

wanted to know "how much he had paid his accomplice—the navvy?"

"He has confessed your treachery, you reptile!" said Mr. Roxendale. "You may leave the grounds. We do not know you, and if you do not leave quietly, the servants shall eject you. Come, Brydges; come, Nell."

Mr. West stood still and fumed, but did not go. In five minutes one of the indoor servants came to tell him his carriage was waiting, and he had to leave. No one noticed him, nor spoke to him, and he drove rapidly home, punished, and properly "cut" by all.

The remainder of the day was charming. The games were most interesting; and the "jellies" were

most active in tossing and "flinging," and got reeling at last, I was told, which I did not see myself, I am glad to say—only a Highland dance did I remark. Everyone seemed happy, and one couple in particular; for in the evening I just caught a voice, which I knew was Miss Roxendale's, saying clearly and sweetly—

"Dear Archie, I am sure papa will not interfere with my choice, and I have chosen *you!*"

"Dearest," was the reply, "I am yours, and yours only, come what may, till death do us part."

Then I came away, for I was convinced that the arrangements had been perfectly successful, and that the young engineer had won his prize and got his reward.

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### SOME DIGESTIBLE FORMS OF CHEESE COOKERY.

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BETWEEN those who assume that cheese is an article of diet which can be eaten with impunity by everybody, and the large number of people who condemn it *in toto*, there is certainly room for various expressions of opinion, and for the exercise of ingenuity as

to the best ways of rendering it more digestible; for it should be borne in mind that it is a highly concentrated food, and as such, is too powerful for many, especially sedentary livers.

By way of introduction to the hints and recipes herein given, I will first own my indebtedness to Professor Mattieu Williams, he being the originator of the treatment of cheese with bicarbonate of potash, to which special attention is requested, and all the recipes (other than his own, which are duly acknowledged) are the direct outcome of the suggestions given in his admirable work, "The Chemistry of Cookery."

All thinking people must agree with the professor that cheese demands greater attention than it usually obtains, as "it may be brought from any part of the world where cows and goats can be fed, and can be stored more readily, and kept longer, than other kinds of animal food." As to its nutritive properties, it contains, taking the average of the best varieties, not much over 30 per cent. of water, as against more than 70 per cent. in beef; thus, at starting, there is more than double the amount of *solid*, i.e., *water-free* nourishment. But the practical question, "Can we assimilate and convert into our own substance the cheese food as easily as we can the flesh food?" is answered very decidedly in the negative by the author, who says, "We cannot, if eaten raw, but we may if suitably cooked; for, although mountaineers can digest raw cheese as a staple article of food, and prove its nutritive value by the result, yet feebler bipeds of the plains and towns cannot do the like."

As to the potash treatment, its advantages may be briefly summed up as—making up the deficiency of mineral matter, which in cheese-making is left behind in the whey, neutralising the acid, and converting the casein into its original form, as it existed in the milk.

With reference to the best kinds of cheese for cooking purposes, any of the soft rich varieties are superior to Parmesan, so far as digestion is concerned, though they lack its peculiar and generally liked flavour. Gorgonzola, as well as the cheeses of Cheddar, Gloucester, Stilton, and the Midland counties generally, likewise the best sorts of American, are all available for cooking purposes; and it is the opinion of a high authority, both in the medical and dietetic world, that a cheese which is soft enough to spread on bread, hurts nobody, as a rule. The outer portion should be dried, and reserved for dishes which require the cheese to be grated instead of sliced. Professor Williams says, regarding the solubility of cheese, that he found great difference in the various samples and that, generally speaking, the newer and milder the cheese, the more soluble it is. Some that he tried "left a stubbornly insoluble residuum, detestably tough."

The average quantity of potash required is the fourth of an ounce for every pound of cheese used, whatever the nature of the dish. In these proportions the flavour of the potash will not be detected. In some experiments in which Professor Williams doubled the quantity of the alkali, he found that the bitter flavour *was* just perceived.

The first dish—and a very nice one—on my list is the following. Fill a pie-dish with slices of bread and butter (first soaking them in a mixture of milk and eggs) and grated cheese in alternate layers, allowing time for saturation, then bake gently; or, grate the bread as well as the cheese, and thoroughly mix, then add the eggs and milk. This, in the opinion of a lady who wrote to Professor Williams on the subject, is the



better way. She also advises a shallow tin for the baking, as for Yorkshire pudding, as this gives more of the browned surface.

