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TINNED MEATS; THEIR VALUE TO HOUSEKEEPERS.

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TINNED meats and provisions may be regarded from two distinct points of view. The majority of persons, especially in this country, look upon them simply as a convenience to housekeepers, but the subject should be regarded from a far higher point than one of mere convenience, for by means of tinned provisions the whole food supply of the world is increased, and thereby the happiness and enjoyment of mankind at large.

By means of tinned meats the superfluities of one country help the deficiencies of others. Owing to this useful invention, no longer are sheep slaughtered for their wool and tallow only, and the carcasses wasted, but the whole

is utilised. It should be borne in mind that economy in the use of food is a duty clearly pointed out to us by the highest of all authority. The age of miracles has passed, but were it in our power to multiply our food miraculously, we are taught that it would still be a duty to gather up the fragments that remain, that nothing be lost.

At present I will confine myself to the consideration of tinned meats in relation to their value to housekeepers, and I will illustrate my subject by supposing the following case, which is by no means a rare one in England in the present day.

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LOBSTER CANNING IN CANADA.

There are, throughout the length and breadth of the land, many hundreds of little quiet country villages which, to a certain extent, may be said to be isolated from civilised life. There is the village inn, alas! generally more than one; the village shop, a few scattered houses and outlying farms. But for all practical purposes the well-to-do inhabitants are dependent for their supplies on the carrier's cart, which takes a journey into the neighbouring town, some four or five miles distant.

The village shop generally supplies the inhabitants with bread; probably they will kill a pig on Thursday or Friday, and supply the usual dish of pork for Sunday's dinner. They also will usually be found to deal in cheap crockery, needles and cotton, sweet-stuff, candles, pickles, etc. The only means of communication with the neighbouring town is, as I have said, the carrier's cart, which generally takes a few passengers. I have lately lived in a little village myself, and have travelled by the same hooded conveyance backwards and forwards, never without thinking of the lazy horse associated with David Copperfield; and, indeed, at times I have felt inclined to chalk up in the corner, "Barkis is willin'." The carrier usually takes his orders the night before, starts at an early hour in the morning, and returns in time to supply the dinner-table. Let us suppose that he has brought with him a shoulder of mutton, and that, instead of dining late, as is our wont, we, on this particular day, dine early. Shortly before our usual dinner hour, we are suddenly alarmed by the astounding news, "Oh, mamma, Mr. Smith has arrived; what are we to do?" Hospitality is a duty, and were I cynically inclined, I would imagine Mr. Smith to be a rich old bachelor uncle, very fond of good living, from whom we had great expectations; but I would rather put this supposititious case. Suppose Mr. Smith to be an old friend of our father who has seen better days, in which he showed us many little acts of kindness. Under these circumstances he is, of all men in the world, the very last one to whom we should like to give the "cold shoulder." What is to be done?

We will suppose that our housekeeper, or whoever acts as such, has, in anticipation of such contingencies, laid in a little stock of tinned goods, which are safely put by in the store closet. Having welcomed our guest, and whispered a few words to the cook and those willing to assist her, we will calmly sit down to our table, take a sheet of paper, and commence as follows:—

MENU.

Ox Tail Soup.
Salmon Mayonnaise.
Hashed Mutton and Pickled Walnuts.
Curried Rabbit.
Asparagus.
Plum Pudding. Brandy Sauce.
Jelly in glasses.
Pine Apple (whole in syrup).

If the cook is smart, the whole dinner could be served easily within an hour, and should one or two of the girls in the house be willing to assist (and who would not, under such circumstances?), the dinner might be sent to table in considerably less time. I can imagine some of my readers glancing over the bill of fare I have just written, and saying to themselves, "What a lot of saucepans we shall want on the fire at the same time!" This, however, is not the case; for I would remind you that one of the first points to learn in connection with the serving of tinned meats is that they should be warmed up in the tin before it is opened. We can, therefore, perform the astonishing trick of making hot ox-tail soup, our curried rabbit, our aspa-

ragus, and our plum pudding in the same saucepan at the same time.

I must, however, commence at the beginning. Our store cupboard is supposed to contain the following provisions in tins:—Ox-tail soup, preserved salmon, mayonnaise sauce, curried rabbit, asparagus, plum pudding, pine apple in syrup, as well as a bottle of jelly. I may, however, mention, with regard to the mayonnaise sauce, that should you have a bottle of oil in the house and a couple of eggs, it would be better to make some fresh sauce from the egg and oil direct. Our cupboard will also contain a bottle of pickled walnuts, a bottle of capers, a bottle of olives, and a bottle of anchovies.

Of course we commence dinner with the soup, unless we happen to have in the house a Brunswick sausage, in which case a few thin slices of Brunswick sausage may be placed in a plate with a few of the anchovies, capers, olives, and a little pat of butter, as there are many persons who like to commence dinner with what is known as a *hors d'œuvre*, and I do not know a better mixture than the one I have named.

But to return to the soup. In my opinion, of all provisions sold in tins at present, the soups are the greatest failures.

This is very much to be regretted; but there is a good old saying, that we must always make the best of a bad job. As a rule, the thick soups are better than the clear, and although I have mentioned ox-tail soup, I will later on give a list of the soups from which you may take your choice. Fortunately, all thick soups in tins can be very greatly improved by a very simple method. Make the thick soup hot in the tin, take the tin out of the hot water, open it, and pour the contents into a saucepan. Of course, if there are many persons to dinner, it would be necessary to warm up two tins, or even more. I will now describe the contents of the tin. The soup itself is not exactly thick, nor is it exactly clear. The bones of the tail, instead of being surrounded by the meat, are quite bare, and it looks as if the bone and the meat had had a quarrel, and they had mutually agreed never to speak to one another again, while the bone itself recalls a game known as "knuckle-bones." To every pint of soup in the saucepan add as follows: a brimming dessert-spoonful of brown thickening, or what French cooks know as brown roux. This brown roux looks like light-coloured chocolate. It keeps good for months, is very cheap, very useful, and I will describe how to make it by-and-by. Add, also, a brimming teaspoonful of extract of meat and half a glass of sherry. The effect of adding the brown roux is that when the roux is crumbled into the soup and gently stirred over the fire till it boils, it makes the soup thicker than it was before. It also makes it darker in colour, richer in flavour, and makes the divorce between the meat and the bone less conspicuous.

The extract of meat also greatly adds to its nutritious properties, and gives additional colour. The sherry gives it flavour. Were I going to take the soup myself, I should also add a little cayenne pepper and lemon-juice, but we must be very cautious how we use cayenne, unless we know the taste of our guests.

We will next consider the salmon mayonnaise. As this is all cold, we should naturally see to the hot things first, and we will, therefore, suppose that the ox-tail soup, the curried rabbit, the asparagus, and the plum pudding are all getting hot in the saucepan. First open the tin of salmon. Turn the contents entirely out. If there is any liquid, throw it away, and, as far as possible, absorb all the moisture of the salmon in a dry cloth before placing it in a dish. Make the surface, as far as possible, oval, and raised in

the middle, and then pour the sauce with a spoon gently over the top, so that it looks like a custard pudding. If the season of the year is suitable, and we have some lettuces in our garden, of course we should cut one or two lettuces, and surround the salmon with the best part of the lettuce. Next to ornament the salad. Take a bottle of capers, and with a spoon take out about a couple of dozen, throw these into a cloth and dry them, and place them at intervals on the sauce. Then take three or four anchovies out of the bottle, cut them into strips, remove the bone, and place these little strips of anchovy round the base of the light pyramid of sauce like trellis work. A dozen olives may be placed also round the base of the salad, the stone being removed with a knife. This is done by taking not too sharp a knife and cutting the olive sideways, keeping the blade of the knife always in contact with the stone of the olive. When the stone is removed the olive assumes its original shape, of course with a hole in the middle where the stone has been. Now take a little piece of parsley and chop up enough, say, to cover a shilling or a little more. Place this on the tip of a knife and shake it gently over the mayonnaise sauce, so that the little green specks of parsley fall naturally. Now take a bottle of cochineal, supposing you have one—cochineal can be bought at sixpence a bottle, and keeps good for months, or even years—and drop a few drops in a plate or saucer; take a little piece of dry bread and make about a saltspoonful of fine bread-crumbs. Throw these dry bread-crumbs into the saucer with the cochineal, and shake them. This will cause the bread-crumbs to turn red. These can be shaken over the mayonnaise like the chopped parsley, and we shall have a very bright-looking dish. The green lettuce round the edge, the raised surface of the salmon covered with the yellow mayonnaise sauce in the middle, which is decorated round the base with the anchovies and olives, and on the top the capers and the little green and red specks, which contrast nicely with the yellow. If you have no lettuce or salad of any kind to put round the base, you can ornament the edge with hard-boiled eggs cut in quarters, and a sprig of parsley between each piece.

Our next dish is the hashed mutton and pickled walnuts. This scarcely comes in the category of tinned meats. The mutton we had for dinner was probably in a semi-cold and flabby state when our guest arrived. Were I going to make the hashed mutton, I should commence by slicing up a couple of onions, browning them in a frying-pan with a little butter, then pouring in the remains of all the gravy that had been left from the joint, cutting the mutton into slices, and warming them up in this gravy, taking care it does not boil; and as the gravy would be rather poor, as soon as the soup was got ready I should add two or three tablespoonfuls of the soup to the hashed mutton. And let me remind you of another very great improvement. Add, as well, a dessert-spoonful of Harvey sauce, after shaking the bottle. You can toast a piece of bread a nice brown, as you would not have time to fry any bread, which is better. Cut the toast into round pieces, and place them round the hash alternately with the pickled walnuts cut in half. Do not send the hashed mutton to table in a great, big dish, large enough to hold a round of beef, but serve it in a deep dish—a vegetable dish, for instance. By this means it keeps hot longer, and looks more appetising.

Our next dish is the curried rabbit. First class curry can be obtained in tins. Remember that tinned meats are like everything else in the world—some are good, and some are bad. If you wish for a bottle of really good wine, you must go to a first class wine merchant; and if you wish your tinned provisions

good, you must get them from first class people, or see that some well-known name is on the label. Unfortunately, this country has been flooded, from time to time, with worthless imitations, introduced by unknown men who have no name to lose.

