

teach me manners. It's all your fault. You said we wanted a sister to teach us manners."

"So you thought Miss Juliet would do for a sister?"

"Yes."

"I shall see her to-day, and I'll tell her so."

"Take me with you."

Dr. Quorn shook his head.

"What would your father say?"

"I don't know. I don't care."

"Ah! but I do. Run home, Con, like a good boy. Do as you're bid, and I'll see if I can help you."

That very afternoon, in the middle of lessons, I heard father call me. I ran down into the study, and found him with Juliet's father.

They seemed quite friends again, for he was shaking hands with father, and thanking him for his kindness.

Father told me I was to go to Ringlebury at once.

"To see Juliet?" I asked.

"Yes," said father, "but you must remember she is very ill."

"She's not as ill as you think; but she wants *me*," I replied; and though he looked so unhappy, Juliet's father burst out laughing.

But it was true, for all that. Dr. Quorn said so himself, when he came in to see Juliet again and found us both laughing over the beef tea.

It was jolly good beef tea, too; and I was awfully hungry, for no one had remembered about my tea.

So when Juliet's nurse brought the beef tea, and Juliet wouldn't look at it, I said I'd take it myself.

It was good!

"You don't know what's what, Juliet," I said; so then she thought she'd try, and we finished the basin between us, taking the spoon turn and turn about.

You should have seen how the big people stared! and that was the first thing Juliet had eaten that day.

I stayed a whole week at Ringlebury, and did no lessons all the time. Father said he couldn't take me away, but mother was vexed at my being so idle, and said I should be quite spoilt.

But I wasn't.

Ringlebury was a dull place with nothing but grown-up people and servants, who moved about without making a noise, and said nothing but—

"Yes, sir."

"No, sir."

It's no wonder that Juliet nearly went melancholy mad.

It was jolly when I got home again, and jumped upon old Susan's back, and made her start, and she tried to box my ears, and cried out—

"I'll tell your Ma, Master Con!"

It seemed a little strange at tea-time, when I handed mother the kettle before she asked, and she said—

"I think your manners are improving, Con."

But I felt quite natural again when Don said,

"You needn't give yourself airs because you've been to Ringlebury. They only took you as a dose of medicine, after all!"

But Ringlebury isn't as dull as it used to be, now father and the Squire are friends again, and we can run about the park as much as we like.

We have made the old butler laugh, and we have taught Juliet to stilt—but we can't call her a goawk, or a muff, or a duffer, or an idiot (although she is younger than I am), because, you see, she is a girl.

So perhaps she is teaching us manners, though she said she didn't know how.



## ECONOMICAL SAVOURY SOUFFLÉS.



OR the details connected with the making of soufflés, reference should be made to a former number of this MAGAZINE.\* To repeat them would take up half the space at my disposal.

There are many

soufflés of modern introduction, very elaborate in appearance, and most complicated in the mode of manufacture. To those who have never made a soufflé, such dishes would be impracticable; but by grasping thoroughly the principles laid down in the paper referred to, after a few experiments with soufflés of more moderate richness, and in the making of which less skill and trouble are involved, anyone of average intelligence should be able to turn out the highest-class dishes. Cold soufflés, sometimes iced, are a class

\* "Simple Soufflés," CASSELL'S MAGAZINE, March, 1895, p. 269.



of themselves, and are not here dealt with. There are a few points about a soufflé worthy of remark. When nicely baked it is a most inviting-looking dish; it can be quickly cooked; a small amount of meat or fish goes a long way; it is a welcome change from the usual run of dishes, and even from one recipe a number of others can be evolved. For example, veal, chicken, or rabbit may be employed similarly, varying the flavours as required.

It is very important that care in the little details be duly observed; to ignore them here is to court failure literally. Then one is apt to blame the dish, and never venture on a second trial.

