

should do, in the old days. Oh! Leo, if you had only found that mainspring to action, a definite aim in life, you would have such a prop to lean against now, in your trouble."

"I thought I had found it when I found her. It's all her fault now if my life is frittered away!"

"Leo, Leo! I am ashamed of you; have you no more backbone than Adam? Will you, too, say: 'The woman thou gavest me, she—'"

He interrupted, "I am convicted; yet spare me! I will brace myself up, Rachel. Who knows but that even yet the rolling stone may find itself lodged some day, and gather a little moss on its barren surface! But it's getting late,

dear, and I must be off. I will write to you about that picture by-and-by. If she will paint Paracelsus again, I will buy it. But I could never bear to see it! It shall be a gift to some public gallery, either in New York or Boston. But you will go and see her; you will comfort her, Rachel; for perhaps, as you say, she does suffer. Oh! yes, she must have to suffer, as well as I; and I can do nothing for her!"

Leonidas shook hands with Rachel hurriedly, and was gone.

When she was alone, Rachel leaned her head down on the table and sobbed. Leo said she was a saint. Was it fitting that saints should have such passionate feelings as to need the relief of tears?

Whether Leonidas Yonge ever made his way back again to the Rue de Bac, and mounted those long stairs up to Mariana's room, I leave you, my reader, to decide according to your estimate of human nature.

But it is certain that La Géante Anglaise never repainted Paracelsus. She has made her fame from other subjects. For always obscuring the face of the dying genius, struggling to express his high-born thought, there comes the face of her dead father, pale and patient, dumbly reproachful, ever reminding her of the irrevocable past.

[THE END.]

## LOBSTERS AND CRABS.

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



AMONGST the delicacies which are thoroughly enjoyed by people who dare venture to eat them are lobsters and crabs. These fish constitute truly most dainty morsels. They are very appetising, furnish an excellent relish, and may be served in a variety of ways.

It is unfortunate that they are very indigestible, and there is scarcely a form in which they can be presented in which they are not likely to disagree with persons who have a tendency to biliousness. It is probable that there is no dish known which has made a larger number of people ill than has lobster salad. Yet still lobster salad is popular amongst us. When it is served at table there are always plenty of customers for it. This leads us to hope that there are more people in the world than we had thought who are blessed with good reliable digestions, because we wish to respect our fellows, and we could not respect those who display the utter imbecility of taking food which they know beforehand will not agree with them. Individuals weak enough for this deserve to suffer.

There is no reason, however, why the physically strong should refrain from taking what they enjoy, and what does them no harm, because physically weak ones exist, and therefore it is well that girls should learn all they can about what to do with lobsters and crabs when they come in the way. This is all the more desirable because, indigestible as lobsters and crabs are at their best, they are infinitely more indigestible when badly prepared.

Lobsters are generally supposed to be obtainable all the year round, but they are at their best in the warm months. They are rather expensive, and are becoming more so, so that good sized lobsters are out of the reach

of ordinary people. Much, however, may be done with a moderate sized lobster, for not many persons nowadays care to serve lobster pure and simple without an accompaniment of any kind; they would think it wicked waste, for a lobster is much more acceptable served as lobster salad, lobster cutlet, or lobster mayonnaise, than as plain lobster. The flesh of the cock lobster is the superior in flavour, although the hen lobster is valued because of its coral and spawn, both of which furnish the brilliant colour so much used in decoration. For this colour there is no substitute known. Some cooks fancy they can get it from cochineal, but the difference between the red of cochineal and the red of lobster spawn is evident at a glance to the most inexperienced.