The curry, having been made hot in the tin, should be turned out in a deep dish; and here again I would recommend a vegetable dish. Boiled rice should be served with it in a separate dish, and the rice should be handed before the curry. If you have any chutney in the house, the chutney should be served with the curry, like they do on board the P. & O. boats, which are so famed for their oriental curry cooks. When the curry has been turned out into the dish, you might add a few fresh bayleaves and serve them up in the curry whole, and if you feel anxious to have the dish ornamental you can proceed as follows, and, should your guest be an "old Indian," he will probably appreciate the addition:—Take some red chilis and bend each chili in the middle, so as to make it look like one of the small claws of a lobster, and place these red

chilies round the edge of the dish in a triangular shape, exactly as if you were placing the small claws of a lobster around a lobster salad mayonnaise.

The asparagus should be served as a course by itself. When the tin is sufficiently hot, which it will be a few minutes after the water has boiled, take it out and open it, pour off the liquid, and serve the asparagus on a piece of toast. A little butter sauce should be handed round with it.

Butter sauce is best made by simply thickening, say, half a pint of water (not milk) with a little butter and flour mixed together. When the water is sufficiently thick, add some more butter to the hot, thickened water till it becomes rich and oily.

As soon as you have handed round the butter sauce with the asparagus, take the tureen down-stairs, and let the cook put back the butter sauce in the saucepan for a minute, and add a tablespoonful of moist sugar, a tablespoonful of rum, and two tablespoonfuls of brandy. By this means we avoid waste, and make the same sauce do twice. If you

don't approve of spirits being used in the kitchen (I don't approve of it myself), add a little sherry, and rub a few lumps of sugar on the outside of a lemon, and also two drops of essence of almonds. (You can, indeed, leave out the sherry, and still have a good sauce.)

The plum pudding will be hot through after the water has boiled for over half an hour. Open the tin, take out the pudding, and serve with a little sauce poured over it, and the rest in a tureen.

The jelly should be served in glasses, for the simple reason that there is no time to melt the jelly. Open the bottle, and rake out sufficient jelly with a bent skewer to fill the glasses.

The pineapple, whole, in addition to the usual stock of almonds and raisins, figs, biscuits, &c., makes a first-class dessert.

It is perhaps needless to add that as a rule all these dishes are not necessary for one dinner; but I wish to show what can be done in order to avoid giving your friends the "cold shoulder."

(To be continued.)

THE SHEPHERD'S FAIRY.

A PASTORALE.

By DARLEY DALE, Author of "Fair Katherine," etc.

CHAPTER XI.

THE WHITE RAM.



HE secret of Fairy's parentage died with Dame Hursley, and for the next two or three years she lived quietly on with the Shelleys, nothing more remarkable than

the finding of some rare bird, or an occasional tiff with Jack, the Lewes carnival on the fifth of November, and the sheep washing and shearing every June, occurring to vary the monotony of her happy life. She was naturally a bright, happy little creature, not much given to thinking, and if she sometimes wondered who she was and where she came from, she never allowed the matter to distress her; she had the Shelleys, and they all worshipped her, and if she wanted other friends she was always welcome at the Rectory, where she still continued to go every day for her lessons. As to the future, it is doubtful if she ever gave it a thought; she lived as all children do, for the present, at least, as far as this world is concerned, though neither she nor any one else could have been brought up by good John Shelley without learning that life here is but a preparation for the life to come. Ignorant as the shepherd was in many things, he was by no means ignorant in things spiritual, and his knowledge of the Bible, large portions of which he knew by heart, would have put many an educated man and woman to shame. It was a favourite amusement of Fairy's and the boys on long Sunday winter evenings, when there

was no service at church, and after John had read the evening service to them, as he invariably did, to start him off in some chapter and see how long he would go on without stopping, saying it by rote. He always carried a small Bible in his pocket, and during his long days with the sheep, he had plenty of opportunities of studying it; and he studied it to some purpose, for he was a fine character. Faults he may have had, but you might have known him a long time before you discovered them. Mrs. Shelley, who had better opportunities of judging than anyone else, would have said he liked his own way too much; and that, for such a wise man as he was, it was surprising how easily he allowed a little thing like Fairy, whom he always had spoilt, to get over him; but it is doubtful whether in her heart of hearts she considered either of these faults.

If he had any pride in his composition it was entirely professional, and when one May evening, sixteen years after Fairy first was brought to Lewes, he announced to his family that he had been elected captain of the Lewes shearing company, his face certainly glowed with an honest pride, for he had then obtained the highest honour which could be conferred on a shepherd, and realised his fondest dreams of earthly happiness.

In those days it was the custom for shearers to form themselves into companies, called after the district in which they lived, and to go round to the various farms in the district in the shearing season, which begins in the middle of June, shearing the different flocks. The shearers in those days were generally shepherds, and each band had a lieutenant and a captain, the former distinguished by a silver band round his

cap and a badge, the latter by a gold band and badge to match. They were chosen according to their proficiency in shearing, and for the good character they bore. John Shelley had been a lieutenant for some years, but he was now elected captain, owing to the death of the captain of the Lewes band, an old man over seventy; and with this honour some new duties devolved upon him, for at the captain's house was held the shearing feast, called the White Ram. This feast lasted throughout the shearing week, and consisted of a supper after the day's work was over; first, a good, substantial meal, in which the Sussex dish of beefsteak pudding, the crust made of flour and water, played an important part, and then ending with cakes and ale, during the consumption of which shearing songs were sung and many pipes were smoked till late in the long summer evening, when the men dispersed—sometimes not before midnight—to their various homes.

These bands are now a thing of the past, though the shearing is still done by men who go round for the purpose, but no lambs are shorn nowadays, so the work is very much lessened.

"There is plenty of work for you, Polly; you'll have to get someone in to help you; we shall have to have the White Ram here for the future," said John.

"Oh, what fun!" exclaimed Fairy; "now I shall see it all, and hear the shearing songs. Mother, you must let me help; John says no one can make plum heavies, not even you, mother, like me: can they, John?"

"No, but I am thinking those little white fingers of yours are not fit for that sort of work, my pretty one," said John.

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By A. G. PAYNE, Author of "Common-sense Cookery," "Choice Dishes at Small Cost," "The Housekeeper's Guide," &c.

PART II.

In my last article on tinned meats I described how to give a nice little dinner at a short notice, supposing the larder only contained a cold shoulder of mutton. I will now give a few hints on the general management of tinned meats. I will also fulfil my promise of describing how to make that most useful article in cooking, brown roux, which in my opinion is absolutely essential should we wish to make our tinned thick soups a success.

First let us consider the best way of managing tins, the contents of which are generally eaten cold, and do not require warming up.

Perhaps the two most common examples of tinned provisions are sardines and tinned lobster. For very many years sardines have been a popular breakfast dish, and the plan has been to open the tin of sardines, and leave the sardines in the tin till all are finished. Tinned lobster is a more modern invention, and inexperienced housekeepers, from habit, have treated the lobster exactly as they have the sardines, viz., they have opened the tin and left the lobster in the tin. I would warn you that this method of dealing with tinned lobster is not merely wrong, but absolutely dangerous. From time to time reports have arisen on the danger of eating tinned goods, and every now and then we hear of cases of persons being ill, who date the origin of their illness from eating some species of preserved provision. You would do well to bear in mind that the persons to blame are not the makers of the tinned goods, but the housekeeper who opens them and then fails to exercise her common sense. Probably every housekeeper is aware of the fact that if you make soup it is necessary to turn the soup out in a basin before going to bed. Every cookery book teaches us the fact that if we leave the soup in the saucepan all night long it spoils. Why? Why should soup get bad in a metallic vessel, where it would not get bad in a porcelain one? The answer is very simple—on account of the metal being acted on by the air. If you leave a moist knife in the kitchen, in two or three days it becomes rusty. Why, then, should we expect meat or fish or food of any kind whatever to keep good in a tin, when we know it would not keep good in a tin saucepan? The fact is, we have never thought about it at all. But I do not think I need enlarge upon the subject, as, if you have any common sense, a hint will be sufficient, and if you have no common sense, it is useless to attempt to reason with you. Therefore bear this one most important point in mind—whenever you open any kind of tinned provision, turn it out of the tin directly the tin is opened; otherwise it will instantly commence to undergo a chemical change, which becomes stronger the longer it is opened. Some persons, perhaps, will say, How is it that we have been in the habit for years, perhaps, of opening sardines, and have never experienced any inconvenience whatever? The simple reason is that the sardines are preserved in oil, and that the oil prevents the action of the air on the metal. To explain my meaning, you may try the following experiment:—Take two bright knives; dip one in water and the other in thick oil. Leave the two knives for three or four days. The one dipped in water will be covered with rust, owing to the action of the air on the metal (perhaps some of you are sufficiently acquainted with chemistry to know what I mean by saying that the metal oxidises); the knife that has been dipped in

oil, on being wiped, will be found as bright as it was before, owing to the action of the air being prevented on the metal by the oil.

Space will not allow of my giving a list of all the nice little delicacies that are now preserved in tins, but I will mention a few—potted beef, ham, tongue, chicken, turkey, etc. Then there are pork patties in tins, savoury patties, Oxford brawn, while, if you wish to have what may be termed higher class delicacies, there is *paté de foie gras*, as well as truffled woodcock, lark, snipe, plover, partridges, quails, etc., all of which are sold in tins, the tins being rather more than half-a-crown a piece. If we take one of these tins and open it in the ordinary manner, leaving the tin half on as a lid, it is by no means an elegant-looking dish, whereas if we cut the tin

entirely round the edge and take the top off, then make a little hole the other side in order to let the air get in, we can turn the whole of the contents of the tin out in a shape exactly as we could turn jelly out of a copper mould. The tin of potted beef, if that is what we have, can be turned out on an ornamental piece of paper placed in the middle of a dish. The dish can then be ornamented with a little bright green parsley, and a little cut lemon, and can be made to look really appetising. In fact, there is no more excuse for sending potted meat to table in the tin than there would be for sending a mould of jelly to table in the mould. What would you say if you were asked out to a dinner were the man to hand round the mould of jelly in the mould, and you were to scoop it out with a spoon?



IN THE KITCHEN.

and yet this is what you have virtually done over and over again at breakfast.

I will now give you a list of the different kinds of soups that can be obtained in tins, and will explain how to make brown roux, which is used for improving every kind of thick soup, and also show how thin soups may be improved. The following soups may be obtained in tins: real turtle soup, game, grouse, oyster, hare, chicken broth, giblet, hotch potch, kidney, mulligatawny, mock turtle, ox cheek, ox tail (thick and clear), tomato, cressy, gravy, green pea, julienne, mutton broth, Palestine, bouilli, vegetable, venison, and vermicelli.

