hand.

In cold weather more hemp may be given than in warm, and in very cold weather give a little fat (of roast meat) in small quantities. Chaffinches like butter; a very small quantity is good for them occasionally, as it in a measure replaces their natural insect diet.

The best and most inexpensive aviary is made by having a box made the size of any window available for the purpose, fitted outside the front, having a glazed casement opening outwards; the birds will then be confined, as it were, between two windows, an outer and an inner one. This construction should be lined with galvanised iron wire, so that either window can be opened without allowing the birds to escape.

The sand and other refuse of the cage can then be ejected outwards, and the birds cannot scatter husks and seeds over the carpet.

In such a habitation birds will rarely be ailing, and all they require is plenty of water, regular feeding, and an unlimited supply of fresh air, the outer casement always being left open, except at night, and during cold or rainy weather.

As a final recommendation, let me entreat all who keep little prisoners for their amusement to tend them themselves. If this seem a task, it is clear that they do not feel the interest in their welfare which alone justifies keeping birds at all. Birds left to the tender mercies of servants never live long, and the little attention they need serves to endear the little captives to their possessors.