

THE CHEF.

By MARY POCOCK.

HOW A FRENCH COOK MAKES SOUPS.



SOUPS are an important item in a French household, for a dinner is rarely served without, though often the stewpan serves to cook the three courses (soup, meat, and vegetables) which compose the meal. Some of these

soups may with advantage be used in English houses; they are, as a rule, lighter, simpler, and more economical than our soups, and are not much trouble to prepare.

I assume that everyone knows that vegetables must be properly washed or otherwise prepared before being used for soups, so have not given these directions in the following recipes. When vegetables are cooked in butter first, it is best to let the butter melt in the stewpan, and to put the onions and leeks in before the other vegetables.

By passing vegetables through a sieve, is meant turning a hair sieve upside down, putting the vegetables on it, and working them through with the back of a wooden spoon, moistening with the stock or water from time to time to get them through. Vegetables or grains so passed are called a *purée* of—.

Bouillon gras (ordinary stock or broth).—Take four pounds of beef—a piece of the neck or shoulder will do, but if the meat is to be served as in France, the better pieces of beef are preferable; a piece of rump, tops of ribs, the chuck rib, or a piece of the top of the round are all good. Of course, a little more in weight must be allowed if there is bone with the meat, and it must be as fresh as possible—meat cannot be too fresh for stock; add a small piece of liver (about two ounces), no veal, some bones pounded for boiling; put in an earthenware stewpan that has been used before (a new one gives a disagreeable flavour to the broth) if you have one, if not in an ordinary stockpot or saucepan, add five or six pints of cold water, let it come to a boil, skim it, add some salt and a little cold water to make the scum rise; skim well, then add an onion stuck with four cloves, a clove of garlic, half a burnt onion, three carrots, half a parsnip, two leeks, two turnips, a small head of celery, a bay leaf, a few whole peppers, and a lump of sugar. These will make a little more scum rise, which must be at once removed; then cover the pot close (if an earthenware one it is best to put a weight on the lid to keep it down), put the saucepan back on the stove, where it will continue to boil slowly, but take care that it does boil, for broth is never good if it boils and then stops; it should boil four or five hours. Take the fat off, put it aside for frying or dressing vegetables with. Place the beef on a layer of parsley, or surround it with onions lightly fried, or with vegetables cooked separately and cut; strain the broth through a hair sieve; if well made it will be clear and of a pale gold colour; it is either eaten as it is, or used as the base of other soups.

NOTE.—For good stock the meat and vegetables must be of good quality, and fresh; the stewpan or stockpot must be kept close shut, and the contents must boil without in-

termission. By adding the giblets of a turkey to the above ingredients an excellent soup is obtained. Burnt sugar is used for colouring, if burnt onion is not to be had.

Consommé is a much stronger stock; it is made in the same way, with the addition of some ham and a fowl or veal, perhaps a partridge; it is stewed six or seven hours to reduce it.

Soupe au naturel is the broth poured over crusts dried on the stove or over slices of bread.

Soupe à l'oseille (sorrel soup).—Put an ounce of butter or a little fat from the top of the stock into a stewpan, throw in a large handful of chopped sorrel, a little chervil chopped separately very finely, and five or six chopped lettuce leaves; cover and let the sorrel soften; stir now and then; when well cooked add about one pint and a half of water or stock, or half milk and half water, salt to taste, and simmer for a quarter of an hour. When stock is used no thickening is needed, but if made with water the soup must be thickened with the yolks of one or two eggs; after the eggs are added the soup must not boil. Put some peppered slices of bread in the tureen, pour the soup over, and serve.

Soupe d'Été à l'oseille (summer soup with sorrel).—Take a handful of sorrel and a lettuce, cut them up, put them in a stewpan that you have rinsed with cold water, but do not add either water or butter; they contain sufficient moisture to cook themselves; put the stewpan over a slow fire, and stir occasionally until the contents are quite soft. In another stewpan put a pint of green peas, a good teaspoonful of chopped parsley, and a small chopped onion, some salt, and two ounces of butter; put over the fire, put on the lid, shake the whole now and then to prevent the vegetables colouring, cook for about fifteen minutes, then if the sorrel is soft, add it to the peas, etc., stir, and add about a quart of stock, milk, or water, put a few pieces of bread and a little pepper in the tureen, and pour the soup over it. If liked, the vegetables may be passed through a fine sieve.