#### *Oyster Soufflés.*

This mixture may be baked as one moderate-sized dish, or it will serve for half-a-dozen small ones, and the latter are the easier to bake and serve successfully. Take half-a-dozen good-sized oysters, an ounce and a quarter of flour, the same of butter, a gill of milk and a spoonful over, the whites of two eggs, a whole yolk and half a second, and some seasoning. The flour and butter are stirred over the fire until blended, and the gill of milk added and boiled up. A little salt and cayenne, with a drop or two of anchovy essence, are required, and, off the fire, the yolks should be well blended after the extra spoonful of cold milk has been stirred in. The oysters, bearded, and cut in small pieces, and the strained liquor, are to be stirred in as soon as the mixture is taken from the fire. If time allows for the simmering of the beards in the liquor a short time beforehand, the flavour will be better; it must be strained carefully. If much reduced, the original quantity must be made up with white fish stock. The whites must be very stiff; they will cause failure unless they are. The moulds should be barely three-parts filled, and the oven must be moderately hot. From ten to fifteen minutes will be ample time. A sprinkling of brown bread-crumbs on the top, and a morsel of butter in the centre of each, should not be forgotten.

A variation of the above may be had by altering the flavour: a dust of nutmeg or spoonful of chopped parsley will be liked by some, and the soufflés are delicious steamed. They can be set in an ordinary potato-steamer over boiling water, which should be kept at a steady simmer only, and a sheet of greased paper must be laid over the top of the cases. Serve instantly.

#### *Veal and Ham Soufflés.*

Here you get a real dainty at a moderate cost. It may be served as an *entrée*. The

first thing is the preparation of the mushrooms. A couple of tablespoonfuls, measured after washing, drying, and pressing well from any moisture, then chopped extremely small, should be put in a stewpan with a quarter of an ounce of butter and a squeeze of lemon-juice, and simmered for ten minutes with frequent stirring. Then put by to cool. Two ounces of raw veal and half as much ham must then be prepared by scraping the meat free from skin, and sieving it. The yolks of two raw eggs are beaten up with it, and some seasoning: salt, pepper, cayenne, and a morsel of parsley, or in place of the latter use an eschalot, cooking it with the mushroom. It may be chopped up or put in whole, and removed after enough flavouring has been obtained, just as preferred. The next addition, for the order makes a great difference to the result, is a quarter of a pint of cream that has been well whipped, and a tablespoonful of any nice white sauce. The stiff whites of four eggs go in at last. The same directions for the cooking of the oyster soufflés apply here. You will notice that there is no "panada" for these, hence the delicate nature of the dish; and let those who may for the moment feel inclined to grumble at the cost of the cream notice how small a quantity of meat is used. In fact, for a high-class dish, it is decidedly cheap.

#### *A Plain Cheese Soufflé.*

This is a good and cheap savoury dish. Those who are accustomed to the use of Parmesan need no reminder that it is *the* cheese for the purpose. Those who know it not should lose no time in making its acquaintance. The soufflé can, however, be made with any cheese that is dry enough to grate, Stilton, Gloucester, Cheshire, or Cheddar, for example, or half of either, with half Parmesan. Many think that the mixture ensures better results than the use of any cheese singly. For the dilution of the other materials, water or milk is used at the option of the cook, many giving the preference to water, as it is pretty generally considered that it makes a lighter soufflé. Take, then, a gill of either, or mix them, an ounce of butter, three-quarters of an ounce of flour, a teaspoonful of mignonette pepper, a hint of cayenne and salt; the saltiness of the cheese must determine the exact amount of the latter, and if you care for the flavour, add a grate of nutmeg; two ounces of grated cheese and three eggs make up the materials.

