

HER GRACE.

By ISABELLA FVIE MAYO.

"The graces of life are the sweetness of life in high and low."—Mrs. S. C. HALL.

Her tender heart has tender hands,
And silent feet and blushing face;
She goes about her loving work
As one who walks in sacred place,
And those she serves are as the shrine
Wherein she worships the Divine

To every gentle deed she does
She strives to add some loving touch:
She feels she cannot love enough,
She feels she cannot serve too much.
Her every plan she lingers o'er,
Forever adding more and more.

And all within her reach must share
The joy of every festive hour:
To homely boons of food and fire
She adds the dainties and the flower;
And poets might be proud to take
The pretty gifts she loves to make

And whether, as through life she goes,
"Her hands are always full or no—
Whether she has to give or take,
Her heart will still with love o'erflow,
And still her sweet and sunny face
Will make the world a brighter place!

SOME SWEDISH DISHES.



I SHALL preface my remarks on Swedish cookery with a few words on a subject that will, I think, interest most of my readers—Swedish girls. In Sweden girls leave school at fifteen or sixteen years of age. Until their confirmation their time is devoted entirely to study; we know nothing of domestic matters until their school education is completed.

The Swedes are, as a rule, good linguists, and one rarely meets a lady who does not at all events speak one language besides her own. They usually play pretty well, and I do not think they are by any means behind their sisters of the south in general culture. In one respect I wish our English girls were like Swedes. The latter have much simpler tastes, they rarely wear ornaments, except a brooch at the throat, and, as a rule, have not a silk dress until they are introduced, and then their dress continues to be simple, but by no means ugly or unbecoming. A ball dress is very frequently white muslin trimmed with coloured ribbons.

Swedish girls are very rarely idle; in fact, industry seems to form part of their education, and whatever the social position of a lady, she never considers that her housekeeping duties are beneath her. When not occupied in her house, she knits, and works a great deal. The Swedes are a very simple, unostentatious people. This is perhaps increased by there being so much less class distinction in Sweden than in England. In many parts of the country the broad line that separates employers and employed here does not exist at all.

I am acquainted with a family residing some miles from Stockholm: their house is a large one (I wish some of my young readers could

spend a few days in it, they would understand then how much a girl may do in a day); it is only two storeys high. The kitchen is on the ground floor; in the centre is a large white porcelain stove, a very pretty stove, I think, it looks so bright and clean always. It has places at the top that can be uncovered at will, so as to cook by an open fire, but it consumes less fuel than our kitchen stoves. Here, as in most Continental kitchens, copper pans are much used, except for certain things; such, for instance, as potatoes; and some parts of veal are never cooked in copper, while green vegetables always are. My friend's family consists of himself, his wife, and three daughters. He was formerly a captain in the navy. He now farms his own land, and the entire household consists of forty people, all of whom are fed and provided for. The housekeeping is done by the three daughters in turn, each taking it a week at a time. To enable them to do it well they studied three years after leaving school. A year was devoted to cooking and household management, including the dairy work. Cheese being much eaten in Sweden, the making of the different kinds is very important; nor was another branch of dairy work neglected, for all three of the girls can milk the cows. Then the laundry work had to be learnt, and the third year was devoted to spinning, weaving, and needlework. There are five women-servants for the house. Here, in Sweden, servants are engaged for six months at a time. April and October are the months when changes are made. The days on which they are engaged are called, "Flyttedager." The wages are generally about five pounds a year. There is an old servant here who has lived in the house for sixty years. She was engaged at the age of ten; her wages have never exceeded two pounds a year, but now she does not draw all her wages. She asks what could she do with so much money; she has only her clothes to find, and she can still weave more than she can wear. The daughter whose week it is to be housekeeper always rises very early, for, with such a large household, there is plenty to do, and everything is done at home—baking, dairy, laundry, all have to be superintended. The coffee even is home roasted. I have been so successful in roasting coffee in the way I was shown by a Swede that I will here give the directions as I received them.

