

GOOD BREEDING:
SHOWN WHEN TRAVELLING.



One well versed in the Science of Harmony would know how to apply its rules in the composition of every piece, without reference to any Musical Primer, in like manner all thoroughly well-bred people have a correct and intuitive sense of propriety; of what is courteous and due to others, and no less due to themselves.

Doubtless, many amongst my girl readers give promise of development into all that is gracious and lovely, and may have an instinctive perception of much that I may be able to tell them, without having had their attention drawn to a single rule of so-called "etiquette." By such, a few hints may be gladly welcomed, for the opportunities for observation of the "ways of the world" can only be limited within the walls of the nursery and the school-room.

In the upper classes of society well-bred people, whatever their disposition, and however individually disagreeable, are all bound by certain rules of that circle to which they belong. They must keep their tempers when "in society," whatever they may do at home; they must conceal their "likes and dislikes," and restrain all strong exhibition of emotion that might disturb the calm and shock the sensibilities of others. I do not mean to say that the honest and sincere in that condition of life must all—like too many—

"Smile, and smile, and be a villain!"

as Shakespeare so graphically renders the idea; but, still to employ the strong language of that same keen student of mankind, they are not like unsophisticated children to

"Wear their heart upon their sleeve,
For daws to peck at."

This second article of the present series, on the subject of good manners, deals with it in its connection with travelling. Some fifty years ago travelling was a rare luxury, in the last century rarer still; and those young people of the present day whose parents can afford to perfect their education, by means so healthful and agreeable, should make the utmost of such advantages. It should not be viewed in the light of a mere amusement, but of a course of training, and they should be on the *qui vive* to acquire knowledge in a variety of ways; and in the second place, when they leave the restraints imposed upon them by the observant eyes and criticisms of acquaintances at home, as well-bred young women they must refrain from allowing themselves any more licence, either in dress or in conduct, merely because amongst strangers.

Habits of society may change, and do change in certain respects, as the years roll on; and girls of the upper classes may walk about, even in this great city of ours as well as in the parks, by two's and three's, unaccompanied by an ever-following footman, to which escort the writer was condemned herself by the rules of society in days gone by. But, while certain customs may change or be modified, good-breeding in the main must ever remain the same, just because (as I have told you before) it has its foundation in the kindness of heart and delicacy of feeling.

In reference to the customs that prevailed in

the last century, I have heard my grandmother describe the journeys taken by her in her early life. So short a distance as that between Bath and London occupied nearly a week, and the preparations it demanded were of an extensive character. In those bygone days only the comparatively wealthy could afford to make excursions. The stages were short, the roads bad; to be out after dusk was not desirable, and sleeping at various hostelries on the way added much to the expenses entailed. The country was infested more or less with highwaymen, and no one could venture to travel unarmed, nor without preparing a large canvas bag, filled with coppers at the bottom, and crowns and half-crowns at the top, to make as valuable an appearance as possible, and satisfy the dangerous assailants.

As to the matter of dress, a cloth pelisse was made expressly for the journey, and this was worn during the whole time occupied *en route*, and no change of external attire was provided. This being the custom of the time, was no breach of good manners—no mark of disrespect to those that were met at table.

Mais, nous avons changé tout cela; for in these more modern days long distances are quickly traversed and luggage easily transported, so there is no longer a reasonable excuse for a lazy disregard of the usages of civilised life; a lack of politeness to their fellow-guests at table, and of a becoming self-respect is exhibited by those who omit to make some little alteration or addition to their dress, if unable to make a complete change in their daily *costume de voyage*.

Only some thirty or forty years ago, as many will remember, the majority of the good folks who travelled appeared to have selected their *costume de voyage* from an omnium gatherum of some shady "slop-shop;" and though by no means remarkable on other occasions for shabby attire, they entered a posting carriage, stage-coach, or steam-packet like so many cheap "rag dolls." As to the other sex, they certainly did not enhance the manly dignity of their appearance by wearing little limp check caps with flaps over the ears, tied under the chin, and glazed shades for the eyes, lined with green. Instead of an ulster, their bodies and necks were swathed with shawls and comforters until they appeared like huge unwholesome-looking sausages. On board a steam-packet such apparitions were only too common, and sometimes the ghastly hue of their faces added not a little to the grotesqueness of the *tout ensemble*.

The unsightly costumes of women also, like the dingy old "waterproofs" and greasy black silks and alpacas of the present day (with which so many, who ought to know better, insult their fellow-travellers), did not constitute an authorised costume for the occasion, like the pretty old "pelisses" of the preceding century. I do not find fault with a nice new "dust-cloak," nor a respectable-looking "ulster"—far from it; nor do I think that a very handsome dress should be exposed to the extra wear and tear of a dusty journey; but I do regard it as a mark of ill-breeding to sit in company with other women and gentlemen in a style of costume in which you would neither visit nor take a walk with them, nor present yourself at church.