Brown roux is simply flour fried brown in butter. Probably most cooks have heard of the ordinary method of thickening soups with flour. The result is that the soup has a gruelly taste. If, however, the flour is fried a light brown before it is used for thickening the soup, it produces quite a different effect. In fact, in one case the flour is cooked, and in the other case it is raw, and the difference in the flavour is as great as that between a dish of pastry before it is put in the oven to be baked, and afterwards. You all know what a nice thing a rich piece of pie-crust is, especially if it be made from puff paste. Of course before it was put in the oven to be baked it would be absolutely uneatable. So with our brown roux. If you wish to make it properly proceed as follows: Take, if possible, an enamelled stewpan, and place in it half a pound of butter and melt it. When the butter has run to oil you will find that there is a sediment at the bottom, which looks something like milk, as, indeed, it is, as also a frothy scum at the top; skim this off, and then pour off the oiled butter into a basin and throw away the sediment. Now add to this clarified butter, which should have the appearance of good salad oil, half a pound of dry flour. Remember that you cannot fry anything properly unless it be first thoroughly dry. The flour and butter will form a sort of pudding, and you must stir this pudding over the fire with a spoon until the pudding begins to turn a light brown. As soon as it is turned a light brown colour, take the stewpan off the fire, but go on stirring. As the stewpan keeps hot a long time the flour will go on cooking for quite a quarter of an hour after it has been taken off the fire. You can if you like slacken the heat by throwing in a piece of onion. Of course, the onion will very soon turn brown itself. When the brown flour or roux has got comparatively cool, put it into a basin or small jar, and put it by for use. You will find it most convenient to make this in sufficient quantity to last, say, for a month. It will keep good for almost any length of time.

Every kind of thick soup sold in tins will be greatly improved by a good dessert-spoonful of this brown roux being added to each pint of soup after the tin has been opened and the contents poured into a small saucepan. In addition to brown roux you must add a good-sized teaspoonful of extract of meat. Recollect the brown roux

should be crumbled into the soup, and the soup should be allowed to boil for a few minutes in order that it may get thick.

Of course we cannot use brown roux for clear soups. Now these clear soups are undoubtedly, as a rule, very poor. I would suggest the following means of improving them. Add first of all a brimming teaspoonful of extract of meat, then to every pint of clear soup take a teaspoonful of cornflour. Mix the cornflour with a little cold water in a cup, say a dessertspoonful of cold water, or a little more, and while the soup is boiling in the saucepan, add the cornflour to it. You do not wish to make the soup thick, as could be done by adding a large quantity of cornflour, but by adding a small quantity you give it what may be called a consistency. The soup, instead of being as thin as water, is more like milk, and although the soup is not in reality any richer, it conveys the idea of being exceedingly good. Another method of improving clear tinned soups in flavour is by the addition of celery. If you have a head of celery in the house, take a small stick, and with a knife cut it into very thin slices indeed. Boil this in the soup, and you will find that it will improve the flavour very considerably, that is, if the soup contains other kinds of vegetables. Another method is to boil a couple of beads of garlic in the clear soup, but then many persons object to the flavour of garlic. Still, if garlic is used with care it is not nearly so objectionable as many people think. There is a strong prejudice against the use of garlic in this country, but I believe this prejudice is brought about by the fact that English cooks as a rule do not understand how to use it. Garlic should be used to impart a slight flavour, and should rarely if ever be chopped up to be eaten.

I will now go on to another class of preserved provisions, viz., fish. Sardines and pilchards are preserved in oil, and are very nice eaten just as they are, only bear in mind that cut lemon and cayenne pepper is a very great improvement to them in their natural state.

A very simple method of having a nice dish in a hurry for breakfast or for dinner can be made as follows:—Open a tin of sardines or a tin of pilchards, pour the oil of the tin into a frying-pan, and add to it a brimming teaspoonful or more of curry powder, moistened in a little water. Add a teaspoonful of cornflour, also moistened in a little water. Stir the whole for a time till you get a thick, oily gravy. Now add the fish, either sardines or pilchards, and gradually make them hot in this quickly-made curry sauce, and with a spoon keep pouring the sauce over the fish. You must be careful not to break the fish. As soon as the fish are thoroughly hot through, take them out of the frying pan with a slice similar to that you use for taking out fried eggs, place them on a hot dish, and scrape all the oily curry gravy over the top.

Some few years ago great things were expected from what was called the Australian meat in tins. Since the introduction of frozen meat, we have heard a great deal less about

meat in tins. Still these tins are very useful to persons living in out-of-the-way places in the country, where frozen meat would be just as difficult to obtain as ordinary butchers' meat. Australian meat differs very much in quality. As a rule you will find that unless the meat is surrounded by a good deal of jelly it is not worth having at all. When the Australian meat has plenty of jelly with it, and you can turn it out in a solid lump, I am not sure but what the best method is to have it as it is—cold. It wants cutting with a very sharp knife indeed. It is very light of digestion. You can send it to table just as it is, surrounded with the white part of a lettuce, placed alternately with beetroot. Australian meat can, however, be sent to table hot, and there are several ways of doing it. One method is to make it into an Irish stew. Warm the tin just sufficiently to melt the jelly, pour off all the jelly into a saucepan, and slice up half-a-dozen good-sized onions and boil them in the jelly. Boil, say, an equal weight of potatoes to meat, also separately, in some water. Then place the hot cooked potatoes, the tender-boiled onions, and gravy with the meat in a saucepan, and as soon as the meat is hot through send it to table. The reason why we proceed this way is that the drawback to Australian meat is that it is already over-cooked; consequently, you must avoid cooking it more than can be helped.

Tinned meat can also be made into curry in a similar way—that is, after you have melted the jelly you pour it off and use it to make some strong, rich curry sauce. The meat should then be placed in the curry sauce and served as soon as it is hot through. The meat should be shredded with a couple of silver forks, so that the curry can be eaten with a fork.

Australian meat can also be used for making a meat pie. To make a good meat pie, you must melt the jelly, pour it into a saucepan, and boil with it six beads of garlic, and also add some gelatine to make the jelly when cold nice and firm. In fact, it should be quite as firm as an ordinary mould of jelly. Now place the Australian meat in a piedish, pour the gravy over it, and place a few very thin slices of bacon on the top. You can also mix with the pie a teaspoonful of chopped parsley, and be sure to add plenty of black pepper. Few cooks realise what a large amount of black pepper is required for a meat pie. You can also add to the pie half-a-dozen hard-boiled eggs cut in halves. Now cover the piedish over with the crust, and bake it in the oven. As soon as the pastry is done, the pie is done; the meat, as I have said before, is already over-cooked. Try and manage to keep by you a little of the gravy, and when the pie is cold, add the remainder. Pour this gravy into the pie through the top, and fill the gravy up so that it reaches the crust. Remember, this pie can only be eaten cold. If you use garlic in a meat pie, you cannot cut the pie while it is hot. The gravy should be poured in when it is nearly set.

(To be continued.)



My parlour is a pleasant place,
I love its silence and its shade,
'Tis like some sweet, accustomed face
So dear, it need not fear to fade:
And here I sit with folded hands,
To welcome John from foreign lands.

You see that portrait in the room?
My great aunt's—long ere she was wed.
Once, when my mother praised its bloom,
John turned to me and softly said
(And then at least he thought it true),
"A very lovely face—like you!"

Don't blame him. No. I had no wealth:
His fortune, too, was all to seek.
Though love might enter in by stealth,
He thought it was no time to speak.
So silently John went away,
And now he brings his wife to-day.

And there they are! And this is he
(I'd know his voice if I were blind!);
And in his smiling spouse I see
A gracious beauty, fair and kind,
A stately lady—not at all
Like yon quaint picture on the wall!

And now for all the boys and girls
Who make my old friend's household bliss;
Oh, Johnnie, with the chestnut curls,
I'm sorry he's too old to kiss!—
I only say, "How like his father!"
And take his hand and press it rather.

I tell them all the house is free,
And bid them make themselves at home,
And so, with peals of laughing glee,
About the stairs and rooms they roam:
But Johnnie joins not in their rout;
He stays with us, and peers about.

He sees that portrait on the wall
(Still hanging in the same old place);
He turns about before us all,
And says, "That is a lovely face."
His mother rises up to see;
His father smiles, and looks at me.

"It ought to be restored," says he,
"It's piteous how these beauties fade"
(Ah, the old dream is safe with me).
John has forgotten what he said!
Old picture, we'll forget it too—
Come, Johnnie, here's a seat for you!

TINNED MEATS: THEIR VALUE TO HOUSEKEEPERS.

By A. G. PAYNE, Author of "Common-sense Cookery," "Choice Dishes at Small Cost," "The Housekeeper's Guide," &c.

PART III.

THERE is no doubt that in this country the present generation is far more luxurious than the one that preceded it. Living is to a great extent a question of habit. At the present moment a Russian soldier is paid at the rate of a shilling a month, and his only ration is rye-bread baked into biscuit, washed down with a draught of water. The British workman of the day requires a hot meat dinner, cooked from fresh meat expressly for him alone. Were his wife to supply him with cold meat, he would probably grumble. In the last century a labourer was content with a piece of fat pork boiled on Sunday. Possibly in the next century we shall have our soup kitchens for the poor altered into turtle soup kitchens; for it is a fact that the luxuries of one century become the necessities of the next.

It is a question worthy of consideration whether this country has not reached that pitch of luxury and self-indulgence which all history teaches us is the turning-point in a nation's greatness. Ananias, Azarius, and Misael have told us that we thrive better on pulse and water than on the king's meat. Let us hope as a nation that, unlike the king in question, seven times may not pass over us to cure us of our luxury and pride.

I will not enter into a description of the various uses of the more expensive luxuries now sold in tins. I refer to truffles, cocks' combs, *financière*, *ragout*, *foie gras*, etc. Mushrooms, however, are exceptions. They seem like gifts of nature, and, like the manna of old, they require us to rise early and gather in our harvest fresh, not forgetting that, like manna, they will not properly keep till the morrow. It is, however in cases like this, when the food is of a perishable nature, that the invention of preserving in tins is so useful. There are probably few of what may be called accessories to food more useful or more delicious than mushrooms. Mushrooms are pre-

served in tins in two forms, by far the most common one being quite plain in water. Were I to give a list of all the various dishes in the composition of which mushrooms enter, I should require as many volumes as I am allowed columns. I would, however, remind housekeepers that small tins of mushrooms can now be obtained at sixpence each from all respectable grocers.

I will give one or two simple cases to illustrate the various uses to which mushrooms can be applied.

First, mushroom sauce.

You can have brown mushroom sauce and white mushroom sauce.

