

OUR DINNERS PROGRAMME COMPETITION.

have this objectionable fault. The colours are in powder, and are mixed with the preparation on a palette; they dry quickly, so that a good show of work may be produced in a short time.

It was not our intention to enter minutely here

into details as to the methods of applying colours to the various fabrics; but a knowledge of the best mediums to use is often an assistance to amateurs, and therefore we mentioned them as some guide to those who are new to the work.

OUR DINNERS PROGRAMME COMPETITION.



THE result of this Competition has proved the subject to be of widespread interest, 165 papers having reached us; of these, three were ineligible, owing to non-compliance by the competitors with *General Rule No. 3*.

Many papers were necessarily discarded in consequence of departures from the clearly-stated *Dinner Programme*; in some cases the writers had allowed enough at dinner to provide little dishes

for tea or breakfast, and exceeded the sum at their disposal, and in one instance the whole week's meals were provided at a cost of forty-seven shillings.

Equally unsuccessful were those who ignored the cost of vegetables and herbs because they were at hand in the garden, or of fruit and preserves from the store-closet.

Inaccuracy in the addition of the various items marred many papers, and in some *no* summary of expenses was given, and we were left to estimate the cost for ourselves; so, without being over-critical, we are compelled to own that the number of papers thrown out owing to inattention to details was not small.

After very careful consideration, the prize is awarded to S. M. ALLAN, who succeeds in carrying out the triple requirements—variety, wholesomeness, and economy—and has a sum of 2s. 11½d. left to “cover cost of vegetables and sundries;” thus, although bread and cheese are not specified for each day, there is enough to pay for them. E. MADDISON stands next in order of merit.

E. E. FENNELL is very practical, and omits nothing from her calculations; indeed, she ran S. M. ALLAN very closely for the prize; but we considered that the dinners of the latter were on the whole more enticing and varied.

A. M. BERRIDGE gives some useful hints, but under-estimates the prices of vegetables, and her puddings and sauces could not be made for the small sums charged for them.

L. H. VAISEY'S *Timely Help* is very pleasant reading, and MRS. H. J. HENRY sent a very fair *Scheme*.

PRIZE.

SOPHIA M. ALLAN, 5 Marguerite Terrace, Bally Nafeigh, Belfast.

Honourable Mention is accorded to the following (in order of merit):—

E. MADDISON, Howell's School, Denbigh, N. Wales.

E. E. FENNELL, Westgate, Wakefield.

A. M. BERRIDGE, Fotheringhay, Oundle, Northamptonshire.

LUCY H. VAISEY, Winslow, Bucks.

MRS. H. J. HENRY, Little Marley Rectory, Brentwood, Essex.

PRIZE SCHEME FOR SEVEN DINNERS FOR SIX PEOPLE AT A COST OF THIRTY SHILLINGS.

IN beginning this subject I may say that my dinner expenses average the sum mentioned in this scheme, and as my family also corresponds in number, I have been tempted to try my practical knowledge in this competition.

Our meals are uniformly comfortable and attractive to the eye as well as to the appetite. I have often been struck, in reading the programmes published in some magazines a few years ago, by their unsuitability to the wants of a family—sometimes consisting of kickshaws of very inferior quality.

My object will therefore be to show how good food can be obtained for the above-mentioned sum, and how the most can be made of it. The prices are what I pay, and as I have lived in several towns in England I know them to be a fair average. Ingenuity, care, and above all, forethought, are indispensable where economy is necessary.

A good housewife must do the marketing herself, and in this way many delicacies can be afforded, which it would otherwise be impossible to procure for the sum mentioned. Take, for instance, fish. Sometimes there is a glut in the market, and salmon, soles, and other usually expensive fish can be had cheap. Then again, butter, eggs, and poultry can be bought so much cheaper and fresher in the market than if ordered. I make my own preserves, purchasing the fruit in the market, and the sugar by the hundred-weight.

