

It was noticed that she looked forward to seeing Frederic Townsly, on the rare occasions when he came to the Limes for a few days. He was always sending her flowers, and little books that would not fatigue her in the reading.

One day he chanced to have half an hour with her alone. Immediately after he took his leave, Anna lay pillowed back upon her sofa with closed eyes, and her mamma saw that she had been weeping. Gently she bent over her and kissed her. Anna looked up, and a beautiful smile broke through the tears she was holding back.

"Frederic Townsly and I have had an argument," she said. "It was on the last line of this couplet—

"No star is lost from space we once have seen,
We always may be what we might have been."

"It is not true. I might have been something that I shall never be."

A certain suspicion crept into Mrs. Townsly's mind.

"Tell me, my darling—you have never had any secrets from me?"

"If I had lived, I cannot tell, I might have been his wife,

But all these things have ceased to be with my desire for life,"

she said solemnly. "Mamma, I have forgotten all that I have learned these last few years, but I wonder if I could remember the 'May Queen?' I was such a little girl when you taught it me, and we never forget what we learned when we were very little, do we?"

"Try and say it again, my darling. I can assist your memory."

Without needing one reminder, yet with many a pause, she said it through, her soft voice making the saddest music in her mother's heart. Once she gave her hand a significant pressure. It was as she said—

"And say to Robin a kind word, and tell him not to fret,

There's many a worthier than I will make him happy yet."

"Mamma," she said when the poem was ended, "that little girl taken out of her rustic vanities has more likeness to me than I knew."

"Yes; 'He fashioneth their hearts alike,'" said her mother, with a sob.

"And if my lamp was not lighted late, it had been suffered to burn very low. The smoking flax has been breathed upon; it has not been quenched for not adding to the glory of the other lamps. The High Priest had too much compassion."

(To be concluded.)

SALADS, AND HOW TO MAKE THEM.



It cannot wonder that English cooks do not make good salads, for it is only the few English people who have been "educated up to them" who care to eat salads when they are made. If a good mixed salad were put upon a table, around which twelve average English men and women were seated, half a dozen would refuse it straight away; three more would quietly inquire whether there was any oil in the dressing, and, on hearing that there was, would shake their heads and say that oil did not agree with them; and the remaining three would probably accept it and eat it with relish.

We all know that there are a great many people in the world who are troubled with indigestion, and who have to be careful lest they should take food which disagrees with them. I pity bilious people with all my heart, yet I cannot but think that when objecting to salad many persons plead weak digestions when they ought to confess prejudice. There is not such a superabundance of inexpensive wholesome food in the world that we can afford to despise what is close to our hand. Therefore, if it is really nothing but prejudice which prevents our taking salads, let us overcome the weakness and give them one fair trial.

If we find that we are ill afterwards, we can avoid them for evermore; but if we find (as I think we shall, if we are properly constituted, and have no organic disease to contend with) that salads do us no harm, then let us continue to take them. After two or three trials we shall learn to enjoy them, and shall always be glad that our appreciation of good things has been thus extended.

When we were talking about soups we said that there were about five hundred different kinds of soup; I wonder how many varieties of salad there are. Truly their name is legion. All cooked vegetables, every kind of meat and fish, and almost every sort of green meat that is good for food can be converted into salad; and we need not be at a loss for materials for making salads so long as we can procure either cos lettuce, cabbage lettuce, endive, watercress, mustard and cress, potatoes, peas, beans, haricot beans, dandelion leaves, tomatoes, asparagus, radishes, onions, garlic, chives, corn salad, beetroot, celery, cauliflower, cabbage, cucumbers, sorrel, and herbs.

English people are very fond of mixing two or three kinds of green meat together when making salad. Thus they will mix lettuce, watercress, endive, onions, radishes, small salad, and beetroot. A real French salad, on the contrary, consists of one kind of salad only.

