

which she is entitled, and has placed bag and bundle alongside her, and looks scowlingly at the intruder; and for a long journey there is no chance of even stretching his legs.

London was at last reached by our travellers; and most dingy did its aspect strike Joan, when the luggage was on the cab, and they were off for Bedford-street.

No welcome light shone in the window as they pulled up; and Everard was impatient as ring after ring remained unanswered.

At last a sound is heard, and a rattle of the door chain, with bolts and bars withdrawn, and the maid-of-all-work says "Who is there?"

"Open the door, and don't keep me out here in the rain."

"Dear me, sir, is it you? Why, missus is hout, as she don't expect you afore to-morrow."

"What an old stupid she must be. I wrote and told her."

"Well, sir, everything is ready; and missus, she special went to-night to Hacton, caus' she says she'd get some fresh heggs, and what not, for you and the lady."

"Well, never mind her. Look alive; light the gas. Come in, Joan."

Poor Joan! It needed all her resolution to look cheerful, and to smooth Everard down. The parlour blinds were up, and the gas-light in the street cast a feeble flicker into the room as she walked in. Of course there were no matches at hand (never are when wanted!); and the cabman was dragging in the wet boxes, and leaving a sloppy mess behind.

"Oh, Joan, I'm awfully sorry," said Everard at last, when, the gas being lit, he saw how pale and tired she looked. "We must get you some tea."

"Please sir, missus only left out a little coffee for me. It's quite cold now; but I'll warm it up. Missus'll be back quite early, sir."

That was all very well, but here were two tired travellers come *home!* No fire, no lights, nothing to eat! It was a fix! But the very emergency and absurdity of the position struck them both, and they burst out laughing. *What a blessing laughter is sometimes!* It soothes angry feelings and overcomes many a difficulty.

"Here, Joan, I know what I'll do. The kitchen fire can't be quite out; I'll go and buy something, and we'll cook it while Sarah gets our beds ready," and before long a good blaze was kindled, and Everard, soaking wet, came in with a store of provisions—sausages, mutton chops (done up in a newspaper), bread, butter, and tea—and the first meal was got over with much amusement to both, and perhaps Joan went to bed less sad than she might on this her first evening in London. As she knelt that night asking strength and grace to fulfil the task she had undertaken, a calm peace was on her soul, and when she entered the day's adventures in her diary, and turned over the page in which the blossoms of the Michaelmas daisies had been placed the night before in her old home at Felbeck, it was with a brave heart, and without any repining regrets, that she closed the past chapter of her life, and entered upon the second, which was still a fair blank before her.

The curtain hid from her view all that the future held of sorrow or of joy. In loving mercy it is ever so, for who could face the pains and griefs of the coming year did we but realise it before.

Sufficient unto the day is the evil thereof, and strength is promised for the time of trial, but *not* in advance.

"Strength is promised, strength is given,
When the heart by grief is riven;
But load it not with sorrow
That belongeth to the morrow."

(To be continued.)

THICK SOUPS AND PUREES.



THICK soup is stock made thick—that is, about as thick as cream—by the addition of some starchy ingredient, which can be boiled with the liquor, and, as it were, enter into its composition. The materials usually employed for the purpose are flour, arrowroot, ground rice, corn flour, oatmeal, potato flour, sago, tapioca, and eggs. The stock should first be pleasantly flavoured and seasoned, and made free from fat, and the thickening ingredient should be added a little time before the soup is required, so that the "liaison," as it is called, or "thickening," may have time to cook sufficiently, but not over much; for it must be remembered that if the soup and thickening are boiled too long, the soup will become thicker and thicker, and may burn.

When arrowroot, flour, or similar materials are employed for thickening soups, the ingredient should first be measured (half an ounce of thickening to a pint of soup is a usual allowance), put into a basin, mixed with a small quantity of cold liquid, stock or water, then beaten well with the back of a wooden spoon, till it forms a smooth thin paste. When this point is reached, add the hot stock gradually off the fire, to prevent lumping, put the soup back into the stewpan, stir it till it boils, simmer for a few minutes, till the soup is smooth and thick, when it is ready to be served.

