shoulders of mutton, are salted and dried. Meat thus prepared is called "spegekjöd."

Many kinds of mushrooms are used in Sweden; indeed, a chapter in the cookery book is devoted to the various edible fungi.

Fish is so generally eaten throughout the country that great attention is given to the various ways of cooking it.

It is considered much better if cooked in sea water; when boiled in fresh water, a little saltpetre or vinegar is usually added to the water to make the fish firm.

Fish puddings are much liked. I will give the recipes for two. One of the recipes I have found very useful, as it is suitable for any cooked fish; it is also very good made with scalded whiting.

Sillpudding (Herring Pudding).—Lay some good herrings in water three hours, then skin and bone them, and lay them in a little milk for one hour; take them out and put them in a clean linen cloth to drain all the moisture from them. Butter a pie dish well, mash some boiled potatoes with a fork, and cover the bottom of the dish with them, then lay a layer of herrings in the dish (the herrings should be in pieces), then a layer of fine breadcrumbs; repeat the layers of potatoes, herrings, and breadcrumbs until the dish is full, the top layer being breadcrumbs; over each layer of breadcrumbs a tablespoonful of oiled butter must be poured; then beat up three or four eggs with a little salt and half a pint of milk, and pour it over the contents of the mould; bake one hour in a moderate oven (the pudding should not be very moist when it is put into the oven). This quantity of milk is sufficient for five or six herrings. When done it should be a nice brown on the top. It is served in the dish it is baked in, with a tureen of oiled butter for sauce.

Pudding of Kokt Fisk (Pudding of cooked fish).—Take some cold fish, separate it from the skin and bones, cut it into very small pieces, mix with it a little oiled butter, white pepper, and anchovy sauce, beat up five eggs to a froth with half a pint of milk or cream, mix with the fish. Butter a deep dish well, put the mixture in, bake gently for an hour, serve in the dish with a serviette folded round it. This pudding is to be eaten without any sauce.

Cooked fish pudding is sometimes made without the anchovy sauce; a little salt must then be added. If anchovy sauce is used, it must be made from the following recipe.

Ansjovissas.—Take six salted anchovies, bone them and pound them in a mortar with a lump of butter; when well pounded, pour into the mortar a tablespoonful of boiling water, mix well with the fish, then pass the whole through a sieve. Make an ounce of butter hot in a saucepan, add a tablespoonful of milk to it, put the fish to it, and boil for five minutes, stirring all the time. This sauce is used in many Swedish dishes; it is also served as a sauce with fish, but to serve it that way, it is necessary to add a little more milk and the yolks of two eggs to thicken it a little.

I will conclude my remarks on Swedish cookery with a recipe that is appropriate for a "good apple year"—that is, a recipe for apple soup. The soup may be served hot or cold, and I think most of my young readers would like it.

Appelsoppa.—Take four pounds of apples (they must be peeled and cored before they are weighed), boil them in a pint of water until well done, then pass them through a sieve. Put in a stewpan half a pint of water, a little cinnamon, a quarter of a pound of raisins, without the stones, and two pears peeled and cored, a quarter of a pound of loaf sugar, and a tablespoonful of potato meal or flour; when these ingredients have boiled half an hour, add the apples and more sugar to taste. If liked, the juice of a lemon may be added; boil all up and serve. If served, cold sponge-cakes or rusks must be handed with it.

THE DREAM OF PRINCESS IDA.

"Maybe wildest dreams
Are but the needful preludes of the truth."

NEVER was there a more beautiful dream than that of the college founded by Princess Ida, of which the Laureate sang thirty-six years ago. Though, a century and a half before that, Daniel Defoe had spoken of a college for the higher education of women as a project he would fain see carried out, it still seemed far from accomplishment. Girls still "finished their education" at school, and were left to satisfy further cravings by a certain, or rather uncertain, quantity of miscellaneous reading. But in our days, generous men are willing to share their intellectual privileges with us, and women who have themselves struggled with difficulties are labouring to procure for a new generation benefits they once longed for in vain. Gradually the standard of school work has been raised, and at last the universities have come forward.

