

at the end of the month, cauliflower seed should be got in on a light rich border. In the first earthing up of the celery bed more than usual care is advisable, and a dry day ought to be chosen for the operation.

In our fruit garden we are mainly at open war with vermin and the insect tribe in general, as a raid is generally begun about this time on the fruit. The wall fruit, which will be rapidly ripening, might well be gone over at night time, when the slugs and snails think to escape our notice, and climb the trees and walls. We do not mean merely sunset, but quite late, with a lantern, is the best, if not the only, time for the effectual taking of prisoners. New strawberry beds should be made up not later than the second week of the month; while among the grapes do not leave a shoot that is not actually required, and a last thinning out of the berries may be made.

The melon frames, too, especially just as the fruit

is beginning to ripen, will want a good deal of attention. In order to keep the fruit from touching the soil, cover the surface of the bed with some slate or tiles; and, besides, this also materially assists the plant by reflecting the sun's rays. In fact, perhaps the most critical time with the melon is when the fruit is setting. Water should, as the fruit is ripening, be almost entirely withheld, while earlier in the season, whenever water is given at all, it should always be of the temperature of the bed. Plenty of light too when ripening is what the melon likes. When one or two melons have already been cut, and you are hoping still to bring on others that are as yet very backward, the vine should be pruned back a little and the soil stirred: this, together with a good watering and a slight lining of fresh manure, with the frame kept close and moist, will probably ripen the backward melons.

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HOME-MADE ICES.



WILL commence by stating that this paper is intended for the sole use of amateurs; by which I mean those who not only have never made an "ice" in their lives, but who, perhaps, have never entertained the idea that they could make one; and to such I will endeavour to prove that it is a simple matter to manipulate a score; indeed, so far as suggesting variety is concerned, my difficulty will be to know where to stop. It would be useless to speak here of the professional system of making ices, because the "freezer" and "spatula" are not in the possession of ordinary people, neither could time be given to the process, which is tedious, whereas in following out the "blocking" system the ices are, in a great measure, independent of attention.

The necessary utensils—which ought to be found in every house—are a bucket, or small tub, or pan, of earthenware or zinc, and a tin mould, having a close-fitting lid. Any size or shape will do, so that it is water-tight, and the lid really fits; if at all loose, a piece of stout calico should be laid over the top of the mould before the lid is put on. I know of nothing that will answer the purpose better than a "Devonshire cream" tin, which is a plain round canister, but having loops of tin on the lid and canister too, it can be securely tied down; besides, as the cream is sent in them to all parts of the country, they are of better make than the ordinary tins, containing mustard, coffee, &c., which, as a rule, will not hold water. A cake tin, or jelly mould, will answer your purpose, but the rim must be plain—a fluted one will not do—to fit which any tinman would make a lid for a few pence.

For a mould that holds a quart or thereabouts, you will need from fifteen to twenty pounds of ice, according to the weather and the nature of your preparation.

In winter time it may probably be collected from your own tubs and pails; but if you buy it at a fishmonger's, ask for "table ice," and you'll get the right thing. Don't have that in which fish has been packed. Presuming, therefore, that you have to purchase it, it will cost but about a penny a pound, and as a quart mould would be sufficient for a dozen people, the extra expense (taking into consideration that the dish is a real treat) is not much. More than half the weight of ice would, however, be required to freeze a pint; so it is cheaper in proportion to make the larger quantity, as for two quarts not more than twenty-four to twenty-six pounds would be needed. I am giving the maximum amount when the weather is really hot, and the recipes are, in most cases, for one quart, and can easily be reduced or increased at pleasure by the reader.

Now for the process, which, besides being simpler than that of "freezing" proper, referred to at the commencement, is cheaper as well, though I do not claim that ices "blocked"—though they are equally delicious and refreshing—are so smooth; this is owing to their not having been worked with the "spatula" at intervals during the "freezing."

First cover the bottom of the tub or pan with ice, broken up into pieces the size of an egg, and mixed with common salt. Next set the mould in, and entirely surround it with more broken ice, until the top is reached; then spread another layer of ice and salt—of which a pound or more will be wanted altogether—all over the top of the mould. You see now the necessity for a tight-fitting lid. Set it in a cold place until required. In cool weather it will probably be firm in two hours, but in hot it may require four, or six, so some of the ice must be reserved and added, with salt, the water being drained off from the first supply as it melts; for unless the mould be kept well covered, the mixture will not be uniformly frozen.

I will give instructions for making both cream and water ices, though I think you will probably be more successful with the former, which should be, as their name implies, made from cream; though perhaps few will go to that expense (except those who are fortunate enough to have the run of a dairy); and very good ices may be made with equal parts of milk and cream, or even less of the latter, in some cases, where eggs are used.