But whether we have a mixture of fresh vegetables, or whether we have one vegetable only, we may be assured of this fact—we can never have a really good salad unless we see that the vegetables are dry. Here is the great secret of success in salad-making, to have the vegetables dry. We might repeat the statement again and again, for until girls realise it and take steps to secure freedom from moisture in their salads, they will never be able to mix a salad properly. In a well-made salad the dressing coats the vegetable, as it were, and is absorbed entirely by it; in an improperly made salad the dressing has the

appearance of a sauce, sinks to the bottom of the salad bowl, and has to be served separately, the reason of the separation being that water is hanging about the green leaves; and it is in the nature of things that oil and water should not agree.

"But what are we to do?" I can fancy I hear two or three girls saying; "we must have our salads clean, and they will never be clean unless they are well washed." Certainly they must be clean; but cleanliness may be secured without soaking the vegetables in water for an hour or two, until they are sodden. The heart of a lettuce is, oftener than not, perfectly free from both dirt and insects before it has been washed at all. Moreover, when freshly cut it is crisp, and that it will never be again after it has been soaked. Is it not, therefore, a pity to soak it just for the sake of being able to say that it has been washed?

After all is said and done, people who are determined to wash salad are not always successful in getting rid of insects. The usual method of cleaning a lettuce in English kitchens is to cut it lengthwise into halves, or, perhaps, into quarters, and then to rinse it in two or three waters. It is then shaken, and laid on a plate, and the water clings to it and drains from it, and people say, "How nice and fresh that lettuce looks!" Meanwhile, if we separate the leaves, we shall, in nine cases out of ten, find in the underpart tiny green insects, which have not been dislodged by the water, and which remain in their places undisturbed by the shower to which they have been subjected.

The only effectual mode of cleaning lettuce or salad is to separate the leaves entirely, and cleanse each one by itself. Some leaves will need only to be looked over and wiped with a soft napkin, and these are perfection. Others *must* be washed, but the business must be performed as quickly as possible, and the lettuce, when clean, must be broken into moderate-sized pieces with the fingers (a knife should on no account be used to cut lettuce); then put into a wire basket and shaken about till quite dry. If a wire basket is not at hand the pieces may be laid, a small quantity at a time, on a clean napkin, which can be taken up by the four corners and shaken as before. When one portion is dry a little more can be taken, and so on till all is finished; but if too much is put into the cloth at once the salad will be crushed and lose its crisp state.

When onions or herbs are added to salad they should be chopped small and sprinkled over the other ingredients, then mixed with them when the dressing is added. An excellent and much approved method of imparting what is called a "suspicion" of onion or of garlic to salad is to rub the bowl with the sliced bulb before putting in the lettuce. Another plan is to rub a crust of bread with garlic and toss this up with the salad. This bread flavoured with garlic is called a *chapon*, and it is generally used with endive salad. Tarragon and other herbs are mixed with lettuce, and they should always be chopped as small as possible before being used. Sometimes tarragon vinegar is used instead of fresh tarragon leaves, and it answers very nearly the same purpose, and can be obtained at any time. An easy way of making this vinegar is to strip tarragon leaves from the stalks, put them into a bottle, cover them with good vinegar, and let them soak for three or four weeks. At the end of the time drain off the vinegar, put it into small bottles, and store for use. Tarragon is so strong in flavour that it is always taken in very small quantities. Leaves which remain unused, therefore, may be utilised in this way, and so waste will be avoided.

When salad is quite dry it should be put into a bowl and set aside until wanted. The dressing should not be added to raw vegetables until the last moment, although dressed vegetables



should lie in the dressing for an hour or two.

