

They had a beautiful old house and large farm then at Pistoia, and the Sodini were their neighbours. Her own mother was alive at that time, and she remembered how merry they used to be, and how comfortable. But one day all seemed to change; first, she lost her mother, and then, though she knew not why at the moment, everything had to be sold, even to the little presents which she and the other children had had. She parted willingly with her pretty things, among which was a beautiful and very fine and delicate gold chain, which they told her had come all the way from Venice; but when they took away a little old pianoforte, which she alone made use of, it did seem very hard to bear. She had always had a great love of, and a wonderful natural capacity for music. Leonardo had taught her all he knew, but now she could do nothing except go and sing in the woods—for her voice be-

came too strong for the hut—and relieve her brain of all the tunes which haunted her.

One day, when she was about sixteen, she was singing in the wood, believing that it was only to some children who had gathered round her. She discovered presently, however, a party of tourists—for so they seemed—listening from behind the trees. As they went off she heard one saying "What a pity, for, *c'è fortuna in quella voce*" (there is a fortune in that voice).

When Leonardo came next she told him this, and to her astonishment he did not appear to be surprised. Again and again she spoke to him, for she could not help dwelling upon these words which she had overheard, but he only said—

"But, dear Marietta, of what use even if it is so? It would first require a fortune to procure the necessary instruction, and—and—"

"I know what you would say, Leonardo," for the girl had thought everything out, "I should need education also. You need not mind speaking out. Of course I know that I am an ignorant peasant girl, with the manners of a rustic . . . and I am helpless, and my dear *babbo* is killing himself;" and then tears came and choked her.

"Now, little Marietta, there you are wrong; you have much to learn, but there is very little amiss with your manners."

"Dear Leonardo, it is not because you think so that it might be so. We have always been brought up together, and—"

"And another thing, Marietta," interrupted Leonardo, "you are wrong in; you are not helpless. It is all very difficult, but it shall be managed, I promise you that." And he kept his word.

(To be continued.)

FANCY PASTRY, AND HOW TO MAKE IT.

By PHILLIS BROWNE, Author of "The Girl's Own Cookery Book," &c.



LL amateur cooks are fond of making pastry, and quite reasonably, for pastry making is very interesting work, and when successfully done is sure to obtain credit for the maker. As everyone knows, however, it requires practice and a light, cool hand. Some months ago I gave in THE GIRL'S OWN PAPER minute directions for making the different sorts of pastry. I have no doubt the girls of our class

have profited by the lesson, and have for a long time been adepts in the art of pastry making, and accustomed to make beefsteak pies, apple tarts, gooseberry turnovers, &c., to their own exceeding satisfaction and that of their friends.

It is not always, however, that one wants a pie or a tart. It is often a convenience to have on hand small articles of pastry suitable for serving at luncheon or breakfast, or supplying an elegant little addition to the tea-table. Supposing, for instance, that we are homely people, with not too much money to spend, and a friend drops in unexpectedly to tea: how much better the tea-table looks if we can put on it one or two pretty little inexpensive fancy dishes which have cost very little more than the trouble of preparing them, and which yet make all the difference between an elegant, tasteful, inviting repast and a solid, homely, sternly-economical one. If we have to get these little extras from the confectioner, we seem, both to ourselves and our guests, to have made quite a fuss. Our guests recognise the confectioner's pastry at a glance, and they think that we are making strangers of them, while for our part we are unpleasantly conscious that we have gone into unusual expense, because trifles which cost only a penny a piece are expensive when we have not got the money to spare for them. Yet if these trifles were made of the little pieces of pastry which were left over when we were making pies, they would cost us comparatively nothing. Or supposing a child has to take refreshment to school, or the father of the family, unable to get a proper midday meal, is accustomed to take something in his pocket to "put him on,"

as the saying is, until he reaches home again—how weary both father and child become of the inevitable sandwich. Far be it from me to say anything in disparagement of well-made sandwiches. I am quite aware that they can be varied to any extent and made to be most appetising. Yet it does not follow that an occasional change from them will not be acceptable, and it would be so easy to supply this out of the trimmings left over after making pies and tarts.

