

WHEN GOING TO MARKET.

By MARY POCKOCK.

THE BUTCHER'S.—HOW TO DISTINGUISH JOINTS, AND
ADVICE ON PURCHASING.

UT I don't know one piece of meat from another! Oh, well, I know a sirloin of beef, and a leg from a shoulder of mutton; but to-day I wanted a steak, and the butcher said: 'What kind of steak, miss?' Then I

found I could have a rump steak, a fillet steak, a chuck steak, a buttock steak, a flank steak, or a skirt steak—all really beefsteaks." Such was the complaint I heard from a young housekeeper a few days ago, and doubtless many girls would have to make the same confession were they questioned; yet it is not possible to market properly without knowing the various parts of the animals we eat, and their relative values. As to the joints to purchase, it is difficult to advise, for what would suit one family might be quite unsuitable to another of the same size—so much depends on the appetites to be provided for. I hope the accompanying illustrations will help many young readers of THE GIRL'S OWN PAPER to recognise the various joints. A diagram on the next page shows how an ox is cut up for the London market (in some of the English counties and in Scotland the method of cutting up differs from this).

The figures denote—

1. The sirloin, this is the best part for roasting. The two sirloins together, that is to say not divided down the middle bone, make a baron.
2. The rump, which is sometimes roasted; but it is a very large joint. The best steaks (rump steaks) are cut from it.
3. The aitchbone, generally salted and boiled. Not a profitable piece on account of the quantity of bone.
4. The buttock; best beefsteaks are cut from it. A profitable piece for boiling or roasting, but coarser eating than sirloin or ribs.
5. The mouse round roasts, boils, or stews—rather coarse.
6. The veiny piece. I prefer this to the round for roasting.
7. The thick flank. Used for second quality beefsteaks, for pies, etc.; good boiling piece.
8. The thin flank, generally salted, makes good pressed beef.
9. The leg—for stewing, soups, gravies, etc.
10. The forerib (five ribs); prime piece for roasting.
11. The middle rib (four ribs); more economical than the sirloin for roasting.
12. The chuck rib (three ribs); used mostly for steaks; not so good as rump steaks, but more tender than buttock steaks.
13. Shoulder, or leg of mutton piece; used for third quality steaks, for pies, etc.
14. Brisket—usually salted.
15. The clod,
16. The neck and sticking piece, and
17. The shin; all these are used for stock, sausages, and stews.
18. The cheek; for soups, stews, or collared head.

In addition to these there are:—

The fillet, which is the under part of the sirloin and the rump. It is very good for roasting; as small a piece as 2 lb. is very nice roasted, and is not extravagant, as there is no

bone to it. Fillet steaks are more tender than any others; there is more fat with them than with rump steaks. In England the fillet of the sirloin is not sold without the joint, but it is always easy to get the fillet out of the rump.

The silverside (which is the piece of salted beef most often seen on table) is the opposite side of the leg to the buttock which it joins.

The skirt steak is from the inside of the animal. It makes excellent gravy; some like it for puddings, but I think it is rather too rich—it is so grained with fat.

The tops of the chuck ribs are sold separately. They are economical for roasting, but much inferior to ribs. They are about 3d. a pound less in price.

The wing rib (or ribs) is the first of the fore-ribs—a very useful joint for a small family, as between 4 and 5 lb. of wing rib makes a nice little joint if the beef is not very large. There is hardly any fat to it, so it is well to order half a pound of beef kidney suet, and tell the cook to skewer it under the bones. It improves the beef in roasting, and I always find that it is eaten with the meat, being like the fat in the sirloin.

The long ribs are best boned and rolled, unless a large handsome joint is required. Generally when not rolled the ends of the ribs get overdone, and are so dry that they are likely to be wasted or go into the stock-pot.

Shin of beef makes a very good pudding or stew, but as it has a great deal of gristle in it, like the knuckle of a leg of mutton, it requires much more boiling than a steak; when properly cooked the sinew should be soft enough to eat.

What is called Scotch roll is part of the neck of beef; it looks something like a rolled rib, but it is a very inferior part; in the winter, when it can be kept long enough to be tender, it is not bad roasted.

The following list of prices will give an idea of the relative value of the different joints. I am aware that the prices are lower than many butcher's, but they are cash prices (no booking or calling for orders), as I invariably go to the butcher's and pay for what I order. The second column gives the price per stone of 8 lb.; it is well if one pays cash to accustom oneself to reducing the stone to price per lb., as butchers always tell their book-keepers the price per stone. Any butcher will supply a customer with a price list, but some days one thing is cheaper than another, depending on the market.

	Per lb.	Per stone.
	s. d.	s. d.
Beef—Sirloin	0 11	7 4
Wing rib	0 11½	7 8
Ribs	0 11	7 4
„ top	0 8	5 4
„ whole	0 9½	6 4
Steaks, rump	1 2	9 4
„ fillet	1 2	9 4
„ buttock	0 11	7 4
„ beef	0 10	6 8
Aitchbone	0 5½	3 8
Flank, prime	0 9	6 0
„ thick	0 7½	5 0
„ thin	0 6	4 0
Gravy beef (neck or leg) ..	0 7	4 8
Legs and shins of beef		
(with bone)	0 5	3 4
Silverside	0 8½	5 8

We must now consider what other parts of the animal besides joints are available for the housekeeper, though these are not all to be purchased at the butcher's; they really belong to that department, and what cannot be

had from the butcher can be bought at a tripe-seller's.

Ox cheeks come first on my list; they are good, nutritious, and economical; generally sold for about 4d. or 4½d. a pound. There is a good deal of bone with them. They can be used for collared head, soup, a stew, etc.

Ox brains make a very good dish carefully dressed; some people think they much resemble sweetbreads; they are generally sold for 4d. a pair. One pair makes a good dish for breakfast. Recipes for cooking and preparing (which is an important part) will be found in most cookery books, or directions for sweetbreads can be followed.

Ox palates are good, but are not easy to procure in England.

Tripe is very light and nutritious, but it should only be bought in cold weather. It varies in price from 5½d. to 9d. a pound, according to the part. Always buy the best tripe; it is not the dearest. Tripe does not weigh much.

Ox, or, as it is sometimes called, neat's foot, can be used as a base for some jellies, for soup, and sometimes it is eaten stewed in brown gravy. Ox feet are cheaper than calves', but have the disadvantage of being stronger in flavour. There is a curious custom in the trade: an ox foot put into a saucepan and boiled comes out a cowheel! So should you require a partially cooked foot you must order a cowheel. I need scarcely say it is much better to buy them uncooked.

Some people like bullocks' hearts; they are sold for about 4½d. a pound. I do not recommend them; I think it would require a *cordon bleu* to make them palatable.

Ox kidney is sold for about 1s. a pound. It is very inferior to sheep's kidneys, but is much cheaper, and very nice for many purposes. A quarter of a pound improves a steak pudding; it is very good stewed, and also makes very good kidney soup; but a rather smaller proportion of ox kidney than of sheep's must be put in soup, as it is stronger in flavour.

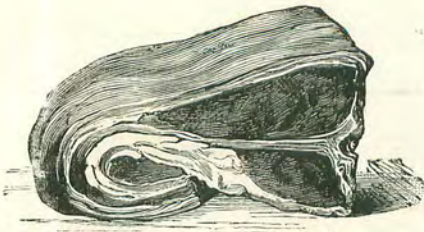
Ox tails make excellent soups or stews. They are from 1s. 6d. to 1s. 9d. each, according to size. They should not be bought in hot weather, as they turn very quickly. Nearly everything from a tripe-shop is better when the weather is not too warm.

I find I have given the uses of more than thirty parts of an ox, which I am sure will be enough for any ordinary housekeeper. I must now say a few words on the quality of meat.

Never buy any but the best meat; but I do not mean by this to exclude foreign meat; for I have frequently eaten American beef and New Zealand mutton that was excellent. But there are good and inferior of these as well as of English meat. Though cheaper, they are often quite equal to English or Scotch meat. Ox beef is the best. Well-fed beef is a good red, ingrained with fat, having a good depth of meat on the loin, well covered with fat. The fat should be light in colour. Do not choose meat with very yellow fat, which is often due to the animals being fattened on oil-cake. Never buy lean meat; it is invariably tough. Cow beef is inferior to ox; it is less red in colour; the fat is almost white.

Do not buy the aitchbone or rump if they are bruised, or do not be persuaded to buy anything that is not perfectly good, under the belief that it will be all right when it is cooked. Meat "just ready for cooking to-day" is often too ready.

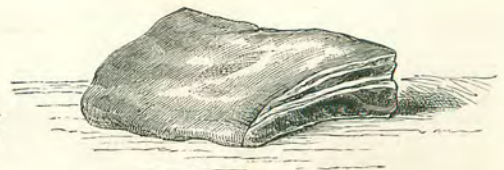
American beef is generally much darker in colour than English, probably from the animals



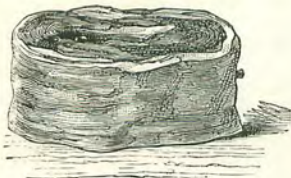
SIRLOIN OF BEEF.



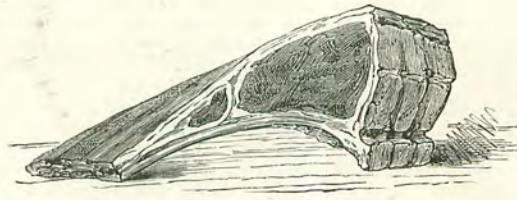
HUTCHBONE OF BEEF.



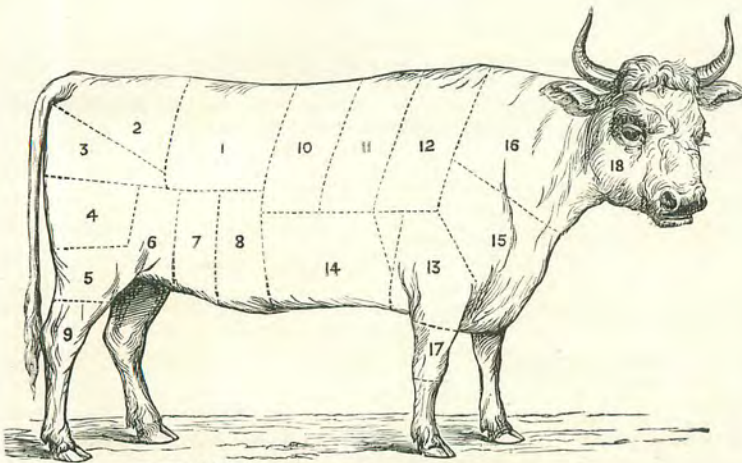
BRISKET OF BEEF.



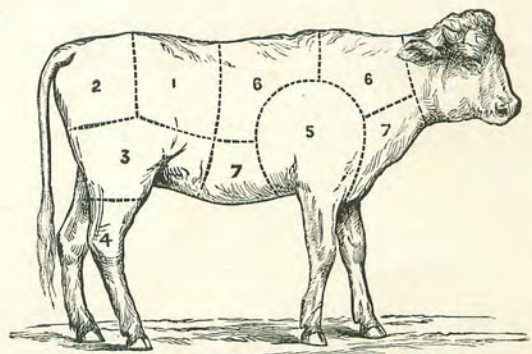
FILLET OF BEEF.



WING RIB OF BEEF.



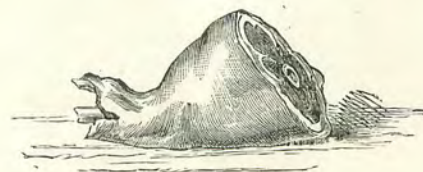
HOW TO CUT UP A BULLOCK.



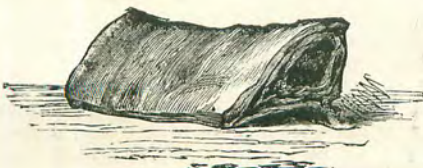
HOW TO CUT UP A CALF.



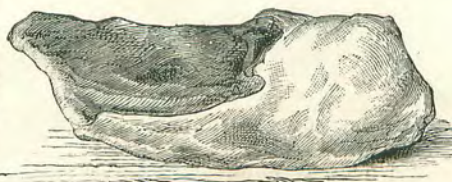
ROLLED RIBS OF BEEF.



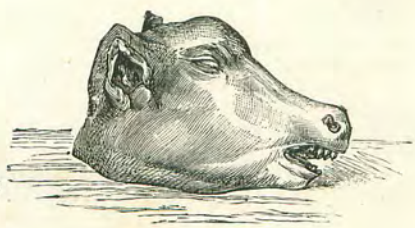
KNUCKLE OF VEAL.



BEST END NECK OF VEAL.



BREAST OF VEAL.



CALVES HEAD.

being older. Much of our beef is killed younger than it ought to be.

Veal, so little esteemed with us compared to what it is on the Continent, will next have our attention. The illustration shows how the calf is cut up.

1. The loin is sold for roasting. It has the kidney and the kidney suet in it. It is a less profitable joint than the fillet, but is rather more digestible. It is also used for chops.

2. The chump, or, as it is generally called, the chump end of the loin, has more bone than the loin, and should be lower in price in consequence. It makes a nice little joint for a small family. Looking larger than it is, it is sometimes convenient.