Soupe à l'oignon (onion soup).—Skin three large or six small onions, cut them in halves and make many horizontal and perpendicular cuts across them, so as to result in a number of little square pieces, which throw into a stewpan with two ounces of butter; put over the fire, turn about with a wooden spoon, put the lid on the stewpan, and leave over a slow fire until the onions begin to colour; then sift in a tablespoonful of flour, stir for two minutes, and add slowly one quart of boiling water or milk, and some salt; let it boil, draw to the side of the stove, and simmer for half an hour; add a little pepper. Cut some thin pieces of bread; and dry them on the stove while the soup is cooking; put them in the tureen with a little bit of butter on each, dish up the soup, and cover it quickly.

Soupe à l'oignon au fromage (onion soup with cheese).—Make the soup in the same way, cut some Gruyère cheese in small dice, put it amongst the bread in the tureen, with a little more pepper; add if you like a tablespoonful of Parmesan, and do not forget the butter; turn the soup out, let it stand a minute before serving, and stir to make the cheese rise.

Potage au lait (milk soup).—Boil one pint and a half of milk with a bay leaf, a little salt, and a lump of sugar. Fry some small squares of bread in butter, drain them, and place them in the tureen; beat the yolks of two eggs, stir a little cold milk into them, take the bay leaf out of the milk, stir the eggs in,

let the soup thicken a little, but do not let it boil; pour on the fried bread, and serve. The milk is sometimes flavoured with orange flower water or cinnamon instead of bay leaf.

Soupe au lapin (rabbit soup).—Wash and drain a cabbage, put a stewpan on the fire with three pints of water, a bunch of thyme, two bay leaves, a clove of garlic, two small onions, some parsley, two carrots, two turnips, half a small head of celery, pepper, salt, an onion stuck with four cloves, about half a pound of bacon, and the cabbage; tie the rabbit round, and put it in on the vegetables at the same time if it is old. If young stew the vegetables an hour and a half, and then put the rabbit in to stew half an hour before serving. When done, serve the rabbit on a dish with the cabbage round and the bacon cut in pieces. Serve the other vegetables separately, and strain the broth on to some slices of bread placed in the tureen.

Soupe au gigot (leg of mutton soup).—Take a leg of mutton weighing five or six pounds, beat it with a steak beater or the flat of a chopper. When it is quite soft open the muscles of the thick end with the fingers, and stuff in some pepper and salt; make some holes in the knuckle, and put in some butter and a clove of garlic cut in small pieces; tie all up tightly, bend the knuckle to make the joint as short as possible; take a saucepan deep enough to let the leg of mutton stand nearly on end, the thick part at the bottom; put in a slice of ham, a bunch of herbs, three carrots, half a parsnip, two leeks, one onion stuck with cloves, salt, pepper, and sufficient hot water to cook the meat in. Let it boil fast until the vegetables are tender, then put the mutton in, cover the saucepan, and let it simmer gently a quarter of an hour for each pound of meat; when done skim off the fat. Strain the soup on to slices of bread; serve very hot. Untie the mutton, and serve after the soup.

Potage au gibier (game soup).—Put in a stewpan a rabbit, an old pheasant, or some old partridges, and a fowl that is too old for eating; add a slice of ham, two carrots, two onions, clove and garlic, four cloves, bunch of sweet herbs and parsley, pepper and salt, and two or three pints of water, according to the quantity of game. Boil four or five hours; take out some of the best of the meat, chop and pound it, then pass it through a sieve; strain the soup to the pounded meat, make it hot again, and serve with fried bread.

Soupe aux choux (cabbage soup).—Put in a stewpan two pounds of beef (or preferably chuck) steak, one pennyworth of liver, half a pound of ox-tail, and a quart of water; boil gently and skim well; then throw in an onion stuck with cloves, two cloves of garlic, celery, six young carrots, two leeks, two turnips, half a parsnip, a sprig of chervil, and some salt; let it stew an hour; then have a round cabbage cut in quarters, and half a pound of fat bacon cut small, put into the soup, and stew another hour; skim the fat from the top, pour the broth on some peppered slices of bread, and serve. Drain the cabbage, add pepper and salt to it, put on a dish and serve. Place the meat on another dish, and send to table with carrots and turnips round it. In France the soup, cabbage, and steak would be served as three courses.

Soupe aux choux à la Henri Quatre (another cabbage soup).—Put a stewpan on the fire with an onion stuck with cloves, three or four carrots, two turnips, two leeks, some chervil, and when in season some cos lettuce leaves tied in a bunch, and a pound of good

bacon; add about one quart of water, and boil three-quarters of an hour. Take one or two good cabbages, according to size, cut them in quarters, blanch them by throwing them into a saucepan of boiling water with a little salt, and leaving them on the stove until the leaves bend in the fingers; then take them out, drain them in a sieve, put them into the soup, and cook till thoroughly done. Fry some slices of bread, and put in a soup tureen; pepper them, and put in some little bits of butter; strain all the broth out over the bread. Heap the cabbage on a dish, put the bacon on the top of it, with the carrots and turnips round, serve after the soup.