With regard to these same trimmings, it is astonishing how much more some cooks will make of them than others. It very rarely happens in making pies that the exact quantity of pastry is made, and that no scraps are left over. Yet on these same scraps some cooks will bestow trouble and make half a dozen pretty little tartlets, which will furnish an inviting dish; others will toss them into the fire and be done with them, while the large majority will roll them out into one irregular piece, put them into the oven, and then leave them to burn. It is the cooks who are not afraid of trouble who make the most of odds and ends, and one reason why we are glad that so many girls are now interested in cookery is that they are generally not averse to bestowing pains on what they do. To these girls I now address myself, hoping, if I can, to supply a few ideas which may be useful in preparing the small extras and inexpensive trifles of which mention has been made. I suppose that everyone knows as much as I do about ordinary jam tartlets and patties, therefore I will say nothing of them, but try rather to give suggestions for something different.

Open Fruit Tarts may be made as follows: Roll out a piece of pastry a quarter of an inch thick, and stamp it into a round shape with a saucer or a saucepan lid whatever size may be wished. Make a border by moistening the edge of the round and sticking upon it a roll of pastry, which roll may be pinched with the fingers to make it thinner at the top than it is at the bottom, the paste outside being afterwards pressed. Prick one or two holes in the round to make it keep flat, then bake it. When cold, fill the centre with any kind of fruit which has been boiled till soft without being broken in a syrup of sugar and water, and pour over all the cold syrup which has been boiled longer than the fruit to make it thick. The pieces of fruit should be arranged neatly in a single layer, not piled one upon the other. Apples cut into quarters,

small fruit and plums cut into halves, with the stones turned out, are very good served in this way. If liked, an open tart of this sort may be made of firm pastry by rolling the paste to a flat round and turning up the edge, or rolling the edge by turning the paste over, then baking it, and filling it when cold with sections of bright-coloured red jam and yellow marmalade or apricot jam. A superior tart also may be prepared by spreading jam upon the round of pastry, then piling whipped cream on the top, and scoring a pattern on the cream, or sprinkling chopped pistachios and chopped cherries upon it.

Cream Tartlets.—Mix a teaspoonful of flour and a quarter of a pint of cream (or of cream and milk, or of milk alone) till quite smooth. Turn the mixture into a small saucepan, and stir it over the fire without stopping till it is thick and the flour is quite cooked. Turn it into a basin, and put with it a piece of butter the size of a walnut, some sugar to sweeten it agreeably, a little grated lemon rind, the beaten yolk of one egg or more, and two macaroons, or six ratafias, which have been crushed to powder with a rolling-pin. Put the basin containing the mixture into a saucepan of boiling water over the fire and stir it again, keeping the water boiling round it till the egg is cooked. Line some small tartlet tins with the rolled-out trimmings of pastry, fill with the preparation, and bake in a good oven. If liked, these tartlets may be still further enriched by placing lightly on the top of each, before putting the tartlets in the oven, a little knob of icing which has been made by mixing the white of one egg with a tablespoonful of icing sugar.

Pastry Fingers.—Roll the pastry out thinly, and cut it into fingers about an inch wide and three inches long. Spread a little jam or marmalade on one half of these, and press the remaining halves on the top to make a sort of jam sandwich. Bake these lightly in a well-heated oven. A minute or two before they are done brush them over with white of egg, and sprinkle on the top crushed loaf sugar, and either almonds or pistachios which have been blanched and roughly chopped. Put them back into the oven till the glazing is set, and pile them crosswise on a dish.

Fruit Custard Tartlets.—Line some small tartlet tins with pastry which has been rolled out very thin. Dissolve a tablespoonful of red or black currant, or any other fruit jelly, and mix with it three spoonfuls of beaten egg. Fill the pans with the custard,

and bake in a quick oven till the pastry is done.

Fruit Rissoles.—M. Soyer recommends that tartlets should be made as follows:—Roll out as many scraps of pastry as there may be into two thin large pieces of equal size. Upon one of these pieces lay at equal distances, about an inch apart, little knobs of firm jam. Moisten the pastry round each knob with water or white of egg, then lay the other piece of pastry on the top, and with a small round cutter press the pastry lightly close to the jam. With another cutter a size larger cut the tartlets out, lay them on a buttered baking sheet, brush them with white of egg, and bake. This is a quick way of making a number of small tartlets all at once. Round ring cutters are to be bought, both plain and fluted, in boxes containing a dozen each for a moderate sum—two and sixpence, if I remember rightly—and they are very convenient for stamping out trifles of this sort. The appearance of these rissoles will be still further improved if, after being egged over, a little round of pastry the size of a shilling is laid on the top of each, then egged over again. When the tartlets are almost baked, take them out of the oven, sift white sugar over them, and put them back to glaze. Before serving them put a knob of bright-coloured jelly upon the smaller ring.

