

CHRISTMAS FARE FOR RICH AND POOR.

A Turkish Fig-Pudding.—One pound of best figs finely chopped, one pound of bread-crumbs, half a pound of suet, finely shred, quarter of a pound of moist sugar, two ounces of candied peel, one ounce of ground almonds, half a nutmeg grated, three eggs well beaten, and a wineglassful of sherry. Boil—or steam—for two hours and a half, and serve with wine sauce.



Now let us look at some Christmas cakes. Still remembering the poor and needy, here is a cake that cuts up splendidly for school-parties, and one that is a capital stand-by for the home table also.

School-Treat Cake.—To each pound of flour add half a pound of mixed fruit, currants, raisins, and sultanas, two ounces of shred candied peel, a quarter of a pound of brown sugar, six ounces of butter or good beef-dripping, half a teaspoonful of spice, one teaspoonful and a half of baking-powder, half a teaspoonful of salt, and cold milk to mix to the consistency of soft dough; no eggs.

Beat together the sugar and the butter, mix first all the dry ingredients, then work in the butter and make up with the milk. Make up into rather large cakes, and let them be nearly a week old before using. Above all bake gently, but in a good hot oven, and test them with a skewer to make sure they are done through.



The two following recipes are for cakes that are somewhat uncommon, but essentially appropriate for Yule-tide. The first pre-supposes the possession of a bottle of elderberry wine, which most country households are sure to have in stock.

A Seasonable Cake.—The excellence of this will depend upon the care exercised in its mixing and baking. Beat to a cream six ounces of fresh butter and the same weight of moist sugar (brown). Add to these three well-beaten eggs and a tumblerful (half pint) of elderberry wine, beat together, then stir in gradually twelve ounces of flour, to which has been added half a pound of rich raisins, stoned and cut small, a quarter of a pound of candied orange peel, and a large teaspoonful of powdered allspice. It is important that the dry ingredients should have been well-mixed together. Stir lightly, then pour into a shallow tin well-buttered, and bake in a moderate oven for quite an hour. It should be a rich-brown colour, and if carefully made is little inferior to wedding-cake.



Almond Simnel Cake.—Make two separate mixtures, one of cake and one of almond icing. For the former beat together six ounces each of butter and sugar, then add four eggs (beaten), two ounces of rice-flour, six ounces of dry flour, and two ounces of mixed candied peel cut very fine. Mix well, then pour half the quantity into a round buttered cake tin, put in half an inch layer of almond icing, then the remainder of the cake mixture. Bake in a moderate oven for forty minutes, test it to see if it is cooked through, and then spread

the top with another layer of almond icing, and when that is set, cover the cake all over with sugar icing. Keep two days before cutting.

For the almond icing pound together six ounces of blanched sweet and one ounce of bitter almonds, two ounces of castor sugar and the whites of two eggs.



We all admire *Cherry Cake*, but we cannot all make it for ourselves; the following is a reliable recipe. Half a pound of butter beaten to a cream, half a pound of castor sugar, the yolks of five eggs, quarter of a pound of ground rice, half a pound of flour, two ounces of candied peel cut in shreds, half a pound of candied cherries and the whites of the eggs whisked stiff. Mix the ingredients in the order given above. Bake gently and ice the top, decorating according to fancy.

When the boys and girls are home from school it becomes necessary to have some cake always at hand, but it need not to be a rich or costly one. A plum cake made with yeast is so wholesome and good that it invariably finds itself a warm welcome in the play-room; it is at its best when a fortnight old, and should, therefore, be made in good time.



Yeast Plum Cake.—To four pounds of flour, one pound of butter and dripping mixed together (rubbed into the flour), one pound of brown sugar, one pound of stoned raisins, one pound of dried currants, quarter of a pound of candied peel, two ounces of treacle, large teaspoonful of mixed spice, same of ground ginger, three ounces of yeast, two eggs, and a pint and a quarter of milk.