3. The fillet. This is quite a joint for a family. It contains very little bone and little fat. The bone is taken out by the butcher after the joint is weighed; it should be sent with the meat. Sometimes quite little fillets can be had, cut from the top of No. 4, with a little of No. 3. Note, fillets of veal are from quite a different part of the animal from fillets of beef.

4. The hind knuckle. Knuckles are cheap and profitable. A small dish of veal cutlets can often be cut from the top of a good-sized knuckle. The remainder can be boiled, and the liquor from it makes good white soup, while the knuckle itself can be eaten with white or brown sauce.

5. The shoulder. It is best roasted. It is better only to buy the upper part of the shoulder, which is called the oyster, when you want it for roasting. This is a very nice joint, and much lighter to eat than the fillet. Half a shoulder of veal can also be purchased; it is quite large enough for a small family. The bladebone half is the best.

6. The neck. I prefer the best end of the neck—that is to say, that adjoining the loin—to the loin for roasting, because it is not so rich.

7. The breast. This is best stewed. There are many ways of dressing it that are very good. The worst of it is, there is so little on it to eat. *Tendons de veau* are the gristles from the breast of veal. They are removed and cooked separately when a dish of tendons is wanted. Cooked with the breast, they are never done enough to be eaten. Those who go to market can often buy breasts and knuckles very cheap. Butchers have frequently a great many orders for veal, and not a single knuckle required; so they are glad to sell them for very little.

Veal cutlets are cut from the fillet of veal. Each slice has one little piece of bone in it. A pound of veal cutlets makes a nice little side dish, if the cook does not waste too much in trimming the cutlets, and if the meat is not cut too thick. The butcher should be asked to cut the cutlets thin.

As regards the other parts of the calf, the head is too well known to need comment, but it should always be bought with the skin on. Many people consider that the best part of it. Calves' brains and tongues are sold in the heads. Half a head is enough for most families. The half costs from 2s. 6d. to 3s. 6d., excepting when they first come in in the early spring, when they are often very dear. They are in season until October. They require to be very fresh. A good head should be white and clean-looking.

Calves' liver is superior to sheep's. It is about 11d. a pound.

Calves' feet are from 8d. to 1s. each. I prefer the small feet, when veal first comes in. Late in the year they get a stronger taste.

Calves' kidneys are sold with the loins.

Calves' sweetbreads should be chosen large and white. They are always dear, but in the season fetch a very high price. So much does the price vary that I cannot give an average.

Calves' hearts are very nice. They are about 1s. each. The ears and tails of a calf are also eaten.

The following list gives an idea of the prices of the various joints of veal:—

	s.	d.	
Fillet	1	0	per lb.
Veal cutlets	1	2	..
Whole loins (Nos. 1 and 2 together)	0	8	..
Whole necks	0	7	..
Shoulders	0	7½	..
Breast	0	7	..
Knuckles	0	5½	..

Veal should be small, the lean almost white and closely grained, the fat should be white, and the kidney ought to be well covered with it. If newly killed, the vein in the shoulder looks blue or bright red. The meat should look dry; if it is clammy or spotted it is not good.

Veal should always be eaten quite fresh. Never buy it in warm weather except on the day you want to cook it; for meat that is killed young will not keep as long as fully-grown animals.

Veal is in perfection in the early summer. The calf should be from eight to ten weeks old when killed; if much older the meat is a little coarse.

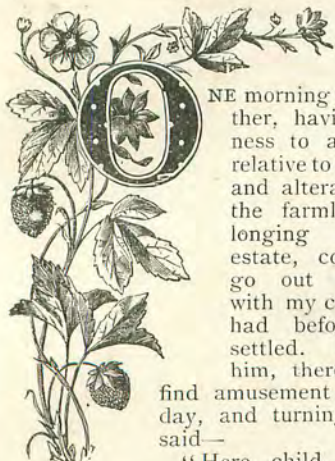
In my next paper I purpose treating of mutton, lamb, and pork.

(To be continued.)

A STORY WITHOUT A NAME.

By AN UNNAMED AUTHOR.

CHAPTER III.



ONE morning my brother, having business to attend to relative to accounts and alterations on the farmland belonging to the estate, could not go out shooting with my cousin, as had before been settled. He told him, therefore, to find amusement for the day, and turning to me said—

"Here, child, you can take him through the park woods, and show him your favourite seat by the river-side. It's a whim of hers to have that fallen tree left where it is, and we all make a point of indulging her in her girlish fancies. Don't we, little one?"

"Indeed you do, and I'm dutifully grateful," I said, as briskly as I could, though I certainly felt a little disconcerted at having to entertain my lofty-

mannered cousin for so many hours as I feared seemed to be expected.

My cousin walked by my side in his usual stiff stately style until he seemed to bethink himself that he might as well say something to break the silence with which I was beginning to reproach myself for suffering to grow when I had been charged to bear him company, and he remarked—

"I did not see my eccentric friend when we were leaving the house, or I would have invited him to go with us. He likes a walk, I know. It is just one of his odd ways to take himself out of the way at the very moment there's something going on he might like. He's always busy writing letters, or setting off upon some sudden freak or other, when we're setting out for a day's shooting. I wonder what's become of him now?"

"He was disappointed of a book he wrote for to London on the day before yesterday, and he has ridden over to the post-town to inquire whether it is by chance detained there."

"A book?"

"Yes; a book he wanted to read something from that he particularly wished me to hear."

"Upon my word, child, you are as eccentric as he is, I think. Reading

books not fit for you to read long ago, I remember, and now, forsooth, listening to books read aloud to you by next door to a stranger!"

"Stranger! A gentleman that you yourself brought to visit us, and who is a friend of your own!"

"Pooh, child! you have been brought up so exceptionally, and so unrestrictedly with regard to the ordinary usages of society, that you really know nothing of its commonest usages."

"I am glad I do not," I answered, laughing.

"Pshaw, you know what I mean—not its lowest, vulgarest usages, but its most generally known customs and conventional forms."

"I don't think I care to know much even of those," I said, still laughing.

"What a mere child you are, after all!" he said, as if leniently and compassionately, while he glanced at my face with a sidelong look. "But, child as you are, you ought to be aware that it is not quite 'the thing,'—not quite becoming in a young lady, to—to—"

"To what?" I said quickly.

"Well, to be quite so independent in your ways, to be quite so free and careless in following out your own ideas, as you evidently are."

poisons of the blood. Depression of the vital powers, weariness of body, and dulness of mind and spirits are the inevitable results. A cup of tea may stimulate for a time; but tea is neither force nor food, and acts on the tired frame only as the driver's whip does on the jaded horse.

Have I a remedy for this state of matters? Assuredly I have. I come with hope in my hand. I only desire you to believe me when I say that you cannot destroy nature's just balance 'twixt brain and body, and expect to live long, or be healthy and at ease while you do live. Believe this, and I am ready with my remedy.

You may not have it in your power to shorten the hours of your labour, but you can work, while you are working, in the manner and fashion dictated not only by science but by common sense.

Position of body is of paramount importance—so is dress—in the workroom. The former should never be cramped nor unnatural, and varied from the sitting to the standing position as often as possible. The latter should always

be loose and easy, so that no portion of the body is unduly compressed.

You should work with the windows wide open. Remember that a window only a little way up admits a current of air that may be dangerous, by blowing only on one part of the body; but a widely-opened window never gave anyone a cold.

If your occupation demands a sitting position, take frequent walks up and down the floor. If you are engaged in teaching, forget not that you can rest quite as effectually while walking about, and that you can talk thus with greater force and gesture.

Work methodically and orderly; let your mind dwell on the task before you till it is done with, and never for a moment go wandering upon a wildgoose chase on to-morrow's labour, or even on that of an hour hence.

When a day's work is done, forget it. Give no heed for to-morrow.

Never work hurriedly or excitedly. Calmness alone and steadiness insures success in labour. The tortoise will or may get over more ground in a day than a rabbit or hare.

I have but to hope now that I have at all events said enough to make you think, and must finish by reminding you that there is much that can be done in your hours of idleness to support the balance of nature.

Exercise is of paramount importance; but as fatigue of brain causes weakness of body, I warn you against getting tired. Furthermore, exercise in your case must be pleasant; it must go hand-in-hand with recreation. Pray do not forget that.

The tepid or cold water bath of a morning before breakfast is a great assistance to brain-working girls.

It is important, also, that they should dress warmly, so as to conserve the animal heat.

Food should be nourishing; but a mistake too often made is that of eating more than enough to support nature. The digestive organs in brain-workers are naturally not strong, so that they, like old people, should eat little and often.

Act, then, as I advise, and you will find

"Digestion wait on appetite,
And good health on both."

WHEN GOING TO MARKET.

By MARY POCOCK.

THE BUTCHER'S.—HOW TO DISTINGUISH JOINTS, AND ADVICE ON PURCHASING.—PART II.



THE apportioning of a sheep will appear a very simple affair to the housekeeper who has mastered the many different joints into which an ox is divided. The accompanying illustrations show the English mode of cutting up a sheep.

1. The leg; used for roasting or boiling.
2. The chump end of the loin; is either roasted or cut into chops.
3. The best end of the loin. The best chops are cut from this, or it is roasted.
4. The best end of the neck; for roasting, boiling, or cutlets.
5. Scrag end of neck; for boiling or stewing.
6. Shoulder. Generally roasted; may also be boiled.
7. Breast; stewed or boiled.

Two whole loins undivided (that is to say, two best ends and two chumps) are a saddle.

Two necks in one piece are a chine.

A leg and about two-thirds of the loin together, a haunch. The haunch is cut with more or less of the loin, according to the weight required.

A hind quarter of mutton differs from a haunch in not being trimmed. It has skin and fat on it that the butcher trims off a haunch or a loin. On that account it is a little less in price.

For small families it is often convenient to have half a leg or half a shoulder of mutton. If you have the top half of a leg, or the blade-bone half of a shoulder, the butcher weighs the

shank bone from the knuckle half with it, so as to make the weight of bone for either half more equal. The shank should be sent with the meat, for if it is cleaned and stewed it will make a little gravy. I do not think one-half the shoulder or leg is more profitable than the other. Those who like fat should choose the blade-bone of the shoulder. The knuckle ends of both boil well. A slice out of the middle of a leg of mutton is called a "leg of mutton cutlet." A butcher, if requested, will bone the top half of a leg of mutton, and skewer it together. It makes a nice little roast this way, and is easy to carve.

If you order a joint of mutton to make two joints of it, the part to be boiled should always be cooked first, as meat should hang longer for roasting than for boiling.

Mutton cutlets are cut from neck of mutton. I consider it extravagant to order "cutlets" from the shop. The best way to get them is to have as much of the best end of the neck of mutton as you require (I tell the man how many bones I want; four bones make seven nice cutlets, four with bones and three without); tell the butcher to chine it—that is to say, to saw off the thick ends of the bones where they are generally chopped. The cook can then very easily cut and trim the cutlets, and a good housekeeper will know how to use the trimmings. I find it answers very well to have a neck of mutton chined for roasting or boiling. It is much easier to carve, and makes a nicer-looking dish. The most economical way is to purchase a whole neck of mutton, and stew or boil the scrag end.

Breasts of mutton are very fat. They should not be bought by those who like lean meat; but some nice little dishes can be made with them.

Loins of mutton are not nearly as profitable as legs. If several chops are required, I prefer to buy a piece of loin of mutton, and have them cut at home. A good-sized chop will weigh half a pound; but smaller ones may be counted three to the pound. The first chop off the chump end of the loin is good, but the others have too much bone in them.

We now come to the parts of the sheep that are more found at the tripe-shop than the butcher's.

First, the head, which makes excellent broth, and is also very good to eat. If boned after it is boiled, and then nicely dressed, it is not an ugly dish on table. They are sold for about 7d. or 8d. each. Unlike calves' heads, they are always skinned.

Sheep's liver is about 7d. a pound. It is not considered equal to calves', but some people like it quite as well. But sheep's kidneys are better than any others. They are generally 3d. each. They come expensive, because they are small when cooked.

Brains are good. They are 3d. or 4d. a pair. Two pairs make a nice little breakfast dish.

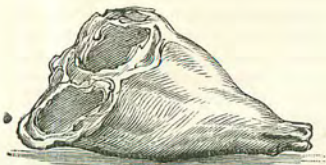
Sheep's hearts, tongues, and feet (sheep's trotters) are dressed in various ways. They are all very inexpensive. The two last are very much eaten on the Continent.

The following list will give some idea of the relative value of the joints of mutton, though prices vary very much in different localities:—

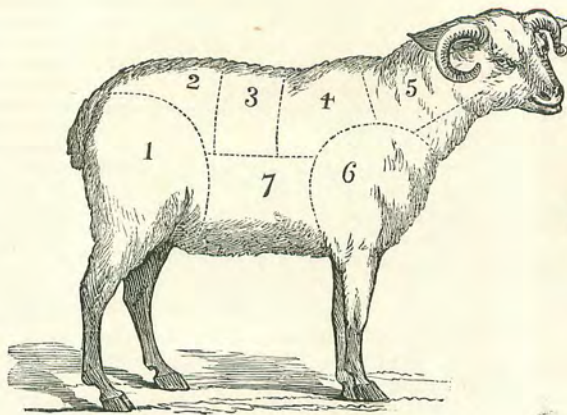
	s. d.
Legs of mutton	0 11 per lb.
Haunches	0 10 1/2 "
Loins	0 10 1/2 "
Saddles	0 10 1/2 "
Hind quarters	0 10 "
Shoulders	0 8 1/2 "
Whole necks	0 8 "
Best end of necks	0 9 "
Loin chops	1 2 "
Breasts of mutton	0 5 "

With regard to the quality of mutton, Bacon said:—"The flesh of muttons is better tasted where the sheep feed upon wild thyme and wholesome herbs." This is quite true; but when we are at the butcher's we cannot tell where the sheep come from, so can only take the butcher's recommendation, or judge by the look of the meat.