For a homely dish made from the remnants of pastry, the following is to be recommended:—Grease a plate or oval dish, and line it with pastry. Fill the centre with a single layer of fresh lemons, which have been very thinly sliced, after having been peeled and freed entirely from the white pith and the pips. Sprinkle castor sugar over the fruit, pour a little golden syrup on the top. Moisten the edge of the tart, lay the cover on, and fasten it down securely, to keep the juice in; pinch or otherwise ornament the edge, and bake in a good oven.

Lemon Cheesecakes are perhaps too well known to need description, but they are so good that I give the recipe. Put the strained juice and grated rind of one large fresh lemon into a saucepan, with the yolk of an egg, two tablespoonfuls of sugar, and a slice of butter the size of an egg. Stir the mixture without ceasing until the ingredients are thoroughly blended, and it begins to thicken. These quantities make a small portion only, but they can be relatively increased if liked. A large open cheesecake, made with this mixture, may have one or two very thin slices of candied citron laid on the top.

Turnovers of all sorts are always approved. The pastry should be rolled out thinly, and stamped into a round shape with a saucer. A little jam or stewed fruit is then placed on one half of the pastry, and the other half is turned quite over, the edges being first moistened to make them adhere. Sometimes thin slices of cheese, with pepper, salt, mustard, and a few drops of vinegar, are put inside turnovers for the sake of variety.

I must not turn away from speaking of the small trifles which may be made of pastry, without reminding my friends that, if there should happen to be a little cold meat of any sort in the house, very excellent Cornish pasties may be prepared, especially if there are also a few cold boiled potatoes in the larder. There should be about equal quantities of meat and vegetable. If there are no cold vegetables, they must be boiled specially for the purpose. Cornish pasties are prepared as follows:—Cut both meat and vegetables quite small (the potatoes are best when passed through a wire sieve), and with each pound of meat put half a small onion, which has been chopped as finely as possible, and plenty of salt and pepper. If approved, other additions may be made such as chopped

apple and chopped boiled turnip; but, whatever these are, it is better that they should be well chopped. A by no means despicable Cornish pasty may be made of flaked dressed fish and potatoes. Roll out the trimmings of pastry to the thickness of a quarter of an inch, then stamp it out in rounds with a saucer. Wet the edges all round, put a little of the savoury mixture in the middle, bring the edges to the top by doubling the paste up, and press them together with the thumb and finger to make a frill. Put them on a greased baking sheet, and bake in a good oven till the pasty is done, then take them out, brush them over with yolk of egg or with a little milk, put them again in the oven to brown, and they are ready. I believe these pasties, as actually made in Cornwall, are much larger, and square, instead of round; but the idea is the same.

I daresay cooks who think themselves very clever will be very scornful as they read this recipe. They will say these pasties are made of nothing but cold meat and cold potatoes, they are not worth thinking about. I assure the girls of our class they are worth a good deal. Make them carefully and take pains with them, and fathers and brothers will be sure to enjoy them, and will say, "What good pasties those were you made the other day. When shall we have some more?" Only remember, that the various ingredients, and especially the onion, must be finely chopped. If this is put in slices or large dice, or if too much is used, it will be too strong, but if it is chopped till it is as fine as dust, and then mixed in, it will give a good flavour, and that is all.

Sausage Rolls are also very excellent. Boil the sausages for five minutes in water. (This preliminary boiling is necessary, because the sausages would not be sufficiently cooked if they were allowed only as much time as was required for baking the crust.) Take them up, drain them, skin them, cut them in half, and let them cool. Roll out the pastry to the thickness of a quarter of an inch, and cut it into pieces, four inches one way three inches the other. Lay half a sausage in each, wet the edges of the pastry, roll it round the meat, and press the ends securely. Bake in a good oven, and five minutes before the rolls are taken out, brush them over with egg or milk. When baked, let them stand upright leaning against something till cool.

