

The work of the classes is so adjusted as to furnish due preparation and guidance for students desiring to matriculate and graduate at the University of London. Regular Students who are not less than eighteen years of age, and have conformed to certain regulations as to attendance and examinations, receive the diploma of "Associate of Bedford College." The fees for "Regular Students" are 8 guineas a term, with an entrance-fee of a guinea. "Occasional Students" pay separately for each course of lectures, the fees varying from 1 to 3 guineas. All particulars of the lectures, classes, scholarships, &c., may be obtained from the Secretary of the College, 8 and 9, Park Place, Portman Square, W.

Alexandra College, Dublin, was founded in 1866, "for the purpose of supplying defects in the existing system of education for women of the upper and middle classes—of affording an education more sound, more solid, more systematically imparted and better tested than was at that time to be obtained in Ireland." Students are admitted at the age of fifteen years, and the instruction given is principally in the form of lectures by qualified Professors. Students may attend at will any of the courses of lectures, or they may take the course of instruction recommended by the

Committee of Education, and they may reside in their own homes or in one of the two authorised houses. The charges for board and lodging in these houses amount to £55 and £50 per annum respectively. The College fees for such resident students undergoing the complete course of instruction amount to £21 per session of three terms. This charge includes attendance at five classes meeting twice a week, in addition to harmony, calisthenics, and instrumental music. Students not taking instrumental music pay £5 per term or £14 per session for five classes. The fees for single subjects vary considerably, but all particulars of them, and of the various scholarships and exhibitions, may be obtained from the Lady Superintendent at the College, Earlsfort Terrace, Dublin.

At present the most advanced examinations open to students of Alexandra and other Irish Colleges are the Examinations for Women held by the University of Dublin and by the Queen's University in Ireland; but in all probability a short time only will elapse before the new Irish University will be in working order, when the women of Ireland will have the same opportunity of obtaining degrees that is now afforded by London University to students in England.

G. W.

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## CATERING FOR CHRISTMAS PARTIES.

**P**ERHAPS the greatest difficulty at the present season with regard to Christmas cheer is, how to avoid sameness. Christmas Day has of course its old fixed traditions—the holly, the beef, the pudding, the little extra festivity, and above all, the irresistible feeling of "good-will towards men," that beams in most faces apparently from the simple cause of its being Christmas Day. Nor is there fear that these old traditions will ever fail. At the present time, even under the blazing midsummer sun at the Antipodes, will be found the chopped suet, the candied peel, the raisins, &c., for the pudding, in spite of the heat, simply because it is Christmas Day, and men feel that it is a sort of profanation to rob it of even one of its many old associations.

With Christmas parties, however, it is somewhat different, and Father Christmas will surely forgive me if I suggest a few additions rather than alterations to the well-known Christmas cheer. First with regard to evening parties. I think the chief cause of these pleasant gatherings being not more frequent is the expense. Is it necessary in the present day, when we all dine late, to sit down to a profusely laden table to supper, where too often more money has been spent on ornaments than on the food itself? It is an old grievance, the terrible expense of evening parties, and I cannot do better than quote one of the greatest, if not the greatest authority on the subject, M. Louis Eustache Ude, *ci-devant* cook to Louis XVI. M. Ude had mourned over the great waste generally attendant on big suppers, with the depredations of the

hosts of waiters who were generally too dainty to sup off the remains. As he justly observes—"This class of persons assimilate no little to cats, enjoying what they can pilfer, but very difficult to please in what is given to them." M. Ude says: "I ventured therefore to suggest to the nobleman whom I had the honour of serving, that a supper might be given which should suit the taste of everybody; which should satisfy at once the inviter and the invited—the guest by the novelty of the arrangement, and the host by the smallness of the expense incurred."

I think this admirable advice is none the worse for being more than half a century old, and I will give you a few of his suggestions adapted to modern times.

Ude's principal innovation was to have supper so that persons could help themselves without any trouble, and without formally sitting down to a large table. With regard to the supper itself, he recommends "things to be eaten rather than looked at," or, as an example, baskets of fruit are preferable to a triumphal car of barley-sugar.

In speaking of children's Christmas parties, I explained how nice sandwiches could be made out of tinned salmon, in which mayonnaise sauce is used instead of butter. In parties of grown-up people who have dined late, it is quite possible to make sandwiches the *pièce de résistance*, so to speak, of the supper, and yet, as Ude says, the supper shall satisfy both the inviter and the invited.

Remember, however, that sandwiches in one respect resemble oysters. A good sandwich, like a good

oyster, is a most delicious *bonne-bouche*; a bad sandwich, on the other hand, like a bad oyster, is an unspeakable horror. I will give a list of sandwiches which may be cut for supper, and would recommend a label being placed on each dish in order to inform persons of the contents—Fowl, Veal, Ham, Tongue, Game, Salad, Anchovy, Fillet-sole, &c.