Rub together flour, butter, a teaspoonful of salt, the spice, sugar and fruit. Make a well in the centre, into which pour the dissolved yeast, the eggs, and a teacupful of milk; with these make a "sponge," and when that has risen work up the cake, using the remainder of the milk. It should be a little softer than bread dough. Let it rise for two or three hours, then make into cakes and bake in a moderately quick oven. Should yield ten pounds of cake.



But a truce to cakes and sweet things; let us consider something savoury. Here is a *Game Pie* that is made without game; and a very useful and excellent dish it is.

First of all a forcemeat must be prepared from half a pound of calf's liver and the same quantity of fat bacon; both cooked until thoroughly tender in a covered vessel, then pounded to a paste in a mortar. When thoroughly reduced add a good teaspoonful of mixed savoury herbs, half a teaspoonful of black pepper, mustard and mace and salt, also a few bread-crumbs, mix quite smoothly with two yolks of eggs. Make some good raised-pie crust, and shape or line a tin mould, place a few strips of fat bacon at the bottom, then a layer of this forcemeat, fill up with boned joints of fowls, rabbits, or anything available at the time.

Fill up all the spaces with forcemeat, lay

a little more bacon at the top, then put on the top crust, garnish and bake. When the pie is nearly done it should be taken out of the tin, brushed all over with beaten egg and put back to become richly browned. This may be eaten hot, but it is better cold; a little strong gravy added after it has finished baking is an improvement.



Another excellent savoury dish for a large family (or a substantial dish for the poor man's supper party, we have borne in mind all along) is *Beef à la Mode*.—For this the ribs rolled round, or a piece off the "round" of beef is the most suitable part. If the latter, lard it with long strips of salted pork by the aid of a larding-needle. At the bottom of an earthen stew-pan lay a slice or two of fat bacon, then several small onions left whole, two carrots cut in rounds, a few pepper-corns and a bunch of savoury herbs. Lay the meat upon this and place more vegetables and bacon above and around that, pour a teacupful of water over and half a teacupful of vinegar. Cover closely, set in the corner of the oven and cook gently for three or four hours. When intended for eating cold it should be left untouched in the vessel until almost cold, then lifted out, the gravy drawn away from the fat and clarified, adding a little dissolved gelatine to it and the meat glazed with it at intervals. The rounds of carrot should be stamped out into patterns and furnish a garnish for the dish with tufts of parsley and horse-radish.

While we have puff-paste about when making our mince-pies, we may usefully employ a portion for some

Savoury Patties.—For the filling of these the remains of cold game, poultry, or very nice meat with ham or cooked bacon, if cut very small and gently simmered in strong thick gravy and highly seasoned will prove excellent; or cold boiled fish, flaked and heated in white sauce, or picked shrimps in sauce that is flavoured with anchovy, may be used instead. A teaspoonful of the "filling" is sufficient for each patty. These are capital for breakfast, luncheon, or supper.

The mention of mince-pies reminds us that our page of Christmas fare will not be thought complete unless it include a recipe for mincemeat, although that has, doubtless, been given nearly every previous year.



Mincemeat.—Made four weeks in advance. Six pounds of russet apples, pared, cored, and finely chopped, two pounds of minced beef suet, three pounds of well-washed currants, two pounds of stoned raisins, half a pound of lemon and orange peel, nutmegs, cinnamon, and mixed spice, two teaspoonfuls of each, three teaspoonfuls of ground ginger, one teaspoonful of salt, two pounds of brown sugar, half a pint of brandy.

A frequent stirring is desirable for the first week after making this, then it may be put up in jars and tied down. It will keep good for three months at least.

The above quantities will be sufficient for a hundred moderate pies.

L. H. YATES.

The guests would arrive at half-past seven, and, having left their wraps in the hall, would be received in the drawing-room with a kindly welcome, and soon made to feel at ease by cheerful pleasant chat; in fact they would be treated exactly as if they were friends of the family come to spend a social evening. The adjoining conservatory would be lighted up by Chinese lanterns, and fairy lights, which had the effect of glowworms, would be deftly placed in the mossy borders, while the fountain in the centre of a rocky fernery threw its illuminated spray into the air, and coloured lamps lit up the leaves of tropical plants. This charming scene proved always an immense delight to those who had so little to vary the monotony of home life. "Isn't it lovely!" "It's just like heaven!" "I should like to stay here for ever," were the sort of comments we heard on all sides.