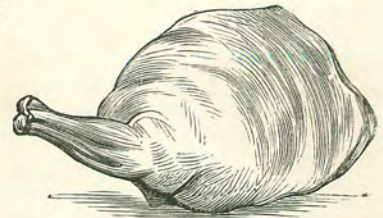
The best mutton is short-legged, small-boned, plump, with the fat white and firm, and the lean finely grained and dark-coloured. The older the mutton, the darker the colour. It is considered best when five years old, but is now generally brought to market at three. A short, plump leg of mutton, with a knob of fat on the upper part, is nearly sure to be good. It should not be eaten fresh killed,



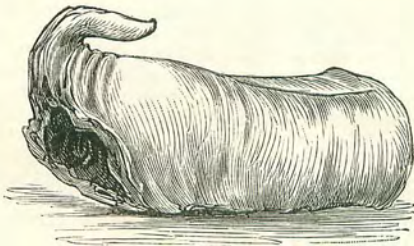
LEG OF MUTTON, WITH SHANK
BONE REMOVED.



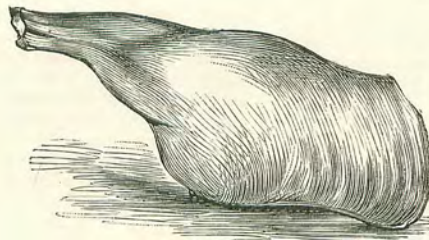
SHEEP.



SHOULDER OF MUTTON.



SADDLE OF MUTTON.



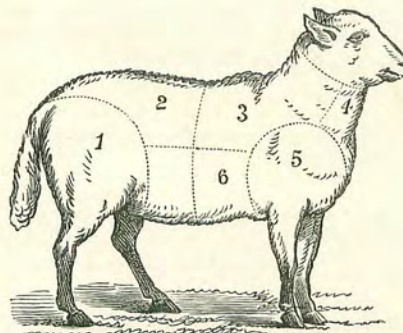
HAUNCH OF MUTTON.



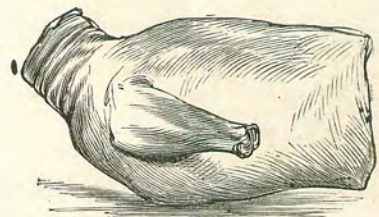
MUTTON CUTLET.



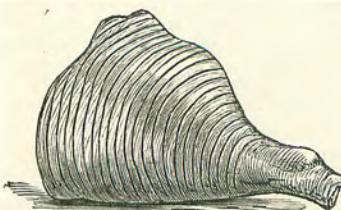
LOIN CHOP.



LAMB.



FORE QUARTER OF LAMB.



LEG OF PORK, SCORED FOR
ROASTING.

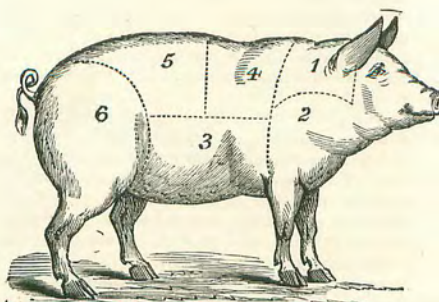
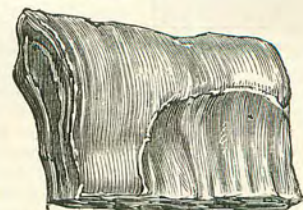


FIG.



SPARE RIB OF PORK.

unless the weather is too warm to hang it at all. Never hang legs or shoulders of mutton by the knuckle, as is so often done, but by the thick end. The gravy does not then run from them. This may be applied to all meat bought for hanging.

Meat that has been frozen or packed in ice should be bought in time to be thoroughly thawed before it is cooked. Should any of my readers buy the mutton that has come from abroad in a frozen condition, they must remember that when thawed it is quite fresh, and should be hung a few days (according to the weather) before it is used.

There is not much difference in the cutting up of a lamb and a sheep, as the illustration will show.

1. The leg, for boiling or roasting.
2. The loin is roasted or cut into chops.
3. The ribs, for roasting, and the neck. Cutlets are cut from the ribs.
4. The breast, for stewing.

1 and 2 together are a hind quarter; 3 and 4 together, a target; 3, 4, and 5 together are a fore quarter. This is the joint of lamb generally liked best. For a small family it is a good plan to cut off the scrag (the top of the neck) and the shoulder, to stew the scrag or make broth of it, and to roast the target the first day and cook the shoulder the second. There is generally a larger demand for legs, shoulders, and loins of lamb than for targets or breasts, so these latter are often much cheaper in proportion; and while the target is excellent roasted, many nice dishes can be made with the ribs or breast separately.

Lambs' heads, feet, or tongues are all good well dressed. Lambs' fry makes a nice dish. It is generally sold at 1s. to 1s. 6d. a plate, but sometimes by the pound. A pound makes a good dish. Sometimes lambs' sweetbreads, which generally are with the fry, are sold separately. They are small, but good. The kidneys are left in the loins of lamb and sold with them. The price of lamb varies so much, according to season and demand, that it would be useless to give a list.

There are two kinds of lamb—"house lamb" and "grass lamb." The former is in season at Christmas, the latter comes in at Easter, and is seasonable until Michaelmas.

Lamb should be small and fat (the lean pale red—the fat white); it should be eaten fresh.

It is rather appropriate that pork should follow lamb, for when one is out of season the other is in; pork is best from Michaelmas to March. The parts of a pig are named differently to the joints of a sheep, as—

1. The spare rib; a favourite dish with many people when roasted.
2. The hand; best salted and boiled.
3. The belly is salted and boiled, or rolled and baked, or roasted fresh.
4. The fore loin; roasted or for chops. The ends of the chops can be used for sausage meat.
5. The hind loin; used in the same way as the fore loin. Two whole loins are a saddle.
6. The leg. It is either roasted or pickled and boiled.

The head is salted for brawn. Pigs' feet, ears, fry, and liver are all eaten, though mostly where the pigs are killed.

A piece of the belly of pork salted is the part usually bought for serving with poultry; a pound to a pound and a half is sufficient to serve for a pair of fowls. A pickled hand of pork and pease pudding I find a favourite dinner in the kitchen, and by no means an extravagant one.

I always choose a small leg of pork; I prefer one weighing less than seven pounds. When loins or legs are required for roasting, the butcher should be asked to score them, that is to say, to make cuts in the skin at regular intervals, otherwise it is impossible to carve the pork nicely—one cannot cut through the crackling.

I do not know whether it is necessary to remind readers of THE GIRL'S OWN PAPER that more care is required in the purchase of pork than of any other meat, for no meat is considered so injurious as pork that is in any degree diseased, or has been unwholesomely fed; therefore it should be bought of a perfectly reliable person.

I think good pork is, with a little observation, easily recognised. The lean should be white and finely grained, the fat very firm, and the skin thin and smooth. If the rind is thick, and cannot be easily impressed by the finger, the pork is old. If the fat is not clear—that is to say, if there are kernels in it—the

animal was diseased. When fresh, pork is smooth and dry; when stale, it is clammy. Thick-necked, short-bodied, and short-legged porkers are the best. A good deal of pork comes to market from which the skin and part of the fat from the outside has been removed; this is often done when the pigs are larger and fatter than the porkers which ordinarily come to market. The meat is in no way inferior, except, perhaps, that it is a little older; but I prefer the smaller, with the skin on, especially for roasting—the crackling makes it look nice when it comes to table. Pork is considered economical, because it goes further than other meats, the grain of the flesh being very close.

When we have bought the meat we require we have one or two other things to think of at the butcher's. First, it is a good plan to order some bones now and then, to make ordinary stock with; some butchers sell them by the pound; mine does not, so I order three or six pennyworth, according to how many I want. Then suet is always being wanted in a house. The best one can buy is veal suet; but, unfortunately, it is rarely to be had, as it is generally sold in the loin. If rendered it is superior to lard. The suet most used is beef at 8d. a pound; it is the best for puddings; but for many purposes I use mutton suet, which is 6d. a pound, and as it keeps better than beef suet is often convenient. We use a good deal in roasting.

Stock meat, which is a mixture of beef and veal with or without a little bone, is sold by most butchers at from 5d. to 7d. a pound. It is best to order this for making clear soups.

Salt beef is most seasonable in cool weather, but now that and pickled tongues can be had in hot weather, without fear of their being tainted, as in summer many butchers pickle by injecting the brine, so that the meat is prepared very quickly, and can be had at very short notice.

In concluding I must beg my readers to remember that I have given the prices of different things as I have found them at one or two London shops; of course, many things are cheaper and others dearer in the country, so one can but make a rough guide in this respect.

(To be continued.)

BUSINESS HABITS IN ORDINARY LIFE.

By THE HON. VICTORIA GROSVENOR.



WE are told in the best of all books that "no man liveth unto himself." The truth of these words is brought home to us daily. Very few of our actions can be said to be without influence on others. We walk through the world with companions by our side. We hold communication with acquaintances and friends far and near. We have dealings, more or less of a formal character, as needs arise with those who can minister to our needs. Whether we will or no we make our mark. We cause others to judge us, to see in us something to imitate or something to avoid. And these others will know almost intuitively whether we are to be depended upon in matters requiring care and attention.

Now the possession of business habits is by no means the sole right of persons technically

called business men, such, for instance, as bankers or merchants. The term is often and properly applied to persons, men or women, in any station of society, and following any kind of occupation or mode of life with order and precision. The term when so applied means unqualified approval, and because we may be judged rather severely in the matter of transactions with our fellow men on points about which we have simply not reflected or taken pains to inform ourselves, these few remarks of a practical nature are offered to our readers.

We will begin by recommending punctuality. This is a qualification rather regarded as a matter of chance among those whose lives are, as we fear many are, lived in a sort of chance manner. Such persons perpetually frustrate even their own schemes for pleasure or usefulness, and provoke almost to fury those among whom their lot is cast. Punctual people are not so without trouble or thought, and possibly the same means might enable the unpunctual to cure their failing.

At first let them try to be a little too early (a great deal, if need be) at the meal, the church, or the station. Let them also try to form some accurate notion of the time necessary for walking or driving a given distance, allowing a due margin for mischance. Let them avoid two snares. First, the notion that the clock is still marking the same hour as when last they looked at it. Secondly, that there is plenty of time for doing half a dozen things before they need be ready. This latter idea is full of temptation, lulling its votary so pleasantly! The best use is being made of leisure. Then, alas, comes the sad too late! More has been put into the time than it would hold. Something is done, but not what was intended, and the intention must go to pave a certain place! A word might here be said about early and punctual rising, but this subject is too large. Let us be content with pointing out that a late irregular riser begins the day badly as regards time. Let everyone make a point of punctuality in things trivial as well as essential. When it becomes habitual,

to her, the fatherless girl, whose protector he should have been? To see this girl bearing her heavy burden with such sweet patience, denying herself even the luxury of telling her trouble to the one whose sympathy would be the sweetest of all, rather than involve him in sorrow which the knowledge of her trials must bring to his heart! Ah! Madame Leeson, is not this indeed a precious instance of obedience to the command, 'Be not overcome of evil, but overcome evil with good'? Nothing but the strength and grace which God gives in answer to the prayers of His sorrowful and suffering children could enable this young girl to act as she does."

"Ah, yes. You are right, madame. We want this help, we who are older, as do the young. Ellen knows it not, but when I see her so patient towards her brother, and giving him good in return for his evil, so dutiful to the mother, who does not help the daughter, but by tears and complaints makes the home a place of gloom, I learn from her how to be patient also. The girls who work for me

have not many hard words to bear. I have not been one to scold, scold from morning to night, but I am what you call 'hasty.' I have a quick temper, and I think not always before I speak. Sometimes the girls who feared to answer have paid back my sharp words by sulking or doing bad work, so that I could not keep my promise to my customer. Ellen has ever shown the gentleness of the dove. When she first came to me, even whilst I said to myself, 'She is a lady; I must not speak to her as to a common workgirl,' the quick temper conquered, and I was no more kind to her than to the rest. But Ellen gave me no rude answer. She spoke gently or not at all, except to ask how she could do better, because she wished to please me—she, whose work was the best of all. You will guess how such conduct made me feel towards Ellen Martin, madame."

"I can, indeed," replied my aunt.

