

He was dragged back through the water, and all means were used to restore him, but, though the heat of a strong fire revived him, he did not fully recover the use of his limbs until the following year.

A few days later we read of Richardson, himself lame and almost powerless, remaining in the rear so as to help on a comrade even weaker than himself. A day or so later comes an ominous entry in their diary: "The whole party ate the remains of old shoes and whatever scraps they had, to strengthen their stomachs for the fatigues of the day."

Again a few days after this a herd of deer was seen, but there was not a man among them strong enough to lift his gun to his shoulder. On one occasion Richardson became so weak that when the track lay through some rough stones he fell more than twenty times, and his life was only saved by the generous effort of a friend who, weak and dazed himself, still found energy enough to light a fire, which had the desired effect of restoring to Richardson his failing strength.

Sir John Richardson afterwards accompanied Sir John Franklin on his expedition in 1825, to which we have already alluded, and though on this occasion their sufferings were not so terrible nor their perils so many in number, they still displayed the same great qualities, and maintained towards each other the same close affection and the same mutual reliance in each

other's plans, and were buoyed up by the same enthusiasm and hope.

When Franklin started on his last expedition, in May, 1845, Sir John Richardson was not with him; but when, in the year 1848, people were growing anxious about the fate of the great explorer, and some expeditions had already been fitted out at the public cost, and supplies had been sent out to Behring's Straits in the vain hope of meeting the party there and supplying them with food, Sir John Richardson in the spring of the year 1849 hurried to the shores of the polar sea, in the earnest hope of discovering and rendering assistance to his old friend. He was accompanied by Dr. Rae, who had himself only just returned from an Arctic voyage covered with all the lustre of a successful issue.

But all in vain was their search. An icy silence reigned everywhere; not a clue was to be gained nor a hope to be fanned. The coast between the Mackenzie and Coppermine rivers was all carefully scanned by the searchers; but the sea and the land were alike mute, and Richardson and Rae were obliged to return home without having accomplished the object which was so near their hearts.

Sir James Ross and Captain Bird also in the same year went out in search of Sir John Franklin, and closely examined all the coast by Barrow Strait, but they also were unsuccessful in their search.

THE SECRET OF MAKING CLEAR SOUPS.



It is quite true that not one person in a score who could turn out a tureen of good thick soup would succeed in producing a passable bowl of the kind known as "clear," as, for one reason, it is seldom wanted at every-day tables, and the making of it is supposed by the uninitiated to be associated

with the expenditure of much time, trouble, and money. As, however, it is very useful to know how to make clear soup (and when once the process is understood, a hundred varieties may be made from the same "stock"), I will endeavour to point out the simplest way; and those who read in the pages of this Magazine a recent paper on "The Art of Soup Making"* will do well to refresh their memory as to the details there recommended to be observed if good results were wished for. The same regard must be paid to cleanliness, clear fires, slow simmering, judicious seasoning, and the emptying of the stock-pot. But *one* exception must be made: viz., clear soup proper—that is, bright as sherry—cannot be made from scraps, such as *may* be used for the thick kinds. A *thin* soup can be produced from them: that is to say, an ordinary kind minus the thickening, though that is not clear soup in the strict sense of the word.

* 1884, page 593.

To commence, then, with the stock: once master that preliminary process, and it will be easy to vary the kinds of soup that may owe their foundation to the same source. For a very good stock a pound of meat to a pint of water must be allowed, or rather, I should say, a pound of meat and bones together—shin of beef for a brown soup and knuckle of veal for white. I may add that liquor in which a fowl or rabbit has been boiled will enrich the soup considerably if used instead of water. As much of the meat as possible should be cut off the bone and very finely minced—the finer the better—and the bone itself thoroughly chopped, then the cold water added; and as three pounds of meat will take four or five hours' simmering to bring out all the goodness, an extra pint of water at least must be allowed for wasting, though any liquid that really *does* simmer wastes very little in a long time; it is the "galloping" process that causes the loss. It is a matter of choice whether the vegetables and flavouring are boiled with the meat at first or reserved until next day, when the soup is clarified; in warm weather it is better to omit them the first day, but in cold they may be safely used. But only a portion must be put in—not sufficient to season the soup entirely, for unless some are reserved and boiled in the stock the second day it will not have a fresh taste.