To make brown mushroom sauce from tinned mushrooms, open the tin of mushrooms and add the contents, liquid and all, to about an equal quantity of good, thick, rich, brown gravy. The mushrooms should be chopped small, and served in the gravy just as they are.

White mushroom sauce, which is so delicious with boiled fowl, can be made by adding a tin of mushrooms to some good béchamel sauce. Béchamel sauce is some very strong stock, mixed with some boiling milk, or, still better, boiling cream, thickened with a little butter and flour. When the tin of mushrooms is added to the white sauce, the whole should be rubbed through a wire sieve with a wooden spoon. This helps to thicken the sauce, and greatly adds to the flavour.

Another simple instance of the use of mushrooms is some kind of fish *au gratin*. Take, for instance, a sole. Dry it, flour it, and egg and breadcrumb it in the usual manner. Next take a sixpenny tin of mushrooms, strain off the liquor, and chop up the mushrooms finely with a piece of onion as big as the top of the thumb down to the bottom of the nail, a piece of lemon peel, say about the size of the thumbnail and as thick; that is, you only use the yellow part, and not the white. Add also sufficient chopped parsley to fill a teaspoon, as well as a little pepper and salt. Fry all these

in a frying-pan with some butter for a few minutes, and when it is partially cooked place about half of it in a tin sufficiently long to hold the sole. Place the sole on the top of these chopped ingredients, and place the remainder on the top of the sole. Pour all the butter in the frying-pan on it, and, if necessary, add a little more butter, so as to keep the sole moist, and bake it in the oven till the sole is done. Of course the time for baking varies with the size of the sole and the fierceness of the oven. When it is finished, a little finely-grated Parmesan cheese may be shaken over the whole. Parmesan cheese can now be obtained in bottles, the price of a small bottle being about eightpence or ninepence. The Parmesan cheese is, however, not absolutely necessary. Also a few bread raspings shaken over the whole gives it a finished appearance. This dish looks a great deal better if the tin is the same shape as the sole, and the fish served in the tin in which it is baked. Long oval tins are sold on purpose.

Almost any kind of fish can be served in this way, such as lemon soles, fresh haddock, filleted brill, filleted plaice, etc. Just before the sole *au gratin* is sent to table many persons add about a teaspoonful of sherry to the sauce by which it is surrounded. To my mind it is a doubtful improvement.

Another very excellent form of preserved mushrooms of which I cannot speak too highly, is what is known as black Leicestershire mushrooms, preserved in gravy. These are quite different from the ones usually sold in tins. They are round and flat in shape, and are much more like the ordinary mushrooms that we are accustomed to gather in the country, being white on one side and black on the other. The way to use them is to make the tin hot in boiling water, and then add the contents to either a well cooked steak or chop, taking care that the red gravy that runs out of the steak or chop is added to the gravy in the mushrooms. It is an

improvement if you have some good thick gravy, to add a little of it to the gravy in the tin. One of these tins very greatly improves the flavour of a dish of hash or stewed steak. I would strongly recommend you to try the experiment of using one of these tins the next time you have a chop or steak. They can be served just as they are, after being made hot, in a sauce tureen, and will be found far superior to any mushroom sauce generally met with, even when made from freshly gathered mushrooms. The cost of a small tin of these excellent mushrooms preserved in gravy is about sevenpence.

We will now consider tomatoes in tins. Fresh tomatoes are now preserved whole, and will often be found very useful. Suppose, for instance, as we mentioned in our first article, that we are taken by surprise in a country house far away from all shops, and we want a delicious little entrée in a hurry. We will suppose the store cupboard to contain a tin of tomatoes preserved whole, and also a tin of mushrooms. The dish we are going to send to table is called tomatoes *au gratin*. We will suppose the larder to contain a piece of cold boiled bacon, but raw bacon would serve our purpose equally well. Take the piece of cold boiled bacon, and with a blunt knife scrape off about two or three tablespoonfuls of fat. Chop up very finely a tin of mushrooms with a piece of onion, lemon peel and parsley, exactly as if we were making a sole *au gratin*. Add a small saltspoonful of dried thyme. If the thyme is fresh, less than half that quantity will be ample. Fry all these ingredients in a frying-pan with the fat bacon, and then add sufficient bread-crumbs to make the whole into the consistency of a pudding. Now take the tomatoes very carefully out of the tin without breaking them, and I would warn you that they require very delicate handling. Give the tomatoes a gentle squeeze so as to get rid of any of the pips inside. Then with a teaspoon carefully fill the tomatoes with the mixture we have just made. The more mixture you can get into each tomato the better. Next pour a very little salad oil into a tin—oiled butter will do—and place the tomatoes one by one on the tin without breaking them, and bake them in the oven. When they are hot through, they may be served. In taking them out of the tin and placing them on the dish, use a slice similar to that for taking out fried eggs.

The only difficulty I know of in making this delicious dish is to avoid breaking the tomatoes, which are more liable to give way when they are hot than when they were first taken out of the tin. Shake a few bread-rasplings over the top of each tomato before serving—that is, cover the top of the mushroom mixture with the bread rasplings to make it a nice brown, but do not shake the bread rasplings over the tomato itself. If the tomatoes are placed in a silver dish and surrounded with a little bright-green fried parsley, it has a very pretty appearance. If you have some good brown gravy in the house, the tomatoes can be served in a little gravy; only do not pour the gravy over the tomatoes, as it would utterly spoil their appearance, but pour a little gravy into the dish first, and then place the stuffed tomatoes carefully in it. The gravy should be rich, thick, and of a good brown colour; otherwise the tomatoes *au gratin* are best served as they are.

Tomatoes preserved whole will be found useful to ornament a large variety of dishes, such as *tête de veau en tortue*, *poulet à la Marengo*, etc. For instance, a simple dish, but very bright-looking, can be made as follows:—From the remains of some cold boiled potatoes make some ordinary mashed potatoes; and if you live in the country, where cream is cheap, remember a very little boiling cream added is a very great improvement, both in

appearance and flavour. Mashed potatoes, to be really good, should be rubbed through a wire sieve. Pile the mashed potatoes up in the middle of a vegetable dish, and place round the outside alternately a mutton cutlet and a whole tomato. The cutlets can be cooked perfectly plain—that is, simply grilled on the gridiron like a mutton chop—or they can be fried after being egged and bread-crumbed. The tomatoes simply want being made hot by being placed on a greasy tin and warmed up in the oven. Place the cutlets round the mashed potatoes, first leaving room for the tomatoes between each. Then take out the tomatoes with a slice, and make a bed in the mashed potatoes, in which they can quietly repose; otherwise they are apt to smash and run, and make the dish look untidy.

We will next consider the best way of utilising the various vegetables that can be obtained in tins, such as asparagus, green peas, French beans, and last, but not least, *macédoines*.

First with regard to asparagus. Of all the vegetables preserved in tins I think this is the best. It requires no preparation whatever. Make a piece of toast, and place it at the bottom of a vegetable dish; then make the asparagus hot in the tin, and when the water in which the tin has been placed has boiled for some four or five minutes the tin can be taken out and opened. In opening a tin of asparagus, cut the tin right round the edge, so that the sticks of asparagus can be taken out without breaking them, and take out any tops that may be left in the tin, and add them to the rest. Strain off the liquid, and place the asparagus on the toast, the white part resting on the edge of the dish. The asparagus should therefore be divided into two parts, so that the green parts meet on the toast and half the white sticks rest on one end of the vegetable dish and half on the other. A little ordinary melted butter or white sauce is generally served with them. For my part, I prefer the asparagus quite plain.

Tinned asparagus differs in one respect from ordinary asparagus, inasmuch as you can nearly eat the whole of it. Asparagus can be eaten cold as a salad, and a very delicious salad it makes. Open a tin just as it is, strain off the contents, dry the asparagus on a cloth, and place it as I have described before on a dish, but without any toast. Now make a little sauce to pour over the tips as follows:—Take, say, a couple of ounces of butter, and dissolve it in the oven in a teacup till it runs to oil. Now take it out, and add to it three brimming teaspoonfuls of freshly-made mustard, a dessertspoonful of vinegar, and a saltspoonful of pepper and another of salt. Stir this up with the oiled butter. As the butter begins to get cold the sauce commences to get thick, and as soon as it has got into that state in which it resembles custard, pour it over the asparagus, of course leaving the ends of each stick free from the sauce, as it is now customary to eat asparagus with the fingers. This sauce, to be good, requires real butter, which is a substance now rarely met with, even at respectable grocers, the adulteration of butter with fat being almost universal—this universal adulteration being the chief cause of the depression of trade throughout the country. The salad should not be served till the sauce is quite cold and sticks to the asparagus.

Green peas are now to be had preserved in tins, not only very good but very cheap. Good preserved peas should be small and of a light green. When the peas are large and high coloured, they are inferior. The fact is that the former are young and the latter old. Preserved peas are best served in a course by themselves, though, of course, they can be handed round with ordinary joints. The art

of sending preserved peas to table is to make them look and taste as much as possible like green peas freshly gathered. For this purpose you should act as follows:—*Make the peas* hot in the tin and take, say, a dozen fresh mint leaves and scald them in the water in which the tin is being made hot. Next take these hot mint leaves and put them in a vegetable dish. Open the tin of peas, strain off the liquor, and pour the peas on to the mint leaves. Now add a small saltspoonful of powdered sugar, half a saltspoonful of salt, and a small pat of butter as big as a five-shilling piece. Toss the peas for a minute or so lightly together, so that the butter is dissolved and the sugar and salt melted, and the fresh mint leaves brought to the surface. Now send the dish to table. The fresh mint leaves help to convey the idea that the peas are fresh. In everything we eat and drink imagination goes a long way. Who, for instance, would care to drink port wine out of the spout of a teapot, even if the teapot were solid silver?

I might here mention in passing that a small sixpenny tin of peas will be found very useful in ornamenting a boiled leg of mutton. If you want to make a boiled leg of mutton look really nice, proceed as follows:—Of course you have boiled turnips and carrots with it. Boil the turnips whole, and when they are tender take them out of the water and cut each turnip in half and scoop out the centre, so as to make it like a cup. Now take the outside part of the carrot, which is a brighter red than the inside part, and chop it up into small pieces. Place the leg of mutton in the centre of the dish, and pour over it either some of the water in which it is boiled or some thick caper sauce. Now fill up these cups made out of the scooped turnips cut in half with a tablespoonful of green peas and a tablespoonful of chopped-up carrot alternately. It is a very simple garnish, and gives but little trouble; but what a difference it makes in the appearance!