"I was ashamed, though I did not say it. I began to think about my words before I spoke them, whether to Ellen or the girls. The benefit is mine, for I get

pleasant faces and good work, instead of cross looks and bad work. At first, the coming of Miss Martin made trouble in the workroom. There was much of jealousy, for the girls said, 'This fine lady, who is poorer than we are, is brought here and put over our heads, though she has not learned the business.' They said spiteful things in Ellen's hearing, but not as to herself."

"What we call talking at a person," said Aunt Hesketh.

"Precisely so, madame. Well, she conquered them as she had done me. She would not hear the unkind remarks. She tried to brighten the workroom by her good taste, and by putting simple flowers here and there. If a girl looked pale and tired, she would buy an hour's rest for her by doing an extra hour's work herself. Once, when an apprentice was ill in poor lodgings, Miss Martin sat up the whole night with her, and persuaded a neighbour to take the next night. Is it wonderful that now she has the love of all?"

(To be continued.)

WHEN GOING TO MARKET.

By MARY POCKOCK.

THE FISHMONGER'S AND POULTERER'S.—HOW TO CHOOSE SEASONABLE FISH AND POULTRY.



DO not think there is anything more difficult to buy than fish, for it is not necessarily good because it is fresh, and sometimes the appearance of fish is spoilt by being badly packed or roughly used in the boats; in this way, the scales are damaged, and one may think it is stale when it is not, for the best proof of freshness is the fish being covered with scales.

If fish is good the eyes should be bright, the gills red, the flesh firm, but elastic when pressed with the finger, and the smell not disagreeable. Do not buy fish when the gills are dark, the flesh flabby, and the eyes dull. Fish, when not in season, is frequently very unwholesome and quite unfit for food. Most fish are in good condition just before they spawn, but just after they should not be eaten; they have then generally a transparent bluish tint and look half boiled when they are cooked, whereas when in season the muscles of the fish are firm, and boil white and curdy.

Many neighbourhoods are badly off for good fishmongers. Should you be obliged for convenience to buy at a small shop that has not much custom, you will as a rule do better to purchase the commoner kinds of fish, which will probably be good of their kind, whereas for such a shop the proprietor cannot afford to buy salmon, turbot, etc., of the best quality unless for a special order.

Besides these general rules to be observed in buying fish, there are those which apply to particular fish.

I hope the following list, with the months of the various fish most consumed are in season,

will be useful to many readers of THE GIRL'S OWN PAPER.

Barbel (fresh water fish) require good sauce to make them nice; then there is some doubt whether they are worth the sauce.

Bream (fresh water) are not considered equal to carp; they are best from June to September.

Bream (sea); a good fish for baking or stewing if properly cooked; the flesh is white and succulent; they are moderate in price, and make a nice-looking dish. They are in season in September and October. Choose a firm-looking fish with red gills and bright eyes and skin.

Brill, when full sized, ranks high as a fish, but is not equal to turbot; it has a good appearance and a delicate flavour; is best from August to April. Brills are generally sold by the pound; they are much cheaper than turbot. Choose a thick one, the flesh of which is cream-coloured; if bluish the fish is not good.

Carp is a fresh water fish; it is generally stewed; is seasonable from April to December.

Chub (fresh water fish); rather coarse; in season in May.

Charr (fresh water fish); much esteemed; the flesh is red and fat; in season from July to November.

Cod. A good cod is plump and round, with the head and tail small in proportion, and the sides looking as if there were ribs in the fish. The flesh should be very firm, but elastic when pressed with the finger; it should look white and clear, with the gills red and the eyes bright; if otherwise, the fish is probably stale. Cod is in season from October to March, but is best at Christmas-time. I consider the middle of the fish the most profitable part to purchase, but cod's head and shoulders make a more imposing-looking dish for the cost. The middle is generally twopenny a pound more than the head and shoulders, or the tail. Some people like a cod's head alone; they are cheap, and there is a good deal on them; but they must be fresh,

for being gelatinous they soon lose their delicate flavour. What is known as "salt fish" is cod salted.

Dabs and flounders should have a pinkish tint, and the eyes should be bright. They are not a much esteemed fish. Thames flounders are considered superior to others; they are good fried or boiled, and eaten with lemon. In season from August to November.

John Dory is a very good fish; its flesh when cooked is of a clear white, not unlike lobster claw. It is easily known by its golden colour with dark spot on either side, its ugly head, and the long filaments. When not fresh it looks particularly dead. Best from Michaelmas to Christmas.

Eels should be alive when they are purchased; when in good condition the backs are bright and glossy and the bellies silvery white. The silver eels caught in the Thames or other running streams are the best. Pond eels have often a muddy taste. Dutch eels, so often sold in London, are not good. In season from June to March.

Gurnet, or gurnard, is a very nice fish. Choose for freshness as you choose cod, but remember that a large portion of the fish is head, so you must buy a larger gurnet than cod for the same number of people. They are best in October, but remain in season until March.

Haddock, a cheap and useful but not a first class fish. Choose haddocks as you would cod. They are in season from July to February.

Finnan haddocks are common haddocks cured and dried.

Hake and ling are inferior to cod; they are liked by some people, but are bought most by the working classes; they should be round, plump, and firm, but rise when pressed with the finger. In season from October to March.

Halibut is a very large fish, somewhat like a sole in shape; they are sold by the pound, and are moderate in price. Slices cut from a medium sized halibut are very nice fried. The fins and head are esteemed by some people.

They are in season in October, November, and December.

Herrings are fish that must be very fresh to be good, but they are very easily chosen; they should be stiff and firm, with the eyes and scales very bright, and the gills very red. They are usually very cheap. They are good cooked in various ways, and are in season from May to the end of October.

Pilchards are very much like herrings, and come into season at the same time. You may know a pilchard from a herring by the position of the dorsal fin; if you take up a pilchard by it, it balances, but if you hold a herring in the same way the head hangs down.

Lampreys, considered a delicacy, are in season in March, April, and May. They are dressed like eels, but require to be cooked longer.

Mackerel when fresh are bright green with black stripes; when stale they get a dull, coppery hue, and the stripes on the back are less marked; these are nearly straight on the male, but are waved on the female. The male mackerel is the best. They should be full and round from the shoulder. In season in May, June, and July, and again in October.

Mullet (red) are much esteemed; they should be firm, bright in colour, the scales in good order, and the eyes bright. They may be had all the year, but are best in summer.

Mullet (grey), quite a different fish from the red, and not so much liked, but still they are good fish. When fresh the scales are silvery. In season from July to October.

Perch, one of the best of the fresh water fish. Their condition may be judged by the pinkness of the gills, the silvery look of the belly, and brightness of the back. They are in season from June to the beginning of February.

Pike, or jack as it is called in some places, is a rather dry fish, much dependent on the cooking. In season from September to March.

Plaice are a low priced fish; they vary very much in quality. When not quite in season, or stale, they are watery and insipid, but from June to September they are very good if carefully cooked. Choose a firm, thick fish; the white side should have a slight tinge of red.

Salmon. The best is known by the smallness of the head and tail and thickness of the shoulders; the flesh and gills a fine red, and the whole fish stiff. A quantity of Canadian salmon is now brought over in a frozen state; it is very much cheaper than English salmon, but I would not advise the purchase of it. I think it very tasteless.

Skate is a particularly ugly fish; it is generally crimped—that is, cut up soon after it is caught—and sold by the pound. It is a cheap fish. If bought whole, choose a firm fish that is broad and thick, and has a creamy look. It is in season from August to April.

Smelts, a nice delicate fish, that may be served at any meal; when fresh the skins are very silvery, the eyes full, the gills red, and they smell rather like cucumber. If the eyes are sunk the fish are stale. They are in season from October to May.

Soles should be thick and firm; the skin should not come off too easily. They are always in season, but vary very much in price according to the number brought to market. Small soles are called slips. A very inferior fish, a lemon sole, is often sold as a sole; it is worth much less. It has, in my opinion, a brackish, disagreeable flavour. The lemon sole is rather wider than the other, and the dark skin is not so dark, or has not such a greyish tint as the skin of the ordinary sole.

Sprats must be very fresh to be good; they should look very bright and silvery with sparkling eyes. They are in season from November to the end of February.

Trout is a first-class fish, and is generally

expensive; it is chosen from the brightness of its skin and eyes, and redness of its gills. It is in season from May to August, but is best in July and August.

Turbot, the best of all the flat fish, is generally sold by weight. When good the fish is thick, and the under side is a yellowish white, not bluish. Do not buy a skinny, flabby turbot. If you have not a turbot kettle, the fishmonger from whom the fish is purchased will lend one to cook it in. Always seasonable.

Whitebait can only be bought at a good shop. The bright appearance tells its freshness; it is in season from May to September.

Whiting is a very light, digestible fish, in appearance very like haddock, but more delicate looking, and having the brown marks at the back of the gills much paler in colour. They can be selected like haddocks, and are in season from Michaelmas to March. Small haddocks are much more plentiful and much cheaper than whittings, but they are frequently skinned and trussed (their tails in their mouths), and sold for whiting. When cooked the flesh of the whiting is clearer and more transparent than that of the haddock. I rather prefer a haddock dressed whiting fashion to a whiting, but I object to paying whiting price for haddock.

Whiting, soles, skate, and plaice are considered light for invalids.

Shell fish may be judged by the smell and the weight. Lobsters and crabs should be heavy for their size. The male lobster is the best for eating, as the flesh is firmer than that of the hen lobster, which is preferred for sauce or salad on account of the coral.

The hen lobster has a broader tail, and is less bright in colour than the male. When fresh cooked the tails of lobsters turn in strongly, when stale they are limp. If bought alive heavy ones must be chosen. In season from beginning of May to end of August.

Crabs. Choose medium size with the leg joints stiff. The shell should be a good red, whether they are alive or dead. Crabs are of less value than lobsters. The fishmonger will, if requested, dress a crab and send it ready to put on table, charging a little extra for the trouble. Best from August to April.

Cray-fish, prawns, and shrimps are stiff when fresh boiled. They are always in season.

Oysters should close on the knife as they are opened. Whistable natives are the best eating oysters, but there are others, such as blue points, which are good and less expensive. Large oysters are best for cooking.

Poultry is, I think, easier to choose than fish. In selecting fowls or chickens, remember that small-boned, short-legged birds are generally the best. They should be young and plump, but not over fatted; the skin should look clear and finely grained; the breast should be broad and meaty. For the London market the breast bones are nearly always broken to make poultry look more full fleshed than it is, so it is better to judge of the depth of meat by feeling it. Birds should be heavy in proportion to their size. The legs should be smooth and the toes pliable and easily broken if bent back; the spurs should be small and the end of the breast bone flexible, more like gristle than bone when the bird is young. Except in very small spring chickens, the size of a fowl is no guide to its age. For boiling, choose fowls with white legs and white skins; they look much more delicate when cooked, but I like the dark-legged, yellow-skinned ones quite as well for roasting.

Capons are much larger than ordinary fowls, and are very good from December to March. Fowls are not so good in the early part of the year. Young ones are scarce when chickens are coming in. The latter are in season whenever they can be bought; this often depends on the weather. They are more scarce when the spring

is cold, and consequently very dear and small. Poultry will bear a little hanging in cold weather, but should always be cooked while fresh. The back and the skin at the end of the breast turn green when the birds are stale.

Turkeys and turkey poulters are chosen in much the same way as fowls, but all turkeys should be white skinned. If young, the legs are black and smooth and the spurs short; if old, the legs are lighter in colour and are rough. Many people think a moderate-sized hen turkey is better for boiling than a cock. Turkeys are in season from March; turkey poulters as soon as they are large enough to kill; in the spring they are generally very dear. They are never very plentiful, but most so from July to September.

Choose plump ducks and geese, with clean white skins, plenty of meat on the breasts, and yellow flexible feet. Red feet and a coarse hairy skin betoken an old goose. Ducklings are in season from April to August. Ducks all the year, but best in June and July. Geese are in season from September to March. Green geese (geese less than five months old are so called) June, July, and August. If your cook can truss poultry well, it is a good plan to have it drawn at home, as you then get the giblets, which from fowls or ducks will make gravy, and goose or turkey giblets will make some good soup, a stew, or a pie. I know in some shops the giblets are the perquisites of the man who trusses the poultry, so it is not easy to get them sent if the birds are drawn at the shop.

Pigeons. Select plump pigeons, with the legs smooth and the feet flexible, the fresher the better for eating, as they lose their flavour by hanging; they are good whenever they can be bought young, but are most plentiful from March to September. Bordeaux pigeons come to market ready plucked; they are fatter than English pigeons, and different in flavour; they are also dearer.

Wood pigeons are much larger than others, and require to be hung to get tender before they are cooked. They do very well for roasting, as there is a good deal of meat on them; they are preferred by some people to tame pigeons for pies, but must not be hung so long for that purpose. A wood pigeon would not be as suitable for an invalid's dinner as a tame one. In season from November to January.

Guinea fowl, or pintado, as it is sometimes called, is excellent eating. Choose one with plenty of meat on the breast, and notice the feet as in buying other birds. They are much esteemed by housekeepers, because they are in season in the winter after game has gone out, and can take the place of game in a bill of fare. They should not be too fresh when cooked.

Young pea fowls are particularly good, but can very rarely be bought.

Wild rabbits are generally considered the best; buy them with smooth, sharp claws. If the claws are blunt, and the ears tough, the rabbit is old. They are seasonable from September to February.

