

in a series of three close-set gathers, and then a space an inch deep, similar gatherings appearing on the cuffs and pockets; and polonaises are often bordered with loops, through which a crossway piece of silk is drawn. Bibs, yokes, and triple capes are all adapted to children's clothes.

There is a notable novelty in hats, viz., the Basque cap, copied from the well-known Spanish model, round in form, gathered into a band lying flat on the head, a button in the centre, from which cords drape to the sides. It is picturesque and becoming. Besides these, the Masaniello cap has been adapted to coronets made of both velvet and straw; and drawn bonnets with baby-caps are worn by little people.

Dressing boys is often a difficulty until they reach the dignity of coats, or at all events, jackets. Happily their fashions do not change very much. Highland and sailor costumes, with the pretty suits consisting of loose trousers, and a double-breasted jacket terminating beneath a broad band, are the usual style. For out of doors there are single and double-breasted overcoats and pea-jackets. Straw hats, with narrower brims than heretofore, are now worn by boys; they are trimmed with ribbon having a narrow interwoven border of a contrasting shade. The Rifleman is a new cloth cap without brim, fastening with a strap under the chin. The materials for boys' suits are tweeds, serges, chevots, fancy cloths, velveteen, white drill, and Galatea.

Fancy buttons are worn alike by children and grown-up people; they are made of vegetable ivory, some are in enamel, those in Japanese cloisonné and Japanese niello work being good enough for a cabinet, and are very costly, as are the Rhenish pebble buttons, charged at the rate of a pound apiece. Ordinary people are content with those which combine the mixed tints that appear on most materials, and are copied with great faithfulness.

Lace fichus and collarettes are generally worn, and the Ragusa point is the fashion of the hour. Neck-scarves are going out; nevertheless several exquisite ends of lace, to be sewn on to the silk, have been prepared, and among them some in *guipure d'art* embroidered

in Pompadour mixtures of silk. The large Charles II. collars are what are most adopted in Paris, but they are finished off with a ruff at the throat, or the bodice is cut square. Spanish lace, both white and black, is draped about the head and neck, and very becoming this is to most people. We desire of all things nowadays to be picturesque.

Plain colours are worn in stockings, with clocks more or less elaborate, and exquisite embroideries. Some in thick satin stitch on cream-colour are handsome enough for dress, and show to advantage with the low open shoe. Quite a novelty is the Vandyke clock, a pointed piece of distinct colouring introduced from the foot on either side of the leg, bordered with embroidery, such as dark blue on brown, red on cream, and so on. These look well with the Oxford shoe—a convenient kind of shoe, which appears to be so comfortable that the visitors to the Exposition adopt them with avidity. They make even a large foot look well. Sometimes the ribbons are tied at the lowest hole on the instep, and not, as heretofore, at the top.

The novelties in gloves are chiefly in the matter of colours, which match the dresses exactly. Many buttons are still worn; and so wearisome do they prove to button, that by a patent invention gloves can be now had to lace just as shooting-boots fasten—viz., by passing the cord round the buttons. The vandyked borders to gloves have proved so untidy in the wearing that they have been quite superseded by a patent welt—viz., band—which is twice the ordinary breadth, and lined with white. Silk gloves are still to be worn, but not machine-sewn, as they come undone; and now only hand-work is admitted. Old gold and brilliant olive-greens are the newest tints in silk gloves. Embroidered gloves are to be worn, those with sprays in gold or silver or clair-de-lune being the newest, save and except some that have the coronet and monogram embroidered.

Undressed kid are likely to remain in fashion among Frenchwomen for many a year; but they are certainly not suitable for anything like rough wear.

## FISH: HOW TO COOK IT AND WHEN TO EAT IT.

BY A. G. PAYNE, AUTHOR OF "COMMON-SENSE COOKERY."



THINK it will be generally admitted that fish, as an article of food, is more suited to summer than winter. The appetite is affected, it is well known, by various causes apart from that of bodily sickness. Intense anxiety is one, intense grief another, and my own experience is that to these may be added intense heat. I recollect, on one occasion, when for days I had what may be termed "loathed butcher's meat," how, after a sleepless night, in which a few grapes now and then seemed almost essential to keep the mouth moist, on rising, only too glad to get away from the never-

ceasing, maddening hum of the mosquito, appetite suddenly returned. It was at the sight of a lobster freshly cut open lying on a dish, with a lump of ice and a few white cabbage lettuces reposing by its side. I recollect how grateful the cool fish was when dressed with plenty of oil, a very little vinegar, some salt, and a little of that foreign pepper which always stands joined side by side with the salt, and is helped with a tiny shovel, which pepper always seems to me less strong but more pungent than our own.