Equally unseemly would be any degree of "over-dressing" when out of doors, too *voyante* in colour, and too remarkable in general style. A far brighter costume may be worn indoors than out; when driving in

a private carriage, than when either walking or travelling by any public conveyance. A new, well-made (or nearly new) gown of a darkish colour, if not black, with no festoons of braid hanging about the ankles, nor buttons missing here and there, will show the best taste in a railway carriage; and your fellow-travellers who may chance to afford a more costly dress will not look at all more lady-like (if I may use a popular epithet) by comparison with you. You owe something to society, and as much to yourself. To be shabby, because you are travelling, is a rudeness to the former, and a lowering of your own position; and to appear in a flashy, gaudy style of costume represents the very height of vulgarity.

Let me now suppose you to be suitably dressed for your expedition, and about to leave the platform at the station. Your principal trunk is registered, and a few small articles go with you in the carriage. When entering, as well as leaving the latter, do not force your way past anyone without asking to be excused, or saying "I beg your pardon;" and when any person of your own sex has to do so, be ready to assist them. Relieve them of any bag or parcel until they be safely landed, inside or out, leaving one hand free, at least, to ensure them against a fall. Were you at home, you would not hand things backwards and forwards, across anyone else, without an expression of apology, and certainly you would not stretch your whole body across them to lean on the window-sill, and block the entire opening. If you wished to see what had become of your trunk, or had a last word to say, or parting look to give a friend on the platform, you should say, "Would you kindly allow me to look out for a few moments?" and on sitting down again, "I thank you for allowing me to look out,"—making a slight bow at the same time.

When all are arranged in their places, collect your thoughts, and bear in mind that present company have some claim on your consideration. If supplied with an illustrated paper, lend it to the lady next to you when an opportunity presents itself, and were you a person of middle age, and a gentleman had shown you any act of courtesy, you might make a return by offering it to him also.

But here I must earnestly warn our younger girls of entering into conversation with men. Of course, they may thank them for any kindly attention in handing their parcels in or out, or in reference to the opening or shutting of the window, but their words must be few and their manner reserved, so as to check any further conversation. There is a certain license conceded in such matters to persons of middle life which could not possibly be extended to younger women, and still less to girls in their "teens."

Always remember the presence of strangers around you, and that you cannot act as if you were "Monarch of all you survey." Possibly you may feel incommoded by heat; but quite as possibly someone else may feel otherwise; or have a cold, and might be exposed to a draught by your opening a window, and thus, while if next it and seated so as to face the engine, you have the right (conceded to you by general consent) to control the opening or shutting of the window; but common politeness, apart from good feeling, should make you observe and consult their wishes. Heat is distressing, but a draught is a far more serious matter; for it may cost the sufferer an illness, and even life itself. Content your-

self in this case with opening only the top of the window, or the whole on arrival at each station, so as to change the air. As a rule, those persons who make most fuss about heat are the red-faced, portly females of uncertain age, who on opening their hand-bags disclose a flask of something more warming than *vin ordinaire*, which may partly account for their extra heat.

Supposing that you propose making your luncheon in the carriage, and that it consisted of cold chicken and ham, do not set aside the habits of civilised life, because you have to lay a napkin on your lap instead of a large cloth on a table. It is quite disgusting to any spectator to see how some travellers gnaw and tear their food, and grease their fingers, looking like so many ghouls! Divide the fowl before leaving, and prepare the meat in sandwiches. If unprovided with a folding knife and fork, hold the end of a joint with a piece of white paper, and use the pocket-knife in such a way as to keep the hands clean, laying small pieces of fowl upon neat little scraps of bread—as you eat cheese. Leave no greasy paper nor eggshells about the carriage nor crumbs on the seat. Why should you behave like a savage because you are on a journey?

It may be that you have to travel at night, and cannot afford the luxury of a sleeping-carriage, and moreover that your *compagnons de voyage* are not of your own sex only. In some former article I told you that etiquette absolutely forbids gentlemen and women to lie down in each other's society, with the sole exception of the exigencies of steamboat travelling or of a railroad journey by night. Of course, in cases of sickness, "Necessity has no law" in any place or at any time. Supposing that a gentleman occupies a seat in your carriage, you must observe a certain amount of formality and reserve in both word and action. You could not sit upright all night, but you and your friend should take your rest in turns. Lie with your face outwards and cover yourself with a rug, tucking it in well under your feet; then let your friend sit close against them and wake while you sleep; her turn can follow, and you can do the same for her in return. But by day nothing could be more unseemly, in persons of either sex, than to put up their feet along the seat in presence of each other, and on the part of a man it is a mark of great disrespect. It is quite as impertinent to perform any office of the toilet, such as cutting or cleaning the nails in presence of each other—a disgusting practice of which we are sometimes spectators.

You have now arrived at some foreign hotel and propose to dine at the table d'hôte. As your trunk has gone on, it is to be hoped that you have brought a bodice suitable for

dinner *demi-toilette*, in a hand-bag or the pocket of a rug-wrapper, and also some frills, lace, or other little accessories to your dress; it will prove a refreshment to yourself to make some change and a mark of respect to others. Never imagine that "anything will do" because in a foreign country.