First the fowl sandwiches, and as of course we shall have to use several fowls, let us try and utilise the fragments that remain. Suppose we say we are going to make a nice little supper for twenty people. Order in three good-sized fowls, have them roasted the day before and let them get cold, and cut off with a sharp thin knife all the meat you can into small thin slices, carving up the fowl as you find it advisable for the purpose of getting off the meat. After all this is done place the cut meat into, say, an empty vegetable dish, press the meat slightly together to help to keep it moist, cover it over, and put it by in a cool place till you begin to cut the sandwiches, which should not be done till a few hours before they are wanted.

You will find that, however carefully you may have cut the meat, still a good many scraps of fowl remain over, and a good deal more can be obtained from scraping the back and the bones. Get the bones as bare as you can, and then smash them all up and put them in a saucepan, and boil them with one onion stuck with a dozen cloves, a couple of bay-leaves, a handful of fresh parsley, and half a head of celery. Fill the saucepan up with a couple of quarts of water, and let it all boil away till there is about a pint of liquor altogether left in. Then strain this off carefully and put it by, skimming off any grease on the top if there is any.

Next take a pint of milk and three-pennyworth of cream, taking London prices for the latter rarity, and put it in an enamelled saucepan and boil it; you can have the strained-off pint of chicken broth ready, and as soon as the milk and cream begin to rise up in a white foam in the saucepan from boiling, pour the broth or stock on it, let it boil up again, and season it with a little salt and pepper, strain it once more, and pour one half into a basin, which, for the present, place by the side of the meat cut up ready for the sandwiches, and pour the other half into another basin for the inside of some chicken patties which I am making out of the scraps. Take these scraps and mince them with about half their quantity of cooked bacon or ham—the trimmings of a piece of ordinary cold boiled bacon do very well—and a tin of preserved mushrooms, price 1s. Mix all this together, put it in the basin with the milk and broth mixed, stir it up, put it back into the saucepan, and stir it over the fire for a little while—over a hot-plate or a gas stove is far preferable to an open fire. Now chop up a little parsley *very fine* and mix in a tea-spoonful of the parsley, stir it up for a few minutes while hot, and it is finished.

Next have ready some empty patty-cases, which of course can be made at home, but which will often be found to be best ordered from a pastrycook's, and small round vol-au-vent cases are preferable to the old-

fashioned shape generally sold at pastrycooks' shops. (*Vide* diagram. Shape 1 is far better than shape 2, as it holds more meat.)

Fill, say, a dozen of these patty-cases with the mixture, put them in the oven for ten minutes, and take them out and see if the insides are properly filled; if there are any holes in the inside, press the meat down with a small spoon and put a little more meat in. Then put the patties by in a cool place ready for supper, ornamenting them with a little fresh bright green double parsley. I am quite sure, if you will follow this receipt out exactly, not forgetting to boil the milk and cream separately first before you add the chicken broth, that you will find these patties very delicious; only be careful to have patty-cases that will really hold some meat.

Next the sandwiches. Take a tinned loaf and a large sharp knife, and cut some thin slices of bread, piling them up one slice upon another as they fall, as they will fit each other in that way and in no other.

Next get out the sliced chicken and the sauce made from the milk and cream and chicken bones; probably this will be a hard jelly; if so, dissolve it by putting the basin in the oven for a little while. Use this to butter the bread. Take the two top slices of the bread and open them like a book, spread a very thin layer of the white sauce on each piece, cover one with thin slices of fowl, add a very little pepper and salt and place the other slice on it, press the two slices of bread together gently, and cut them across each way from corner to corner with a *sharp* knife, so that each slice makes four sandwiches. Be careful that no pieces of fowl stick out from the crusty edge. These sandwiches may be now piled up—as, of course, explaining how to make one sandwich is sufficient for the lot—on a plate and ornamented with a little parsley. A white napkin folded neatly, or a fringed doyley, can be placed at the bottom of the dish.

We have now used up three fowls without one scrap of waste, and have even extracted the goodness from the bones. Compare this, from an economical point of view, with the ordinary cold roast fowl, remembering what people generally leave upon their plates at supper parties, where it is not quite the thing to scrape bones bare.

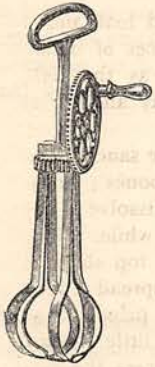
Before we go on to the next dish, I would remind you first that these patties are equally good, if not superior, hot for dinner. When you have them hot, always make the inside hot by itself before it is put in the cases, as otherwise in warming up the patties the pastry would get burnt and brittle before the meat got hot through. If the meat or inside is put in hot, ten minutes in the oven will be sufficient to warm the pastry.