Soupe aux poireaux (leeks).—Cut up half a dozen leeks, fry them in butter in a stewpan until they are a good colour, add a quart of water or broth, some salt and pepper, and a little piece of cinnamon; boil half an hour, and then pour (on to fried bread) into the soup tureen. If made with water a little piece of butter is put in the tureen; if made with stock the leeks can be fried in skimmings instead of butter.

Soupe aux poireaux et pommes de terre.—Fry a light colour in butter the white part of three leeks chopped small, add a pinch of white sugar and of salt; when done add a quart of water; as soon as it boils put it on one side for twenty minutes, then add one pound of raw potatoes peeled and cut in slices; stir the soup occasionally with a wooden spoon; when the potatoes are cooked to a mash finish the soup with a pinch of pepper and salt to taste.

Crouûte au pot.—Place at the bottom of a stewpan some pieces of crust of bread well cooked on the stove, and throw on them just enough stock to moisten them; leave them on a slow fire till they stick to the pan a little, then moisten them again; cook them a minute or two longer, and serve hot. Eat with a little broth over them.

Soupe purée à la Crécy.—Cut one pound of carrots (young ones are best) in thin slices, put them in a stewpan with a lump of butter, an onion, and piece of celery cut small, a little salt and sugar; cook slowly, but do not let them get brown; when light gold colour add two large mealy potatoes and a little broth; when the vegetables are soft enough to crush easily rub them through a sieve with a wooden spoon, and put them back in a clean stewpan, with sufficient broth to make the soup a proper consistency. It will take about a quart of broth, including what is boiled with the vegetables. Boiled rice or fried bread is served with this soup.

Soupe à la purée de navets (turnips).—Slice one pound and a half of turnips, put them in a stewpan with an ounce of butter, turn them about, add some salt and a table-spoonful of flour, add sufficient hot water, stock, or milk and water (about three pints), stirring it in slowly; when the turnips are done rub them through a sieve, put back in a clean stewpan, season with pepper and salt and a little sugar, and if made with water or milk and water, a little cream or good butter may be added, but either should be put in the tureen and the soup stirred into it, not in the stewpan.

Soupe à la purée de carottes.—Proceed in the same way as for turnip soup.

Soupe purée de potiron (pumpkin soup).—Take one pound and a half of pumpkin without rind, cut it small, and proceed as for Crécy soup, or else proceed as for turnip—soup it is made either way; it should be moderately thick.

Potage à la julienne.—Cut very finely with a knife, if you have not a julienne cutter, four young carrots, two turnips, two stalks of celery, half a parsnip, one leek, one onion, one cabbage leaf, the heart of a small lettuce; add a handful of young peas, some asparagus tops, and a few very small sprigs of cauliflower. Put one

ounce of butter in a stewpan, throw in the leeks and onions, turn them about for a few minutes over a moderate fire, add the rest of the root vegetables, with a little sugar and salt; cook a few minutes, then pour in one quart of hot stock; as soon as it boils up add the rest of the vegetables; cook until they are done (about twenty minutes); break into little pieces a few leaves of chervil, put them in the tureen, skim the soup, and serve. Julienne is made with any vegetables; of course, peas and asparagus have often to be left out.

Soupe julienne aux œufs pochés.—Prepare the soup as above, poach as many eggs as there are people to eat them, keep them in cold water until the moment of serving, then put them in a deep dish, pour hot stock over them and send them to table with the soup.

Soupe julienne bourgeoise.—Prepare as for julienne, but only put half a pint of water or stock to the cut vegetables. Take the remains of the roots and vegetables, put them in a stewpan, with five or six raw potatoes, peeled, add one quart of water or stock, and a little salt; when well cooked pass through a sieve; add to the julienne, put in a pinch of sugar and two or three chopped sorrel leaves, boil up, and serve.

Soupe printanière.—Cut some little balls or rounds of young carrots and young turnips, throw them into boiling water for ten minutes, then cook them in a little fresh water with a lump of sugar. Take some green peas, some French beans cut in diamonds, asparagus points, a lettuce leaf shred, and some very small sprigs of cauliflower; put these in a quart of hot broth, boil twenty minutes, add the carrots and turnips, with a small lump of sugar, boil up, and serve.

Soupe brunoise.—Cut into dice two carrots, two turnips, some pieces of celery; boil them ten minutes in salt and water; drain them, then cut up an onion and a leek, which cook in a little butter without letting them take colour; then add the other vegetables and a little sugar; as soon as the vegetables are dry put a few spoonfuls of broth to them; let this also dry up, then add a quart of clear hot broth, boil up, then put on one side to simmer for three-quarters of an hour, add a teacupful of boiled rice, and serve.