Sometimes trifles of pastry are wanted, specially when there are no scraps to be utilised. If required at short notice, Victoria sandwiches will be found both excellent and convenient, for if the oven is hot they can be made and baked in half an hour, and can be used either for tea or as a substitute for a pudding. Use two eggs as weights, and take the same weight of sugar, butter, and flour. Cream the butter and sugar together, that is, beat them with the back of a spoon till the mixture looks thin and has the appearance of cream; then add the eggs, and gradually the flour, beating well between every addition. Put the mixture into a greased pudding tin, and bake in a good oven. The preparation should be about half an inch thick, and should rise well in the oven. When the cake is cold cut it in half; spread jam on one piece, lay the other on the top; press the two together, and cut the sandwiches into fingers. Pile crosswise on a glass dish; sift white sugar over, and serve. If this mixture is considered too rich and costly, an economical variation may be made by creaming four ounces of dripping, or half butter and half dripping, with four ounces of sugar, then adding two eggs well beaten, half a pound of flour, and half a teaspoonful of baking powder.

Genoise Pastry.—(Light and wholesome. Used for Swiss roll, jam sandwiches, trifle, or

to be eaten cold.) Genoise pastry is often cut into fancy shapes, and iced or ornamented as fancy dictates. To make it, melt six ounces of butter, and with a portion of it grease a saucepan or shallow cake tin about ten inches in diameter, line the pan with paper, and grease this also. Melt the butter, and keep it in a liquid state till wanted, but do not let it be hot. Pass six ounces of Vienna flour through a wire sieve to be sure it is free from lumps. Put half a pound of castor sugar into a basin, and break seven eggs in, one at a time. Set the basin over a saucepan of boiling water, draw it back, do not let it boil underneath, whip the mixture vigorously for twenty minutes, and work in at the same time grated lemon rind, or any suitable flavouring, till it is frothed and very light. Lift the basin away from the hot water, add the butter gradually, stirring all the time, then add the flour, stirring it lightly. Pour the mixture on the buttered paper, and bake in a hot oven until the pastry feels firm in the centre, then turn it top side down on a towel, spread jam over it, and roll it by raising one end of the towel, or letting the pastry turn over and over. Some cooks prefer to take the pastry out when half baked, spread jam on it, roll it over and over, and put it again in the oven. If the pastry is not to be used for Swiss roll, it may, of course, be simply turned out, have the paper torn from it while still warm, and used as required. A simple way of making Swiss roll is to mix the eggs as Victoria sandwiches are mixed, taking any number of eggs according to the quantity of pastry needed, and using them as weights for the sugar, butter, flour, and castor sugar. When the ingredients are worked together the mixture may be poured upon a well-greased paper on a baking sheet spread to the thickness of a quarter of an inch, and baked in the oven, as already directed. A cheap Swiss roll pudding for family use may be made with six ounces of butter, six ounces of sugar, eight ounces of flour, three eggs, and a teaspoonful of baking powder. Pour the mixture on a greased paper, bake ten minutes, spread jam over, roll and bake till done; sift white sugar over, and serve.

There is still another sort of pastry which, before I leave the subject, I should like to mention, because it is so much liked by many people. It is the pastry used for

Petits Choux, or Spanish cakes, which are elegant little trifles usually made up in the form of balls, and either served plain or opened at the side for the insertion of a little whipped cream and preserve, or decorated in some way to give them an attractive, glossy appearance. The following is the recipe for making these delicious cakes:—Put half a pint of water and two ounces of butter in a stewpan, and stir in when boiling five ounces of flour which has been passed through a sieve, and two ounces of castor sugar. Beat very well over the fire with a wooden spoon till the mixture leaves the sides of the saucepan quite clean, and has the appearance of a soft, compact paste. Work in a few drops of any flavouring essence which may be chosen, then add, off the fire and one at a time, three eggs. If the paste should be stiff, another egg or the yolk only may be beaten in. Butter a baking sheet and lay the pastry on it in small round balls the size of a pigeon's egg. They may be shaped with two spoons and smoothed with a knife dipped in hot water. When arranged, dust the cakes with castor sugar and bake in a slow, steady oven for one hour. When finished they ought to be quite crisp and hard, and are very usually brushed over with caramel and then sprinkled over with desiccated cocoanut or chopped pistachio kernels. The caramel is made by boiling a quarter of a pound of sugar in a gill of water for about five minutes. When the syrup is stringy it is ready for use.