All crusts and waste pieces of bread are kept in a linen bag in the pantry from week to week; they form the foundation of the German pudding mentioned in

my list. Dripping must be looked after carefully, whether from roast or boiled joints. Roast beef dripping makes good pastry. I now give a bill of fare, which, if the instructions are properly carried out, will not fail to give satisfaction.

SUNDAY.

4 lbs. Roast Beef. Mashed Turnips. Potatoes.
4 lbs. Codfish. Sauce.
Apple Tart. Custard.

MONDAY.

Boiled Fowl. Sauce. Ham Rashers. Cauliflower. Potatoes.
Codfish Cakes.
Tapioca Pudding.

TUESDAY.

Clear Brown Soup.
Shoulder of Mutton. Currant Jelly. Mashed Turnips. Potatoes.
Marmalade Pudding.

WEDNESDAY.

Fried Whiting. Sauce.
Rolled Beef Steak. Cabbage. Mashed Potatoes.
Open Jam Tart.

THURSDAY.

Corned Beef and Carrots. Roast Duck. Potatoes.
Cheese Macaroni.

FRIDAY.

Vegetable Soup.
Mutton Cutlets and Sauce. Savoy. Potatoes.
German Pudding.

SATURDAY.

Baked Haddock.
Stewed Neck of Mutton. Potatoes.
Pancakes.

SUNDAY.

4 lbs. Codfish.—Tail end of large fish will be found economical; if possible choose with bronzy hue on the skin—it is then in good season.

Sauce.—1 pint milk, 2 table-spoonfuls flour, 2 oz. butter; just before serving, add the yolk of an egg beaten and a squeeze of lemon.

Roast Beef.—6½ lbs. sirloin. When purchasing see that all the suet is removed except what is absolutely necessary to cook it. Cut off about 2½ lbs. of the flap, rub it with a little sugar to mellow it, and then with salt and pepper; put it in a cool place. Roast the remaining 4 lbs.

Mashed Turnips.—One large turnip mashed with a little milk and 1 oz. butter.

Apple Tart.—1 lb. flour, 1 tea-spoonful baking powder, pinch of salt. Wet with as little water as will roll it out; ½ lb. suet chopped *very fine*; spread half on the paste. Double up and roll out smoothly. Repeat with remainder of suet; 2 lbs. apples, ½ lb. sugar, a little lemon-peel.

Custard.—Pint of milk, 2 eggs, table-spoonful of flour, sugar to taste.

MONDAY.

Codfish Cakes.—Remains of fish from the day before; 2 large dry potatoes, broken very finely with a fork; 2 oz. butter; 1 egg lightly beaten; season highly with pepper and salt; make into 6 cakes, egg and bread-crumbs, the white of egg remaining from day before to be used; fry in plenty of dripping, serve hot, and garnish with parsley.

Boiled Fowl.—Boil very slowly in 3 quarts of water; serve with white sauce made of about ½ pint of stock in which fowl was boiled; a little cooked celery, flour, and 1 oz. butter.

Tapioca Pudding.—½ lb. tapioca, pint and a half of milk, 4 oz. sugar, 2 eggs, a little flavouing.

TUESDAY.

Clear Brown Soup.—This is made from the remains of Sunday's roast. Bones to be chopped and simmered in 3 quarts of water on Monday evening; when cool, fat to be removed; add to this the fowl stock, large onion cut in slices, and well browned in frying-pan, the parsley used in garnishing, and a little celery; egg-shells from to-day's pudding are to be used for clearing soup after straining.

Shoulder of Mutton.—In winter I purchase the whole fore-quarter; by doing so the best quality can be had for the price I quote. Shoulder roasted, served with red currant jelly.

Marmalade Pudding.—Cut some slices of bread very thin, cover with marmalade, and sprinkle with a little finely-chopped suet; fill in a buttered mould with these, add 2 beaten eggs to a pint of milk, and a little sugar; pour over the bread and boil for an hour.

WEDNESDAY.

Fried Whiting.—3 good-sized whiting, egged and bread-crumbed, fried in mutton dripping.