Soup is very often thickened with brown roux—that is, a mixture of flour and butter browned over the fire. The advantage of using this preparation is that it colours the soup as well as thickens it. It is, however, liable to destroy the flavour of the soup, and there is really no occasion to use it, because soup can be coloured without it, by frying the meat and vegetables used in making it, particularly the onions, till they are brown without being at all burnt. A good cook is very careful about the appearance of her soup. If white, it should be white, not grey; if brown it should be brown, not drab. Brown soup which looks pale as if it were diseased will never be enjoyed thoroughly, no matter how good it may taste. When brown roux is used, the soup must be simmered by the side of the fire for awhile, and the fat must be skimmed off as it rises.

A little caramel, ketchup, or a little strong, brown gravy or Liebig's extract may be added to the soup when it is about to be served if further colouring is required. Pastilles Carpenter also, which consist of small round balls like marbles, are to be bought at most grocers. They are specially made for colouring soup, are excellent for the purpose, and very cheap. All colouring ingredients, however, and especially caramel or ketchup, must be introduced very sparingly; they must on no account be added in such quantities that they can be tasted. A soup that tastes of ketchup or burnt sugar is a failure, no matter how rich and brown it may look. Nevertheless it is a convenience to have materials of this kind at hand, because a small quantity will often impart the desired colour without exciting a suspicion of its cause. Caramel is easily made. Four ounces of moist sugar are put into an old saucepan and boiled until it is of a light brown colour. It is then stirred until it is very dark, with at being burnt, when half a pint of boiling water

is boiled with it for five minutes to dissolve it; it may then be strained into a bottle, and put aside till wanted. Caramel thus prepared beforehand is very much to be preferred to the rough-and-ready browning used by cooks every day, and made by burning sugar in an iron spoon. The latter preparation is almost certain to spoil the flavour of a dish into which it enters. The former, if used very carefully indeed, may improve the look of a soup without injuring its taste. Yet even this is a dangerous addition, and should be dispensed with if possible.

Purées differ from thick soups in that the vegetables used in flavouring the liquor, or the materials used for thickening, are rubbed patiently through a sieve; then mixed with the liquor once more and boiled up again before serving. In purées nothing is wasted; you get the full benefit of everything used in making the soup. Yet it is to be feared that purées will never be very popular with people who have to do their own cooking, because this process of rubbing vegetables through a sieve is rather troublesome, and calls both for time and patience. If these can be given, however, the result is sure to be satisfactory; and if girls who have till now been accustomed only to the ordinary method of cookery usually carried on in English kitchens will follow the directions given, and patiently make a purée properly, they will be astonished to find what excellent soup can be made for a trifling cost.

The best of it is that a girl who gets the idea of making one purée can make every purée. Therefore, as potatoes are within the reach of all I will describe the process of making potato purée, and I hope girls will remember that although potatoes are used here, the process would be the same whatever vegetables were used, and whatever the purée might be.

Before we began to make our soup, however, we should want a hair sieve, and a small one can be bought for about ninepence. If we determined to make soup every day we should do well to get a wire sieve; and a moderate-sized tin wire sieve would cost about half-a-crown, though a brass wire sieve would cost about four shillings. The vegetables could be made to go through the wire sieve more quickly than through the hair sieve, but the purée would not be quite so smooth in the former case as in the latter. At the same time the wire sieve would last much longer than the hair sieve.

Besides the hair sieve we must procure a stewpan with a closely-fitting lid, one leek, or if this is not to be had one small onion, a pound of potatoes, weighed after being washed and peeled, half of a small stick of celery, and a pint and a half of stock. We wash the leek and cut the white part only into dice; then put these, the potatoes thinly sliced, the celery, and four peppercorns into the stewpan with one ounce of butter. We cover the stewpan closely and place it on the fire for five minutes to "sweat" the vegetables, and we shake the pan now and then to keep the potatoes from sticking and thus acquiring colour. After being steamed in butter in this way vegetables intended for soup give out their flavour better than they would if boiled at once in the stock.