Tomato soup.—Put two ounces of butter in a stewpan, throw in an onion cut in slices, cook five minutes; then add some parsley, a laurel leaf, one pound and a half of tomatoes, three cloves, a very little nutmeg, pepper, salt, and a little sugar; when the tomatoes are done pass them through a sieve. Boil two table-spoonfuls of whole rice in some white stock or water with a lump of butter in it; when the rice is done add the purée, and more broth or water if too thick. Ground rice may be used instead of whole. Serve the soup with fried bread.

Soupe purée de tomates, au vermicelle.—Take three ounces of butter and the same of flour, cook together in a saucepan without letting it brown, moisten it gradually with sufficient broth or water to make it a moderate consistency, put on one side, and cook half an hour. Cook without colouring a large sliced onion in a little butter, add ten tomatoes, a little parsley, a bay leaf, salt and pepper; cook until the tomatoes are done, rub through a sieve, and add this purée to the soup; boil five minutes. Boil some vermicelli in salt and water, drain it, put it in the soup tureen, and pour the soup over it.

Soupe à la crème d'orge (barley soup).—Melt an ounce of butter in a stewpan, add a dessertspoonful of flour, cook two minutes; add a quarter of a pound of pearl barley, then in two minutes put in one pint and a half of hot water, boil up, and draw aside to simmer; add more water to the barley, if needed, to cook it; when quite done pass through a sieve, add sufficient veal stock or water to

the purée to make it thin enough, season with salt and sugar, boil up, and thicken with the yolks of two eggs, a little cream and butter. Cook the thickening without letting it boil, and serve immediately. A very little nutmeg is sometimes added.

Soupe purée de pois sec (peasoup).—Take a thick slice of pickled pork, cooked or uncooked, two quarts of water, and one onion; boil half an hour; add three-quarters of a pint of split peas, boil two hours, or until the peas will mash (sometimes they take much longer); pass them through a sieve, put the purée and liquor back in the stewpan, mince the pork, and put in the soup, and serve. For *purée de lentilles* and *purée de haricots* proceed in the same way.

Soupe purée de pois secs aux épinards (dried peas and spinach).—Proceed as above, but do not put the minced pork in the soup; chop two or three handfuls of spinach finely, press out the moisture, put it into a stewpan with a small piece of butter, stir it until it is nearly dry, then mix with the soup; boil ten minutes, and serve.

Soupe purée de pois verts.—Take some fresh green peas (about one quart) and a large handful of spinach; chop the latter very small, and throw it with the peas into some boiling water with a little salt; boil fast with the lid off the saucepan; when done, strain off the water, and rub the peas and spinach through a sieve, moistening with white veal stock, with milk, or with the water they were boiled in, until the soup is the required consistency; put on the fire for twenty minutes before serving, stir in a little sugar, salt if required, and a lump of butter. Serve with fried bread; never add any colouring.

Soupe au poisson (fish soup).—Take a carrot and an onion, cut them small, add a bunch of herbs and a suspicion of garlic, put on the fire in a stewpan with a little butter, stir, moisten by degrees with hot water or broth, according to the quantity of fish you have for your soup. Cut whiting, soles, dabs, or eels in pieces, put them into the stewpan with the vegetables, add pepper and salt, and stew half an hour. Put some fried bread in a tureen with a little piece of butter, strain the soup on to it, and serve very hot. Fish soup may be made very quickly by cutting some fish small, and cooking it in a stewpan with butter or oil, adding chopped parsley, bay leaf, fennel, and a little garlic, moistening with water, adding pepper and salt, and straining on to fried bread.

Soupe aux moules (mussel soup).—Chop an onion and the white part of a leek, put them in a stewpan with a little oil, turn them about over a slow fire, without letting them brown, add a quart of hot water. Drain the liquor from two dozen mussels, and add that, and boil; add a bunch of parsley tied up with a laurel leaf, a quarter of a pound of rice, a bit of saffron, a little pepper and salt, and three cloves. Cook the rice slowly; when it is soft take out the parsley and laurel leaf, add the mussels, and serve. This soup should be rather thick.