Another thing to be borne in mind in reference to the sandwiches is to have the loaves of bread carefully rasped before cutting them up, by which means the crust is reduced to a minimum.

I will next take the sandwiches of filleted sole, anchovy, and salad, which latter is made from mustard and cress. All these require the same sauce for buttering the bread, which should be

made as follows :—Take two yolks of eggs, carefully separated from the whites, and place them in a good-sized basin and drop salad oil on them, and keep beating them with a fork—a wooden fork is best—till the mixture becomes as thick as butter.

A far quicker way of making mayonnaise sauce is by using a whisk with a handle (*vide* diagram). These can be purchased now for one shilling, and will be found very useful for a variety of purposes, such as whisking eggs for omelettes, souffles, for making frothed white of eggs, whipped cream, &c. With one of these simple but useful machines—which can be obtained by order through any respectable ironmonger—mayonnaise sauce can be made in a few minutes of the requisite consistency, viz., like butter. Two yolks of eggs will take a good-sized cupful of oil. Add to this a table-spoonful of tarragon vinegar and a tea-spoonful of very *finely* chopped parsley, also a little pepper and salt. Some persons add as well a little chili vinegar.



Cut up the bread as before and use this sauce to butter each piece with sparingly. Take first some well-washed and drained mustard and cress, which can be obtained in any weather, or grown for the purpose in a warm room in the house. Sprinkle one side with the mustard and cress, the latter largely predominating, place the other piece of bread spread over with the sauce on it, and trim the pieces sticking out round the edges with a sharp knife, after pressing the two pieces of bread with the salad between them well together. A pair of good-sized scissors does very well. Then cut the sandwiches across as before, making each slice into four pieces.

In making anchovy sandwiches, you butter the bread as before with this sauce, and lay across it thin strips of filleted anchovy. Take an ordinary bottle of anchovies, such as is sold at most grocers', and take the fish out of the liquor and wash them thoroughly in several waters till all the scales are rubbed off as well as the salt. Cut the fish down with a sharp knife and take out the bone. Next cut the meat of the fish into as thin strips as possible. Remember anchovy is a very strong flavour, and you must endeavour to make the sandwich as mild as possible; consequently these thin strips must be laid across the bread somewhat sparingly. Allow, say, half an inch between each strip. Cut up the sandwich into four as in the previous cases.

The filleted sole is prepared as follows :—Fillet some soles, and boil the fillets laid lengthways in some water to which have been added a few drops of vinegar. Drain the fillets on a cloth and let them get cold ;

cut them into thin slices, and for this purpose you must get a very sharp knife indeed. Lay these fillets on one side of the bread spread with the mayonnaise sauce, and sprinkle a little pepper and salt over the fish, cover over with the other piece of bread, both pieces being buttered with the sauce, press down and cut as before. Avoid using a steel knife for spreading the sauce; a silver knife is best, or the handle of a silver spoon will do.

I do not think it is necessary to say anything about the preparation of ham sandwiches, beyond that if they have to take their chance with the other plates of sandwiches you will find them not so popular as is generally supposed. But I will now explain how to make game sandwiches, and these are made from home-made potted game in the following manner.

Take a single grouse or a single pheasant, and as the potted game will keep, this is best done some few days before. Roast it, cut off all the meat from the bones and put the bones into about a quart of stock to simmer. Add at first an onion, a spoonful of sherry, the same quantity of mushroom ketchup, a

couple of bay-leaves, a pinch of thyme, and if handy a slice of raw ham. Let this all simmer for some time, and then strain it off and boil the liquor away till it is reduced to just a sufficient quantity to moisten the meat, or less than half a pint.

In the meanwhile take the meat and pound it in a mortar, first of all chopping it as fine as possible, moisten it with the reduced stock, and add to it just sufficient cayenne pepper as will make it agreeably hot; and as it is not wanted to keep long, much need not be added. When thoroughly mixed, add gradually from four to six ounces of butter, according to the size of the grouse or pheasant, and put it into small pots for use, pouring some butter melted in a small saucepan over the top. This will keep a long time, and what is not used for making sandwiches will do for breakfast afterwards. In making the game sandwiches, simply place a thin layer of this potted game between two pieces of bread very slightly buttered, and cut them up as before.

Veal sandwiches can be made from an ordinary piece of roast veal, with veal stuffing, that has been left from some previous dinner. Take a little of the stuffing and pound it in a mortar, add some butter and mix till you get the whole of sufficient consistency to spread with a knife, then use this to butter the bread, and with a very sharp knife cut the veal into the thinnest slices possible, and use them for making the sandwiches.