Ostend rabbits come to market packed in boxes and ready skinned. They are tame rabbits, and are sold by weight, whereas wild rabbits are sold at so much each.

There are a variety of small birds that are eaten; the principal are:—

Larks—seasonable in November.

Wheatears (the English ortolans), a very delicate little bird; in season from July to October.

The garden warbler—the *beccafico* of the Italians, with which name it appears in *menus*—is in season from May to August.

Fieldfares are to be had in winter.

Feathered game can be chosen in nearly the same way as poultry, as regards age, etc. By opening the bills it will be easy to detect if the birds have been kept too long. Game requires to be hung, but the length of

time depends so much on the weather that it is impossible to give it. When ready for cooking, the feathers come out very easily and the backs are beginning to get discoloured; but it is rather difficult to give rules for the condition in which to purchase, as what some people consider ready for cooking others think too far gone for eating. A very little attention will soon teach a housekeeper how to buy for her particular table.

Grouse.—There are several kinds of grouse, but that known and so much esteemed as "grouse" is the red grouse. It is in season from the 12th of August to the end of December.

The black cock or black grouse and grey hen are in season at the same time as grouse; they want hanging longer than most game, and are then very good.

The capercaillie (I think it is also called the woodland grouse) is a much larger bird than the ordinary grouse, and not nearly as much esteemed. It has a strong flavour, but is liked by some people.

Ptarmigan or white grouse are a little smaller than red grouse; they are useful birds, for they are in season from February to April, and are nearly always cheap.

Landrail or corncock.—It is necessary to allow three or four for a dish—one makes a delicate little dinner for an invalid; in season from the 12th of August to the middle of September.

Partridges.—Young partridges should always be bought for roasting; if you find them too expensive, abandon the idea of roast partridges for your dinner; but last year's birds are very good for stewing and cooking in other ways. Young partridges have yellow legs and dark bills. In old birds the end feather of the

wings is round, not pointed as in young birds. They are in season from the 1st September to the 2nd February, and as long after as you can keep them.

The red legged partridges known as French partridges are not equal to the others, and consequently are of less value.

Pheasants.—I prefer a good hen pheasant to a cock. They are in season from the 1st October to the 2nd of February, and as long after as they will hang.

Plovers.—Choose fat birds. There are two kinds of plovers—the golden, which are thought the most of, and the grey. They are small birds and moderate in price when plentiful. Best from September to end of January.

Quails are small birds and are expensive; in season from October to December.

Woodcock and snipe are birds generally more esteemed by gentlemen than by ladies. They are in season from November to February, but are plentiful until after frost sets in.

The following wild fowl are all in season from about October to March, and are most plentiful when the weather is severe:—

Brent goose, a smaller bird than a tame goose. I do not think it is equal to wild duck.

Wild ducks are smaller than tame, but have more meat on them.

Widgeon are again smaller birds of the same species.

Pintail or sea pheasant is a sort of widgeon; it is very good eating.

Teal is the smallest of the ducks and the most delicate. Choose plump birds. In buying wild fowl remember they are so well covered with down and feathers that they are not so large as they look.

Hares are stiff when lately killed; when young the claws are smooth and sharp, and

crack if turned sideways, and the ears are tender enough to tear. An old hare will jug very well. They are in season from September to the end of February. Leverets are hares in their first year; they are in season from May to August; they are a delicacy that can be served on any occasion, but are dear in May and June.

Venison is different from all other game in one respect, for we want to know how old, not how young it is; five year old venison is the best. If the cleft of the hoof is smooth and small, it is young; if the reverse, it is old. The fat should be bright and clear, and there should be a good depth of it; the lean should be dark in colour. A sharp knife or skewer run into the shoulder or haunch will tell its condition by the scent. The haunch of venison is the prime joint, but necks and shoulders are also very good, and can be cooked in many ways. Venison is divided into haunches, necks, shoulders, and breasts. Buck venison is considered the best; it is in season from June to Michaelmas, then doe venison comes in and remains in season until after Christmas.

There is really no shop that there is more advantage in going to, instead of ordering from the house, than the poulterer's, for game d fers more in price than anything else. A little change to milder weather, and poulterers want to sell their poultry or game; then a sharp frost, and the shops are often overstocked with wild fowl which are proportionately cheap.

I have often found it a good plan to glance at the market prices of different things which are given in some of the daily papers before I went out in the morning. Of course shop prices are higher than the market price; at the same time it is somewhat of a guide.

(To be continued.)

FASHIONABLE BAGS AND THEIR USES.

HANDBAGS, reticules, carriage bags, bags for holding fans, opera-glasses, etc., are looked upon at the present time as a fashionable and almost indispensable finish to a lady's toilette, and an account of their shape and make will be welcome to our girl readers, who can then make them for themselves, or for presents to friends.

The bags intended for outdoor use or for concerts, whatever their shape, are finished with long ribbon strings by which they are hung upon the arm, and certainly their convenience is unquestionable, as in them can be stowed away the opera-glasses, fan, purse, scent-bottle, and handkerchief that would otherwise have to be carried separately. The present fashion of putting the pocket in a dress just where it cannot be reached by the owner without a struggle, obliges ladies to burden themselves with numerous small articles, and many are the bad five minutes passed in searching for missing possessions, or fancying they are lost, that these useful bags save, and thus not only prevent the wear and tear of such anxieties, but by keeping the lady's temper sweet and unruffled, contribute to the enjoyment of her escort.

These bags are made of all shapes and sizes, and of any materials—in fact, as long as they are daintily got up they can be diversified at the maker's will; thus many remnants of plush, satin, brocade, and velvet can be utilised in this becoming manner, while clean pieces left from light silk or satin evening dresses will often come in for the linings, and smaller scraps to line just the upper part of a handbag or pincushion bag, where the lining does not show beyond the draw-strings, and less expensive material can be used to complete it.

The long bag shown in Fig. 1 is intended for use at concerts or parties, where opera-glasses are not required. It holds fan, handkerchief, scent-bottle, etc. The outside material is of a pale-tinted brocade, or of plain ribbed silk, delicately embroidered with sprays of field flowers worked by hand and in floss-silks. There are brocades to be procured at most silk mercer's of a cheap description that would answer this purpose almost as well as embroidery or brocades of an expensive make. Their foundation is either white, pale blue, or pink, and they are covered with soft-looking flower tendrils. The lining to this bag is of Liberty's silk, and its colour will depend upon that of the cover. It should either match the deepest shade used in embroidery the flowers, or be a contrast to the foundation colour. By a contrast we do not mean a violent opposition, but any of the following combinations. If the foundation colour is of soft blue or eau de Nil green, the lining colour is of a salmon shade; for a pink foundation a sky-blue lining is required; for a lemon-yellow foundation an orange-yellow; for a heliotrope, a lining of cream white; for a purple a lining of old gold or pale blue. The ribbons that form the draw-strings, and are hung over the arm, are an inch and a half wide, and should match the lining as to colour; with the bow at the side added to them three yards of ribbon will be used. To make up the bag: cut out a piece of brocade or rep silk, thirty-two inches long and sixteen inches wide, and cut out the same size piece in the surah lining silk; sew the two pieces together, and be careful to make the edges neat, particularly at the two ends. By end is meant length, not width. Lay the piece down on a table with the surah

uppermost, and three inches from each end pleat the sixteen inches into a double box-pleat, reducing the width to ten inches. Stitch the box-pleats firm at this spot only, then fold the piece together, still with the surah silk outside. Bring both ends together and join down the two sides, by first running the two edges of brocade very neatly together, and then overcasting or slip stitching the lining over the seam so made. A piece of plain ribbon is sewn over the stitching down of the box-pleats to form the runner for the strings; this is kept to a line of three inches from the edge of the bag. The bag is then turned to its right side, and two large button-holes made at the back of it to bring the ribbons through. Two lengths of ribbon each forty inches long are necessary; their ends are brought out through the button-holes and sewn together. The remaining piece of ribbon is made up into a dainty bow, and fastened to the side of the bag as shown.

The opera-glass bag (Fig. 2) is more of the "granny-bag" than the above, but it has the peculiarity of being fitted with a stiff bottom made by inserting a piece of cardboard shaped like the flat part of a double opera-glass. The lower part of the bag from the cardboard to the draw-string is made of satin or silk, the upper part of velvet or plush, and the lining of thinly quilted satin. A piece of silk twenty-three inches wide by six deep, a piece of plush three and a half inches deep and twenty-three inches wide, and a piece of quilted satin twenty-three inches wide and nine deep, make the bag, with the exception of some six inches of plush and satin used to cover the cardboard. The foundation of cardboard is six inches long, the sides are rounded off, the curves on which

and go nobody knew where. Edith had emphasised "the obscure lodging," suggested by her father to Mrs. Aspenel.

"You won't miss the Park, Janet," remarked Marcella Walsh, "for you never go near it. For my part, I would rather have a poor home that I lived in, than a rich one that I never saw."

"How rude to say that, Marcella," exclaimed Lizzie, for conversation was not only general but unrestrained at dinner. "I don't believe that Mr. Aspenel will be obliged to give up the Park."

"What does it matter? We shall spend our vacations in Paris all the same," put in monsieur. "My friends, reverses of fortune are salutary. I have seen enough of them, and so has madame. We should not be here with you, or have made the acquaintance of hospitable England, but for the revolutions of our country and our family."

"And I am sure the Somersets have seen enough," said Bella, whose forte was history, and who never tired of poring over the family tree.

"The Hazelmeres have always held their own," said Lizzie, with dignity. "As my father says, an old baronetcy is grander than a new peerage. But if Mr. Aspenel is really ruined, he will not be made a peer, I suppose."

"My children, pray finish your dinner. You generally like my *bœuf à la mode*, that I prepare myself, because no English cook is capable of doing it; but to-day you scarcely eat. Janet, you must not lose your appetite. You generally set an excellent example."

Madame's cuisine was her particular forte, and the girls declared that she was prouder of her *bœuf à la mode*, and *haricots verts*, and omelettes, and other dainties, than she was of their literary attainments. They certainly did credit to her cookery, and were as bright and happy a quartette as school life ever saw.

All that afternoon Janet was pondering over Edith's dolorous diary. Even her painting was irksome to her, and as to the practice, which, at best, she disliked, it became hateful. A walk across the Downs, usually so exhilarating, only depressed her, and her conversation with madame was entirely on the subject of her father's losses. She always walked with madame, and was generally regarded as her daughter. They were known as the handsome French women; for Janet, to the best of her ability, affected the dress, air, and manners of

her friend's countrywomen. She had spent three sets of holidays in Paris, one at Hazelmere. She loved the bright gaiety of Monsieur and Madame De Belleville's friends, and the *petits soins* of their only son, Maximilien, who was studying art in the French capital; while she cared little for what she was pleased to call the aristocratic monotony of Hazelmere. She laughed at the little romance woven by her friend Lizzie concerning the future baronet, Wilbraham, and herself; and declared that Maximilien was infinitely more interesting. Girls will weave such romances, and Lizzie was essentially romantic. She was to leave school and be "introduced," as the phrase is, at Christmas, and the two friends had planned that Janet should spend her holidays at Hazelmere. But now this announcement of Edith's upset their arrangements; for neither knew exactly what the ruin of a millionaire meant. Never had hastily-written diary caused more commotion.

"You see, madame," said Janet, "Edith distinctly says ruined; and she entreats me to make the most of my education."

"I will write to Lady Ascham, and inquire what the reports are," said madame, struck suddenly with this happy thought.

"How clever of you, dear madame," exclaimed Janet. "Edith says at the very end of her letter that cousin Gerard has met Lady Ascham, and she has invited him to call on her; Aunt Clarville told Edith, and Gerard must know all about Mr. Aspenel's affairs."

"Mr. Aspenel," as Janet persisted in calling her father, was a sort of myth to the girls and madame, Lizzie alone having learnt, on reliable authority, that he was enormously rich. Madame knew only that her accounts were duly paid to the uttermost farthing, and that she was limited in the pocket-money she was instructed to give her pupil, and restricted as regarded her dress; for the arrangement made by Mr. Aspenel was that she should pay everything and remit the bills to him. No half-year had passed without various questionings respecting certain items in the different accounts, which had given madame so much trouble, that she had more than once been on the eve of sending Janet home; but she was so sincerely attached to the young girl, and herself so depen-

dent on her pupils for support, that she refrained. But she had not an exalted opinion of Mr. Aspenel.

Now she wondered whether his nig-gardly payments were caused by this impending ruin.

The remainder of that day, and even the following week, was spent in speculations on Janet's future. The day-girls were as much interested as the boarders, and various reports were brought to her from parents and guardians concerning her father's loss. Edith's next diary was more reassuring. In it she said that although her father made the worst of everything, other people only laughed, and that in the village and at The Cottages they called it "a scare." Lady Ascham replied to madame's letter of inquiry, that she had heard nothing about it; but that she was hoping for a visit from young Clarville, and would ask him. Thus matters went on till the approach of Christmas, and Janet was in a fever of anxiety concerning her holidays. The De Bellevilles were not going to Paris, and she could get no answer as to whether she might go to Hazelmere. The effect on her was salutary, for she set to work with a will, and, according to results, made more general progress in two months than she had previously made in two years. On the Saturday before the breaking-up day she received the following letter from Edith:—

"Darling Janet—Oh what joy! You are to come home for the holidays. It is only just settled, and I think it is Mrs. Aspenel's doing. Papa tells me to write to you. I think he is less depressed, and hope he has over-rated his losses. Mr. Tom Harton thinks so too. He is a great comfort both to papa and Mrs. Aspenel, but Bruce detests him. Not another word. All the rest *viva voce*. True dying to see you. Bruce in the extremest excitement. My heart seems bursting with gladness—Your loving sister, EDITH."