Bouillabaisse Provençale.—This is a soup composed of a great variety of fish cooked together (mackerel, sardines, and some other oily fish must be excluded). Take two perch, a tench, a carp, and a small eel, or if sea fish is to be used, whiting, flounders, brill, small turbot, plaice, or any similar fish, or small lobsters; some or all may be used, for it is supposed that the more varieties of fish used the better. Cut the fish in pieces, and salt slightly; chop an onion and the white part of a leek, put them in a stewpan with a little oil, a clove of garlic, and a bay leaf; cook until they are a gold colour; add a teaspoonful of flour, then add the fish and sufficient hot water to rather more than cover it; then one tomato chopped, or a little tomato purée, a little powdered saffron, and a little lemon-juice; boil very

quickly from twelve to fifteen minutes, when the fish should be done; taste to see if more salt is required, add some chopped parsley, give a boil up. Arrange the fish on a dish, in another deep dish lay some slices of bread, pour the broth on them, and serve at the same time as the fish. The excellence of this soup depends on the freshness of the fish. It is served at luncheon, not dinner.

Bisque aux écrevisses (crayfish soup).—Take about thirty crayfish, boil them with chopped

vegetables and salt, in sufficient water to cover them. Take off the tails and remove the shells from them; pound these tail shells with butter, until quite smooth. Pound the remainder of the fish, add four ounces of bread crumbs that have been soaked with broth, or three ounces of boiled rice; add the water in which the fish was cooked (without the vegetables), and a quart of fish or other white veal stock, more if the soup is too thick; add one or two tablespoonfuls of tomato purée, boil up, then draw back, and simmer twenty-five

minutes; rub through a sieve, season, add a little cayenne, the crayfish butter—that is, the pounded tail shells, and the tails cut in pieces.

One might prolong indefinitely the variety of soups, but as a French cook said, "In cooking, as in every art, one must leave the field open for the intelligent." And I think readers of THE GIRL'S OWN PAPER will be able to think of many things that can be used to vary these soups.

(To be continued.)

REMOVE THE CAUSE.

By MEDICUS.

LET me see now—we sailed upon a Thursday morning, bound for the distant Cape of Good Hope. Well, upon the Tuesday before I had been at work nearly all night; then on the Wednesday I had gone to dine with and say good-bye to friends in the country, and it was broad daylight on a spring morning, birds singing and cocks crowing, before I drove into the town of Cain. That all meant the loss of sleep for two nights. It is no wonder I felt tired, and went to snatch forty winks in my cabin, as soon as we were clear of the breakwater. Down I lay, and was soon as fast asleep as ever Rip Van Winkle was. Rat-tat-tat at my door.

"Doctor, you're wanted," said the steward.

"Who wants me?"

"The ladies, sir."

"Bother the la——! I mean, steward, give my compliments to the ladies, and say I'll be there in a brace of shakes."

I found six officers' wives in one cabin, and half a dozen in another, each one worse than her neighbour, and all resigned to die, because they were so sea-sick. I did all I could to cheer them up, I gave them everything I could think of, then retired to finish my nap.

Rat-tat-tat. "Doctor, you're wanted!"

"Repeat the doses," I murmured, and once more I dozed too.

Rat-tat-tat. "Doctor, you're wanted!"

"Steward, steward!" I cried, "give them anything they like to ask for, but for pity's sake leave me alone."

"Ah! that's just it!" replied the steward; "and it's you, sir, they ask for, and they won't do without you either."

Well, it was four o'clock next morning before I got back to my berth, and—would you believe it?—I had not turned in ten minutes when—

Rat-tat-tat. "Doctor, you're wanted!"

Then I lost my patience, and when one of my patients entreated me to cure her at any cost, I said—

"Dear lady, the only way to cure you would be to remove the cause."

"Oh, do it then, and do it quickly!"

"I would not do it even if I could, for the cause is the sea itself, and I dearly love it."

Now thousands, perhaps, of my girl readers, whose eyes are scanning these columns, may be ailing; still doing their work, still attending to their duties, but altogether half-heartedly. They may have been ill for many a day, but do not know what is the matter, nor how to get well. The cure is: remove the cause, and as this is not an impossibility, like mopping up the ocean, I am going to try to teach you how it is done.

To be sure I can only generalise, but in this sort of generalisation, anyone, who like myself has had considerable experience, may hit the nail on the head nine times out of ten.

I must premise or tell you, to begin with, that this is a working girl's paper, and so I have to deal with working girls' troubles.

One of the hardest things to bear about complaints that do not actually confine you to bed or to the house, lies in the fact that you receive neither pity nor sympathy for them.

A girl complains, probably to a friend, and the "friend" just takes one half careless glance at her face, and remarks, "Well, now that you mention it, Ada, you do look a little pale."

Ah! if she only knew how poor Ada is suffering, has suffered, and may have to suffer. Well, I feel for Ada if her friend does not, and feel for many a pale face I meet on the street, or see behind a counter.