I will presume, then, that your stock was made

yesterday, strained, and left in an uncovered vessel in your larder all night, and that the soup is required for dinner to-day. If so, treat it as follows; and remember, it must never be clarified until the day it is required, or it will turn "cloudy" again. First remove all the fat from the top; a spoon dipped in hot water will take off the greater part of it; for the remaining specks use the corner of a clean cloth, also wrung out of hot water. Take care, too, to wipe the inside of the basin as well as the surface of the soup, which ought to be a "jelly." All impurities must also be taken from the bottom, and the soup put into a perfectly clean saucepan on the range with whatever flavourings are necessary, and the meat required for clarification. Suppose two to three pounds were used in making the stock, half a pound will be needed to clarify the quantity of liquid obtained. The meat must be fresh, raw, *all lean*, and finely minced, beef or veal, according to the nature of the soup. It must be put into the saucepan at first, and the whole whisked until a strong froth is formed; then cease stirring, and wait until the froth rises to a height. The pan must then be withdrawn from the fire, and allowed to stand for a few minutes beside it, previous to the straining of the soup. For that purpose a jelly-bag *may* be used, though a piece of flannel, of the thickest kind, is much better; it should be wrung out of boiling water, and tied to the four legs of a chair turned upside down on a table, the vessel intended to receive the soup being placed upon the chair-seat under the flannel. Pour the soup as slowly as possible through the flannel, and a bright liquid ought to be the result. Care must be taken to stop whisking as soon as the scum forms on the surface, and to remove the saucepan from the fire directly its contents actually bubble, as if it remains too long the scum sinks, and so the soup is rendered cloudy again. Probably all the extra seasoning required will be a little more salt, and remember, a small piece of sugar is an improvement. Peppercorns boiled with the vegetables are preferable to pepper added afterwards; indeed, everything must be avoided which is likely to detract from the clearness of the liquor.

I should weary my readers (even if space permitted) were I to attempt to give in detail the varieties of soup they may now proceed to make, but I may instance a few of the most popular, such as sago, macaroni, vermicelli, and tapioca; and all need separate boiling before they are added to the soup: if cooked in it, it will be irremediably spoiled.

Spring Soup owes its name to young vegetables, which are cut small and put in clear stock. The same vegetables stewed in butter instead of being cooked in water will convert the soup into *Julienne*. *Soup Royal* is so called from the addition of savoury custard, cut into small fancy shapes, and put into the soup the instant before serving. Brussels sprouts finely shred give *Flemish Soup*, and so on indefinitely. *Ox-tail Soup* is often served thick, though it is very delicious when clear. To make it, substitute ox-tails for meat, or if you have not sufficient to make the soup as good as it should be, use a little meat with them, or add

some extract. Joint the tails, and fry them with some mixed vegetables for a quarter of an hour, then proceed as before described. When the pieces are tender lift them out carefully, and add them to the soup after it has been strained and clarified; they should remain in it long enough to get hot through, and that is all; if "raggy" or broken, the appearance of the soup is spoiled.

I have spoken at length on the clarification of soup by means of raw meat, though there is another medium, the white of eggs. In each case the albumen is the purifier. I give the preference, however, to the meat, as that enriches soup, and white of egg, though it clears, to a certain extent impoverishes it.

I will also mention that a still simpler kind of clear soup may be served at very short notice without the trouble of straining, provided that a supply of good "extract of meat" is handy. Supposing you want a quart, the best way is to simmer a pint of water with some fresh herbs and vegetables, a couple of cloves, and a few peppercorns until pleasantly flavoured; then strain the liquid, and add it to another pint of boiling water into which has been stirred about a tea-spoonful of the extract (or rather more); salt to taste, and it is ready to serve. A glutinous taste may be easily given if a quarter of an ounce of gelatine is boiled with the vegetables: this will, of course, take the place of bones in the stock proper. When fresh herbs are not in season, a few drops of herb vinegar may be substituted for them; tarragon vinegar will impart a very agreeable flavour if cautiously used, and many other kinds are equally useful. I say cautiously used, as of course the soup must not have a sour taste.

I will conclude with a couple of recipes for clear soup for invalids; they are delicious and nourishing, and will be found a welcome change from the beef-tea and mutton-broth which are so often given, until the patient wearies of the name and sight of them. I take it for granted that if the patient is not allowed any flavourings the nurse will remember to withhold them, but these will be most acceptable when the invalid is convalescent, and something tasty is permitted.