Speak gently when in a public room, and remember that your own language is generally understood. I could never forget the distress and confusion experienced by my brother and myself, many years ago, when, after joking and making ridiculous comments of a personal character on two elderly maiden ladies, our *vis-à-vis* at table, we discovered that they were our own countrywomen, though speaking beautiful French! Imagine the punishment we each underwent when we met them at dinner next day! and it taught us a lesson for life. Many people often bring discredit on themselves, and raise a prejudice against their fellow-countrymen, by invidious comparisons drawn between home and foreign habits, comforts, etc. Remember that while you pay for all you have, in food, lodging, attendance, and otherwise, you are, in a certain sense, only a guest, for you reside there on sufferance and under the protection of their laws, for which you have paid no taxes nor any dues to entitle you to the privileges of citizenship.

My few notes on the subject of "Good Breeding shown when Travelling" have now come to an end. I can tell my young friends in plain language what should or should not be done by a refined and courteous lady; but the whole style of their dress and deportment, and even the tone of the voice, must be regulated by an intuitive and innate sense of the gracious and beautiful, or acquired from frequent association with others more experienced and cultivated than themselves in all matters pertaining to good taste at all times and in all seasons.

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USEFUL HINTS.

A VAPOUR BATH IN YOUR BEDROOM.—Place a pail, three parts filled with boiling water, under a chair with a cane seat, have ready two hot bricks which have been heated in the fire; place them gently in the pail of water, and sit down upon the chair, covering yourself entirely with a large blanket, letting the latter fall round the chair so as to keep the steam in, which makes a vapour bath. Have a warm blanket ready at the end of half an hour to wrap round you, and get into bed with it on.

STEWED ARTICHOKEs.—Peel your artichokes, and have ready sufficient boiling water (slightly salted) to cover them; boil until done, then strain, and have ready a pint of boiled milk, into which some flour and a little piece of butter have been previously stirred; boil ten minutes, and dish. Cold boiled potatoes can be served in the same way.

POTATO SOUP.—Boil one pound of potatoes, and when done beat them up very fine with a fork, gradually adding one quart of boiling milk, in which has previously been stewed a small onion, chopped fine, and a piece of mace; season to taste, and boil for a quarter of an hour, taking care to keep it stirred.

SCOTCH CAKE.—Two pounds of flour, one of butter, and one pound of finely-sifted sugar. Dry the flour in the oven, and then mix in one dessertspoonful of baking powder, then the sugar, and rub in the butter until you have a smooth dough. Press the dough with your hand until it is about a quarter of an inch thick, then place it in your tins on buttered paper, pinch round the edges with your finger and thumb, and ornament the top with comfits or lemon-peel cut in small pieces. Bake in a moderate oven fifteen or twenty minutes.

POTATOES.—If you wish to have potatoes mealy, do not let them stop boiling for an instant; and when they are done, pour the water off, and let them steam for ten or twelve minutes over the fire. In the spring of the year it is better to boil potatoes in two waters, pouring off the first as soon as it comes to the boil, and then covering the potatoes a second time with cold water, adding a little salt.

TOFFY.—Melt three ounces of butter in a small saucepan over a clear fire; stir into it one pound of brown sugar; keep stirring until it is done, which can be ascertained by dropping a little into a cup of cold water, when, if it hardens and breaks between the teeth without sticking, it is done, and may be poured out into a buttered dish. It may be flavoured with almond, lemon, or ginger, and will take twenty minutes to boil.

MAXIMS FOR HEALTH.—*Rise early.* Eat simple food. Take plenty of exercise. Do not dress children in tight clothes; it is necessary for their limbs and muscles to have full play, if you wish for health and beauty. Wear shoes that are large enough, or you will be troubled with corns, and your feet become misshapen. Wash very often, and rub the skin thoroughly with a hard brush or rough linen towel. Wash the eyes in cold water every morning, and do not read or sew at twilight or by too dazzling a light.

ESTHER.

By ROSA NOUCHETTE CAREY, Author of "Nellie's Memories," &c.

CHAPTER VII.

OVER THE WAY

I CANNOT say that I was prepossessed with the Thorne family, neither was Carrie.

Mrs. Thorne was what I call a loud woman; her voice was loud, and she was full of words, and rather inquisitive on the subject of her neighbours.

She was somewhat good-looking, but decidedly overdressed. Early as it was,

she was in a heavily flounced silk dress, a little the worse for wear. I guessed that first day, with a sort of feminine intuition, that Mrs. Thorne wore out all her second-best clothes in the morning. Perhaps it was my country bringing up, but I thought how pure and fresh Carrie's modest dress looked beside it; and as for the quiet face under the neatly-trimmed bonnet, I could see Mrs. Thorne fell in love with it at once. She scarcely looked at or spoke to me, except when civility demanded it; and

perhaps she was right, for who would care to look at me when Carrie was by? Then Carrie played, and I knew her exquisite touch would demand instant admiration. I was a mere bungler, a beginner beside her; she even sang a charming little *chanson*. No wonder Mrs. Thorne was delighted to secure such an accomplished person for her children's governess. The three little girls came in by-and-by—shy, awkward children, with their mother's black eyes, but without her fine complexion; plain,