The principal thing required in good coffee roasting is patience; it cannot be done in a

hurry: Put the coffee berries in a very clean frying pan, put over a gentle fire to roast, keep turning them all the time with a wooden spoon held in the right hand, and with the left hand give the pan a shake every now and then. If the coffee is good it will contain fat enough to cook itself; if not, put a small piece of fresh butter in with it. It is best not to roast more than half a pound at a time, or some berries may get burnt from not getting turned quickly enough. Great care must be taken not to over roast the coffee, which quite spoils it. It is done as soon as it is a chestnut brown. In some parts of Sweden they put salt in the coffee when they make it. Poor people often roast barley and add it to the coffee; sometimes, I think, their coffee is all barley.

Usually coffee and biscuits are taken at eight in the morning; the breakfast is at ten. In the north of Sweden, this meal is composed almost always of potatoes and fish; cold meats are served also, but rarely partaken of. The dinner hour in Sweden is from one to four o'clock, in the country earlier than in the towns. In families the dinner generally consists of the smörgas (which I will explain), followed by soup, a joint, and dessert, sometimes fish or pudding, but in the majority of houses pudding is not served every day at dinner. The Swedes are a very hospitable people. They have many curious customs. Sometimes at dinner the guests are all seated at small tables, and the dinner being in the middle of the day makes no difference to the guests appearing in evening dress the same as they would in England. When the meal is finished the gentlemen accompany the ladies from the dining-room, and everyone shakes hands with the hostess and thanks her for the entertainment. The general conversation is then resumed, and shortly coffee is served. The smörgas precedes the dinner; it is regarded as a sort of preparation for it—"an appetiser." The literal meaning of the word is "bread and butter." It is served at a small table called a smörgas-bord; it sometimes consists of as many as twenty-five dishes, ordinarily of from ten to fifteen. Many of these dishes are very strange, and quite belong to the Scandinavian Peninsula. They are partaken of standing. The guests help themselves to what they like, and eat bread-and-butter with whatever they take. The gentlemen always drink a glass of bränvin (spirit) with the smörgas. The favourite dishes for the smörgas-bord are sillsallat

(herring salad, graflax, smoked salmon, anchovies, caviare, hard-boiled eggs, sausages, smoked goose breast, smoked reindeer meat cut in very thin slices, different kinds of bread and cheese and butter. Some of the recipes that I shall give will, I think, be only curiosities for my readers, for certainly many of the Swedish dishes require the taste for them to be cultivated, and even then I doubt whether they would ever be palatable to English people. Perhaps the dish considered by the Swedes the greatest delicacy served at the smörgas is graflax (raw salmon). The following is the way in which it is prepared: Take a large fat salmon, the larger the better, but weighing at least seven or eight pounds—a bright looking fish should be chosen—cut off the head of the fish and half the tail, leave the fins on, split the salmon up the back, keeping the knife against the backbone; when opened, take out the back bone carefully and also the larger of the small bones. The fish must not be washed, but only wiped clean with a linen cloth, then rub the fish all over with saltpetre and sugar mixed; for a large salmon use one handful of each; lay over the salmon some twigs of dill, and then put the two sides together, strew the bottom of the tub with salt, and put the fish into it, thick part down. In an hour the salmon will be fit to eat. If it is not to be eaten for several days, it should be rubbed with a handful of salt, a spoonful of saltpetre, and a handful of sugar, and a weight put on it. It is best the first three days. It is served cut in slices half a finger thick, and fresh dill twigs laid on the slices; a sauce made of oil, vinegar, sugar, mustard, pepper, and salt may be added if wished.

Sillsallat.—Take four fat herrings, bone them, cut them in small pieces and lay them in a little milk, then cut some well cooked beef, three or four potatoes, and two apples into small dice; mix these and a finely chopped onion with the herrings, add oil, vinegar, pepper, salt, and a little mustard, mix well, and garnish the salad with beet root and hard-boiled eggs. The herrings are not to be cooked for this dish. The smoked salmon, goose breast, and reindeer are all eaten without being cooked; they are cut in very thin slices to serve them.