It was worth possessing a conservatory to put it to such a use, and to witness the intense pleasure derived from it. But now the gong is sounding its summons to tea in the dining-room, whither our friends repair to find abundant provision for hearty appetites. Tea and coffee, meat pies, fruit tarts, cakes and sweets are successively enjoyed, whilst pleasant chat goes on, and it is evident that our friends are all at ease, and as happy as those can be who, once in a way, are enabled to leave the drudgery of their daily life, and

taste the pleasure of real bodily and mental relaxation.

When the repast is ended we adjourn to a music-room, where an hour is spent in listening to sweet homely songs that go to the hearts of rich and poor alike, some organ and piano duets are played by the ladies, and then the guests are invited to contribute their part towards the evening's entertainment. Simple and touching are the old-fashioned ditties we sometimes hear sung by rustic voices, by no means untuneful or devoid of taste and true feeling.

A table covered with interesting objects in natural history supplies material for an informal address upon shells, birds, insects and common things of everyday life, about which much may be said which is not only listened to with attention, but which may be made instructive and practically useful. Sometimes the brief lecture is upon Palestine, illustrated by models, garments, and Eastern curios of many kinds. Time quickly passes, and as the evening draws to a close, we all unite in singing a hymn. Then after a few earnest words of counsel founded on some verses of Scripture, the guests take their departure about ten o'clock, expressing their simple thanks for the happy evening they have had. It is pleasant to be able to say that, although these parties include some of the lowliest people from the neighbouring village, yet all behave with the utmost propriety, really one might say with the

manners of gentlefolks, and the appreciation of these small kindnesses is unbounded. All of us may not be able to receive the poor exactly in this way, and some, on the other hand, may be able to entertain them far more lavishly, but we each and all can in some way lighten the often dreary lives of those who make their living by daily toil. Such parties as these cannot fail to bridge over, at least to some extent, that gulf which seems to exist between the rich and the poor, and they certainly tend to create a more kindly feeling between different classes. Whether it is a party of five hundred lowly workers from London, entertained at some country seat, or a dozen poor girls invited by a kind lady to spend an evening in her one sitting-room, and made happy by friendly sympathy and wise advice, the effect will be the same—namely, a thankful recognition of love, reaching out to the lowly, and of unselfish desire to give pleasure to those who toil on with little to cheer their daily life. "Actions speak louder than words," and the poor will begin to believe in the Christianity of others when they see their love to God taking the form of love shown towards their neighbours. May it be that some who read this simple paper may find it suggestive of possibilities in their own lives, which, if carried out, will bring a rich reward of happiness both to those who give and to those who receive such kindly tokens of sympathy!

VERAX.

CHRISTMAS FARE FOR RICH AND POOR.

HERE are two plum-puddings that cost so little as to be within the reach of all, but so good-looking and good-tasting are they, the rich man's table would be graced by them both.

A Baroness Plum-Pudding.—Take equal quantities, say, three quarters of a pound of flour, finely-chopped beef suet, and good raisins stoned and cut small, a small teacupful of golden syrup, half a teaspoonful of salt, and a small teacupful of milk. Mix all very thoroughly together, working them to a stiff dough and kneading it for several minutes. Butter a pudding basin, line it with raisins and shred lemon-peel, then put in the pudding mixture, which must not quite fill it, cover with a buttered paper, and boil this pudding, or rather steam it by standing the mould in boiling water for four hours. Turn out of the mould without allowing it to stand more than a moment or two, and serve with simple sweet sauce. This is, or should be, dark, rich, and luscious, and very easy of digestion.

A Vegetable Plum-Pudding.—Cheap but good.