Although the above is called "Cheese Pudding," the author asserts that it is too nutritious to supplement a joint, "and as its savoury character tempts one to eat it too freely, it would be far wiser to use it as the Swiss peasant uses his *fondue*: i.e., as the substantial dish of a wholesome dinner."

I would here recommend a trial of a *steamed* pudding made in either of the foregoing ways. It will be found very much lighter (though a little less savoury) and easier of digestion; but the mixture, to ensure its turning out successfully, must be made stiffer. To each half-pint of milk used an ounce of flour should be added, and more eggs will be required to set it than for a baked pudding. Any previously cooked cereal—rice, for instance—is also a good addition, as it not only helps to "bind," but gives bulk, thus making it more economical, as well as better adapted to the requirements of some people; and all who require to make the dish as laxative as possible will be wise to use whole-meal bread in preference to white for its foundation.

I will mention, *en passant*, that the addition of the potash is not so necessary when the milk which is added is just drawn from a cow, that being in itself slightly alkaline. Professor Williams says that, in his opinion, the absence of potash seems the one serious objection to the free use of a cheese diet, and that he is satisfied that cheese can never take that place in an economic dietary which is otherwise justified by its nutritious composition, unless this deficiency of potash is somehow supplied; and that his device of using it with milk as a solvent supplies it in a simple and natural manner.

*Cheese Soufflés*, or *Fondus*, are very popular, but as usually made they are decidedly indigestible; and in Professor Williams's own recipe he advises a gill of milk, as much powdered bicarbonate of potash as will stand upon a threepenny-piece, and four ounces of grated cheese to be heated carefully until it is completely dissolved, after which three beaten eggs are to be added, and the mixture poured into shallow dishes or trays of metal or earthenware that will stand heating, and baked or fried until *nearly solidified*. The difference, it will be noted, consists in the fact that, owing to the utensils being shallow, less time is required for the cooking, and the surface will not be "an air-tight, leathery skin," as it often is. For a cheaper dish, fewer eggs will suffice, and bread-crumbs will make it more acceptable to some palates. The seasoning is as usual—viz., mustard, cayenne, white pepper, and, if liked, a dash of nutmeg. The quantity of salt must be regulated by the kind of cheese used.

Recipes for dishes of this kind could easily be multiplied if space allowed; and although I have not yet subjected a *cheese omelet* to the potash treatment, I see no reason why it should not be as successful as a *fondue*.

Referring to dishes consisting of cheese and any of the various forms of Italian paste, Professor Williams

contrasts the usual English treatment, notably of cheese and macaroni, with that of the Italians; the latter take care that the cheese is *delicately* cooked, while in England, the top layer being often of grated cheese, after placing in an oven or before a fire the surface "is browned, and converted into a horny, caseous form of carbon that would induce chronic dyspepsia in the stomach of a wild boar if he fed upon it for a week."

Indeed, whatever the actual recipe, the chief point to ensure a digestible dish is for the cheese to be mixed, softened, and diffused in the liquid used as the "solvent," whether water or milk, or *stock* if the dish is to take the form of a soup or stew.

I recommend the following as a light and nourishing way of serving *Macaroni and Cheese*. Mix one ounce of potato flour with a little cold milk, add a pint of hot milk, put it into a stewpan and boil for a minute or two, stirring well; then remove it from the fire (this is to lower the temperature, that the cheese may not be hardened), and stir in until *quite dissolved* two or three ounces of cheese, grated if dry enough, or thinly sliced if soft; add salt and pepper to taste, then pour it over four table-spoonfuls of previously cooked macaroni, cut small, and laid in a dish. Garnish with sippets of dry toast, and serve hot. Boiled rice, as well as vermicelli and other Italian pastes, may be used for this.

Another result of what Professor Williams calls his cheese-cooking researches is a class of dishes in the form of porridge: which, he says, are not intended for epicures, but for men and women who eat in order to live and work, and which are especially fitted for those who work in the open air. They must be carefully used by sedentary brain-workers, "lest they suffer from over-nutrition, which is but a few degrees worse than partial starvation." The author's typical cheese porridge is described as "ordinary oatmeal porridge, made in the usual manner, but to which grated cheese, or some of the cheese solution above described, is added, either while in the cookery pot or after it is taken out, and yet as hot as possible; it should be sprinkled gradually, and well stirred in." The professor, no doubt, by *ordinary* oatmeal porridge means thoroughly cooked porridge; half-cooked oatmeal is one of the most indigestible foods one can eat. I remember at a lecture on food one of the audience asking the lecturer, "Is it *really* true that starchy foods swell very much and require a long time to cook, &c.?" He replied, "Yes; and if you won't give them time to swell outside the body, they must do the swelling inside." This did not lack force, at any rate, and probably made an impression upon all present.