In October, 1869, Girton College was founded at Cambridge. Here girls enjoy university life, and teaching, and examinations, but from university honours they are still shut out. At the end of her career, a Girtonian can only call herself a "certificated student," and her name only appears in an appendix to the university lists.

In March, 1878, the University of London was empowered by Royal Charter to confer its degrees upon women, on exactly the same terms as upon men; and all women may be proud of the fact that the first degrees thrown open to them are the hardest in the kingdom to obtain, and, therefore, the best worth striving for. Success, however, in this, as in other things, depends rather on perseverance and genuine love of study, than on marked ability. The courses mapped out by this university are peculiarly adapted to train all the powers of the mind, both for thought and action, and the variety of subjects included in them is a safeguard against that rigidity and narrowness of mind which is too often the outcome of pursuing one path of learning only.

It remained to establish a residential college where girls might be prepared for these degrees. The liberal hand to endow, and the wise heads to plan were not wanting, and in October, 1882, such a college was opened in a pleasant situation at Hampstead. Two candidates from it presented themselves at the university last June for matriculation, the first step to a degree, and both passed in Honours. Princess Ida's dream is at last fulfilled, save that here there are no vows of three years' seclusion, and no Lady Blanche. For all are alike young, and none are of the "strongminded" type. The elements of failure in her scheme are absent. Learning would be a great evil if it rendered women hard-hearted pedants, indifferent to the ordinary duties and affections of womanhood. This thought, which lies at the heart of Tennyson's "Princess," is as true now as it was thirty-six years ago; but subsequent experience enables us to deny that real learning has such results.

At the college I am describing there is bright companionship in study, together with the charm of English home life, and it would be hard to find a happier group of girls than the fourteen students now in residence. Affecting neither strange opinions nor strange attire, they pass from the lecture room to the tennis court, or country ramble; from the social tea-party to the quiet hour of reading, each in her own pretty study by her own fireside. There is a Choral Society for the musical. One afternoon all amused themselves making marmalade, and very good marmalade it was, as I can assure those who doubt that domestic accomplishments could flourish on such soil.

"I think," writes one of the first students, "I never spent a year of more unmixed pleasure than my year at college, and I look forward with longing to my return."

Students are admitted from eighteen years old and upwards, on passing an easy entrance examination. (The next will take place at the end of November). All members of the Council, and of the teaching staff, belong to the Church of England, and as in the middle ages, the seven sciences of the Trivium and Quadrivium led up to theology, so it is the desire of all connected with this college that the knowledge which is "earthly of the mind" should lead on to the wisdom which is "heavenly of the soul."

The session begins about October 2nd, and ends about June 28th, being broken into three terms, by vacations of some three weeks at Christmas and Easter. The whole course occupies at least three years, but students can enter for one year only, and content themselves (as many do) with matriculating.

The fees are £35 a term, payable in advance; this includes board, lectures, private teaching, access to the library, and everything save personal expenses. Scholarships are offered for competition. For all further particulars, address the Hon. Secretary, Miss C. L. Maynard, Westfield, Maresfield Gardens, Hampstead, London, N.W.

MARY L. G. PETRIE, B.A.Lond.

USEFUL HINTS.

SPONGE CAKE.—Five fresh eggs, the weight of four eggs in sugar and of three in flour, the rind and juice of a lemon. Put the whites of the eggs on to a large plate entirely free from specks and yolk, add a pinch of salt, and beat with a large knife to a very stiff froth; put eight yolks into a large basin, and add the whites when well beaten; beat together for five minutes; add the sugar, which must be finely pounded, and beat with the eggs for ten minutes; then grate in the rind of the lemon; add the juice; stir, but not beat in the flour; butter a nice large tin, pour in the cake, and bake one hour and a half.

LITTLE BUNS.—A teacupful of candied peel, the same of powdered sugar, the same of butter, one pint and a half of fine flour, one teaspoonful and a half of baking powder, and two eggs. Beat the butter to a cream, add the sugar, and beat again; then two eggs, and beat well together five minutes; add the peel, mix the flour and baking-powder together, and stir well in with a spoon to the eggs, etc. Drop two teaspoonfuls of the mixture into a very small patty-pan, and bake in a very quick oven about ten minutes, or till of a golden brown.