We will next take French beans, or, as they are properly called, *haricots verts*. I think these deserve to be served in a course by themselves, even more than peas. If they are served with a joint they must simply be made hot in a tin, then drained and allowed to dry, and handed round just as they are. French beans go best with a haunch of venison or roast mutton. If, however, you serve the beans as a course by themselves, you must, after making them hot and draining off the liquid, add a couple of tablespoonfuls of good white sauce, that is *béchamel sauce*, or if you have none, add to a tin of beans about enough fresh butter to fill a dessertspoon; add also about a saltspoonful of finely chopped fresh parsley, a little pepper and salt, and about a teaspoonful or rather more of lemon-juice, as well as a little powdered sugar. The beans should be tossed lightly together until the butter is dissolved, and then served.

Last, but not least, come *macédoines*. *Macédoines* in tins are simply mixed preserved vegetables, the chief ingredients being green peas, chopped carrot, and turnip.

Macédoines are one of the most useful kind of tinned goods to have in the house, as you can always make a pretty dish at a few moments' notice. A spoonful of *macédoines* will turn some clear soup into a bright-looking spring soup. A tin of *macédoines* made hot and placed in the centre of a dish of mutton cutlets always has a bright and appetising appearance. *Macédoines* can also be added to the remains of some cold potatoes, and used to make a German salad; while, with a few hard-boiled eggs and a small pot of *caviare*, we can make with their assistance that excellent supper dish known as a Russian salad.

(To be continued.)

Should the nest be made in any bank to which boys can have access, your operations cannot escape their prying eyes, and, even though they gain nothing, they will take a mischievous delight in thwarting you. So, unless the brook should run through your own grounds or through those of a friend, I do not recommend the attempt at procuring a perfect nest of the Kingfisher.

Now for a word as to the nature of the hole in which the Kingfisher makes its simple nest. Some observers have said that the bird always employs the deserted burrow of the water-rat, while others are as positive that it always makes its own burrow, one writer stating that he has watched the Kingfisher for thirty years, and has "never seen an instance of its taking up with the abode of its most deadly enemy, the water-rat."

As is often the case in Natural History, the Kingfisher here plays the part of the shield with the gold and silver sides. The bird can and does make its own burrow, but it also does avail itself of the deserted burrow of the water-rat. Why the water-vole, which, as we have already seen, feeds on vegetable substances and has been execrated by the riverside agriculturist for robbing his stores of beets, turnips, beans, grapes, etc., should be termed the most deadly enemy of the Kingfisher, is more than I can understand.

Here again is an example of the wonderful manner in which the life-history of one animal is linked with that of another. We have seen how the swoop of the kestrel upon the fieldmouse gives a home to the humble bee, and we now see how the stroke of the heron's beak upon the water-rat's head assists the Kingfisher in preparing a dwelling-place for her young.

It is scarcely necessary to mention that the material of the nest must necessarily depend upon the nature of the food. Although a bird which inhabits the bank of an inland brook will find an abundant supply of fish, and

therefore will form its nest wholly of their bones; another bird, which lives under different conditions, is obliged to accommodate itself to them. Thus, when the Kingfisher inhabits the banks of tidal rivers, the "shells" of shrimps are found to be mixed with the fish-bones. I have no doubt that if we were to open the burrows of the Kingfishers which I have so often seen among the creeks of the Medway, we should find that the nest was constructed almost entirely of the remains of shrimps and other small crustacea.

We have not yet quite finished with the Kingfisher, concerning which there still survives a superstition quite as remarkable as that which once existed respecting the "halcyon days" and the wave-borne nest. When the bird is killed and stuffed, its skin is supposed to possess the power of denoting the direction of the wind. I have several times seen in rustic cottages the stuffed skin of a Kingfisher suspended from a rafter by a thread fastened to the point of its beak, and, on inquiry as to its object, have been told that the breast always pointed in the direction of the wind.

Some centuries ago a similar custom prevailed, except that the bird was stuffed with extended wings, and suspended by the middle of its back. Its beak was then supposed to point to the wind. Dryden, for example, alludes to this superstition in his "Hind and the Panther."

"And here his corpse, unblessed, is hanging still,
To shew the change of winds with his prophetic bill."

Many such passages might be quoted; but I will content myself with one from Shakspeare. In *King Lear* time-servers are described as men who

"Turn their halcyon beaks
With every gale and vary of their masters."

The Kingfisher is one of the birds which, as far as is known, sings only upon the wing. Perhaps some of us might not be likely to call the sharp, quick cry of the bird by the name of song. But we must not judge other creatures by ourselves, and the short scream of the flying Kingfisher may be as sweet a melody to its mate within her burrow as is the song of the soaring skylark to his spouse upon her nest amid the grass.

I have never been fortunate enough to see the brood of young Kingfishers sitting near the nest, and hungrily piping for their food. But those who have done so have always been delighted with the sight, and I only hope that my readers may watch the Kingfisher in its haunts with better success in this respect than has hitherto fallen to my lot.

I cannot take leave of the Kingfisher without an allusion to the diminution of its numbers, which is caused by the fashion of using the stuffed skin as an article of feminine adornment.

The humming-birds suffer greatly from the demand for their skins. I have before me a figure drawn from the specification of a fashionable milliner for a lady's evening dress. It is trimmed with long rows of stuffed humming-birds, and there are even several humming-birds on her fan. This is bad enough. But the skins are those of the male birds only, the females being too dull of colour to be used as ornaments. Consequently, none of the skins are those of mother birds, whose young are left to die of hunger. But as the plumage of the female Kingfisher is quite as beautiful as that of her mate, a Kingfisher's skin on a lady's dress, or in her hat, may well be the representative of seven or eight young birds which have been starved to death.

(To be continued.)

TINNED MEATS: THEIR VALUE TO HOUSEKEEPERS.

By A. G. PAYNE, Author of "Common-sense Cookery," "Choice Dishes at Small Cost," "The Housekeeper's Guide," &c.

PART IV.

THE subject of tinned meats is a much larger one than many persons will suppose. Indeed, there are probably few grocers whose business it is to trade in tinned provisions who are aware of the vast variety of meats, and by meat we include fish, that can be obtained in tins. For instance, suppose you were to go to your ordinary grocer and ask him if he has some tinned tripe, tinned whitebait, and some tinned sage and onions to oblige you with, as you happen to be out of these articles, the man will probably stare, and in his innermost thoughts will either accuse you of intoxication or insanity. Still, these goods are to be obtained in London, and can be obtained, should any grocer take the trouble to apply to some very large provision merchants who deal in tinned goods in a wholesale manner. The reason why these goods are never met with at ordinary grocers in this country is that they are almost entirely made for the purpose of exportation. It would be quite possible to be asked out to dinner in some central part of India, and to find the table supplied with fresh filleted soles and whitebait, the former of which had been caught off Dover and the latter off Blackwall. I will, however, enlighten you on the subject by giving you a list of the various articles

which can be obtained in tins, about which you have probably never heard except in their—so to speak—natural state. The following can all be obtained in tins, but, as I have said before, are usually kept for exportation to foreign countries, though they can be obtained in this country if they are ordered specially through any ordinary grocer. Of course you have all heard of fresh salmon in tins. To this you may now add fresh trout, fried eels, stewed eels, fresh lobster, Blackwall whitebait, fresh cod, fresh eod roes, fresh haddock and mackerel, as well as filleted and fried soles, and fresh turbot. Among the vegetables which will probably be unknown to exist in tins to most of our readers; we may mention beetroot, tinned onions, carrots plain, and also carrots with gravy, parsnips, and turnips, as well as sage and onions.

Under the head of beef we can obtain in one pound and two pound tins the following variety: beef à la mode, boiled beef, boiled beef and vegetables, brisket of beef, corned round of beef, minced collops, ox cheek, ox cheek with vegetables. Also, in addition to ordinary tinned roast beef and spiced beef, with which you are mostly acquainted, you can get in tins stewed beef, stewed kidneys, stewed rump steak, as well as fresh tripe, and tripe with onions.

Under the heading of mutton, in addition to the ordinary Australian mutton, we can have boiled mutton with vegetables, haricot mutton, hashed mutton, Irish stew, lamb and green peas, and, strange to say, we can have tinned mutton chops, and, I almost shudder as I mention it, we can have Scotch haggis in tins.

We are often told that tinned goods are specially useful for long voyages. We will suppose a rough day in the tropics and a seasick passenger. Imagine the steward proposing under these circumstances a tinned Scotch haggis! The idea is too horrible!

Under the heading of veal we can have in tins boiled veal as well as boiled veal with vegetables, calf's head with ham; veal minced, roast and stewed with green peas; veal collops, and veal cutlets. Hams are also tinned whole, and in the remotest parts of India York hams can be served, varying in weight from ten to fourteen pounds, whole, either cooked or uncooked, thanks to this wonderful invention. I have simply run through a list of goods that can be obtained in tins, though at the same time I would remind you that in this country, practically speaking, most of them are no use, as they can be obtained cheaper and better in their natural state. Still, we must remember that, as I origi-

nally stated, one great advantage rising from the use of tinned meats is that the superfluities of one country supply the deficiencies of another; and that while we can enjoy the juicy apricots and peaches of the sunny south, as well as the ripe and luscious West India pineapple, it is satisfactory to think that far away in distant lands, perhaps thousands of miles from the sea, and in some parts of the country almost inaccessible, our fellow countrymen can at times sit down to a dinner which will recall to them the long-lost but never-forgotten ways of home. I will mention a few more articles that can be obtained in tins, in England, for the benefit of those that are far away; mutton cutlets in gravy as well as with tomato sauce; pork cutlets with tomato sauce and sauce piquante. Also poultry and game. We can have duck and green peas in tins, boiled and roast fowl in tins, roast grouse, as well as roast hare and jugged hare; partridges and pheasants in gravy, and rabbit and onions; also we may have hashed venison and roast venison.

I shall not refer to more than one or two of all these articles that I have mentioned. Among tinned goods, however, there are two which are common to both England and America, but which are at a prohibitive price in one country, and in the other are exceedingly cheap; I refer to oysters and lobsters. A tin of oysters can now be obtained in this country for a little over sixpence, and they contain at least some two or three dozen—I do not know exactly how many. The oysters as they are—plain—are almost uneatable; but at the same time we should recollect that good natives in the present day cost at least three shillings a dozen. We must remember, too, that originally when placed in the tin, before being hermetically sealed, these oysters were as good as ordinary fresh ones would be in this country, though perhaps not equal to natives. The reason of the shrivelled state of the oysters when taken out of the tin is owing to the necessary heat that had to be used when sealing up the tins. The little oysters are shrivelled and tough; indeed, they are not unlike, both in feel and consistency, to the tips of the fingers of some very dirty white kid gloves. For all that, they are exceedingly useful for cooking purposes, and enable us to make oyster soup, oyster patties, and oyster cutlets at a maximum of goodness and a minimum of expense.