I can endorse the author's recommendation to add cheese to *Hasty Pudding*, which converts it, as he says, into a savoury and highly nutritious porridge; and the same may be said of boiled rice and other forms of edible starch. It is not necessary always to add milk; those who prefer it may, after mixing the cheese thoroughly with the porridge—by the way, hominy must not be forgotten—add a little gravy, or



tomato pureé, or I would suggest for variety the addition of any of the usual sauces, parsley, onion, celery, &c.

Cheese pudding, or cheese porridge, made by adding cheese to baked potatoes, with a little milk if liked, is worthy of consideration; this may be served as it is, or pressed into a dish and slightly browned for the sake of appearance, but will be more digestible *minus* this treatment. *Boiled* potatoes will *not* do; a potato cooked in its skin *alone* contains all its original saline constituents; and these, as previously stated, are specially demanded in combination with cheese.

I have not tried fish sauce with cheese added, or fish and cheese pudding, both of which are pronounced excellent; and grated cheese with stewed tripe is said by the professor to be very good; but I may here suggest to any vegetarian readers who are *au fait* in the concoction of vegetable soups and pureés into which milk enters, that they make trial of cheese, by dissolving it in milk, with or without the potash, according to individual requirements, and adding it just before serving the potage. Those who appreciate *Cauliflower au gratin*—viz., a nicely cooked cauliflower coated with thick white sauce with grated cheese in, will find many other vegetables equally good similarly served.

I feel that these suggestions will lack completeness if I omit a reference to toasted cheese and Welsh rarebit, perhaps the most familiar and popular forms

of cheese cookery, as well as the most indigestible as *ordinarily* prepared; the toasted cheese is often cooked by so fierce a heat, that it is so hardened and toughened that the moment it begins to cool it resembles india-rubber; and in the case of the Welsh rarebit, the rapid boiling ensures similar hardening of the cheese, and also robs it of its nourishment. Justice compels me to state that I know *no* way of making toasted cheese pure and simple any other than indigestible, but cheese *can* be digestibly cooked by stewing. Supposing you have in your saucepan a little milk (which may be advantageously thickened with flour, or *whole-meal* for brown bread eaters): let this boil, then add the cheese, and don't allow it to boil again, simply dissolve it. Those with whom eggs agree can add one well beaten with the cheese; it will cook in a few minutes at the reduced temperature, and be found a very excellent dish. It should be poured over or served with some nicely made toast. Tomato conserve is a good flavouring medium for the above.

In conclusion, I am well aware that many very delicious cheese dishes, especially such as have a pastry foundation, are omitted from this paper, and purposely, as I have excluded all such as are outside the pale of digestible dishes; for the same reason I have discarded cream, although it usually enters into the composition of dishes of cheese, my object being to draw attention to *unusual* varieties of cheese cookery.

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## A PEEP AT A RUSSIAN FAIR.

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**I**F the traveller in Russia should happen to find himself in the interesting old city of Moscow during the month of August or September, he should on no account miss the opportunity afforded him of paying a visit to the world-renowned fair of Nijni-Novgorod.

Modern railways, which have brought distant countries so near together, have shorn this great mart of some of its former splendour and importance; and with the gradual disappearing of the various distinctive national costumes—which are getting woefully Europeanised—is departing one of its most interesting features.

But in spite of these drawbacks, the great fair will well repay a visit, and a day spent in the midst of its

busy traffic will leave an interesting and unique recollection in the mind, which will amply reward any discomfort and fatigue that may be incident to the journey.

Let me try and describe a day we spent one August in this great market.

Nijni-Novgorod—Lower New Town (there is another Novgorod a little south of St. Petersburg)—is situated 410 versts, or 273 miles, from Moscow in an almost direct easterly line. The town boasts several hotels, but as we did not hear very favourable reports of these, and as they are said to be uncomfortably crowded during the time the fair is being held, and not to be altogether comfortable quarters for ladies, we preferred to follow the usual plan of travelling down by the night train, spending a long day at the fair, and returning the next night to Moscow. (N.B.—I have been told since that some of these hotels are very fairly comfortable, and we might well have ventured upon the experiment of spending a night there; so it may be that the guide-books we consulted—not always reliable—had been maligning them.)

One hears a good deal about the comfort and