We now pour the pint and a half of white stock over the vegetables and boil them till they are quite tender. We have a bowl ready, and place the sieve with the deep end downwards (because we shall more easily rub the potatoes at the shallow end) inside the bowl, then pour the contents of the stewpan, liquor, potatoes, leeks, and all through the sieve. Of course the liquid part will at once go through the sieve, and we may put a portion of this back into the stewpan to keep hot because we shall want it to moisten the

ANSWERS TO CORRESPONDENTS.

EDUCATIONAL.

pulp. The vegetables we rub with the back of a wooden spoon until they pass through the sieve and drop into the liquor in the bowl. Every two or three minutes we may lift up the sieve and scrape the pulp which will be lying thickly on the under part, for by doing this we shall make it easier for the pulp to go through the sieve; and, by way of still further facilitating matters, we may every now and then moisten the pulp with the hot liquor we kept for the purpose.

Thus far we may prepare the soup some time before it is wanted. About half an hour before it is to be served we put it on the fire in a clean stewpan, and stir it till it boils. We add salt to season it pleasantly. Make a quarter of a pint of cream hot (or milk, if cream is not to be had) in a separate saucepan, and mix this with the soup at the last moment. And now our soup is ready, though, for the sake of appearance, we shall do well to have a teaspoonful of parsley leaves, or of chervil leaves, finely minced, and to sprinkle these into the soup before sending it to the dining-room.

The quantity of soup thus made will be enough for five or six persons. We may calculate that the stock cost nothing, because the liquor in which a rabbit, a chicken, or a piece of mutton has been boiled will answer excellently for it; and apart from the stock the soup will have cost *rod.*, that is—potatoes, *1d.*; leek, *1d.*; butter, $1\frac{1}{2}d.$; celery, $\frac{1}{4}d.$; parsley, $\frac{1}{4}d.$; and cream, *6d.*, and the result will be a delicious superior soup, such as is rarely met with in English homes.

Having mastered this one recipe, we may vary it to any extent—carrots, turnips, vegetable marrows, Jerusalem artichokes, asparagus, celery, red and white haricot beans, tomatoes, chestnuts, peas, green peas, and lentils may all be made into soup in the same way, though in each case there will be slight variations, which a girl may easily acquaint herself with. There will, however, be no variation in this, that if she wishes to make a purée she must pass the ingredients through a sieve.

Sometimes soups and purées are made without any stock made from meat, and then they are called *maigre* soups. If milk is added to *maigre* soups they are quite sufficiently nourishing; for, as I said when first we spoke of soups, it is not usually required that soups should furnish strong nourishment so much as that they should supply light, easily-digested food, suitable for the commencement of a repast. *Maigre* soups made of peas, beans, and lentils are, however, as nourishing as soup made of good meat stock.

I have no doubt that if any professed cooks read what I have written they will say, "Here is nothing new; everyone knows this." I think they are mistaken; everyone does not know it. Those only understand it who have made cookery a study, and who can speak its language. In every business there are details which are matters of course to the initiated, but which are quite unknown to outsiders. There are hundreds of girls who, if they heard a cook say "pass the pulp through a sieve," either would not know what was meant, or else would think the process was very unnecessary. It is to such as these that I address myself. Now I think I have explained the process with tolerable clearness, and I hope the girls belonging to the class will carry out my instructions for themselves. If they do so, I feel sure they will be gratified.

PHILLIS BROWNE.



TANTO.—Consult your head-mistress, as we could form no opinion of your capabilities.

CONVOLVULUS.—A "Deist" is a heretic who, believing in a God, or great First Cause, denies Divine revelation and revealed truths. An "Atheist" denies the existence of any God at all. An Infidel is likewise a heretic, who, accepting some portion of Revelation, denies the Christian religion, such as the Mohammedans.