Fortunately, in this country we are not often exposed to this sort of weather beyond the proverbial three hot days, &c.; but during hot weather, undoubtedly, when



fish is cheap and plentiful, it is by no means so utilised as it should be. On economical grounds of the highest order—and by that I mean national rather than household economy—the consumption of fish should be encouraged, and I will endeavour to run through a few simple receipts that will enable some to seriously consider during the approaching summer whether two kinds of fish with, say, the remains of the cold lamb and a little salad, is not a more sensible dinner than ordering another large joint from the butcher's.

In June salmon is generally in perfection; and, thanks to Mr. Frank Buckland, it is likely to become cheaper and cheaper as years roll by. There are various modes of cooking the fish. First, the boiling process is simple; recollect to put the fish in cold water in which there is plenty of salt; next, skim it directly it boils. Cut it open, to see if it is thoroughly done—*i.e.*, see that the red transparent, or rather raw meat look, has changed into the pink and firm flesh—and then serve quickly. There is no harm done in opening the fish, as no gravy escapes, of course bearing in mind to choose the thick part of the fish, near the bone. Serve immediately it is done.

The best garnish for salmon is sprigs of fennel or parsley, and cut lemon. The best sauce is lobster sauce if made properly, and lobster butter has been used. The general sauce in France is caper sauce—*i.e.*, whole capers put in melted butter made with milk.

Next, broiled salmon. For broiling, a slice cut out of the middle part of the fish should be about an inch thick or a trifle over, the slices being, of course, cut thinner in proportion as they get smaller. Sprinkle a slight dash only of pepper and salt over the slice, and wrap it up carefully in a piece of well-oiled paper, and place it on a gridiron over a very clear fire, taking care to watch it so that it does not catch light, and also taking the precaution to rub the gridiron with a piece of mutton fat, in order to prevent the paper from sticking and burning. It is difficult to state how long a slice, say, one inch thick takes to cook, it varying so much with the fire; ten minutes to a quarter of an hour will generally be found sufficient. Send the fish to table, paper and all. I think this is the nicest mode of cooking fish; of course, the paper has the effect of keeping in the flavour.

Salmon can be cooked on a gridiron over a fire without being wrapped in paper at all. It will be found best to oil the slices of fish first, and extra care should be taken to have the bars of the gridiron perfectly clean; also move the slice occasionally, to prevent its sticking. The best sauce for grilled salmon is, I think, Tartar sauce. This is made by chopping up some bright, fresh, green parsley with a tiny piece of onion—say, the latter not bigger than the little finger-nail—and mixing it in with some mayonnaise sauce made as thick as butter; add a little salt and pepper, and a small tea-spoonful of French mustard. Some persons also add a little anchovy sauce. A somewhat curious sauce recommended by Francatelli to be eaten with broiled salmon is two ounces of butter and one of flour kneaded together, dissolved in a

pint of good stock, to which are added a table-spoonful of capers, some grated nutmeg and mignonette pepper, a little glaze, and a little anchovy sauce, some lemon-juice being added the last thing of all. With regard to pickled salmon, the chief point to be remembered is to use the liquor in which the salmon has been boiled. Every cookery-book I have ever seen recommends equal quantities of liquor and vinegar to be used. It is not pleasant to differ from every authority, but personally I prefer two parts of the liquor to one part vinegar. Some whole peppercorns and one or two bay-leaves are added. When the salmon has been cooked beforehand, as is almost invariably the case, these peppercorns and bay-leaves are boiled in the vinegar and pot-liquor for a short time, and then poured over the salmon when cold, and all allowed to soak for some time. I think that the less vinegar, to which I have referred, is well worth trying; it is so easy to add more if not nice. Perhaps, however, the original receipt is best adapted to those whose tastes are in unison with those of the famous Mrs. Gamp and Betsy Prig, who, it will be remembered, made the memorable supper off two pounds of Newcastle salmon *intensely* pickled.

One of the nicest and certainly the most economical methods of cooking a sole is as follows, and I would strongly recommend the receipt, which, though I cannot say it is original, was first brought to my notice by one of my most promising pupils, who has just left me to go as cook on board the Peninsular and Oriental Steamship *Mirzapore*.

Fillet the sole and roll the fillets so that they will stand up easily on end. Next, take the bone of the sole and refuse, and boil it in a little milk, boiling the fillets rolled till they are quite tender in separate water. Strain off the liquor from the bones and thicken it with a little white roux, and if necessary make the sauce smooth by sending it through a tamis; add to this sauce a very little nutmeg and a pinch of pepper and salt, and one drop of essence of almonds may also be added.