If I were to be asked the two chief reasons for working girls, of any occupation or any rank, being sometimes quite a long time in a poor state of health, I should give them as (1) Injudicious food; and (2) Too much faith in physic. I will say a word about the latter first. You have a bottle of some tonic mixture there, or a box of tiny pills that some dispensary surgeon, who has too much to do to think much about you and your case, or some mere chemist and druggist, made up for you. Look at the contents of that bottle, thin and fluid; consider the size of those tiny pills. Now feel your own arm. This latter is soft enough, not to say flabby. You cannot touch it without the thought striking home to you that it wants building up—it wants to be harder, solider, firmer. Do you or can you expect to get solidity and firmness out of a bottle of fluid, or build up muscle and nerve from pills no bigger than peas?

Now, the most that either the mixture or pills can do for you is to correct little irregularities of the system, and so aid Nature in the blood-making process from the food; or the medicine may increase the appetite, and enable you to eat more; and it may, if it has been wisely prescribed, introduce into the blood the necessaries of life in which it is deficient, such as several salts with phosphorous and iron. But all this will not tend to the support of life, nor make you one whit hardier, unless you supply Nature with the real building materials for bone and brain and muscle; and this is only to be procured from food.

I say, then, that the cause of a thousand ills in our working-girl population is this want of strengthening food in sufficient quantity. Remove that cause, support and nourish Nature, and she will smile in return. Your troubles will all fly away one by one, and happiness, which without good health is an impossibility, will return.

The human body is just like an engine; the fires want feeding, for every act we perform and every thought we think uses up a certain proportion of solid material. To supply the loss we eat. If we do not eat, the body eats itself. Truly, I have seen a sheep dug from under the snow after being weeks buried alive. They had been plump and hard when the storm came; what were they when the

sun once more shone on them? why, living skeletons. Waste had gone on as usual, and the supply was taken from their own bodies.

Now, it would pain me to think I was misunderstood. I am not despising medicine. I am a very strict believer in the virtues of physic, and as auxiliaries in the treatment of debility and mal-nutrition, they, if well chosen, are invaluable, but they never did and never could take the place of food in the animal economy. The only medicine that comes any way near what is required for the nourishment of the body is cod-liver oil, and this is really more food than physic.

I will just mention a few of the troubles to which the work-a-day girl is liable to fall a prey, then suggest means whereby the cause may be removed so as to permit the wheel of life to run easily round once more, without a hitch, as sailors say. And I believe that the simple plan suggested, if firmly adhered to, would restore the vital energies of ninety per cent. of cases; the remaining ten per cent. would be those of girls who had some constitutional trouble, of, probably, a hereditary character, such as that curse of our English climate—consumption. Many girls have a distressing tendency to neuralgia, especially that form of it which goes by the name of faceache. Decayed teeth usually get the blame, and an attempt at removing the imagined cause is made by the dentist. Well, a bad tooth may produce faceache, but on the other hand the trouble, as often as not, proceeds from debility of the system, of which the decaying teeth are only a symptom. You may be surprised to know, but it is true nevertheless, that teeth want feeding as much as any other part of the body, and if the nerves and bloodvessels supplied to them be weakened, they speedily go to decay. Then you may go on pulling them out one by one, and the faceache will continue as before. Decay of teeth I may, however, state, parenthetically, is often hastened for the want of use of the tooth-brush, or from using tooth-powders that destroy the enamel. The safest tooth-powder is a little carbonate of soda (Howard's best).

Backache is a distressing complaint. With it there nearly always comes general debility and weakness of the whole system. The system ought to be kept open by some mild vegetable pill; but pray, dear girls, do not use the quack, much-advertised pills! The compound rhubarb pill of the pharmacopœia will do good in such case, or Wyatt's vegetable pill. A simple roborant plaster may be worn on the loins, and a flannel bandage round the waist and next the skin. This may be dusted with sulphur for those of mature years.

Sleeplessness, or bad rest, as it is called, is a wearying symptom. I feel, said a poor lassie to me one day, as if I need hardly have lain down; I am as tired in the morning as at night. Ventilation of bedrooms, sleeping with

deen, and occasionally to some other place where a building job was to be done. His uncle had gone long since to America, and his cottage was let to strangers, who were not very desirable acquaintances, as they were always dirty and untidy. The family then consisted of an oldish man and his two sons, all labouring men, who got their living by working in the fields or breaking stones on the road, or in any way they could, and spent, so people said, more than they could afford, or was good for them either, in drink. The old man was quiet enough himself, but the sons were noisy and apt to be quarrelsome; and sometimes when Kitty was walking and chanced to meet either of them, there was a rudeness in their manner

which made her always avoid them if possible. They never became friends with her husband in the true meaning of the word; the men were too different ever to fraternise very well; but if they met they had a chat about the subjects of local interest, and Jamie, who was well informed for a man of his position, would tell them what was going on in the world according to the newspapers, rather pleased at being able to impart knowledge, and be looked up to in a measure as a consequence. He also found that by degrees the two young men seemed to take a liking to him, and rather made opportunities for meeting him. By degrees, therefore, it came about that James Ferguson and the two Grants, Andrew and Sandy, were pretty often together if their work lay in the