Quoting from what in my opinion is the best cookery book ever written, "Fracatelli's Modern Cook," I will give you the commencement of his recipe for oyster soup:—"Four dozen of oysters will suffice for eight persons." You will now be able to calculate what oyster soup would cost were you to proceed in the old orthodox fashion of making soup by following the recipes given at a time when oysters were sold at fourpence a dozen.

I will now endeavour to explain to you how to make oyster soup, sauce, and cutlets with the help of one or two tins of oysters, without using any fresh oysters at all, reminding you at the same time that I do not for one moment wish to persuade you that this soup, sauce, and cutlets will be equal to what could be obtained from fresh oysters; but I simply give a receipt for a very nice dish, which is practical if we use tinned goods, but which is only adapted for very wealthy people if made from fresh oysters. Indeed, there are very few persons, even among the wealthy classes, who would be justified in ordering four dozen oysters at three-and-six a dozen to make soup for eight people.

First with regard to oyster sauce. In the present day codfish is very cheap—at times exceedingly so. I have myself during the past year bought codfish at less than a penny a pound; but then I was residing at a quiet little village on the coast, and when I bought

a codfish weighing thirty-six pounds for half-a-crown, I was giving the poor fishermen a better price than they unfortunately obtain from that wealthy clique who oppress the poor and who decrease the food supply of the country at large. However, it is not for us to judge these men, for we are taught, "He that oppresseth the poor to increase his riches shall surely come to want."

There are few nicer dishes than codfish and oyster sauce; but, as I have said, codfish is very cheap, and often the oyster sauce will cost a great deal more than the fish. I will now describe a simple method of making some oyster sauce from a tin of oysters. Take a sixpenny tin of oysters and open it, and pour the contents into a small enamelled saucepan. If you have by you some very good stock indeed (clear white stock, which makes a hard jelly when it is cold), add a couple of tablespoonfuls of this to it. The sort of stock you require would be the white jelly that can be obtained by boiling veal, or sometimes the jelly that will run out of a large boiled fowl or boiled turkey after it has been cooked and allowed to get cold in the dish. However, stock is not really necessary. Take rather more than half a pint of milk, and boil it till it froths up. The milk must be boiled separately. Add this boiled milk to the oysters and the liquor which was in the tin. Now thicken the sauce with some butter and flour previously mixed together, and stir the whole over the fire till the sauce gets of the consistency of double cream, or, say, rather, custard. Now pour the contents of the saucepan into a small wire sieve, and rub every atom of it through the sieve with a spoon. Of course, this will make the sauce a little thicker. The oysters, which were hard and uneatable, when reduced to a pulp by being rubbed through the sieve, help to increase the oyster flavour of the sauce. Now add about a teaspoonful of anchovy sauce. This is absolutely essential for the sauce, whether made from fresh or from tinned oysters—the anchovy sauce increasing the flavour of the oysters at least threefold. This oyster sauce, which is, comparatively speaking, cheap, will be sufficient for eight or ten persons. Of course, the quantity can be increased by the addition of a little more milk; but it is a great pity to make sauce for fish in such quantities that half of it goes down to the kitchen, more often than not to be thrown away. This is often the case with melted butter.

The oyster sauce can also be improved with the addition of what may be called a slight suspicion of nutmeg and half a teaspoonful of lemon-juice. The lemon-juice should not be added till the last thing of all, as it has a tendency to make the sauce curdle. A little pepper should be added, and a very little cayenne; but this is a matter of taste. If you add some anchovy sauce, the probability is that it will not require any salt at all.

Those who have never tried oyster sauce in this form I would strongly advise to make the experiment, following these directions implicitly.

Of course, the first question that naturally arises is, "But where are the oysters?" Still, I would remind you that this oyster sauce is a great deal better than the ordinary oyster sauce generally met with in private houses. In the first place, the oyster sauce I have given you will have a very strong flavour of oysters, although there are no oysters; while the ordinary sauce you meet with consists of oysters served up in some melted butter or thickened milk, which contains very little oyster flavour at all.

If you want perfect oyster sauce at a minimum cost, you should first of all make the sauce, as I have directed, from the tinned oysters, and then add to them, say, half a

dozen or a dozen large cooking oysters, which should be opened over a basin to catch all the liquor they contain. They should then be scalded, their liquor added to the sauce, and the oysters themselves cut into two or three pieces and added to the sauce at the last moment.

The best way to scald oysters is as follows: Open the oysters, so as to catch all their liquor, and throw them into a small copper saucepan or an enamelled saucepan. At any rate avoid an iron saucepan. If their liquor is not sufficient to cover them, add a very little water, so that the oysters are just covered. Then place the saucepan on the fire and watch it. As soon as the water comes to the boil, give the saucepan a shake round, and let it boil very gently for about a couple of minutes, and then the oysters are done. Whenever you use oysters for cooking purposes, remember they must always be scalded. At the same time, if you, so to speak, over-scald them—that is, let them boil longer than sufficient for the outside to set—they would in time by boiling resemble in appearance and flavour our old friends in the tin. I need scarcely add also that were it possible to add a little boiled cream to our sauce, of course the improvement would be very considerable. Persons who live in the country, where cream is plentiful, could often enjoy first-rate oyster sauce by means of a tin of oysters.

Again, suppose you want a larger quantity of oyster sauce than I have given, and yet do not wish to buy oysters to put in the sauce when it is finished, there is another "make-shift" which you can resort to, which will make the sauce exceedingly nice and agreeable, although of course it is not oyster sauce proper, that is, sauce containing oyster. In addition to opening a tin of oysters, open also a tin of mushrooms. Small tins of mushrooms, as I have before stated, can now be obtained for sixpence, or even less. Add the liquor of the mushrooms to the oyster liquor, and mix it with the oyster sauce. Then take the mushrooms and chop them up into small pieces, but not too finely, and serve these up in the oyster sauce. By adding a little extra anchovy sauce the oyster flavour so strongly predominates that these pieces of mushrooms convey the idea that you are eating pieces of oyster.

Suppose you are having a few extra dishes, you might use part of the mushrooms to add to the oyster sauce, and the other part of the mushrooms to make some other dish, such as *sole au gratin*, as we have described in our last article. The same principles hold good in making oyster patties and oyster soup, as in making oyster sauce. If we want to make oyster patties from tinned oysters, we must strain off the liquor from the oysters and also from the tin of mushrooms, and then chop up the oysters and mushrooms together; we must add less boiling milk to the mushroom and oyster liquor, make it rather thicker, add rather more anchovy sauce in proportion, and a good deal more of black pepper. The pieces of chopped oyster and mushroom can then be added to this sauce and the patty-cases filled. Remember, however, to fill the patty-cases with the mixture hot just before the patties are wanted for warming up, otherwise the pastry would be burnt before the oyster forcemeat inside had time to get hot through. Recollect, also, in warming up oyster patties that have been filled, to take off the top of the patty, scoop out the inside, and put it—say in a saucer—in the oven to get hot. When the oyster forcemeat is hot, if it is too dry add a little drop of milk to moisten it; then place the hot forcemeat back in the cases, and put the patties in the oven sufficiently long to make the pastry hot.

(Concluded on page 414.)

An instant after that I was sobbing on his breast, and murmuring—
"Uncle Jasper, dear Uncle Jasper."

The rest is quickly told. Uncle Jasper was coming to look for Lily as well as for me, and this was how it came about that he was.

Lily's Uncle George, of whom she had spoken to me, had gone young to India, to follow his profession as a doctor. There he had married, and the lady who was his wife was none other than my mother's elder sister, who had gone to India with an aunt who had brought her up. As has before been said, I had never heard even of this sister of my mother, who had died while my mother was yet a child, and Lily, on her side, had never heard from her parents the maiden name of her uncle's long dead wife; thus we were both

quite unconscious of the connection there was between our families.

After his wife's death, which was deeply mourned by him, Uncle George had gone to Australia, where his relations had almost lost sight of him, though he was working bravely there, in a very retired region, at his profession. There a rich old man, called Rosebury, had taken a great fancy for him, and when he died had left him all his money, on condition that he would take his name. The old gentleman had always called him by his second christian name, Jasper, and not by his first, George; thus he came to be called, not George Elsmere, but Jasper Rosebury.

On his way from England, Uncle Jasper had lost Miss Dolly's address at Cannes, so he had taken lodgings at the Bourgons' farm, which had been recommended him by a friend,

in order that he might make inquiries in the neighbourhood.

Lily and I both found our girlhood's home with Uncle Jasper, a home where good deeds were angels guarding the door; a home where prayer and praise made music; a home where, with two such guides as Uncle Jasper and Lily, I found my way, at length, to the Rock of Ages, and learned to set my feet firmly thereupon.

Lily and I have both now homes of our own, homes where our husbands call us lovingly their stars, and children's voices and laughter make our sweet home choirs; and Minette Bourgon, who is the *bonne* of my two little girls, is now on the lawn outside, sitting with them on the grass in the sunshine, and telling them the story of the night when she first saw their mother.

[THE END.]

(Continued from page 407.)

In making oyster soup from tinned oysters, you will not want any mushrooms at all; all that is required is more boiling milk. The only difference between oyster sauce and oyster soup is that the sauce is thicker and more concentrated. To make oyster soup really good it requires the addition of a little cream, bearing in mind that the cream must be boiled before it is added to the soup.