When lobsters are plainly served they are usually dished as prettily as possible. First the large claws are taken off, and these have the shells cracked but not crushed in, so that the meat can be easily removed. The tail is split open down its length; the head, with the small feelers attached, is placed upright in the middle of the dish, the claws and the split tail are placed around, and green parsley decorates the whole. A good sauce for an accompaniment to the dish may be prepared as follows: Boil two eggs hard, and let them get cold. Open them, and put the yolks only into a basin, mix smoothly and very gradually with them five tablespoonfuls of oil, one of vinegar, and a little pepper and salt. If carefully mixed the sauce will look like cream. This sauce is what is called a remoulade. It is used as a salad dressing by many, mustard and a small quantity of anchovy or Harvey being frequently added to it. To my mind, when served with lobster it will be better without any addition of this kind, though if liked the soft greenish pith of the body can be taken out and mixed with the sauce. Some say this ought not to be used. Others think it the best part of the lobster. It must not, however, be mistaken for the drab coloured spongy substance which is found along each side of the head under the shell at the root of the small claws. This is called the lady's fingers, and should always be thrown away, as should also the bladder from inside the head.

The chief point to be remembered about Lobster Salad is that it must be freshly mixed when served. It is indigestible under the most favourable circumstances, but the longer it is made before it is eaten the more indigestible it becomes. Probably this is the reason

why it has such a bad name. It is rather troublesome to prepare; there is a good deal of detail about it, and so cooks want to have it out of hand, and make it ready in good time. It would not be nearly so objectionable if it were mixed at the last moment. Make the sauce for it if you like; if put in a cool place it will keep well enough. Prepare the salad, if you like; the point of importance is to keep it dry, and it will stand a better chance of being so if broken up and laid between the folds of a clean cloth for awhile. Cut up the lobster also, if you can set it somewhere where it will not become dry; but do not mix the salad till the last thing. It will deteriorate with every half hour it stands. If such a thing should happen that some of it is left when the repast is concluded, throw it away. Do not attempt to keep it until the next day. This is a case in which it is wise to be extravagant. The probability is, however, that if well made none will be left.

Lobster salad is simply the pickings of a lobster mixed with salad and an ordinary salad dressing. Mayonnaise of Lobster is simply the pickings of lobster mixed with salad and mayonnaise sauce. I fancy that the readers of THE GIRL'S OWN PAPER understand perfectly well by this time not only how to prepare a salad but how to make mayonnaise. I need only remind them, therefore, that the chief thing to aim at is to have the salad dry, which condition is best attained by abstaining from washing the inner leaves which are quite clean altogether, and washing the dirty leaves as quickly as possible, and shaking them lightly in a loose cloth. It is a mistake to let salad lie in water. The best plan is to examine the leaves carefully one by one, put aside those which are free from insects, and wash the rest. This takes time, but what is worth doing at all is worth doing well.

Then as to the mayonnaise. All girls who are accustomed to make this sauce know that, be as careful as they may, sometimes the preparation curdles. Either they let the oil go in too quickly, or the kitchen is too warm, or something else goes wrong, but all in an instant as they are mixing the sauce they see that peculiar rough sandy appearance which tells that the sauce is a failure. If this should occur do not throw the sauce away. Settle in your mind what the fault has been, so that you may avoid it another time, then put the yolk of a fresh egg into a clean cold basin, and

mix with it the curdled sauce, added by drops, as the oil was added to the egg in the first instance. The sauce will come all right, and you will have added to your experience.

The special detail which is of paramount importance in a lobster salad, and that which makes one lobster salad differ from another, is the ornamental arrangement thereof. It needs artistic taste to make a lobster salad properly, and this is the reason why girls of refinement and education are more likely to succeed than are uneducated girls. What is wanted is effective variety and contrast of colour. The mistake usually made is to introduce too many ingredients, and so produce a sort of jumbled combination. A little while ago there was a Cookery Exhibition in London, and I went to it. Amongst the exhibits were a number of lobster salads, which were very much admired. Two of three were certainly very charming, but for the rest, my admiration of them would have been greater if they had not looked so heavy. The talented individuals who made them seemed to have tried to bring in too much. If they had been content with less, they would have accomplished more. Let girls aim, therefore, at lightness of arrangement. A salad that looks light looks far more elegant than does one that is crowded and heavy.

The flesh of the lobster used in lobster salad should be cut up into pieces, or else should be torn apart with forks.