Janet's excitement was as great as Bruce's, but like him she scarcely knew whether to be glad or sorry. Truly glad she was at the prospect of seeing Edith and Nurse True and Fan and all the rest; much enchanted with the idea of meeting her *beau idéal* Tom Harton; but strangely depressed when she thought of her former relations with her father, stepmother, and her torment, Bruce.

(To be continued.)

WHEN GOING TO MARKET.

By MARY POCOCK.

AT THE GROCER'S AND CHEESEMONGER'S.—HOW TO STOCK THE STORE-CUPBOARD, &c.

In buying at the grocer's, it is generally advisable to select articles of the best quality, and not to purchase in too small quantities, as so often the paper is weighed with the article, and one loses accordingly in weight. Dried fruits, such as figs, currants, and raisins, should only be bought in small quantities in the autumn until the new fruit comes in, when you can lay in a stock for the winter. The best currants are the cheapest. I mistrust

very clean, bright-looking currants, as they have often been cleaned (and sometimes even dressed with treacle to improve their look) until they have lost half their flavour, added to which they weigh heavy on account of being damp. If you buy your currants at a really good respectable shop, you will not find them moist, and although they may not look so tempting, they will keep better, and when cleaned at home will be found very good. Valencia raisins are what are used for puddings; muscatel raisins are for

dessert; sultanas are the small cooking raisins that do not require to be stoned. Jordan almonds are for dessert; Valencia, broader flatter almonds, are for puddings; bitter almonds are used sparingly for flavouring. Almonds can be bought ground and packed in tins; they are very nice for putting over cakes, and preparing delicate sweets dishes with.

With regard to sugars, the best loaf is what is used for the table; if good it sparkles. If you order preserving sugar you will have loaf sugar sent in large pieces, really slices off the loaf.

Castor sugar is pounded loaf sugar, ready for use; icing sugar is loaf sugar ground much finer than castor sugar; sometimes a little arrowroot is mixed with it; I have bought it so at a confectioner's. Moist, or as it is sometimes called, raw sugar, is the best brown sugar for cooking purposes. Foot sugar is a very brown moist sugar, used sometimes in meat pickle and other things; it does not keep very well. Demerara is a nice-looking brown sugar for the table.

The dark brown treacle is called green treacle; if you require the light coloured, you must order golden syrup.

Tea must be chosen according to the taste of the consumer. I have two or three kinds, and mix them together. I use Souchong principally, but I add a quarter of a pound of orange Pekoe to every three pounds of tea. I find Congou answers best for the kitchen tea. As regards coffee, if you have a mill it is much better to grind it as it is wanted. Cheap coffees are not economical, as more is required to make a good cup; chicory saves coffee; some people mix a quarter of a pound of chicory with one pound of coffee (if you buy chicory, have it in packets, not loose). I prefer the pure coffee, and use equal quantities of Mocha and plantation mixed together.

What is known as French coffee is a mixture in which there is chicory; it is sold at a price at which it would be impossible to sell pure coffee. The choice of cocoa is a matter of taste; the pure cocoas do not thicken in boiling, but those that are manufactured with an admixture of starch do; they are equally wholesome. Cereals keep very well with a little care, that is to say, kept covered and in a dry place; it is well to keep a variety. I have Patna rice for curries; it boils better than any other for that purpose. Carolina is the best for puddings, but it is dearer than other kinds; those who study economy will find Rangoon, which is generally the lowest priced rice, answer very well for ordinary use. Pearl tapioca looks like large sago, only it is whiter; it is very nice for soups. Rio tapioca is that ordinarily used, and is in rough pieces. Large and small sago are the same in taste, but the small takes much less time to cook than the large.

Genoa macaroni is in pieces like braid ornaments. Naples macaroni is in long straight sticks, and is a little cheaper.

Split peas, lentils, and haricot beans should not be bought in too large quantities, as they sometimes get weevils in them. The brownish green lentils are German, the orange-coloured are the Egyptian; the latter, like split peas, are without the outer husks. Mustard, ground pepper, cayenne, and curry powder should all be bought in tins or bottles, not loose, for when bought without tins they have generally lost their strength.

The following articles I always keep in my store cupboard:—

Ground and whole rice, sago and tapioca, macaroni, vermicelli, Italian paste, semolina, corn flour, coarse oatmeal, split peas, lentils, haricot beans, pearl barley, currants and raisins, sultanas, candied peels, Jordan and Valencia almonds, biscuits, tea, coffee and cocoa, sugars, treacle or golden syrup, jam or marmalade, pickles and capers, extract of meat, glaze, gelatine, baking powder, anchovy sauce, mushroom ketchup, celery salt, curry powder, whole and ground black pepper, mustard, salad oil and vinegar, nutmegs, mace, cinnamon, ginger, allspice and cloves—all whole, not ground—Vanilla essence or pods, essence of lemon.

In my second store cupboard I keep the following household requisites:—

Blacking, black lead, furniture polish and beeswax, turpentine, brunswick black, plate powder, knife powder, brass polishing paste, rotten stone, bath brick; emery cloth, fine and

coarse; soap, ordinary and cold water soap; starch, Scotch soda (common soda), candles and matches, wood and Kentish firelighters, house flannel, linseed meal.

I daresay some will remark the absence of sauces from my list; we never use any. Of course there are many other things that are useful, but I think my cupboards contain all that is really necessary in an ordinary household.

Yellow soap should be bought before it is wanted, and cut into good sized pieces to allow for shrinking as it dries; if not dry enough when used, it melts very quickly in water. The names of special preparations would, I feel, be useful to many readers of THE GIRL'S OWN PAPER, but I have avoided giving such, fearing I might be invidious.

The Cheesemonger's.—The cheeses most esteemed and oftenest served at good tables at the present time are Stilton, Gorgonzola, and Roquefort. Our consumption not being large, I find it best to buy either of the latter in small quantities, and have it fresh oftener. Roquefort cheeses are the smallest of the three; they are about 4 lbs. each. Gruyère is a strong smelling cheese, much liked by some people, but it is not easy to find a good Gruyère.

For other cheeses I should place Cheshire and Cheddar first; the whole cheeses weigh about 80 lbs. and 70 lbs. respectively; then Cheddar loaf (a smaller cheese of about 14 lbs. weight), double Gloucester, and North Wilts; these are all ordinarily about the same price as good American cheese; the latter can be had coloured or uncoloured—the colour makes no difference to the quality. American cheeses weigh about 60 lbs. each. Moderately strong American cheese is, I think, the best to order for the kitchen. If too strong it is not liked, and is probably nearly all wasted, taken on the plates and left.

Dutch cheese is lower in price, but it is not economical; it is often so much milder than English or American that one can eat as much cheese as bread.

It is not advisable to purchase cheese in such large quantities in summer as in winter, for if not always carefully covered over, flies are apt to get to it.

Parmesan cheese is used for cooking; it is also served with soup and other things. It can either be bought by the pound and grated at home as wanted, grated and put in a bottle and well corked, or bought in bottles ready grated; if the air is kept from it, it will keep some time.

York and Forest cream cheese, Brie, Camembert, Gouda, Schabzieger, Neufchatel, and Bondon are all small creamy cheeses that should be eaten fresh. They vary in price from one shilling and twopence to twopence halfpenny each. Some people think some of these better when kept some days. There is a kind of new cheese sold in some places; it is about two inches thick, and I should think as large round as a Cheshire cheese; it is by far the best cheese that can be had for toasting, for Welsh rarebits, etc.

Bacon.—Good bacon has a thin rind; the fat is firm and pinkish, the lean is tender, and should adhere to the bone; if the fat has yellow streaks in it, or if it is at all discoloured, it will have an unpleasant flavour, and should not be bought. The following list, with the illustration, shows how a side of bacon is divided:—

1. The fore hock.
2. The collar.
- 1 and 2 together, the fore end.
3. The thick streaky.
4. The thin streaky.
5. The flank.
6. The back ribs.
7. The long loin.
- 3, 4, 5, 6, and 7 are the middle of a side.
8. The three-quarter gammon.

9. The corner of the gammon.

8 and 9 together, the gammon.

Wiltshire bacon is considered the best, and generally fetches the highest price, but Irish bacon is very good, and is very like Wiltshire in flavour. In some counties the pigs are cured differently, and the bacon is unsmoked; it looks more like dried pickled pork than bacon, and is very inferior in flavour. A whole side of bacon weighs about 62 lbs.; the gammon weighs from 14 to 15 lbs.; the thick streaky, back ribs and loin (Nos. 3, 6, and 7) each weigh about 8 lbs.; the thin streaky weighs about 6 lbs. The best parts are the middle of the back, that is the end of No. 6, nearest No. 7, and the middle of the streaky, which is the part of No. 3 next to No. 4; either of these pieces make good rashers; some prefer one piece, some the other. I think the loin and back are better for boiling than the streaky.

A gammon, or a three-quarter gammon, is very good boiled, but if you require a smaller piece and like it fat, have the corner of the gammon (No. 9); it will weigh about 4 lbs., and is a very profitable piece. Slices off the gammon are often cooked as rashers of ham; they are very lean, and weigh rather heavy.

Fore ends and flanks are much cheaper than the other parts of the side. A flank weighs about 4 lbs. It is a good plan to keep a piece in the house; it does as well as the prime cuts for many purposes. Part of the fore end is very well.

Hams.—Irish and York are both good. Many people prefer the Irish hams. A good ham should be short and plump, and have a good depth of fat on it; try by sticking a skewer right into it; the smell of the skewer when withdrawn will tell you if the ham is sound and good. Hams should not be too new, but they should not be kept long enough for the fat to get discoloured—rusty, it is called. Sometimes just the edge of the fat of a good ham is a little rusty, but that can be trimmed off before it is cooked.

Spanish hams are much liked by some, but they can only be bought at a few places; they make a course at some dinners.

Canadian and sugar-cured hams are ordinarily one-third cheaper than Irish hams. I cannot speak of them from experience, but I have heard them praised. Small hams are usually a penny or a halfpenny a pound more than large ones.

Bath chops are lower in price than bacon, but they contain a good deal of bone; they are very useful, as they look nice on the table, are not too large for small families, and are always liked.

Lard.—Always buy the best bladder lard; the lard sold in pails and tins has generally a percentage of water with it, so that though apparently cheaper, it is really the same price, and it is anything but nice to fry in, as it splutters so. It is not a good plan to buy very small bladders if you use much, for one nearly always loses on the odd ounces; things come to more by the ounce than the pound, unless the article happens to be exactly eightpence or sixpence per pound. This remark applies equally to the purchase of small pieces of bacon.

With regard to eggs, if you inquire you will find as a rule that where eggs are marked from sixteen or even eighteen to ten a shilling, they are all out of the same box, but are sorted according to size, the small eggs at sixteen a shilling being as fresh as the large ones at ten a shilling, in which case you should order some of the small eggs; they are more convenient for so many things for which one requires some egg; for frying a little fish, putting outside a pie, mixing a little stuffing or a few rissoles, a small egg is enough, and does quite as well as a large one.

Breakfast eggs are a different thing; either

new laid, or, if these are too expensive, country, or, as they are sometimes called, breakfast eggs should be bought. Eggs should be kept in an egg-stand or box with wires in it, so that they can be turned every day.

With regard to butter, the trade has rather changed since the time when one ordered the best Aylesbury for eating and Dorset for cooking; now we have so many foreign butters that it is quite bewildering to know which to order. I find the Swedish and Danish the best; they keep very well; they are made entirely by machinery, even the cream being separated by centrifugal separators. The best of these butters are fetching a higher price in the market than any other foreign butter.

Normandy and Brittany come next, then Dutch, American, and Jersey.

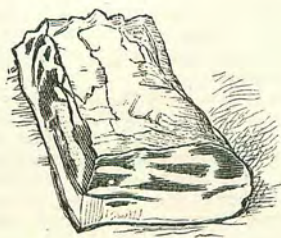
Brittany butter contains no salt; best quality Swedish a very small quantity, about half per cent.; inferior Danish and Swedish are more salted. Irish and American butters contain the most salt. As regards English butters, Aylesbury is fresh; Devonshire has a little salt and a different flavour to other butter, from the way in which the milk is set to cream. Dorset butter is salt.

English butters are good, but it is said that much more "home made" butter is sold than the country produces, and it is a fact that there is an import of about 150,000 casks of butter yearly from Sweden, which, as it is not

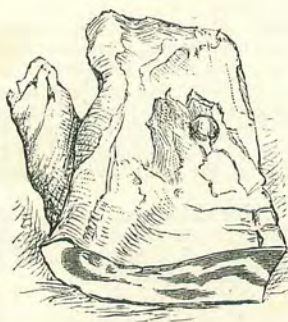
sold as Swedish, may appear as "best English fresh!" Butterine is a mixture of butter and margarine; it is, of course, cheaper than pure butter; it is sometimes sold as "cooking butter." I have not tried it.