Fruit Creams, such as *Raspberry*, *Strawberry*, *Cherry*, *Blackberry*, *Plum*, *Peach*, *Apricot*, *Currant*, &c., are sure to find favour, and all that is necessary in most cases, providing the fruit be ripe, is to rub it through a coarse hair-sieve into the milk and cream, sweeten to taste, and it is ready for blocking. If a sieve is not at hand, the fruit must be squeezed in a cloth and the juice extracted that way. The juice of currants is best drawn off as for jelly, and all fruits not ripe enough to "sieve" easily should first be simmered with the sugar for a few minutes. Three quarters or a pound of fruit, according to quality, and six or eight ounces of sugar, to taste, will be required. A small quantity of lemon-juice will improve most kinds, and those made from stone fruit are further improved by the addition of a few drops of almond essence, or the kernels blanched and pounded, or finely chopped.

Jam can be used instead of fresh fruit in winter time, and added, as before, but in a rather larger proportion. The lemon-juice must not be omitted. Tinned or bottled fruit, by leaving out some of the syrup, may take the place of jam. If the latter happens to be dry or too stiff—sometimes the case with bought preserves—the jar should be set into a saucepan of water, which must be kept boiling until the jam is soft enough to mix with a little of the milk warmed; this will facilitate the "rubbing through" part of the business very much. Any ices for which red fruit is used should be coloured with a few drops of cochineal; otherwise they will have a "muddy" look.

Pine-apple Cream is worthy a trial, and the tinned fruit answers even better than fresh, as it is rich and syrupy. If whole or sliced pine is used, it should be simmered in its own syrup with more sugar until tender enough to rub through the sieve, but "grated pine" can be just mixed with the milk and cream; it requires no cooking.

For *Cocoa-nut Cream*—very nice—use about half a large nut, or one small one, and avoid making it too sweet, or it is sickly. Add a grate of nutmeg if the flavour is liked.

The following kinds need a custard foundation, because, unlike the fruit creams, they have no "body," so they need the addition of eggs. Three or four, yolks only, should be used to a pint and a quarter of milk, and half a pint of cream; but if the latter is unobtainable, five or six will be wanted. Make the custard in the usual way by thickening the milk and eggs over the fire in a jug set into a saucepan of boiling water, and when cool add the cream, well beaten, and the flavouring, which may be maraschino, curaçoa, or any other liqueur.

Vanilla Cream is a general favourite. Use the pod if you can get it, and simmer it in the milk; if not, essence will answer.

One table-spoonful of lemon-juice with two of ginger syrup and a couple of ounces of preserved ginger makes *Ginger Cream*; and two ounces or more of sweet almonds, with a few bitter ones, blanched and pounded, is nicer than essence for *Almond Cream*.

For *Orange* or *Lemon Cream* the rinds should be grated, or thinly peeled, and simmered with sugar in the milk, and the juice and cream added when quite cold. The rinds and juice of three or four will probably be wanted, but as fruit varies so much at different seasons of the year it is impossible to say accurately; and the custard must not be poor, or the juice will make it thin. Orange cream is far nicer if a lemon is used as well.

Chocolate Cream is made by mixing with the custard four or six ounces of good cake chocolate, boiled separately in a little milk; vanilla essence—just a dash—will improve this, and it is also necessary for *Coffee Cream*, made in the proportion of half a pint of *very strong clear coffee* to a pint and a half of custard.

I will now pass on to water ices, though I have by no means exhausted my list, yet sufficient variety has doubtless been suggested for the majority of people.

Now here there is greater restriction as to kinds; for only what I may term sharp flavours—such as *Currant*, *Raspberry*, *Lemon*, and *Orange*—are really nice, though others are often served. First, a syrup must be made by boiling together, in the proportion of a pound to a pint, loaf-sugar and water for fifteen minutes or so until thick; then the fruit can be added in the same manner as for cream, or if not quite ripe it can be simmered in the syrup and "sieved" as before. In recommending tinned or bottled fruit for cream ices, I said leave out some of the syrup or juice, but in the case of water ices it can *all* be added. The rinds of oranges or lemons must be boiled in the syrup, but the juice will retain a fresher flavour if added off the fire. The reason for making the syrup instead of adding sugar and water is plain; for it is obvious that solidity must be given in some way, so as to make the mixture a good consistence. The exact proportion of fruit and syrup cannot well be given, so I deemed it better to give the correct mode of making the syrup, the basis of all water ices. So if, for instance, a pint be made, the fruit can be mixed in sufficient quantity to suit the palate.

Currants, black, white, or red, will make a delicious ice. Equal parts of the juice and syrup will be about right.

Lime-juice, too—the genuine unsweetened—about half a tumbler to the quart, will make a refreshing ice for those who like its peculiar flavour. It is generally much cheaper than the "syrups" or "cordials;" so is pure lemon-juice, which answers equally well.