Mix very thoroughly together one pound of mashed potatoes, half a pound of carrot boiled and beaten to a smooth paste, one pound of flour, one pound of currants, one pound of stoned raisins, three quarters of a pound of brown sugar, half a pound of chopped suet, a large teaspoonful of mixed spice, and half a teaspoonful of salt. No eggs and no milk.

The mixture should be prepared a fortnight before it is required, and stirred up vigorously every day.

Buttered moulds should be filled to within half an inch of the top, then tied over with cloths, plunged in boiling water, and boiled for nearly five hours. If boiled, these puddings may be kept for a long time, giving them another hour's boiling when occasion calls for their eating.

The above quantities will make a pudding large enough for sixteen persons, and will not exceed half a crown in cost.

The Rich Man's Pudding.—Will make four quart-mould puddings.

One pound and a half of bread-crumbs, half a pound of flour, two pounds of currants, one pound and a half of raisins, stoned, one pound and a half of suet, one pound of sugar, quarter of a pound of shred candied peel, nine eggs, one pint of milk, and half a pint of brandy. This pudding is not expensive but is almost perfect in flavour; it should boil for four hours also.

There are many persons who cannot be tempted to touch plum-pudding at all, however tempting it may be; for them it is well to have a contrasting one of which they can have the choice at festive times, and either of the following recipes will be found well worth trying.

Exeter Pudding.—Ten tablespoonfuls of bread-crumbs, three ditto of sago, six of suet, four of sugar, a pinch of salt, half a lemon-rind grated, and two or three well-beaten eggs, with two ounces of dissolved butter. Mix these ingredients well together, adding a little milk if needful; have ready half-a-dozen penny sponge cakes split in half and spread with raspberry jam, also a few ratafias. Butter a mould and lay a row of sponge cakes at the bottom, filling up the spaces with the biscuits, then cover with a layer of the mixture, then more cakes and biscuits, and repeat until the mould is full, keeping the mixture at the top. Cover with a buttered paper, and either bake in a gentle oven, or steam the pudding for an hour and a half.

For sauce a small pot of red-currant jelly is dissolved and the liquid poured over the pudding after it has been turned out.

Alpine Pudding.—A rather shallow, fluted, fireproof china dish should be buttered and sprinkled with brown sugar, then a mixture made from the following ingredients is poured in and baked until it is firmly set, after which it is spread with apple or apricot jelly and a *meringue* made with the whites of three eggs beaten stiff, three-pennyworth of cream also

beaten, and a teaspoonful of castor sugar, also heaped lightly over the preserve. Ingredients:—Three ounces of stale sponge-cake crumbs, half an ounce of ground almonds or desiccated cocoanut, two ounces of castor sugar, a pinch of salt, yolks of three eggs, and half a pint of boiled milk.

A very inexpensive yet pretty dish is the following, it is suitable for a poor children's party, as it will please the eye and taste, and is wholesome, while but small trouble to prepare.

Peel as many fine apples as are desired, taking the cores out with a scoop, so as not to injure the shape. Put the apples into a deep baking-dish with three glasses of cheap wine, a quarter of a pound of loaf-sugar, and the peel of a lemon. Cover the dish and let the apples cook gently, but do not allow them to break. Place them on a pretty dish, boil the syrup longer until it is thick, and let it get cold. Place between the apples tiny heaps of well-boiled rice, pour over all the syrup, and fill up the holes in the apples with bright-coloured preserve. Decorate with strips of green angelica and crystallised cherries.

Apple Snow.—Half-a-dozen large apples that will cook well; let them be pared and cored, and cooked quickly in a very little water, then when perfectly soft beat them lightly with a fork; add, when nearly cold, three tablespoonfuls of castor-sugar and the whites of three eggs whisked to a stiff froth. Whisk all well together. Line a plain mould with sponge fingers, placing them close together at the bottom, and wider apart at the top. Fill up the mould with the "snow," taking care not to disturb the biscuits. Set the mould on ice or in a freezer until it is firm, then turn the shape out on to a glass dish, and heap bright apple jelly around the base of the shape, on the top pile a few spoonfuls of thick whipped cream, and sprinkle that with pink granulated sugar.