Many housekeepers prefer to have the salad mixed at table, and people who understand how to mix a salad are always proud and pleased to display their accomplishments. If we were to watch the experts we should find that, supposing they had to mix a bowl full of salad, they would proceed as follows:—

First they would put into the spoon a saltspoonful of salt, a saltspoonful of mustard, and half a saltspoonful of pepper, mixing these ingredients thoroughly and moistening the paste with one tablespoonful of vinegar. They would then toss the salad well in the sauce; when it was well mixed, they would add three tablespoonfuls of best Lucca oil, and toss the salad again, and they would most likely continue this process until you felt inclined to say, "Well, there is no doubt about that salad being thoroughly mixed." And, indeed, there must be no doubt about the matter; for I daresay you remember the old proverb says, when speaking of a salad, that a counsellor should put in the salt, pepper, and mustard, a miser the vinegar, a spendthrift the oil; while a madman should toss the whole.

Our accomplished friends would have made in this way a plain salad dressing. This dressing is good with all salads, and cold dressed vegetables of all kinds can be tossed up in it. Cold potatoes cut into slices, cold beans, peas, cauliflowers, haricot beans, &c., &c., or a mixture of these, are excellent with it, and if placed prettily on a dish and garnished prettily, they will supply delicious, wholesome, and tempting food.

Fish salads and meat salads—that is, salads mixed with lobster, crab, salmon, chicken, or any other kind of dressed meat or fish are best served with Mayonnaise sauce. This sauce is very easily made if once you know how to do it, and those only who will not follow the directions given exactly, fail in making it. This is the way to do it:—

Be sure that everything you use is cold, and make the sauce in a cool place. Unless this is done the sauce will not thicken properly. Take a round-bottomed bowl, and put in it the yolk of an egg. Beat it with a fork, and remember that the sauce must be beaten one way. If it is beaten first one way and then another, it will be likely to curdle. Add oil—the best salad oil only must be taken—a drop at the time, and, beat the sauce lightly between every addition until the oil and egg together make a paste as thick as paste. You need not be afraid of putting in too much oil, for one egg will take a pint of oil; and if you make more sauce than is needed, you can put it into a bottle, and it will keep a long time. When the paste is smooth and workable, you can add more than one drop of oil at once; but do not put in too much, and remember that one portion must be mixed thoroughly before another is added. When the sauce is quite thick, and you have used half the oil you mean to use, drop a little vinegar in. You will find that the sauce at once acquires a creamy appearance. Now drop in oil again, and then vinegar once more, until you have made as much as is wanted, and the sauce looks like very thick custard, and is sufficiently acid for your taste. It must be thick, however, for Mayonnaise sauce is intended to coat the preparation with which it is served, not to flow round it. A little salt and white pepper may now be added, and the sauce is ready.

The appearance of a salad depends largely upon the garnishing. Here individual taste comes in, and you will generally find that the girl who can trim a bonnet can garnish a salad. Of course the colours must be contrasted prettily, and any ornamentation that can be obtained must be used and arranged effectively. Hard-boiled eggs, sliced tomatoes,

sliced beetroot, chopped parsley, cray fish, prawns, lobster claws, and nasturtium flowers are all used in garnishing, and lobster coral, or the hard boiled yolk of an egg rubbed through a wire sieve, is a decided improvement.

I will now mention two or three salads not met with every day:—New potatoes cut in slices, tossed in salad dressing, and ornamented with eggs. Celery mixed with cold chicken or rabbit, and Mayonnaise sauce; garnish with beetroot and hard-boiled eggs, and sprinkle chopped parsley over all. Tomatoes cut into slices with haricot or other beans or green peas in the middle; garnish with lettuce, and mix them with Mayonnaise or dressing. Cold dressed roots, such as carrots and beetroot, mixed with cold beef or ham. Mix with dressing; garnish with minced gherkins or chopped capers. Equal quantities of watercress and young dandelion leaves; flavour with onion, and mix with dressing. Cold cabbage chopped small and cold potatoes; pickles, and beetroot are sometimes added to this salad; mix with salad dressing. Corn salad with beetroot and salad dressing. Many more might be mentioned did space permit.

I know there are people who persist in putting sugar, milk, and vinegar with salad. I have no directions to give to them, for I regard them as not being educated up to salads. I can only say that I congratulate them on possessing such excellent appetites, and I sincerely hope that they will always be able to gratify their simple tastes.