Stand the boiled and rolled fillets upright on a dish, and pour the thick white sauce over them. Ornament the dish by placing small pieces of the skin of red and green chillies alternately on each. A piece the size of a finger-nail will do, and a few pieces chopped small, or a very few pieces of coarsely chopped parsley, may be sprinkled over the white sauce that has run down into the dish. This extremely nice and pretty-looking dish costs far less than the ordinary fried sole and so-called melted butter, so familiar to English hotels and households. The fact, too, of the goodness being extracted from the bone instead of the bare bone being thrown away, although only a small matter, is nevertheless worthy of consideration, remembering that economy consists in attention to trifles. In private houses very often a red chilli can be fished out of a mixed pickle bottle, while thin slices of green gherkins can take the place of the green chilli-skin. Remember, however, to get rid of the vinegar.

In contradistinction to this plain white sole, I will



endeavour to explain how to make a *sole au gratin*. First, chop up finely a small piece of onion, say as big as the top of the forefinger, a tea-spoonful when chopped of parsley, a piece of outside lemon-peel the size of the little finger-nail, with some button mushrooms, using a small tin of preserved ones out of which, say, six of the best have been kept in order to ornament the sole; place all this in a round metal dish in which two ounces of butter has been melted in the oven. Stir it up with a spoon and let it bake a little while. Next, egg and bread-crumbs a sole in the usual way, using very fine bread-crumbs, place the sole in the dish, and scrape up some of the chopped mushrooms, &c., and place on the top; bake in the oven—an ordinary-sized sole takes about twenty minutes—and serve in the dish in which the sole is baked. The reserved whole mushrooms must be placed on the sole, allowing about half the time for them to cook. Shake a few fine golden-coloured bread-raspings over the fish before sending it to table, immediately after mixing about a tea-spoonful or rather more of sherry in the sauce, if it may be so called, by which the fish is surrounded. Then replace the fish in the oven for one minute and serve quickly. Shake the raspings as soon as possible after mixing in the sherry.

The above receipt will, I think, be found practical; and it must be remembered that, for small private houses, it does not do to take for granted that there is a *bain-marie* constantly at hand, containing *sauce espagnole*, *sauce velouté*, &c., all ready and made to perfection. In making *sole au gratin*, very often a small quantity of rich brown gravy is added to the chopped mushrooms, &c. Again, very often the sole is put in plain—*i.e.*, it is not egged and bread-crumbed over—and where rich brown gravy, which is really the meaning of *sauce espagnole*, is used it would be superfluous. A good many Italian cooks would add grated Parmesan cheese instead of bread-raspings, and would probably hold a hot salamander over the fish till it and its surroundings seemed to rise in blisters from the effects.

Having given a general outline of the meaning of *sole au gratin*, bear in mind that many other kinds

of fish may be treated in a similar manner—certainly, for instance, turbot, plaice, fresh haddock, brill, cod, and a good many more of similar texture and consistency; but a fish like mackerel could not be treated this way.

Mackerel, by the way, is now in full season, and, to my mind, is the only fish that really requires vinegar as an accompaniment. I have tried to reason out the subject with regard to—why? but can come to no satisfactory reason. Honest personal experiences are always, I believe, valuable. I associate plain boiled mackerel with parsley and butter, and new potatoes, and vinegar. Perhaps it is that the mackerel was invariably eaten after a hard morning's work, on the beach at Folkestone, with a spade. I am sure, as a child, it seemed to me the nicest for n of fish, and now the least palatable of all. It may be that mackerel is adapted for children. But to boil mackerel plainly requires no art. The best way I know of cooking them is to have them grilled for breakfast. Split them open and cook them on a gridiron; squeeze a little lemon-juice over them, place a few pieces of butter on them to melt, sprinkle a little pepper and salt, and put the dish containing the mackerel in the oven for a couple of minutes after taking them off the gridiron. See, however, that they are thoroughly done. If the mackerel are intended for the breakfasts of bachelors who, owing of course to circumstances over which they have no control, are unfortunately obliged to keep somewhat late hours, sprinkle the mackerel with a mixture—two parts of salt, two parts of black pepper, one part of red or cayenne pepper.

One of the most substantial fishes ever sent to table is turbot, and consequently it will be found that turbot will always bear a good and rich sauce. *Sauce bechamel* and *sauce allemande* may both be served with turbot, and I would roughly describe the former as good, strong, white stock reduced, that has been mixed with boiling cream, and the latter as that in which yolks of eggs have been worked in without the boiling process instead of cream. There are, however, little niceties in the preparation of both these sauces to which it will be worth while referring on some future occasion.