Oyster cutlets make an exceedingly delicious entrée. They are, however, rather difficult to make. First take a tin of oysters and a tin of mushrooms, and proceed exactly as if you were going to make the inside of some oyster patties, only do not make the mixture quite so thick with butter and flour. Now add to this mixture sufficient gelatine to make the whole set, when it is cold, into a very hard jelly. Take a flat tin, and pour this mixture into the tin to the depth of about a quarter of an inch, having first rubbed the tin with a little butter. Let this set till it is quite cold. It will now have the appearance of a cake of blancmange, a quarter of an inch thick. Now with a knife cut this cake into little round ovals, about the size of a picnic biscuit. Take these ovals out and throw them into a little flour. The remains of what was left in the tin can be melted and allowed to set again, so that there is no waste. Having

dried these little oval cakes in the flour so that they are not shiny on the outside (for this purpose, if the weather is very cold, it may be necessary to expose them for a few seconds to a slight heat, such as the steam from a jug, in order to make the flour stick); next take some breadcrumbs, which should, if possible, have been made the day before in order that they may be dry. Dip these little oval cakes into a well-beaten-up egg, and then cover them with breadcrumbs. Now put them by in the larder in a cold place to get dry. When the egg and breadcrumbs are dry, proceed to egg and breadcrumb them a second time, that is, dip the cutlet into a little more beaten-up egg and some fresh breadcrumbs. Now plunge them into some smoking hot fat till they assume a light golden brown colour. If the fat is sufficiently hot this end will be achieved in about a minute. Test the fat by throwing into it a little piece of bread, and if the bread is not brown in half a minute you know that the fat is not sufficiently hot. The cutlets can now be served in a dish ornamented with a little bright parsley. The principle is as follows: When the cutlet is plunged into the boiling fat by means of a frying basket, the egg and breadcrumb instantly set and form a little hollow bag, in the inside of which is the now liquid oyster forcemeat. When these cutlets are placed on

the plate and broken with a fork, a little gush of delicious oyster fluid runs out on to the plate. This may be considered a high-class entrée, and I can assure you can be made extremely good from a sixpenny tin of mushrooms and a sixpenny tin of oysters, which would be sufficient for a party of ten.

Tinned lobster is not nearly so useful for cooking purposes as tinned oysters. You can, however, make lobster cutlets from tinned lobster, if you have by you some lobster butter. Lobster butter is the coral of a lobster pounded in a mortar with sufficient butter to make a paste, and with sufficient cayenne pepper to enable it to keep. When, therefore, you find that lobster coral is plentiful, be sure you get your fishmonger to let you have some. Make the lobster butter, and put it by for use. It is exceedingly useful for making lobster cutlets from tinned lobster, salmon cutlets from tinned salmon; as well as adding to lobster sauce and shrimp sauce.

I very much regret that space will not permit me to describe the delicious and elegant-looking sweets that can be made at so small a cost from tinned apricots, tinned peaches, tinned pears, and tinned pineapples. Pineapple makes exquisite fritters, as well as ices and pineapple pudding. Perhaps I shall be able to revert to this subject on some future occasion.

HOW TO MAKE A PAIR OF PAPER BELLOWS.

HAVING shown you in a previous volume how to make a paper box, we shall make a pair of paper bellows. Will they blow the fire? That they will if you make them large enough. They will raise a strong breeze, and perhaps might answer in an emergency: supposing, for example, that Tom has knocked a hole in the kitchen bellows.

We shall begin with a small size, big enough for the fireplace of a doll's house.

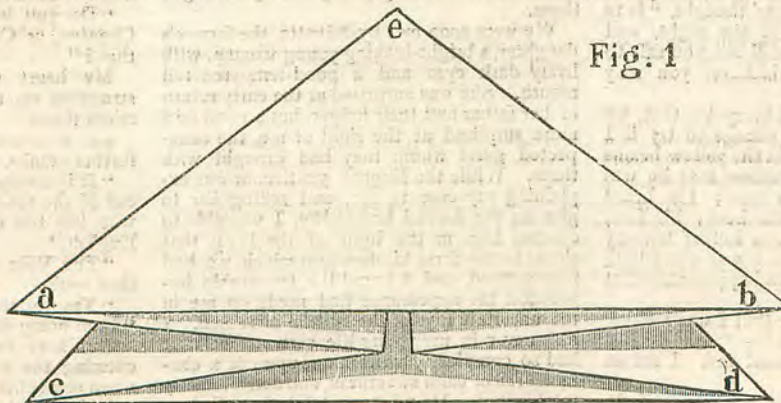
Take a square piece of paper, and be careful that the paper is of a sort that does not crack readily.

Double it by making two of the corners meet, then open it out; double it again by making the other two corners meet, but instead of opening it out, catch the paper at the fold between the finger and thumb of each hand and press it into the form shown in fig. 1.

In this figure the paper is shown a little open, but the artist has done that so that you may understand it better: the paper really

Turn the paper over and fold the point *c* to *e* and then *d* to *e*. You have now a diamond-shaped piece of paper like fig. 2.

Fig. 1



Fold *a* to *b*—fig. 2, of course—and open out; fold *d* to *e* and open out; fold *d* to *f* and open out. All this folding will leave marks shown in the figure by dotted lines.

Turn the paper over and fold the other side, which you will find looks just the same as this one, in precisely the same way.

Now turn to the side you operated upon first. Take the parts shown by the letters *a x z* and *d x z* one after the other between the finger and thumb and pinch them hard. They will fall naturally into the

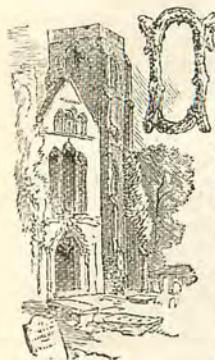
form given by the folds, and will form what we may call the handle of the bellows on one side.

form given by the folds, and will form what we may call the handle of the bellows on one side.

TINNED MEATS: THEIR VALUE TO HOUSEKEEPERS.

By A. G. PAYNE, Author of "Common-sense Cookery," "Choice Dishes at Small Cost," "The Housekeeper's Guide," &c.

PART V.



Of all the various kinds of tinned provisions, probably none will be found so useful to the housekeeper as preserved fruits. By preserved fruit I do not refer to the bottled fruit which most housekeepers prefer to make at home from fruit picked fresh from their own garden, but the fruits which are unobtainable in this country preserved in tins. Practically speaking, peaches and apricots are as much foreign fruits as pineapples. So, too, with regard to pears. A large dish of really good ripe, juicy pears cannot be obtained in this country without considerable expense, and then only for a very short period of the year. Whereas all these fruits can be obtained all the year round, owing to their being preserved in tins in climates where their cost is very considerably less than in this country. It is, perhaps, needless for me to state that of course we are all agreed on one point, viz., that there is no fruit equal to that freshly gathered from the tree. But then in our climate some of the best fruits can only be obtained by forcing, and even peaches and nectarines and pears that are grown in the open air entail a great deal of expense, and are unobtainable in large quantities; while with regard to pines, although no pineapple is equal to an English hothouse one, it must still be remembered that these hothouse pines very often fetch in Covent Garden Market a sum varying from ten shillings up to thirty shillings each. Of course pineapple fritters are a delightful dish; but were I to recommend you to go to Covent Garden Market, and buy a pineapple for a sovereign for the purpose of making fritters, you would at once laugh at me for my pains. When, however, I tell you that you can get a ripe pineapple preserved in a tin for the sum of 1s. 8d., equal in every respect, so far as flavour is concerned, to what you would obtain in Covent Garden for ten times the amount, you will see at once that my remarks become practical.

I will, however, begin at the beginning, and take one fruit as a specimen, which will guide you in using all kinds of tinned fruits. I will take for my specimen apricots, and will endeavour to describe a few of the almost infinite number of dishes that can be made from this cheap and delicious luxury.

First of all, the simplest way of having them is to open the tin, and turn the fruit out into a glass dish, and send it to table just as it is. This dish could be served as an *entremet*, or sweet, and also as a dish for dessert. I will first suppose that you have opened the tin and turned out the apricots. Now let us look at the apricots. As a rule you will find that some of them are riper than others. Tinned apricots are generally cut in half, the stone is removed, and if the apricots are well preserved, you ought to find the white kernel of the stone mixed in. This kernel helps greatly in flavouring the juice. It is somewhat bitter, and tastes like noyau. Indeed, first-class noyau is supposed to be made from the kernels of peach stones, apricot stones, etc., though probably in

noyau essence of almonds is the only flavour employed.

Now we can use apricots not only as they are, a dessert dish, but for improving many other dishes, and if you are going to have some of the apricots used for making a sweet and also some for dessert, I would advise you to open one or even two tins, and take out all the soft ripe ones, which can be put by in a glass dish for dessert, and reserve all the—I do not say unripe pieces—but those that are not what we may call mellow, as it will be found that these, having more consistency, are much better adapted for cooking purposes. Suppose our *entremet* is apricot fritters. Each piece of apricot must be strained from its juice, dried in powdered sugar, dipped into very stiff batter, and then plunged into fat that is smoking hot and deep enough to cover it twice over. As soon as the batter surrounding the piece of apricot turns a light brown colour, the fritter is done. Let the fritters thoroughly drain on a dry cloth or piece of blotting-paper for a few minutes, while some powdered sugar should be shaken over them directly they leave the fat.

I need hardly remind you that pineapples and peaches, as well as apples and pears, preserved in tins, can be made into fritters exactly in the same manner. I do not, however, consider that pears make good fritters. Francatelli recommends that the fruit should be moistened in a little brandy or maraschino before being dipped in the batter. There is no doubt that this addition, though expensive, would be a considerable improvement. However, as a rule, in private houses an addition of this kind is quite unnecessary.

Another very delicious form of using tinned apricots is to make apricot ice. The warm weather is now approaching, and during the ensuing summer there is perhaps no luxury (for it is a luxury) that is more appreciated than home-made ices. Refrigerators or ice-making machines can now be obtained very cheaply, and if we are content with water ices we shall find that these can be made at a very small cost indeed. Also, if we wish to have cream ice—thanks to the wonderful invention of preserving goods in tins—we can now obtain this at a very small cost, though perhaps not quite equal to ice that is made from real fresh cream.

Suppose we wish to make first apricot water ice. Open a tin of apricots, and rub the contents, juice and all, through a wire sieve. Now add sufficient powdered sugar to make the mixture of the desired sweetness. This is a matter of taste. I think it will be found as a rule that ices on the Continent are sweeter than those made in England. There is no doubt that foreign jellies are sweeter than English, and we all know by experience how very different the French palate is compared to the English in the case of champagne. I therefore leave the quantity of sugar to be put to the pulp and juice of the apricot an open question. The mixture now simply requires freezing, and the ice is done.

Next, suppose we want apricot cream ice. In making cream ices, the proper proportion is to allow about a pound of fruit-pulp to a pint of thick cream. If you can all of you afford to use cream, I should strongly advise you to try nothing else; and if you cannot—and I am afraid that this latter class will be the majority—do as follows:—Open a tin of Swiss milk, and put it in a basin, and rinse out the tin with a little ordinary milk, so that you do not lose all the Swiss milk that sticks to

the tin. Add sufficient milk in all to make a pint. Stir this up with a wooden or silver spoon till the milk is dissolved; and you should bear in mind that Swiss milk is as soluble in cold milk as it is in hot. Now add this pint to the apricot pulp—say a pound of apricot pulp, or rather more; for when you do this I should recommend you not to use the juice of the apricots at all, but to strain off the juice, and simply send the apricots themselves through the wire sieve, otherwise the mixture would be too thin. Now freeze this, and you will have a most excellent apricot cream ice, and very few people would be able to tell the difference between it and ices made from fresh cream.