HILDEGARDE.—1. We thank you for your kind letter, which, written as it is in a foreign language, does you credit. "John o' Groat," with his sons, Malcolm and Gavin, arrived at Caithness in the reign of James IV. of Scotland, and purchased the lands of Dungsby and Warse. In the course of time, eight families had sprung from them of the same name. It was their custom to meet together once a year in the old original house, having lived amiably together. But the question of precedence arose in reference to taking the head of the table, and who was to walk out the first. The father, John o' Groat, promised that he would satisfy them all at the next meeting. So he built an octagon room, having a door and window in each side; and placed a round oak table in the room. This building went by his name ever after; and was built on the site of the Berubium of Ptolemy. 2. Only a very ignorant "English Lady" would turn down the corner of a postcard. It should not be done.

STULTA PUELLULA.—Are you quite sure that the lack of sociability is not in yourself? Perhaps you are dissatisfied and captious. We do not think any one quite fitted to be a teacher who describes her scholars as "the pests of her life." We should advise six months of earnest self-discipline of prayerful seeking after that "quietness" in which we are told there is "strength." If at the end of that time your mind be calmer, and your nerves and temper quieted, you must consider whether teaching be the vocation in which you can best serve God here and ensure your own eternal happiness. If you decide on being a teacher, write for the "List of colleges, schools, lectures, and other means of education for women," price *3d.*, published by the Women's Education Union, 1, Queen-street, Brompton, London, S.W.

NORTH POLAR.—Owhyhee, now more commonly called "Hawaii," is the largest and most southerly of the Sandwich Islands. It contains the great active volcano of Manna Loa, and has a large population.

NUNQUAM INFIDELIS.—We think it will be best and safest for yourself to leave the matter to God, after committing it to Him in your daily prayers. We fear the task of "explaining Carlyle" is beyond us and the limits of these columns.

EDITH HY.—Consult a publisher of educational books. Your writing is large and ugly.

A LOVER OF ACCURACY.—The question of King David's mother is not an important one. If it had been necessary to our salvation to know her name, the Holy Scriptures would have been more explicit than they are. David was, probably, induced to commit his parents to the care of Mizpeh, King of Moab, from the fact that his great-grandmother, Ruth, was a Moabitess, and Mizpeh might have been a relative.

MOIRE ANTIQUE.—It would be advisable for you to study the art of teaching—theoretical and practical—at the Home and Colonial School Society, Gray's Inn-lane, where you can attend as a day pupil. Apply to the principal at the college.

RED CLOVER and M. H. S.—"Agnosticism" is a kind of scepticism, which professes to know nothing of things not demonstrable by the senses, or by physical science. It, therefore, ignores moral and revealed truths. It is a modern heresy of only the last few years, and conduces to as hopeless and miserable a state of mind as could be imagined. We can only compare it to throwing away your mariner's compass because you do not know in what latitude you are, declining to take an observation of the stars, unshipping your rudder, and allowing your vessel to drift away anywhere—no matter whether on rocks and sandbanks, and into whirlpools; or down the rapids, and over the falls!

HOUSEKEEPING.

INETH.—An ox gall, to be obtained at a butcher's, will clean your carpet beautifully. The proportions are one-fourth of ox-gall to three-fourths of cold soft water. Apply to the carpet with a clean flannel, wrung out nearly dry from the mixture; do not make it too wet.

KATHERINE.—1. One pound and a-half of artichokes to a quart of white stock should be more than enough. 2. If you mean by "cousin," first cousin or cousin-german, then your father's cousin's child is your second cousin; while your father's first cousin is your "first cousin once removed." Your writing is very poor.

AN AUSTRALIAN GIRL.—Dissolve an ounce of gum-mastic in a little spirits of wine; soften an ounce of isinglass in warm water, and then dissolve it in spirit till it forms a thick jelly. Mix the

isinglass and gum-mastic together, adding a quarter ounce of finely powdered gum ammoniac. Put the whole into an earthen pipkin, and keep in a warm place until they are quite incorporated together, pour into a small phial, and cork closely. In using it, dissolve a small piece over a lighted candle in a teaspoon, warm the broken fragments of glass, touch with the liquid cement and hold the parts together till set. Then leave them for twelve hours without touching. Your writing is very good, and we thank you for your kind letter.