Calves' Feet Soup.—Boil a couple of well-cleansed feet with three pints of water until reduced to half, then add a slice of onion or a leek, a tea-spoonful or so of minced carrot, and the same of turnip, a sprig of parsley, a grate of nutmeg, a clove, a *pinch* of celery-seed or bit of fresh celery, and salt and pepper to taste; simmer again until reduced to a pint, and strain through flannel as previously directed. When calves' feet are not to be had, double the quantity of sheep's feet may take their place.

Gravy Soup.—Boil slowly, until reduced to half, two pounds of meat with a pint and a half of water; beef, mutton, or veal may be used, or two kinds together to give variety, and a few vegetables and herbs to flavour; just before serving, add an ounce of vermicelli or macaroni, previously boiled. By way of a change, tiny sippets of fried or toasted bread can be put in the tureen, and the hot soup poured over.

Tapioca is very nourishing and easy of digestion, but it requires very careful washing and cooking to take away the earthy taste. It should be boiled separately until almost cooked, then finished in the soup after straining it.

The Italian pastes now largely used in this country, and sold under various names, such as "Genoese," "Cagliari," &c., are very useful. Being small, they require little cooking, but they, too, need a thorough washing and separate boiling, as a good deal of flour adheres to them. They may be had in all kinds of

fancy shapes as well as letters. Grated cheese should always accompany soup in which these pastes are served; for family dinners Cheshire or Stilton *may* be used, but Parmesan and Gruyère are preferable. Parmesan is the most popular, as a small quantity will bring out to the full the flavour of the soup. One hint more—to any kind of stock a *sweet* ham bone or a slice of lean raw ham is a decided improvement; when for brown soup, whichever is used should be lightly fried with the rest of the meat for a few minutes before the water is added.

LIZZIE HERITAGE.



HOW REPOUSSÉ-WORK IS DONE.



DESIGN FOR A SCONCE

WHERE is scarcely any limit to the work in the way of decoration that ladies impose upon themselves nowadays. That which they would have regarded as a laborious undertaking a few years ago, they now consider as a merely pleasurable occupation. Not content with painting the walls of their rooms with subjects of their own designing, with stencilling patterns on the cornices of the ceilings, with decorating the panels of doors and shutters, with executing stained glass windows, with painting tapestry for portières and chair and sofa coverings, they now fill up any leisure time they have at their disposal by making some useful or ornamental article in brass. The work is quite easy, but a little patience is needed, as the metal does not yield all at once to the blows of the hammer and tools, as may be readily understood. And it is certainly not suitable employment for any one who objects to a continuous tapping sound, for that is altogether unavoidable.

Allowance being made for this drawback, repoussé-work is not otherwise unpleasant, indeed it would seem that many amateurs thoroughly enjoy it. In our opinion it is especially adapted for boys, and is an amusement that will keep their brains employed and their hands out of mischief on rainy days and long winter evenings.

Amateurs should commence operations with the thinnest sheet-brass, for there is but slight difficulty in ornamenting that. Take a small square piece first, and hammer out a pattern on it for the sake of practice. It is done in this manner. The design is first drawn in ink on the brass; a block of lead must then be procured on which to lay the brass

during the hammering process, or, in lieu of that, a smooth board will answer the purpose. The pattern on the brass is now gone over with a "tracer," which is somewhat like a chisel, quite lightly at first so as only to indicate the outline; this is repeated several times until it is sufficiently defined. It is a mistake to imagine that it might as well be marked out firmly enough the first time to bring the pattern into relief; if the attempt is made it will be found that the lines are bent into undesirable shapes. The tracer makes a number of short marks, and some practice is necessary before they can be joined imperceptibly so as to make a clear perfect line around the flowers and leaves of the pattern.

The outline being now finished, the background is hammered in; a punch having a broad end being used for the purpose. The longer the background is beaten the higher the design will stand out. Smaller punches are afterwards employed to give the ground a rough uneven appearance. Great care must be observed not to make holes in the brass, and it should not be forgotten that the longer it is beaten the more brittle it becomes. A good plan is to work from the edge of the brass up towards the pattern. Thin sheets of brass are apt to curl up during the hammering; to avoid this the edges should be turned over the block. Having become acquainted with the working of thin sheets, the worker can try his hand at the thicker kind. It is more difficult to manage, and the process is somewhat different to that already described. It is scarcely so suitable to lady amateurs, still it is done occasionally, as some are not satisfied unless they understand both styles.



DESIGN FOR A FINGER PLATE.