You will perceive that I have not added any powdered sugar. The reason of this is that the tin of Swiss milk contains so much sugar itself that probably you will not require any sugar at all. However, when you have mixed the apricot pulp and Swiss milk, besides the ordinary milk, together, you can taste the mixture, and add sufficient sugar or not, according to taste. In some cases you will find it too sweet already; if so, add a little more milk and pulp.

Another dish can be made from this mixture of Swiss milk and apricots, which makes a very delicious sweet. Instead of freezing it, add about two ounces of gelatine to a quart of the mixture, and dissolve this gelatine in the milk before it is added to the pulp. Mix the pulp in while the milk is hot, and put it in a mould. When it is cold, of course the gelatine will cause it to set, and you can then turn it out of the mould as a solid apricot cream.

You can make pineapple water ice, peach water ice, and pineapple and peach cream ice, and pineapple and peach solid cream exactly in the same way. I think peach water ice is far preferable to peach cream ice.

Now let us turn back to our glass dish containing the other ripe apricots, which we have not used for cooking, and then let us consider the question, Is it possible to make this dish look a little prettier than it is now? Certainly it is, and that, too, at almost no cost at all. I will suppose that you always have in the house a few preserved cherries and also a little preserved angelica. Preserved cherries can be now bought for about 1s. 3d. a pound, and angelica can usually be obtained at a trifle over a shilling a pound. When I tell you that half a pound of each will be sufficient in quantity to ornament, not one dish but twenty, you will see that the cost of ornamenting the dish of apricots or peaches will be less than a halfpenny. First place all the half apricots with the convex part upwards and the concave part downwards. Now take a dozen or so of preserved cherries, and simply put a cherry in each little corner where the fruit meets. Next cut a small piece of angelica into little strips about an inch long and an eighth of an inch in thickness. By sticking the point of a penknife into the apricots, a little piece of angelica can be stuck into the aperture exactly similar to the way in which strips of white almond are stuck into a tippy cake. You will now see what a very great difference this makes in the appearance of the dish.

Another very pretty way of ornamenting the dish is to cut out of the green angelica four little leaves, each leaf about half an inch in length. Place a preserved cherry on the top of each apricot, making a little incision with the point of a knife, in order to keep it firm, and place the four green leaves of angelica round. This green has a very pretty appear-

ance, as each concave surface of the apricot is surmounted with a little ruby-coloured centre, set in emeralds. Peaches, of course, can be treated in exactly the same manner.

Apricots are very useful in ornamenting what we may call high-class sweets. For instance, take an ordinary pie-dish, and some slices of stale brioche cake or plain bread, and butter the cake or bread with apricot jam, and soak the cake or bread in the juice of the tinned apricots. A little brandy added to the juice is a very great improvement. Now place these slices of bread and jam in a pie-dish, and fill the dish up with a custard made from three good-sized eggs, or four small ones and half a pint of milk. Bake the pudding in the oven. When it is quite set, take it out and let it get cold, and then turn it out on to a dish—a glass dish or silver dish. It turns out very easily, as you can cut the pie-dish round the edge with a very thin knife. Although this is a very nice dish, it is by no means artistic in appearance. Next take a little jelly—orange or lemon; and as jelly can now be obtained in half-pint bottles at ninepence, or in quart bottles for two shillings, in the case of having a few friends to a dinner or supper-party the expense will not be very great. Dissolve a little jelly in a cup, and when it is cold, but not set, pour the jelly gradually and gently over the pudding, which is placed, of course, with the small end uppermost, so that the jelly quickly sets over the pudding. Use a spoon for this purpose, and take care the pudding is very cold. By this means the pudding is covered with a coating of clear jelly. You can, however, surround the pudding with a coat of what looks like custard by simply adding a dessert-spoonful of Swiss milk to the jelly in a teacup before it is cold. Now place a row of apricots round the pudding on the top, and on the top of each apricot place a preserved cherry and four little leaves of angelica, as we have described; or, if the apricots are very ripe, you can put a row of the apricots round the edge of the top of the pudding, and place a cherry and a strip of angelica between each apricot.

You can also make an apricot, with a cherry on the top and green strips stuck in it, a centre ornament on the top of a pudding. Scrape off all the jelly, or jelly mixed with Swiss milk that has run off the pudding into the dish, and wipe the dish round with a hot cloth. Some more apricots can now be placed round the edge, or the remains of the jelly and milk, or jelly by itself, can be made quite red with a small quantity of cochineal, and poured round the base of the dish. This has a very pretty appearance, more especially if the pudding itself be white. I only mention mixing the Swiss milk with the jelly as a

makeshift, because, of course, a little solid custard made separate would be better; but when we have a bottle of jelly open, as is probable in the case of a dinner party, or in preparation for a supper, it saves a great deal of trouble to use the jelly in the way we have described.

Preserved pears are, I think, best served just as they are—plain. A great improvement, however, in their appearance is to strain off the juice, place it in a saucepan, and let it boil, and dissolve in it a little gelatine, and add to it enough cochineal to make it a bright red. The gelatine should be added in sufficient quantity to make the sauce thick when it is cold, but not quite a jelly. When the sauce is very nearly cold, it should be poured over the pears slowly. By this means the pears are covered red, and have the appearance of being encased in a pretty red jelly. This dish should be ornamented with some kind of green, as the cherries will not contrast with the red juice. The green should be alternated with some white almonds. The almonds should be blanched and cut in half.

Another very pretty dish can be made out of preserved apricots or peaches by piling them up in a rice border. Rice borders are made by boiling rice tender in milk; Swiss milk can be added, in which case no sugar will be required, and the rice border can be flavoured with vanilla, cinnamon, lemon, or essence of almonds. When you flavour the rice with lemon, you must never use essence of lemon, as it is apt to taste like turpentine, more especially if you put a few drops in an apple pie; but the flavour of the lemon should be obtained by rubbing lumps of sugar on the lemon rind. A dozen lumps of sugar rubbed on all six sides on the outside of a lemon will obtain a very strong lemon flavour indeed. A very good method of making a rice border can be obtained by placing a small cake-tin in a large cake-tin, and filling the space between the two with the rice. Sufficient eggs must be mixed with the rice to set it when baked in the oven. The tins also should be buttered in the parts where the rice meets them. After baking the rice in the oven, you can take off the two tins, and you will have a circle of rice quite firm. This rice circle can now be filled in the middle with any kind of fruit you like. The apricots should be put in the centre, and piled up in a pyramid form. The top of the rice border makes a wall, on which can be placed a variety of different ornaments. I would suggest instead, in addition to the apricots themselves, ornamented with cherries and angelica, to use various kinds of crystallised fruits. For instance, crystallised green-gages and crystallised apricots, placed alternately, would have a very pretty effect, espe-

cially if we made a border of red cherries, placed on each side of the fruit where the fruit meets the rice.

If you ever have a few spare apricots left over from a dish after you are making a fruit pie, and have a little piece of pastry left, roll the pastry out as thin as you possibly can—say as thin as a sixpence—and line a few little buttered tartlet tins with it. Place half an apricot in the middle of each tin, after having partially baked the pastry in the oven, and in the centre of each apricot place a preserved cherry. Cut a few thin slices of pastry, no thicker than a piece of string, and place over the top, and bake in a sharp oven for a few minutes till the pastry is set; but do not bake it too long, as in that case *the fruit will dry up and spoil*. A little apricot jam should be placed over the piece of the half-baked pastry, if you have any, the apricot on the jam, and the cherry on the apricot.

Then a nice little dish can often be made from the odds and ends of a few things that have been left over from the previous day's dinner, and which otherwise would probably have been wasted.

It is of these little acts of carefulness that true economy may be said to exist. There is a good old saying, "Waste not, want not." A good housekeeper is always looking out for trifling acts of saving—taking care of kitchen pence, thereby saving kitchen pounds. The preservation of food in tins enables us not only to obtain the produce of distant countries fresh in our own, but also to carry out the wise forethought of making years of plenty protect us in after years of famine.

I would, therefore, before bringing these remarks on tinned goods to a close, ask you to regard the subject from a higher point of view than one of mere gratification of the appetite. Meat in Australia was once thrown away. Now it is either tinned or frozen and eaten, in addition to the wool and tallow being used.

It has been well said that the greatest benefactors of the human race are those who help most to increase the food supply of the world at large. It is a hard struggle with many of our poor in the present day to obtain even the common necessities of life.

In this great and mighty city each morning, day after day, the cry goes up to heaven from thousands of households, "Give us this day our daily bread," not knowing if the prayer will be answered. Let us hope one and all that our faith may never be put to such a test, but we should still remember the good old maxim which ought to apply to us not only individually but as a nation—"God helps those that help themselves."

[THE END.]

NOTES FOR JUNE.



"leafy June" the foliage in our woods and parks is seen at its very best; the leaves are fully out, but not yet scorched and dusty. Now is the time for noticing the way in which the leaves are set on the stalks, and the angle at which the stalks start from the branches.

Is there any method in the way the leaves are arranged on the trees?

The question opens the way to hours of study indoors, as well as out of doors among the trees themselves; a study that would benefit alike our "girls'" minds and bodies. Sir John Lubbock gives a hint which we can follow up, when he says: "Our English trees

may be said, as a general rule, to be glad of as much sunshine as they can get." In some tropical plants the object, on the contrary, is to "expose as little surface as possible to the overpowering sun;" and their leaves are wonderfully adapted to this end.

It would be interesting to try with a given number of leaves and stems, if we could arrange the foliage better than it already is.

"Whoso is wise, and will observe these things, even they shall understand the loving-kindness of the Lord."

In the garden there is plenty to do this month. Some seeds may yet be sown, if there is any room left. Amongst those which may still be planted is the old-fashioned hollyhock. It should be sown in light, rich soil at the

beginning of June; the plants must not be allowed to grow too near together; and they must be carefully staked, and the side shoots taken off as soon as they begin to grow tall. If the soil is light, they can safely be left out all winter. Wallflowers, too, may be sown now for next year's flowering.

Bedding-out plants are arranged in the garden now, and need well watering in dry weather. Much of the seed sown last month, mignonette especially, will need a good deal of thinning out.

Window and greenhouse plants must be watched for green-fly, and the infested plants washed and syringed frequently.

The grass must be constantly mown and rolled, and if the weather is dry a thorough watering once or twice a week improves it.