The following is the process of making a simple lobster salad:—Tear up the salad, and make a bed of it on a dish. Place on this some of the lobster; put on also some of the green pith and the creamy fat that adheres to the shell. Pile on at intervals the rest of the salad and the rest of the lobster, and make it high in the middle. Just before it is wanted dress the salad as salads are ordinarily dressed, or toss it well with a tablespoonful of vinegar, a gill of cream, and a little pepper and salt. Pile it high in the middle, finish it by pouring the thick mayonnaise over it, and decorate it as prettily as possible with lobster coral and sliced cucumber.

It will be noticed that it is advised here that the lobster salad should be tossed in salad dressing, apart from the mayonnaise. This is because the mayonnaise is too rich to be used, excepting on the surface of the salad. When mayonnaise only is employed, it generally happens that the interior of the salad is too dry; or where mayonnaise is employed in such quantities that it will penetrate all through the salad, the preparation is so rich that it is unpalatable. But if the salad be dressed separately, and the mayonnaise used only on the surface, the result will be eminently satisfactory.

It is a question to be considered what green-meat is to be used for lobster salad. To my mind lettuce only is to be preferred, and the crisp hearts of good cos lettuce are the best of any. This, however, is a matter of opinion, and many would prefer a mixture of vegetables, such as endive, watercress, small salad, etc. There is this to be said, certainly, that in the mixture of vegetables there is variety of colour, which is an advantage, for the dark green of watercress contrasts well with the light green of endive. Where watercress is used, however, the leaves should be broken from the stalk. The thick stalk of watercress is very much out of place in lobster salad. A very pleasant variety of lobster salad may be made of American cress only.

*Lobster Cutlets* are amongst the delicacies which many otherwise clever cooks are afraid of making. They ought not to be so; for though lobster cutlets cannot be said to be easily made, because they are apt to burst and crack in frying, and it requires practice to shape them neatly, yet they are soon managed

by anyone who will give intelligence and pains to them. When successfully prepared they are always approved, are very *recherché*, and also economical, because they make a little lobster go a long way.

It is quite possible to make lobster sauce for six or eight people and a handsome dish of lobster cutlets out of a moderate-sized lobster; only for this, as also for lobster sauce, one must have lobster butter to give the required red tinge, and because lobster cutlets ought to be deeply coloured all the way through. Lobster butter, however, is not always obtainable. When there is a chance of getting it, it should be put by for use.

*Lobster Butter* is made both of lobster spawn and lobster coral. Spawn is the name given to the eggs of fish, and by lobster spawn we mean the little black beads which lie thickly underneath the body of a hen lobster at the right season. If these eggs were boiled with the lobster they would turn red; but as they are plentiful in summer, they are generally taken out by the fishmonger, and kept in brine for use in winter. To make lobster butter of the spawn, we mix the beads with an equal quantity of butter, and press the mixture through a sieve, crushing the beads while doing so. The butter thus produced will need to be cooked before it will be the right colour. It should, therefore, be stirred into the sauce, or stirred into the preparation of which the cutlets are made, over the fire; then it will turn red. Sometimes the spawn is put into the oven on a greased tin for a minute or two; sometimes it is thrown into fast-boiling water; but in any case it needs to be cooked before it answers the desired purpose. It can be obtained in small quantities from the fishmonger, and when hen lobsters are not to be had, a little spawn is a great convenience.

*Lobster Coral*, on the other hand, is the red substance that runs down the back of the fish from head to tail. Sometimes there is only very little coral in a lobster, sometimes there is a good deal; but whether there is much or little, every particle ought to be taken care of, because it is so valuable. It has to be mixed with an equal quantity of butter, rubbed through a sieve with the back of a silver spoon, and it comes out ready for use. If lobster butter has to be kept, it must be mixed with cayenne, put into small jars, covered with bladder, and kept in a cool place. If it is to be used at once, it must be stirred into whatever preparation requires it until that preparation is red. Then its flavour will be improved, as well as its appearance.

Another way of using lobster coral is to press it through a fine sieve, and use the powder thus obtained for decorative purposes. Lobster coral powdered thus looks very pretty sprinkled over white fish, or employed to garnish lobster salad. If it is not to be used immediately, it should be put into a very slow oven, and gently dried till it is hard. It can then be grated over whatever is to be ornamented. Dried coral will keep a long time.