There are generally two kinds of bread on table, a coarse rye bread and fine wheat bread. The following is the recipe for making coarse rye bread, called knäckebröd:—Take coarse rye meal, lay it in a kneading trough, mix in some salt and some prepared caraways—be careful to mix it well—make a hole in the centre, and put in sufficient good yeast, lay over it a little meal, knead the yeast well in, then cover with a warm cloth and stand in a moderately warm place. When it has well risen, let it stand another hour, then make the dough into small loaves, prick them on the top, and bake in a rather hot oven; when well baked, lay them out separately, dust them over with meal, and put them on an ordinary bread spit to dry.

I give this recipe as it is given in the Swedish "Kokboks," but I would recommend my readers to try the next recipe in preference. Fint knäckebröd (fine rye bread):—Take two and a half pounds of wheat flour and two and a half pounds of sifted rye meal, one quart of lukewarm milk, in which half a pound of butter has been melted, a little salt, and half a pint of good fresh yeast; a little anise or caraway seed may be added according to taste; knead all well together, cover it over, put it by in a warm place; when well risen leave it an hour longer, then make into small loaves, and bake in a moderately hot oven.

Many other kinds of bread are made; sometimes they are flavoured with cinnamon or cardamoms.

Porridge is a great deal eaten in Sweden;

it is called gröt, and is made of barley, rye, oats, rice, or other grains; in some parts it is the supper dish of the people. Buttermilk is often eaten with porridge; also sour milk and cream.

I will give you one or two recipes for good porridge.

Smörgröt—(Butter Porridge).—Take half a pound of fresh butter, put it in a stew-pan over the fire, when it is melted work in with a whisk as much wheat meal as it will take to make it a tolerably thick paste, continue to work it for half an hour over a very gentle fire, then dilute it with a table-spoonful of warm milk, continue to stir, adding a little more milk until it is the proper consistency for a rather thick porridge; stir and cook until it is quite smooth, then add a little salt, and serve with cream and cinnamon sugar. Another porridge is called Skansk gröt (Skane is the name of the most southern province of Sweden, hence the name Skansk). I can recommend it to the readers of THE GIRL'S OWN PAPER as being very easy to make, and good to eat.

Skansk gröt.—Take half a pound of rice, boil it in sufficient water with the rind of a lemon and a piece of cinnamon; when it is half done add to it one pound of apples peeled and cut-up, two dozen raisins, some sugar, and a glass of white wine. Boil until the rice is quite tender. The lemon peel and cinnamon must be taken out when the porridge is served. It may be served hot or cold, and with cream or cold milk. So many Swedish dishes would be so utterly repugnant to English people that it is not so easy to select a dinner of really Swedish dishes as it is to choose a French dinner. My cookery book contains a great many recipes in which the blood of animals is used; indeed, in some places in the north, blood, as well as milk, is frozen in skins, and kept for winter use. I have a recipe for what is called "swart," or black soup; it commences with what seem to me directions for torturing a goose. One is told to take a goose and pluck some of the feathers from the neck, then to make a cut in the neck with a penknife, so as to bleed the goose into a decanter, the blood to be saved to use in the soup, etc. But, as I am sure none of you will wish to make "swartsoppa," I will not give the remainder of the directions. I think this, with the recipes I have given you for the preparation of uncooked fish and smoked meats, will show you that there are great differences in English and Swedish dishes. However, apart from the national cookery, the Swedes are somewhat cosmopolitan in the dishes they serve. English appelpaj and plum-pudding have their places in the Swedish cookery books, together with many French and some Polish and Russian recipes. I daresay some will notice how few ingredients are required for the recipes I am about to give you, compared with what would be wanted for a French dinner—indeed, many of the dishes are very simple, and also very easy to cook. However, experience teaches that the richest and most complicated dishes are not always the best, and certainly are not the most wholesome; so that I hope some of our girls, guided by the accompanying bill of fare, will try a Swedish dinner.