There is one more dish I can strongly recommend for supper parties, for the very good reason that they will be sure to be eaten, and that is, Devilled Eggs.

Take, say, a dozen eggs—they must of course be fresh, but not necessarily new-laid—and hard-boil them, *i.e.*, put them into cold water in a saucepan and place them on the fire. Let the water come to a boil, and let them boil for ten minutes, then take them off and put them into cold water till nearly or quite cold. Take off the shells and cut each egg in half so that it makes two cups; by pinching each cup carefully with the fingers the inside of the cup—*i.e.*, the half-yolk—will come out. Next place these twenty-four half-yolks in a mortar and pound them till they become smooth, or in other words, till all lumps cease to exist. Then add a good half-pound of butter, a salt-spoonful of anchovy sauce, and work the whole together till it becomes quite smooth; this requires time and patience; lumps of yolk and lumps of butter are equally objectionable.

Next take the twenty-four hollow white cups and cut off the tip ends so that they will stand upright on a dish; fill the cups with the pounded yolks, &c., and

pile it up so that it comes to a point (*vide* diagram). This makes a very pretty dish; twelve eggs will of course make twenty-four cups. If you wish to ornament the dish further, you can take the little white pieces cut off the end, and chop them finely with a knife; and get a little chopped parsley, and sprinkle the white and green pieces on the yellow pyramids, and place some ordinary parsley in the dish round the base of the eggs. These devilled eggs look best either in a silver or a plain white dish.

Interspersed with the dishes I have named, I would recommend small baskets of fruit, such as grapes. A mould or two of jelly, and a nice piece of cold roast beef in the centre of the side-board, red and juicy, and ornamented with curly horseradish and parsley; some light pastry can of course be added if wished, as well as an almost infinite variety of sweets, and lobster salads, but I feel sure that if the supper I have mentioned be carried out it will satisfy the invited, and consequently the inviter.

## PAIN: ITS PREVENTION AND RELIEF.

BY A FAMILY DOCTOR.



People are ever thoroughly grateful for the services rendered to them by the physician or surgeon—and we believe they often are—it surely is when he has succeeded, either by drug or application, in alleviating distress or causing surcease of pain. Patients, indeed, are apt to have an exaggerated notion of the skill of the medical man of whom they are able to say, "He gave me something to take, and the relief I experienced was almost instantaneous." But be that as it may, there is no doubt that in many cases, too numerous here to mention, mitigation or total removal of the pain is, if not half the battle, at least the first great stride towards the complete subjugation of the disease, for sleep that worketh wonders usually follows such relief, the tension is taken off the nerves, the brain is calmed, strengthened, and revived, the heart beats again with more equable rhythm, and this being so, every internal organ and the skin itself are stimulated to increased action, the products of disease are eliminated, and the balance of nature has begun to be restored.

At this season of the year in particular, while wintry winds are still blowing around us, while the sun is shorn of his beams, and sleet, or rain, or snow itself makes out-door exercise a pleasure to few except the very robust, the human frame is extremely liable to many ailments, the pain arising from which is enough of itself, if not speedily relieved, to shatter the nerves, and for a time, at least, to utterly prostrate the strongest constitution. A few hints, therefore, on the relief of pain may not be deemed ill-timed. Those I shall give will be simple and easily borne in mind, yet probably none the less effective on that account.

Nobody ever thinks of denying the truth of the oft quoted saying that prevention is better than cure, yet how few among us take proper precautions at this season of the year, or at any other season, to guard against those influences which are liable to induce ailments of the most painfully distressing nature! Some people there are who err from ignorance, others from over-caution, and others again from sheer recklessness. The first class is a very large one indeed, and likely to remain so until it shall become the fashion in this country to impart to the pupils of our schools and seminaries an elementary knowledge of the science of medicine. This, I think, would not be difficult to accomplish, and it might be done in a manner so attractive and telling as not to be easily forgotten in after-life.

Sudden chills and changes from a hot to a cold atmosphere are the cause of many painful disorders, yet people ought to know when the application of or exposure to cold is likely to be injurious. When the body has been at rest for some time in a heated atmosphere, with perfect ventilation, as in a Turkish bath, for instance, with the skin acting freely and the heart stimulated by the warmth, after a wash down with warm water and soap, a sudden plunge into a tank of cold water, so far from being injurious, is productive of good, for the body has no sooner been restored to the air, and well rubbed down, than reaction ensues, the blood returns to the surface, the lungs are relieved, breathing is easier, and the spirits consequently exhilarated. That is an example of a truly beneficial change from heat to cold, but the benefit that accrues from the change depends on the fact that the body at the time is strong enough to secure a reaction. It is very different in the case of a