PHILLIS BROWNE.

HOW TO SELECT AND MANAGE SINGING BIRDS.



works on the subject are generally more accurate and exhaustive than English ones.

The few suggestions I have to offer are mainly such as I think would hardly commend themselves to the attention of one perusing a manual, unless already possessing some previous practical knowledge of the subject.

First, I would ask my reader, Do you wish to keep only one bird or many? If the former, choose one of the following birds, which are all better songsters when kept alone: canaries, chaffinches, rose-linnets, larks: (these latter have to be hung out of doors, and therefore are not company); goldfinches I purposely omitted, as, while most graceful, engaging little creatures, their thin, harsh twitter can hardly be called a song. Nightingales and warblers in general require too much attention; it is cruel to attempt to keep them unless one well understands their treatment, and resides where all the various things can be procured which they absolutely need.

If a single bird is kept other than the inevitable canary, I should in preference advise either a chaffinch or a skylark. Blackbirds, thrushes, and all talking birds are apt to be troublesome, and are uncleanly in their habits.

If more birds than one are to be kept, choose from the following list, where they stand in the order they should be added:—Canaries, rose-linnets, goldfinches, chaffinches, bullfinches, green-linnets, red-poles and siskins.

As a nice selection for a medium-size cage, I advise one or a pair of canaries, one rose-linnet or goldfinch, and one chaffinch, all, of course, male birds.

Bullfinches are often tyrannical and vindictive in their temper to their fellow prisoners. If they can pipe, they are valuable, and must be kept apart; if they can't, they are of no use, having nothing but their plumage and docility to recommend them.

Greenfinches, if kept in small cages, are apt to be quarrelsome; moreover, they have but little song.

I will now give a list of birds not to be added to the aviary: Tits of all kinds. The large species are cannibals, killing and often eating other birds; the smaller are hard to keep alive, and don't sing. Yellow-hammers are ungainly and clumsy in their movements, treading down, and hurting their companions; snow-buntings (so largely sold in London) have the peculiarly objectionable habit of flying about at random in the dark, when all the other birds are roosting; hurting themselves, and often killing others; robins will not thrive much better than nightingales, and are perpetual disturbers of the peace. In their wild state all birds shun them, the blackbird excepted, who seems to seek their company. It is curious to note that these two birds have the same gait, as also the chaffinch and magpie resemble in that respect. A few remarks on diet will perhaps not be out of place, the subject being one of the greatest importance for the welfare of birds.

Never buy mixed seeds; the mixtures sold always contain too much hemp and flax seed. Any manual will tell the deleterious effects of these seeds upon birds, though they for a while thrive, and sing more lustily than is natural when fed on this diet. Mix canary, rape, and millet seed in equal parts (the rape slightly predominating) as the regular diet; give a little hemp once a week, or, better, entice the bird out of the cage, with this seed. You can after a while give them a very little daily in your hand.

In cold weather more hemp may be given than in warm, and in very cold weather give a little fat (of roast meat) in small quantities. Chaffinches like butter; a very small quantity is good for them occasionally, as it in a measure replaces their natural insect diet.

The best and most inexpensive aviary is made by having a box made the size of any window available for the purpose, fitted outside the front, having a glazed casement opening outwards; the birds will then be confined, as it were, between two windows, an outer and an inner one. This construction should be lined with galvanised iron wire, so that either window can be opened without allowing the birds to escape.

The sand and other refuse of the cage can then be ejected outwards, and the birds cannot scatter husks and seeds over the carpet.

In such a habitation birds will rarely be ailing, and all they require is plenty of water, regular feeding, and an unlimited supply of fresh air, the outer casement always being left open, except at night, and during cold or rainy weather.

As a final recommendation, let me entreat all who keep little prisoners for their amusement to tend them themselves. If this seem a task, it is clear that they do not feel the interest in their welfare which alone justifies keeping birds at all. Birds left to the tender mercies of servants never live long, and the little attention they need serves to endear the little captives to their possessors.