ART.

AN INTENSE ONE.—We commiserate you, if your *sobriquet* be really descriptive, which we fear it is. The "Intense" writes in the third person; who is the "I" introduced at the end of the letter? Whether "venetian red" would suit the complexion of the self-styled "Utter One," who says her friends consider her "quite too too," and whose parents' common sense "does not quite fall in with her æsthetic ideas," we cannot tell. A little dumpy girl of "five feet" could scarcely look well holding a sunflower in her hand—as she suggests—when "posing for her photograph." Were we to give an honest opinion, we should suggest her holding a child's coloured balloon by a string, or else a baby's rattle, and wearing a "cap and bells," instead of the "daffodills in her hair." Go back to your ursery, my dear, for your brains seem not yet hardened, and your head, we fear, is more like an addled egg than anything else, at present. You require careful treatment, in diet and general discipline, to restore your brains to a healthy condition.

WORK.

BERTHA.—You would obtain lessons best in Devonshire. We could not give any further particulars.

JENNIE.—We think you could hardly make the shoulder straps for yourself, unless you had a sketch of them, which you may see in many advertisements. They are made of webbing; the leather-work would be the chief difficulty.

TOPSY.—Pands of embroidery upon linen between the crochet would look very well, and would be lighter and more inexpensive than cloth.

ZELIA.—The Indian muslin dress may be remade on a coloured silk or sateen foundation, and will look as good as new. Some gold paper, decorated in panel style, might be placed on either side of the door, and would hide all the stains, as well as produce a good effect.

ETHEL.—The crimping is done by the landress when the starch is damp. Your writing is pretty good.

H. C.—The pattern of shot-silk which you send us is of a pretty colour, but unfortunately an old-fashioned one. We should advise your going to one of the large London drapers, and there endeavouring to find something to make it up with, in either velvet, b oché, or satin. The two first would be best. Have a new coat bodice made, and mix some of the new material with the skirt.

ROSEBUD has "Bunyan's," and, judging from her letter, is misty in her ideas of spelling. Buy a dictionary, and inquire for a book called "Pilgrim's Progress." The crochet tassel described at page 207, vol. i., will perhaps suit you.

CLOTILDE.—The East London Hospital for Children, at Shadwell, E., will be thankful for any cast-off clothes.

MAUD W.—Many thanks for your letter and the recipes. Put a little crape on your jacket, in narrow bands, on the jacket and sleeves. Line the bodies with calico.

EDLEWEISS.—We do not think bannerette screens are so old-fashioned as you seem to imagine, and consider that you would do well to keep to your original idea.

F. B. F. J.—The "Swiss darning" is quite right, though rather tightly drawn. The "grafting" is also correct.

PORTIA.—You would hardly need a recipe for egg-cosies. Cut out a high cap-like shape to hold the egg and egg-cup both, and make it up like an ordinary tea-cosy, with an embroidered cover, a silk lining, and thick wadded inside.

A KENTISH MAIDEN.—Turn the jackets, and trim with jet passementerie and black Spanish lace, laid on in rows. Your writing would be pretty if your "t's" were better formed and crossed.

MISCELLANEOUS.

MOSS ROSE.—Put a piece of new wall paper over the inked spot, and use a little pipeclay or whiting to the ceiling.

A BEGGAR MAID.—"My affection is too great to be told in a letter." Your writing is legible.

FORGET-ME-NOT.—The lines quoted are by Eliza Cook. Buttermilk contains the sugar caseine and salt of milk, the fatty and more nourishing matter having been taken out. It is a cooling beverage in inflammatory diseases, when more nourishing food cannot be taken.

A. L. W.—An unmarried lady, if young, does not usually tell an unmarried gentleman that "she is very pleased to have seen him" on any occasion. Write an ordinary note of thanks.