MATSEDEL (menu).

Skansk soppa.

Stufwad stockfisk (stewed cod).

Stekt kyckling (roast chicken).

Mjölpudding (meal pudding).

Skansk Soppa.—Take four carrots, one head of celery, and one leek, and slice them very fine. Put in a stewpan one pound of peeled potatoes, a teacupful of rice, and a little broth; put on the fire, and as soon as the broth boils, put in the sliced vegetables; add more broth until the soup is not too thick, then add a little butter and flour and a

teaspoonful of finely-chopped parsley. Serve the soup immediately.

Stufwad Stockfisk.—Wash the cod, then beat it well, lay it in water for some hours, take it out and bone it, then parboil it and put it on a sieve to drain. Put a stewpan on the fire, with a lump of butter and three table-spoonfuls of flour; when it hisses, stir in enough milk to make a sauce; when the sauce boils, lay in the fish, add some cooked potatoes and some finely-sliced cooked carrots, with a little pepper and salt.

Stekt Kyckling.—Take two chickens, wash them well, and dry them thoroughly with a cloth. Mix two ounces of butter and some chopped parsley together with the blade of a knife, put half into each chicken, then truss them. Put a lump of butter into a stewpan; when it is quite hot, put in the chickens, breast down; sprinkle them with a little salt. When the breasts are nicely browned, turn them over, add two spoonfuls of broth, and let them cook half an hour, then take them out and put them on a dish. Put into the stewpan the chickens were in, a little cream (sufficient to make a sauce), whisk it with the broth that was in the stewpan; when hot (not boiling), put it in the dish with the chickens, and serve them with a salad or gherkins.

Mjölpudding med Citronas (with lemon sauce).—Put a pint of milk in a stewpan over the fire, with three ounces of butter; when it is hot, sift flour in until it is like a thick gruel, stirring all the time; then stand the stewpan back a little to cool, beat up ten eggs, stir them in when the flour and milk have stood ten minutes; add also three ounces of stoned raisins, the grated rind of a lemon, two ounces of pounded sugar, and a small glass of Madeira; stir all together over the fire for ten minutes, then put into a well-buttered mould, cover with buttered paper and a cloth, put into boiling water and keep it boiling an hour and a half. Serve with lemon sauce.

Citronas.—Rub the rind of a lemon well with two ounces of loaf-sugar, then put the sugar in a stewpan with half a teacupful of water and the juice of a lemon; boil ten minutes. Whisk in a basin the yolks of two eggs; when well beaten, add the hot syrup very slowly, whisking the eggs all the time. Pour over the pudding to serve.

The following is a Norwegian dish; it is often served in Sweden, and is so good that I give it:—

Marinerad Torsk.—Cut a cod in slices, take the bones out, and dip the slices in a mixture of oiled butter, chopped shallots, chopped parsley, and lemon-juice. Put some of the mixture (marinade) in the bottom of a dish, then lay in the slices of fish, sprinkle a little salt over; then cover them with grated bread-crumbs, and pour oiled butter over the whole; put in the oven and bake. White wine sauce may be served with this dish. Soles are very good cooked this way. I have found roast rabbits "in the Swedish way" satisfactory; the dish is called stekte kaniner. Well wash and dry the rabbits, lay them in a pan with rosemary, basil, and thyme over them and inside them; leave them for twenty-four hours in a cold place, then take them up and truss them; cover them well with buttered paper, roast them, basting well all the time. Serve with brown gravy, in which there is a little tarragon vinegar.

There are several different kinds of cheese eaten in Sweden; one, called kummin ost, is flavoured with caraway seed. Salads are very general, but they are quite unlike those served in England. They are made with anything, and frequently contain a great variety, meat, fish, etc., being put in together. Vegetables are cooked in butter or stewed, young peas are sometimes stewed in brown gravy, and served in their pods.

Joints of meat, more particularly legs and

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.

Sillpadding (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 Kott 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."



EVER was there 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 fire-side. 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.

MAKY 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.