When the weather permits, it is better to order the butter on Saturday that will be required for the week—so much for the dining-room, so much for the kitchen, and so much for cooking. I order the dining-room in quarter-pound pats, the kitchen in half pounds, and the cooking in one lump. Do not order cooking butter with the idea that anything will do; it is better to use a smaller quantity and have it good.

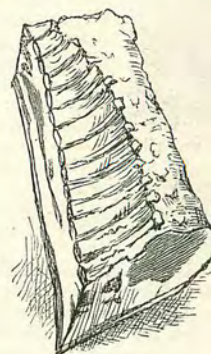
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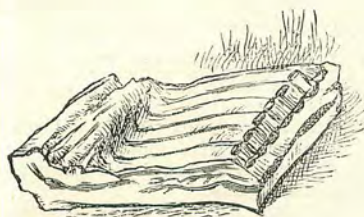
THE COLLAR.



THE FORE HOCK.



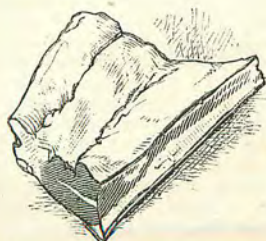
THE BACK RIBS.



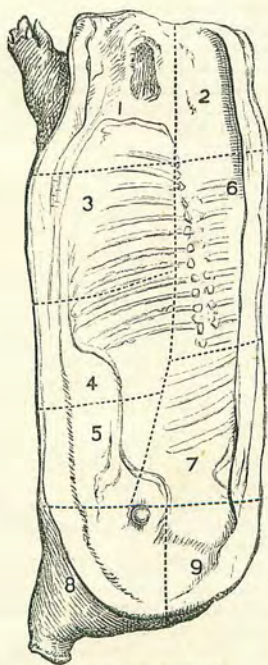
THE THICK STREAKY.



THE THIN STREAKY.



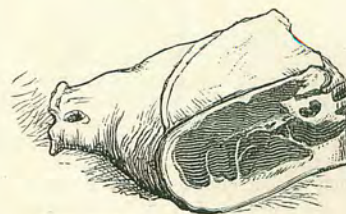
THE FLANK.



SIDE OF BACON.



THE LONG LOIN.



THE THREE-QUARTER GAMMON.



THE CORNER OF A GAMMON.

come with me? and when the evening is fine I will see you home."

Avie thanked him, and they bravely stepped out of their shelter. They soon reached the Hey, where Avie was ushered into Mrs. Wilpraham's presence. With a quick breath and a glowing cheek Mrs. Wilpraham took her to the kitchen fire, brought her dry slippers, and hung up her wet things.

"We are just going to have tea," she said; "nothing can be better; it will keep you from taking cold."

What a social talisman lies in a cup of tea!

To Avie it seemed like a page out of a romance, that she should be taking hers in this beautiful bungalow, at a table whose accessories witnessed as strongly to the love of the beautiful that distinguished Mr. Wilpraham, as even the pictures on the walls, and the vases whose brilliant colours burned in dark corners, while delicate shapes in softest grey, in sea-like green or opaline blue, lent their several effects where they could be of the most artistic value, in other parts of the room.

Being a bookish girl, Avie was rather careless of detail; but a full-length mirror in one corner, Oriental curtains, couches that might have been purchased out of a bazaar in Damascus, all struck her as elegant departures from the conventional modes to which she had been accustomed. Yet she could see that the lady whom all this was intended to please looked at it with unsympathetic eyes. She always spoke of Closchholm as an out-of-the-world place to vegetate in. The bungalow was Mr. Wilpraham's folly, and the spot that made a summer's paradise was a long winter's desolation.

Yet what admirable forethought and contrivance had been used! The place was built with cement, and with such care that draught was impossible. It was by wide open windows and doors air was admitted, not through chinks in the wall, and through the seams of badly hung window frames. Every peg and nail that was necessary had to be thought of while it was in building, as the workmanship could not be disturbed afterwards. Erected on a terrace of earth, there was an agreeable sense of elevation without mounting upstairs. The bank that sloped into the garden was beautifully planted. The rooms were many, wide and lofty, so that the place must have covered a large piece of land.

When one came to look upon it as the work of one man, one could not but conceive highly of his industry and talents, and not every one would have called the application of them into question.

"I will not test your complaisance by asking you to partake of my hermit fare," said Mr. Wilpraham, as he filled an old-fashioned china beaker with milk, and put his knife into a tiny loaf of what appeared to be the coarsest dark brown bread. "At the same time I do not envy you ladies the delicate buttered starch and bodiless tea on which you regale yourselves, and think that you know how to live. Ah, if you comprehended all the waste tissue and muscle nature has to repair in the journey through life, and

the necessity of sparing the digestive apparatus all unnecessary exertion, you would live a little more after my plan."

"It might require some self-denial," said Avie.

"You think the taste for this bread, for instance, would have to be acquired? Will you oblige me by trying what it is like?" He handed her a piece the size of a bean.

"Now, truly, is that very dreadful?"

"Why, it is sweet!" exclaimed Avie.

"Not so sweet as cake, but a little honey has been included in its composition. A taste for it can be easily acquired, and its nourishing, supporting qualities make it well worth the while. However, I will not inflict a lecture on chemical values upon you."

After tea Avie went to see the library. It was small but select. She looked at Humboldt's "Cosmos," Motley's "Dutch Republic," and "the Roman Poets," with longing eyes, but she would only consent to the loan of Mrs. Somerville's "Physical Geography," as being most useful to her for the present.

She had so little time, she said, and her bright face fell as the old conflict between longings and limitations came strongly to her mind.

"The Lord is My Shepherd; I shall not want," sang again a voice, so exceeding small and sweet, that it was as if last Sunday's text had come out of some hiding-place in her heart, and, like a little bird on a bough, was warbling the burden of it in her ear. How came this beautiful library to be so unexpectedly opened to her? Why had she just taken from the shelves a book that she had often thought of with desire? "But it is all accident," thought Avie. "Unless ye see signs and wonders ye will not believe," sang the little bird from some other hiding-place; so Avie concluded that the satisfaction of her wants must even now have begun, but still the old difficulty remained about the time, and always would remain.

"It is a pity you can't be Mr. Wilpraham's companion," said Mrs. Wilpraham, with a look of amusement; "you would take to your work more naturally than Mrs. Fritz Walters did."

"Oh! I broke her in. I educated that skittish young filly beyond the novel point," said Mr. Wilpraham; "but she will soon go back to the old level with Mr. Fritz for a companion and no one to look after her. I'll no more of lady-companions! They are sure to leave me if a young man comes into the competition. The idea was absurd, and it worked—for a few months."

"Was that young lady your companion?" asked Avie; "I thought she was Mrs. Wilpraham's cousin or niece, and that she was here to bear her company."

"That was because they always walked out together."

"I must tell you how it was," said Mrs. Wilpraham. "When the peculiarity of Mr. Wilpraham's sight caused such severe restrictions to be laid on his reading, he found himself very badly off with only me for a reader, because I have a very weak throat. After thinking the matter over I advertised for a com-

panion, a young lady of agreeable manners, who would be like a daughter in the house and who would not dislike reading aloud. I had many applications in writing, but Miss Vipond answered the advertisement in person. Her mother came with her to see that her darling did not place herself with people who were not fit guardians of her youth and innocence. But I cannot tell you the girl's astonishment when she found she was to be Mr. Wilpraham's companion, not mine; that she would have occasionally to act as amanuensis for him, learn to cook his favourite dishes, and read to him every afternoon. However, she seemed to look on the programme as fine fun, and her mother congratulated her on having no heavier duties to perform. Young folks are soon taken with novelties, so Miss Vipond ingratiated herself with Mr. Wilpraham by going into ecstasies over the bungalow. Certainly we might have gone further and fared worse, for while she stayed she was a constant source of amusement to him."

"And what did she make of the reading? Did she get interested in it, or go through it as a duty?"

"She learned to take up her cross," said Mrs. Wilpraham, with an odd twinkle in her eye, "but Mr. Wilpraham really flattered himself that he was forming her mind."

"Forming her mind for Mr. Fritz Walters," said Avie, with a merry laugh.

"Yes: it was greatly worth his while. The little minx learned to knit her brows, and put on an air of most profound attention, to all the explanation of the text that Mr. Wilpraham gave her; but she was listening for Fritz's pony, and building castles of her own far away from this bungalow."

"The first book Mr. Wilpraham put into her hands was 'Plato's Republic.' She read a few pages; her voice grew very flat; then she said, with an air of impatience—'This is, without exception, the most stupid book I ever read in all my life.' 'Indeed!' said Mr. Wilpraham. 'Pray what was the last book you read before coming here?' 'Lady Audley's Secret,' said she. 'And the one before that?' he inquired. 'Good-bye, Sweetheart.' 'I am afraid you must find my books stupid,' he said. 'Unfortunately I cannot offer to consult your taste in choosing them.' She recollected herself immediately, for she had only spoken out of her simplicity, and, being so young and inexperienced, he treated her like what she really was—a spoiled child. Mr. Wilpraham told her that, by being patient and attentive, she would find the love of good books grow. They would strengthen and polish her understanding, so that she would be a much finer young woman after twelve months of such culture than she had been in the beginning. She told him she hoped it would be so; she knew there was much room for improvement. After that she kept any weariness she might feel out of his sight, as in duty bound; but I fancy he is mistaken if he thinks that she profited much."

"Oh, how I wish I could have had her chances!" said Avie.

(To be continued.)

WHEN GOING TO MARKET.

By MARY POCOCK.

AT THE GREENGROCER'S AND THE BAKER'S.—THEIR WEIGHTS AND MEASURES, AND WHAT TO BUY.

IN purchasing at the greengrocer's one of the first things to be considered is appropriateness; the vegetables should not be ordered until after the principal dishes are decided on, for an otherwise good dinner may be spoilt by

unsuitable vegetables; for instance, though I should like cabbage with roast beef, I should think it strangely out of place with spring chickens; and though stewed celery is good with turkey, I do not fancy it would go with roast pork. It is the same with the dessert; it should be in keeping with the dinner, though

I do not see any objection to a simple dessert after a rather *recherché* dinner. I think it a mistake to have the dinner plain and the dessert *recherché*: it looks as if the lady of the house had not taken any trouble or given any thought to it, as dessert is merely a question of money.

After the question of appropriateness is that of price, as nothing varies more from week to week, and even from day to day, than the price of vegetables and fruit, and there is in general no reason for buying things on the days they are scarce and high-priced, unless wanted for special occasions. This variation in price is one of the reasons for going to the greengrocer's, for if one chooses one's time it is easy to have everything that is in season, without being extravagant.

Variety is not studied enough in most families. It is not uncommon in English households, particularly in winter, to see about three vegetables served in turn, day after day, when a variety might be given, especially if other ways of cooking besides plain boiling were resorted to. We are not as a nation great vegetable eaters, but many people who do not care for sweet dishes like a vegetable course. A list of the vegetables that are to be had from September to March may help some young housekeepers to vary their orders. For fresh vegetables we have Brussels sprouts, spinach, turnip-tops, mangel-wurzel-tops, Scotch or curled kale, white and purple broccoli, savoys, cabbages, what are called bunch greens, cauliflowers, tomatoes, celery, *barbe de Capucin* or blanched chicory, sea kale, endives, and sorrel; then the root vegetables—Jerusalem artichokes, salsify, celeriac, or celery root, English and Portugal onions, parsnips, turnips, carrots, and leeks. Of course, besides these vegetables there are the forced lettuces and other things. I need scarcely say that all these are not to be had during the whole of the winter months, as, for instance, tomatoes, which only last the autumn; and when there is a long frost or deep snow all vegetables are scarce.

Lettuce, endive, or sorrel may be ordered for dressing as vegetable. Celeriac, or celery root, is only used cooked; it may be dressed in various ways; it is nice served like Jerusalem artichokes, or after being boiled it makes a good salad; it is much eaten in Germany in that way. Celeriac and salsify are not very generally known; they are both exceedingly good. Carrots, turnips, beetroots, parsnips, celery, and leeks would all be more eaten as vegetables if greater attention were given to modes of dressing them. In purchasing green vegetables notice that they are fresh-looking and crisp; cabbages and savoys should be hard and firm in the middle; young spring cabbages, before the centres are white, are very good; cauliflowers should be white and evenly grown; turnip-tops and celery are best after there have been a few frosts; Brussels sprouts should be close and firm.

I prefer to purchase the dirty carrots that come to market in sacks, and are sold by the pound, to buying those that are washed and tied in bunches. If you buy uncooked beetroots, take care that they have not had the ends broken off or the surface damaged, for if they have they will not be a good colour when boiled. With regard to summer vegetables, they are so numerous that it is not necessary to give a list to facilitate the ordering of a variety, but I would recommend the small round carrots, generally called French carrots, for stewing; they come in before peas, and when one is getting tired of winter vegetables.