same direction, which happened occasionally, though not often; or perhaps when Jamie had to go to Aberdeen, as he did most days, they would meet him on his return and walk to Deeside Cottage with him, being invited once in a way by Mrs. McGowan to come in and have a cup of tea—an invitation which was never seconded by Kitty, who disliked them cordially, and rather showed it by her manner. However, they had smartened themselves up a little since their first visit to the cottage, and were scrupulously civil, so that the old grandmother was not averse to their company now and then, and rather liked to see them at the tea-table.

(To be continued.)



WAITING FOR CHURCH.

By SARAH DOUDNEY.

LIGHTS and shadows, shifting—blending
On the level sward below,
Graceful branches, swaying, bending
O'er the river's quiet flow;
All the faint delicious murmur
Of the summer in the air,
And the church-bells chiming—calling
To the Father's house of prayer.

Drifting softly, floating slowly
Through the stir of leaves and flowers,
Comes that message clear and holy,
Speaking to this earth of ours;
Speaking to the little children
In the dawn of life's fair day,
Saying, "Seek Me, seek Me early,
In mine own appointed way.

"Seek Me while the dew remaineth
On the blossoms of the heart,
Ere the world's pollution staineth,
Or the virgin blooms depart:
Soon the freshness will be over,
Soon the petals fade and pale;
Come to Me—and I will bless thee
With a joy that cannot fail."

Father, show me how to praise Thee
When I seek Thy courts to-day;
Guide me by Thy love, and raise me—
Let me feel the words I say.
Bless me on this hallowed morning,
Bid my soul to Thee draw near;
Teach me, and my heart shall listen—
Speak, Lord, and Thy child shall hear.



THE CHEF.

By MARY POCOCK.

HOW A FRENCH COOK MAKES SAUCES AND GRAVIES.



NE cannot say of French sauces, as of many French soups, that they are very simple; they are very numerous, and most of them require very careful making. They are not necessarily extravagant if the cook manages well. For instance, in many recipes mushrooms are an important ingredient. For chopping, if properly washed, the skins and stalks are quite as good as the mushrooms themselves; also, if only used for flavouring, to be strained out before the sauce is served. These are what many French cooks use, reserving the mush-

rooms for dishes where they are required whole. Readers of THE GIRL'S OWN PAPER will find, if they compare the recipes of various French writers on cookery, that sauces with the same name are very differently made. I have given two recipes for Tartare sauce which will show this. Many others vary quite as much, so that those who try French cooking must not be disappointed if they make a sauce from a recipe and find it is not like one they have tasted somewhere else; but remember, that as a Tartare sauce made with gherkins would be very unlike one made without, so they will find differences in other dishes. Some of the following gravies and sauces are served as here given, or are used as a base for more elaborate preparations. One of the most important is:—

Jus (gravy).—Besides the gravy from roast meat it is made thus: Take all the trimmings

you have from meat, game, or poultry, add some pieces of bacon and 2 lbs. of veal (knuckle of veal does very well), one large onion, one carrot cut in pieces, a bunch of thyme, savory, basil, parsley, a bayleaf, a shalot, a small clove of garlic, and a lump of sugar, put in a stewpan over the fire with half a pint of broth or water; let it boil two hours, stirring and looking from time to time to see that it does not stick to the bottom of the stewpan. If the moisture dries up too soon, a little more broth or water must be added; when the vegetables are cooked and begin to adhere to the stewpan and take a brown colour, draw quite to the side of the stove, pour in another half a pint of broth or water and let it stand to soak off what has dried up, stir well; then add about one quart of water or broth, depending on the quantity of trimmings, etc., you have put in; salt very

moderately, and place over a quick fire; boil for two hours, skim, strain through a cloth, and put aside for use.

Thick Gravy.—Mix a tablespoonful of flour with cold water, and add to the gravy one hour before it is done. If not thick enough more can be added, but flour in gravies and sauces must be well cooked; it is not sufficient to add the flour a few minutes before the gravy is served, as many English cooks do. This gravy is served as *sauce brune* (brown sauce). A gravy which is the base of the cookery in most restaurants is made thus—put two ounces of butter in a saucepan with two sliced carrots, two onions, and some chopped mushroom stalks and skins, a bunch of herbs, parsley, bayleaf, four cloves, an old fowl and some veal (both cut in small pieces), part of a ham bone or some bacon bones (necks and feet of chicken are sometimes added), turn about in the stewpan for a few minutes, sift in a little flour, then add water or broth enough to rather more than cover the contents twice; that is to say, if the stewpan is nearly one-third full, let the broth or water make it two-thirds full; boil up and skim, then put the lid on and keep it boiling two hours, add some lumps of butter kneaded with flour, let it stew until the meat all falls from the bones, strain through a hair sieve, and set aside for use.