Having obtained the lobster butter, let us see after the *Lobster Cutlets*. Take the flesh from the tail and the claws of the lobster, and remove the entrail that runs through the tail, and cut the meat into neat pieces about the size of a pea. If lobster sauce is to be made from this lobster, as well as lobster cutlets, put aside in a cool place till wanted a heaped tablespoonful of the cut-up flesh of the claws. This will make sauce for five or six persons. Melt half an ounce of butter in a small saucepan, mix smoothly with it an ounce of flour; cook these together; add gradually a quarter of a pint of water; stir the mixture till it boils, and then let it boil two minutes. When it leaves the sides of the saucepan clean it is done. Stir in the lobster butter to make it a brilliant red. Add gradually a tablespoonful

of cream, a little pepper and salt, with a tiny seasoning of cayenne, and six drops of lemon-juice, and, last of all, the cut-up lobster, which must be mixed in thoroughly without being broken. Turn the mixture—or the panade, as it is called—upon a cold plate, spread it out, cover it with buttered paper, and leave it till quite cold and firm, when it will be ready for shaping.

It is not easy to shape lobster cutlets, but with a little care it will be managed. One must, especially when new to the work, take a little flour, but the less the better. If much flour is used, the cutlets are certain to burst in frying. Skilful cooks frequently use none at all. Take a portion of the mixture, the size of a small egg, and press it as nearly as may be to the shape of a cutlet—three inches long and half-an-inch thick. Dip these in egg, cover them with bread crumbs (be sure to make the coating complete), and place them side by side in a frying basket, not to touch each other. Plunge the basket into a saucepan of very hot fat, and in about two minutes, they will be done. Drain them on kitchen paper, as fried things are usually drained, stick a little piece of the point of a small claw of the lobster into the narrow end of each cutlet to imitate the bone, arrange in a circle on a napkin, and serve hot.

Lobster cutlets can be served cold as well as hot, and thus prepared they form an excellent dish for a supper party. Prepare the panade and form the cutlets, but, instead of flouring, egging, and breading them, coat them over with grated coral. They are now ready for serving, and may be dished in a circle with chopped aspic jelly round them. A very pretty way of serving them is to enclose them entirely in jelly. To do this pour a little aspic jelly to the depth of a quarter of an inch into a clean Yorkshire pudding tin or sauté pan. Let this firm, then lay the cutlets coated with coral upon it, and pour more jelly over to cover them a quarter of an inch. When the jelly is firm, cut the cutlets out, leaving an edge of jelly all round them. They will look very inviting indeed.

The *Lobster Panade* used for lobster cutlets may be made into lobster croquettes. Form the panade into corks or balls, egg and breadcrumb them, and fry them. In lobster croquettes, however, it is well to tear the lobster flesh into shreds with two forks, instead of merely cutting it into dice.

*Lobster Sauce* is nothing but good melted butter made red with lobster butter, and having the cut-up lobster meat stirred in at the last moment. Here is the recipe in detail. Melt an ounce of butter in a small saucepan. Stir in a heaped dessert-spoonful of flour, and, when quite smooth, add half a pint of water. Stir the sauce till it boils, then add, off the fire, a tablespoonful of cream, a lump of lobster butter to make it a deep red, a tablespoonful of lobster meat cut into dice, and a few drops of lemon juice.

*Curried Lobster* is very popular with the people who have a taste for dishes of the sort. Pick all the flesh from a moderate sized lobster, and cut it into dice. Peel and slice thinly a moderate sized onion, and fry it in a little butter till it is soft and yellow. Pour in half a pint of stock, stir all together, and boil. Put a teaspoonful of ordinary curry powder, and a teaspoonful of Captain White's curry paste into a basin. Mix smoothly with a little cold water, and stir into the boiling stock. Add pepper and salt, and rub the whole through a fine wire sieve. Return the curry sauce to the stewpan, put in the lobster, and simmer gently for half an hour. Just before serving, draw the pan back, add a tablespoonful of cream and a few drops of lemon juice, and send rice boiled for curry to table on a separate dish. Perhaps it will be remembered that to boil rice for curry we wash Patna rice,

and throw it into six times its bulk of fast boiling salted water. Boil it quickly for about fifteen minutes, or till it is nearly cooked. Strain it, and rinse it with hot water to separate the grains, then put it in the stewpan again with the lid half on, and shake it occasionally till it is dry and quite hot.