Never buy any but young peas, with well-filled pods, for boiling; older ones may be used for stews and soups. When peas first come in they are frequently sold by the pound, afterwards by the peck. One cannot say how many to order for a dish without seeing what they are likely to yield; sometimes three pounds of peas will not yield more than one pound of another kind will. Some shops sell them by the pint, ready shelled. It is customary when peas are bought for the greengrocer to give mint to cook with them.

The narrow beans, of which the flower has

been white, are known as French beans; the beans of scarlet runners are called scarlet beans. Long radishes cooked and served like asparagus are liked by some people. The very small asparagus that is sold to put in soups and entrées is called sprue. For table, some prefer the large white-stalked asparagus, much of which comes from abroad; I think the green stalked is infinitely superior.

Choose well-grown, straight cucumbers; when fresh they are firm, and break easily; when old they get yellow; when stale they will bend. The small ill-shaped field cucumbers are sometimes nice for stewing, being much cheaper than the frame cucumbers.

New potatoes should only be bought in very small quantities, as the fresher they are when cooked the better. I once heard someone say that to get a Jersey new potato in perfection it must be dug up, put directly into the saucepan, boiled forthwith, and eaten as soon as done. The first new potatoes we get in the market are not English. One can easily tell the English potatoes when they come in; they look fresher, moister, and usually muddier. Old potatoes are cheapest bought by the bag or the bushel, according to the size of the family; they keep very well if protected from frost; but if you want to have potatoes in to last more than a fortnight it is best to mention it to the greengrocer when ordering, and he will tell you which of those he has in stock will keep best. It is a good plan one day of the week (Saturday is the best in London, that being market day) to buy a stock of potatoes, carrots, turnips, beetroots, apples, and similar things that keep well, to last the week. I never think a Saturday order complete without lemons and parsley. I find that it answers best to buy sage, mint, and sweet herbs ready prepared in bottles, for when they are bought green they are half dead, and the earth is so dry on them that it is almost impossible to free them from grit; but those who like to prepare them themselves should mix together one ounce of lemon thyme, one ounce of common thyme, one ounce of winter savory, and one ounce of sweet marjoram; they should be dried and run through a sieve before they are weighed, then put in a bottle and well corked. Basil should also be kept dried.

Chervil and tarragon are useful herbs, to be used sparingly; they are best fresh, but as they are not always to be had, it is well to have some dried, or the fresh leaves may be kept in either vinegar or sherry. A few drops of tarragon vinegar are much esteemed in salad by many people.

Shallot and garlic store well, so should always be kept in the house. Chives are of the garlic tribe, but have no bulb; they are far superior to young onions. With regard to salads, again we have not as much variety as we might have. French or cabbage lettuces are to be bought all the year round; upright or cos lettuces we get in spring and summer.

Batavias are a species of endive, with straight leaves and less bitter flavour than the curled endives; they make good salads.

When buying cabbage lettuces, endives, or batavias, always choose the closed ones with firm hearts, not those that have been spread out for show. *Barbe de Capucin* makes an excellent winter salad, either alone or with other things. Corn salad, also called marsh salad and lambs lettuce, is to be had in the summer and until late in the autumn; land cress, water cress, mustard and cress, are also all available for salad.

The first fruit we get in the year is the forced rhubarb; it is such a pretty delicate colour that one easily knows it from the rhubarb that is grown without being covered. This latter is none the worse—indeed, I think it is better for being a little stale and dry before it is cooked. Gooseberries should never be bought for cooking when they are getting ripe, as they are

then so very sour when cooked, whereas, when they first come in and are quite hard they do not require a great deal of sugar. Unripe gooseberries are the right ones for green gooseberry jam, but for the red gooseberry jam they should be very ripe.

Kentish cherries, in appearance semi-transparent and bright red, are the best for cooking (for tarts and jam). Morellas are used for cherry brandy; they are also very nice for cooking, but are generally rather scarce, and consequently dear. Neither Kentish nor Morella cherries are ever used for dessert.

Scarlets are the very best strawberries for preserving, especially for making "whole strawberry" jam, as they do not break easily; they are not expensive, but generally have to be ordered specially from the greengrocer, as they are not often to be seen in shops.

The varieties of apples are too numerous to mention here, for we have not only English apples to deal with, so many apples are imported, and some years we get quite different sorts to those we get others. Some kinds are good both for eating and cooking, but as a rule this is not so; good apples are always heavy. For cooking it is always best to buy large apples; there is so much less waste in them that, though higher priced, they are cheaper to use.

With regard to the time to purchase fruit for preserving, one must be guided by the season and buy when it is plentiful, and after one or two dry days, for if fruit is picked wet the preserve is troublesome to keep.

It is a good plan to keep apples and stewing pears in the house. Pears and melons are often bought before they are ripe. Any kind of fruit—oranges, lemons, pears, melons, etc.—bought for keeping should be turned every day; the reason for this is that the juice in the fruit gravitates, and if not turned the part on which it rests rots from the extra moisture in it. Dessert fruit is easily chosen according to one's taste. Good fruit in England is an expensive item, but a little practice will soon teach the housekeeper the value of the different kinds, and to know English grapes and pine-apples etc., from foreign ones. Most of the foreign apricots, peaches, etc., are packed in boxes.

At the baker's we have not much to do. I find it best to have flour in fourteen pound bags, if the family is large enough. It is best to keep two kinds: best whites for pastry, light batters, sponge or other light cakes, etc., and household flour for suet puddings, bread (if required), and ordinary purposes. Where only one kind is kept it is better to have whites, as household will not make very light pastry, nor will it do for light fancy bread.

The law now requires that what is known as a quartern loaf shall weigh 4 lbs., and a half-quartern must weigh 2 lbs., no matter whether it is a cottage or a household loaf. Five kinds of loaves are generally sold by bakers: households—plain square loaves with crust top and bottom; cottage—round loaves made in two pieces; bricks—long loaves made in two pieces like cottage; coburgs—loaves made all in one, looking as if the four corners were turned up; and tin, which are loaves baked in tins. Penny and twopenny loaves are always extravagant, as they are not sold by weight, but as fancy bread. At the time I am writing a 2 lb. loaf is threepence. I have just weighed a twopenny cottage loaf; it weighs fifteen ounces—less than half the weight of a threepenny loaf. Vienna and other fancy loaves are not sold as half-quarterns, or rather as 2 lb. loaves; they require finer flour to make them good, so are in consequence a little dearer.

Excepting drugs, which are sold by apothecaries' weight, we buy almost everything by avoirdupois weight; but there are besides special weights for various articles which should be known to the housekeeper. The chief of these are as follows:—

A quatern or half gallon of flour ..	3½ lbs.
A quatern or half gallon loaf ..	4 "
A gallon of flour ..	7 "
A peck or stone of flour ..	14 "
A bushel of flour ..	56 "
Barrel of American flour ..	196 "
Sack of flour (five bushels) ..	280 "
A bushel of wheat ..	60 "
A bushel of peas ..	64 "
A bushel of barley ..	47 "
A bushel of oats ..	40 "
A peck of salt is ..	14 "
A bushel of salt ..	56 "
Bushel of rock salt ..	65 "
A stone of butcher's meat ..	8 "
A stone (horseman's weight) ..	14 "
Firkin of butter ..	56 "
Firkin of butter, Irish weight, about ..	70 "
Barrel of butter (four firkins) ..	224 "
A firkin of soap ..	64 "
Barrel of raisins ..	112 "
A bushel of potatoes ..	56 "
A bag of potatoes (two bushels) ..	112 "
A sack of potatoes (three bushels) ..	168 "
Apples and coke are also sold three bushels to the sack.	
A sack of coals is ..	224 "

I cannot conclude these papers on marketing without a few general remarks on the subject. If you go to the shops, instead of ordering at the door, you naturally expect to have some advantage, and there is most certainly something to gain by going; but much depends on regularity and on being sufficiently early. In the suburbs of London, and most places where there is no market to go to, it does not do to shop too early, for the shopkeepers have not returned from market, or if

they have come back their fresh goods are not unpacked; choose the hour when you find by experience that your tradesmen are ready to attend to their customers. In my vicinity they are ready by half-past ten, and I do my shopping as near that time as possible; the shops are not crowded then, so I get well attended to, have the first choice, and everything is sent home in good time, whereas if I went, as many people do, two hours later, it would take me double the time, I should have to buy what I could—that is to say, what was left by earlier customers—and should hear in the course of the day that so-and-so had not sent, and something was required for use at once. Such are the petty worries of housekeeping that we should all do our best to avoid.

A rule without exception is, when marketing, ask the price of everything you purchase. It is much better to pay cash for everything (bread and milk only excepted). If you cannot reckon quickly in your head, carry a note-book, make out a list in it of what you are going to order, put the price of each article down as you buy it, and add up when you pay, for it is not now customary in shops where they do large cash businesses to give bills, unless specially demanded; it saves time to reckon on the articles and take the money, but it is quite necessary for the purchaser to be able to check the reckoning.

If you do not invariably pay cash, you must take receipted bills when you do pay for anything, or mistakes may occur. Treat private dealers as you are obliged to treat Army and Navy or Civil Service Stores, and they will be able to serve you better than if you order thoughtlessly; that is to say, that if you go

to the shop and order of *your* oilman or grocer what you will require for a week on one day, and pay cash, it will certainly pay him better than if he has to send five or six times to deliver as many shillingworth of goods. I was this morning in a baker's shop, when a lady came in and ordered sixpennyworth of sponge cakes. She asked if she could not have eight for sixpence, as that was what she got at the stores, then requested they might be sent immediately. Of course all the baker's men were out on their rounds. I could not help thinking of the unreasonableness of this, considering the smallness of the order. I think, perhaps, we all fail a little in consideration and thoughtfulness for others when we are shopping, and this recoils on ourselves, as we cannot be as well served in consequence. I hope that some young housekeepers who at present order may be encouraged to go to market and take an active interest in their housekeeping. Experience has taught me that a house goes on more comfortably where this is done, either by the mistress or a professed housekeeper. I am aware of the difficulties that attend the housekeeper, who is also the mother of a young family, and how the morning hours fly; but system and regularity accomplish wonders.

I consider that judicious marketing saves money for the purchaser and does not injure the tradesmen, who can make no bad debts with cash customers; and now that so many people are complaining of bad times, economy is often necessary. I hope many readers of THE GIRL'S OWN PAPER can say with Swift, "I have no other notion of economy than that it is the parent of liberty and ease."

RESTITUTION;

OR,

MISER AND SPENDTHRIFT.

By ANNE BEALE.

CHAPTER XXII.

FAN IN TROUBLE.



"**M**UST speak to you, Miss Janet. No one will see us here," greeted Janet, when she reached the side gate leading to the park, through which she had always been in the habit of escaping to Hoplands.

It was Fan, who was crouching within the shadow of the park wall, concealed by trees and bracken. Janet paused. She had been walking so rapidly that she was out of breath, and was not sorry to be arrested by Fan.

"He is not coming! Did you leave him at home?" began Fan.

"Yes, if you mean Mr. Tom," replied Janet.

"He is a snake in the grass. Don't trust him, Miss Janet. You used to love him just as I loved Jack; but, oh! they are as different as—Mr. Aspenel and Sir. I can't live with him any

longer; indeed I can't. He hates me and twits me for my gipsy origin, and tries to run down the gipsies. Ha! ha! Sir and Mr. Gerard and I circumvented him and Mr. Aspenel, and they stopped on the common as long as they liked. Sir paid the children's schooling, and I gave them lollipops by the sly. They were just as nice children as the villagers, and sharper. I taught them on Sundays, and Miss Aspenel took my class. Mr. Gerard went to see them, and preached, so that some of them became Christians; indeed they did. Tom scoffs, and even Sir laughs, but it's quite true. Mrs. Lee, the old Tigress, has bought a basket of cottons and tape and needles and all sorts of things, and goes about selling them. She says, 'Nothing's too hard for the Lord,' and nothing is, Miss Janet, except Mr. Tom. Don't believe anything he says, and don't let Miss Aspenel believe him. Hush! I hope the dogs haven't got loose."

Fan paused to peep round the wall, but no one was near. Janet begged her to make haste.

"I can't, Miss Janet, for so much depends on you and Miss Aspenel being on your guard. He is what Miss Vigors calls diplomatic. Poor Miss Vigors! she has worked very hard with me, to

no purpose: but Miss Aspenel is 'a credit to her,' as she says." Fan laughed. "Miss Aspenel is an angel, but you are more like me. I mean, you are not as bad as me, of course, but you are not quite perfect, are you?"

"My dear Fan, I am not nearly as good as you, for you love your foster-father better than I do my real one, and teach in the Sunday-school, and —"

"Miss Janet, I am very bad indeed, but I love Sir and Jack as dearly as my life."

Here Fan broke out into a sort of sobbing wail which terrified Janet.

"Oh, Miss Janet, I can't help it, and Tom is sure to be somewhere listening," said Fan, making an effort to calm herself. "Tell Sir how dearly I love him and Jack, and don't be offended with him because he spoke out just now. He is very fond of you. He loves you next to me, but—I think—he loves me best."

Here the sobs broke out again, and Fan could not control them. Janet tried to soothe her, argued with her that Tom did not mean to be unkind, assured her that she was her friend, and that Edith was also fond of her, and that Mrs. Clarville and Gerard and all the ladies cared for her.

"As to the poor and the gipsies, they adore you, Fan," she wound up with.