I may mention that *Jellies*, *Blancmanges*, *Creams*, &c., made in the ordinary way with gelatine or isinglass, are often "blocked," which not only renders them more grateful to the palate, but hastens the setting when time is an object. They, it is hardly neces-

sary to say, need not remain in the ice for more than an hour or two, so only a small quantity would be wanted. If put in—for extra convenience—while warm, the mould must be set in without the lid, care being taken to make it firm, and not to allow the ice and salt to come quite to the edge of the mould.

Many kinds of puddings “iced” in this way would furnish a treat at a nominal cost, but they are best put into the ice when cold, and the lid secured, just as for the ices.

Summer Pudding, mentioned in “Picnic Dainties,” would be as welcome as any, or one made of alternate layers of sponge-cake, ratafias, and macaroons, each layer covered with boiled custard.

Pine-apple Pudding is a delicious preparation. Arrange the fruit—first cooked in the syrup—and thin slices of cake, or bread, in the mould, filling up with custard and syrup alternately.

The following I can recommend as good and economical. Simmer four ounces of Carolina rice in a pint of milk until cooked, and beat in three or four eggs with sufficient sugar just before removing it from the fire; and when cool, stir in a quarter-pint of cream, or it may be dispensed with. Fill up a mould with this mixture and layers of jam, raspberry, currant, or strawberry; or marmalade gives variety. If plum or apricot jam is used, mix an ounce or two of pounded almonds with the rice. If tinned fruit is used instead of jam, the fruit *only* can be put into the mould, and the syrup, also set in the ice, served with the pudding. If preferred, the rice may be blocked separately, with a fruit compôte, or whipped cream, as an accompaniment;

and ground rice or, better still, rice-flour may be used.

A very delicious *Pudding Sauce* is made by mixing a quarter-pint of cream with a table-spoonful of red currant jam, a few drops of vanilla essence, and a tea-spoonful of brandy, or with apricot jam and a glass of sherry.

Cocoa-nut Custard Pudding is a Yankee favourite. Boil a grated nut in a pint and a half of milk, add two eggs and a little cream, and pour it over two ounces of grated bread. A grate of nutmeg or pinch of cinnamon is sometimes added.

The foundation for any others into which eggs enter that fancy may dictate to the reader, must be thickened over the fire to cook the eggs.

To turn out all the kinds of ices, jellies, and blanc-manges, dip the mould quickly for a second into hot water, and as quickly dry it with a cloth, and slip the contents into the dish.

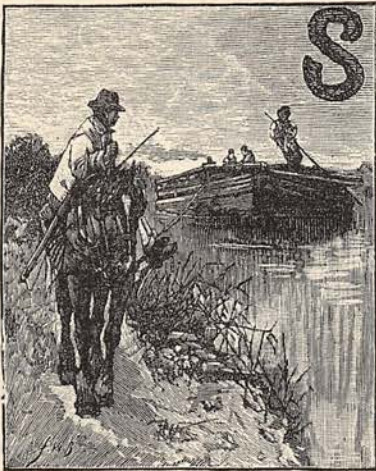
In conclusion, I will just say that in making ices on a large scale it is well to provide two kinds, which, being often eaten together, should blend well in flavour. Vanilla Cream with Raspberry, Currant, or Cherry, either cream or water, and Strawberry Cream with Lemon or Orange water are safe combinations. Vanilla and Chocolate Cream, or Coffee Cream, eat well together; so do Apricot and Almond Cream.

But be the kind whatever it may, I think that those who make a trial when “our boys” happen to be at home for the holidays, will not run short of helpers, either in the concoction or the consumption of their ices.

LIZZIE HERITAGE.

THE WATER-BABIES OF OUR CANALS.

(HOW SOME FOLKS LIVE.)



system of our inland navigation and commerce. Their total length has been estimated at about 4,710 miles, and on their surface are constantly floating some

SINCE the introduction of railways the use of our artificial waterways has been to some extent superseded, and on many of them the traffic has been considerably lessened in consequence; but they still form an important element in the

25,000 boats and barges of various kinds. These form the homes, if such they may be called, of at least 100,000 human beings, and of this vast number at least three-fourths come under the appropriate title of “Water-Babies,” as given at the head of this paper.

The canal-boat children scarcely know what it is to be away from their native element, and the tiny cabin in which they are born conveys to the minds of thousands of them the only impression they ever have of the meaning of “home.” Great efforts have been made from time to time in their behalf, and particularly since the well-known philanthropist, Mr. George Smith of Coalville, directed public attention to the crying necessities of their condition. By his self-sacrificing exertions on their account much good has already been doubtless accomplished; but scarcely a tithe of the improvement which he intended to bring about has hitherto been effected. Indeed, mainly through the inoperativeness of the Canal Boats Act, passed in 1877, with the object of ameliorating their condition, the needs of these little ones are practically as great and pressing at the present moment as they were