*Scalloped Lobster.*—Supposing there is any lobster left after any dish has been made of it, it may be used as follows, if only the shell has not been damaged: Trim the shell of the body, cut away the ragged edges, and make the two halves uniform. Cut all that is left of the lobster into small neat pieces, and put them into a stewpan with a little lobster sauce. When hot through, put the preparation into the lobster shells, and cover with fried breadcrumbs. Set them in the oven for a few minutes, and serve on a dish covered with a white napkin, and garnish with parsley.

*Crabs* are supposed to be even more indigestible than lobsters, but they are cheaper,

and are therefore more extensively used. The flesh of the crab may be used instead of the flesh of the lobster in many ways peculiar to the latter, and crab salad especially is little inferior to lobster salad. Crabs which when shaken rattle as if they contained water are not good. The best crabs are those which have the shell rough and of a bright red, and the joints stiff. Crabs more usually than lobsters are served cold.

*Cold Dressed Crab.*—If a handsome dish is required, serve the flesh of two crabs in one shell. Pick the meat from the cart, the breastplate, and the claws, and throw aside the branchiæ, or gills, sometimes called "dead men's fingers." The meat of the breastplate is particularly delicious, but it is troublesome to get at. Tear the white meat into shreds with two forks, and reserve about a third of the quantity. Mix the rest with the contents of the cart, and season with vinegar, mustard, salt, and cayenne. Put the preparation

lightly into the prepared cart, sprinkle the white flesh reserved for the purpose on the surface, and garnish with parsley and a little lobster coral if it is to be had.

*Hot Crab, called also Buttered Crab.*—Pick the meat from two crabs, and carefully cleanse and trim the larger and handsomer of the shells. Season with salt, white pepper, a teaspoonful or two of common or chilli vinegar beaten up with a little made mustard, one quarter of its bulk in fine breadcrumbs, and a slice of butter, or instead a small quantity of salad oil. Put the mixture into the shell intended for it, cover thickly with breadcrumbs, place little knobs of butter here and there on the surface, heat thoroughly in the oven, and serve hot.

It may be well to add that lobsters which measure less than eight inches from the tip of the beak to the end of the tail, and crabs which are less than four and a quarter inches across the broadest part of the shell, are illegal.



## BREATHING TIME.

By RUTH LAMB.

YOU smile to hear me say that I am old, as though the gauge  
Of our life's length were years alone. They are no test of age ;  
For oft the hand is withered, while the heart is young and light,  
The brain still flushed with happy thoughts, though locks be scant and white.

And oft again the heart that has but throbbed a few short years  
Has borne, alas ! an age of woe, of trial and of fears.  
The step has lost its lightness, its springing, active tread,  
The smile has faded from the cheek, and joy and hope are dead.

You tell me that this life of ours is just a mountain side,  
Up which in youthful days we climb, in age must downward glide.  
Yet some so gently rise you'd think their wings the angels lent,  
To bear them o'er its rougher paths and aid in the ascent.

While others climb with weary feet, and hearts more weary still,  
Their longing eyes upturned towards the summit of the hill ;  
Their favoured fellow-mortals yield no help, but pass them by,  
So slowly rise they, and before their toil is ended—die.

I would not wish to shirk the load which I have strength to bear,  
I would not wish my way all smooth, my life devoid of care ;  
But might I crave one boon, I'd ask a moment's breathing time,  
A pause before eternity should take the place of time.

The traveller who with toil has gained the height long kept in view,  
Does not at once, with hasty feet, his downward path pursue ;  
But pauses, leaning on his staff to think of dangers past,  
And to exult that he has reached the wished-for goal at last.

Just as he turns would I to trace my footsteps on Life's track,  
Though knowing, by the way I climbed, no mortal can go back,  
To thank the Giver of all good for every victory won,  
And pardon crave, in Jesu's name, for all still left undone.