Melt the butter in a stewpan and fry the pepper in it. For the sake of the novice, let me add that the pepper referred to is nothing more than coarsely ground peppercorns,



obtainable through any good grocer. Then strain this butter into a second saucepan, as you want only the flavour of the pepper; stir the sifted flour in and mix smoothly, then add the liquid and cook until the whole leaves the sides of the pan freely, never ceasing the stirring. This is called the "panada." Now, off the fire, beat in the yolks of eggs and the rest of the seasoning, and the cheese. The whites are to be whipped to a stiff froth, with a pinch of salt, and added when the mixture has cooled; it should be only just warm. This is an important point, and so is the light but thorough incorporation of the whites. If put in with a heavy hand the soufflé will not rise. One of the yolks should be omitted; a white more than a yolk, or in very large dishes two whites more, is a feature of a soufflé. Take care not to peep too early in the baking stage, and particularly avoid banging the oven door, or when you peep next there will probably be a hollow in the centre as if you had put your fist in it. Remember that should this happen, your soufflé will refuse to be coaxed up again, and flat it will remain. With very good luck this *may* rise to the top of the paper in baking, hence, you must be prepared for a little sinking on removal, owing to the action of the cold air; but if properly baked, there will be far less sinking than there often is when too fierce a heat and too short a time in the oven are employed. Remove the paper very quickly, and slip the dish into the serviette, which should be warm, and so pinned that the dish will pass in easily.

Here is a dish that should commend itself by reason of its small cost. You must have good potatoes, and they must be baked in the skins.

#### *Scrap Potato Soufflé*

is its name. Assuming, then, that the tubers have been cooked by this, the mode *par excellence* for all such dishes, pass the inner portion carefully through a sieve and measure it. To half a pint, add the yolks of two eggs, an ounce of butter, and half a gill of milk; the butter is to be melted in the milk, after it is brought to the boil. Add to the potatoes and beat hard, putting the yolks in when a little cool. Season liberally as for the cheese soufflé, with the addition of some chopped fresh herbs if obtainable, or some powdered dried ones.\* The exact amount and the kind rests with you. From two to three table-spoonfuls of any underdone cold meat, chopped finely, goes in next; some should be fat, or a little bacon or ham can be added, and in the words of an Irishwoman, if "some of the meat

\* "Aromatic seasonings," a mixture of herbs and spices, is useful for all such dishes.

be game or poultry," all the better. And here is a hint worth the taking. Would you raise the dish to a high standard, although of so homely a foundation, drop in with a steady hand some anchovy essence, less than a quarter of a teaspoonful, and a suspicion of grated lemon-peel; the veriest hint of garlic, obtained by rubbing your mixing bowl with a morsel, or putting in a few drops of garlic vinegar, raises it still higher above the commonplace. This is finished off as above, allowing an extra white of egg. It is soon baked, and the chances are that it will be soon eaten.

Such a dish as this loses half its value if alternatives are not enumerated. Space allows but a few only. Minus any meat at all, it is not to be despised, and with a spoonful of cooked onion or chives, minced to the smallest degree, it is very good. Again, any fish scraps, such as dried haddock, will give zest, and here the anchovy may be used more freely; many other sauces and ketchups may be employed for the sake of variety. A spoonful or two of minced lobster and a little essence of shrimps will furnish a very tasty snack. A spoonful of any cheese, with a salt-spoonful of pounded bay-leaf, and about the same amount of curry-powder, gives another admirable finish to the dish, and, of course, cheese alone will suggest itself.

The more sauce, the less milk, and only the condition of the potatoes can guide you to the right quantity of either. It is better to make several small ones where convenient, or in the case of a large one to test the mixture by baking a morsel; but only the beginner need take trouble of this kind.

For small soufflés, the best way is to use the little paper cases, serving one to each person. They should be prepared by oiling them, using a small brush and a little pure salad-oil, and letting them dry on the plate-rack or in the oven. They must not be exposed to great heat, as after baking, they should be only a pale brown. Those who possess the little fire-proof china cases will, of course, use them in preference to the paper ones. They are now to be had in many pretty shapes.

In the case of so homely a dish as the scrap potato soufflé above detailed, a proper dish or tin is not a real necessity. Many cooks send such simple *plats* as these to table in a deep pie-dish; should this be used, either pin a warm serviette round, or slip it into a pie-dish collar of any pretty colour. Never forget that with a plain dish of any sort the appearance is important. Daintily served, we have only to make believe very much, and our imagination will convert the snack into a richer and more costly one.

DEBORAH PLATTER.