Sauce.—½ pint milk, 1 oz. butter, 1 table-spoonful flour, 1 tea-spoonful anchovy sauce.

Rolled Beef Steak.—3 lbs. rump steak, a stuffing made of 3 oz. bread-crumbs, any scraps of meat, 2 oz. suet, 1 onion, all chopped fine, pepper and salt; place in centre of steak, roll up and fasten with skewers, cook in quick oven for 40 minutes. Baste often.

Jam Tart.—Crust made same as for Apple Tart, but with 3 oz. butter and 5 oz. clarified beef dripping instead of suet; ½ lb. strawberry jam.

THURSDAY.

Corned Beef.—This is the flap end of the sirloin, and is to be boiled slowly in 3 quarts of water; 2 lbs. carrots to be cooked with it; sauce to accompany them to be made from ½ pint milk, 1 oz. butter, and a spoonful of flour.

Roast Duck.—Duck to be stuffed with sage and onions, and liberal allowance of pepper and salt.

Cheese Macaroni.—¼ lb. macaroni, steeped in water for four hours, then stewed till tender in milk and water; pinch of salt; drain dry. Add pepper and salt, 2 oz. grated cheese, 2 oz. butter, a few bread-crumbs, and brown before the fire.

FRIDAY.

Vegetable Soup.—Stock from the boiled beef of the day before, from which all fat has been removed, to which add the bones of Tuesday's mutton and any scraps of meat, 2 quarts of water; simmer for four hours, skim carefully, add 2 onions, piece of turnip, parsley, and celery; thicken with a little flour; strain and serve.

Mutton Cutlets.—4 lbs. These are cut from the best end of the neck of mutton, broiled over a clear fire, and are accompanied by the following:

Sauce.—½ pint water, 2 oz. butter, chopped parsley, pepper and salt, thickened with a little flour; a spoonful of vinegar to be added before serving.

German Pudding.—½ lb. crusts soaked all night in hot milk and water, beaten up with 6 oz. brown sugar, ¼ lb. chopped suet, 2 eggs, a little ground ginger. Boil for two hours.

SATURDAY.

Baked Haddock.—Stuffed with 3 oz. bread-crumbs, 2 oz. suet, some sweet herbs, pepper and salt. Bake in slow oven, with 2 oz. butter over it. When cooked thicken the gravy with a little flour and water, and serve with the fish.

Stewed Neck of Mutton.—3 lbs. Stew gently for two hours. Add 1 carrot, small turnip, parsley, celery, pepper and salt; thicken before serving.

Pancakes.—1 pint milk, 1 egg, ½ lb. flour, a little nutmeg, sugar, and pinch of salt; make into thin batter, and fry in dripping. Serve with sifted sugar and lemon.

Annexed is the cost of supplies:—

	s.	d.
4 lbs. Codfish, at 3d.	1	0
6½ lbs. Beef for roasting, at 9d.	4	10½
Fowl for boiling	2	0
1 lb. American Ham, at 7d.	0	7
11½ lbs. fore-quarter Mutton, at 8d.	7	8
3 Whittings, at 2d. each	0	6
3 lbs. Rump Steak, at 9d.	2	3
Duck	2	3
Haddock	0	9
4 quarts Milk, at 9d.	1	0
1 lb. Butter, at 1s.	1	0
2 lbs. Apples, at 1d.	0	2
1 dozen Eggs, at 1s.	1	0
1¼ lbs. Suet, at 6d.	0	7½
2 lbs. Sugar, at 2½d.	0	5
½ lb. Tapioca, at 4d.	0	2
¼ lb. Macaroni, at 8d.	0	2
2 oz. Cheese, at 8d.	0	1
½ lb. Jam, at 4d.	0	2
3 lbs. Flour	0	4½
Vegetables and Sundries	2	11½
	£1	10 0

The remaining sum of 2s. 11½d. will amply cover all vegetables and sundries.*

SOPHIA M. ALLAN.

* The Editor begs to state that he cannot enter into any correspondence respecting unsuccessful efforts.