Sauce Espagnole (Spanish or brown sauce).—Put two tablespoonfuls of oil, or a piece of butter, in a stewpan, with the trimmings of lean meat and any remains of ham or poultry (some add game), a chopped onion, a sliced carrot, two or three mushrooms or mushroom trimmings, a little thyme, a clove, a small quantity of nutmeg, salt and pepper; when the meat is a light brown add a little flour, stir, then moisten with sufficient broth or water, add a bunch of parsley, let it simmer three or four hours, skim and take the fat off, strain through a sieve. This sauce is often used to add to other sauces.

Sauce au Velouté or Blonde.—Melt one ounce of butter in a stewpan, add some button mushrooms or trimmings, two ounces of ham, and about half a pound of uncooked veal (cut small); put the stewpan over a slow fire, and turn the ingredients about until all are of a pale gold colour, then add one pint of white (preferably veal) broth or water, and let all simmer one hour, then take out the meat and add two or three tablespoonfuls of cream, let it simmer for a quarter of an hour, stirring all the time; when it shall have attained a proper consistence strain it, and employ with any meat, but not with game.

Bechamel.—Melt two ounces of butter in a stewpan, stir in about two ounces of flour, cook for seven minutes, or until the flour leaves the sides of the stewpan; stir all the time; then remove from the fire, moisten with one quart of boiling milk, stirring as you add the milk, put back on the fire, and stir until it boils; then draw to the side of the stove, and add two ounces of raw ham and a small bunch of herbs and parsley, salt to taste, simmer twenty-five minutes, strain, and it is ready for use. This sauce is also made with half white stock and half cream.

Sauce Allemande.—Put half a pint of velouté sauce in a stewpan, add three tablespoonfuls of water in which mushroom trimmings have been boiled, and the same quantity of veal or chicken broth; boil eight minutes, stirring all the time. Mix the yolk of an egg with a little raw cream, take the sauce from the fire and add the egg and cream to thicken it, put back on the stove for a minute or two, but do not let it boil again. Serve.

Sauce Hollandaise.—Put four tablespoonfuls of good vinegar in a little stewpan, reduce it by boiling to half the quantity, take it off the stove for two minutes, then mix with it three yolks of raw eggs, a pinch of pepper and salt, stir two minutes over a gentle fire, then add

slowly, dropping one little piece in after another, two ounces of butter; continue to stir the sauce over a very slow fire until it thickens, then stand the stewpan in the bain-marie, or in a saucepan of boiling water, and add another two ounces of butter, slowly, in the same way as the first two ounces; continue to stir; at the end of ten minutes the sauce ought to be of a proper consistence and creamy; serve at once. This sauce must be made slowly, stirred the whole time, and always in the same direction.

A Simpler Sauce is made thus—Put one ounce of butter in a stewpan, work into it one tablespoonful of flour and a pinch of salt, add a little cold water, put over a slow fire, stir always the same way, let it boil five minutes, take from the fire and add the yolk of an egg, mixed with a little cold water, let it get hot again but not boil; just as it is to be served stir in quickly another ounce of butter and a little lemon juice or a few drops of vinegar.

Sauce à la Hollandaise, to serve with asparagus.—Make sufficient butter for the quantity of asparagus hot, skim it, and add some lemon juice and salt; serve in a very hot tureen. Should there be any sediment to the butter, it must be strained through muslin and made hot again.

Sauce Poulette.—Put one ounce of butter in a stewpan, add one and a half ounces of flour, cook thoroughly without letting it brown, moisten with three-quarters of a pint of white broth, stir till it boils, then draw it on one side. Add a bunch of sweet herbs, parsley, some mushrooms or mushroom trimmings, salt and nutmeg; let it simmer a quarter of an hour, then take the fat off and strain the sauce, put it back in the stewpan, thicken with the yolks of two eggs, and finish by stirring in one ounce of butter, a little more nutmeg, chopped parsley, and the juice of a lemon.

Sauce Ravigote.—Cook one ounce of butter and three-quarters of an ounce of flour together without letting them brown, then moisten with sufficient stock; boil. Add one tablespoonful of finely minced shalots, a few crushed peppers and a little parsley, boil for fifteen minutes, skim and strain into a clean saucepan; boil for another ten minutes, draw from the fire, and stir in a teaspoonful of mustard that has been mixed with vinegar and a tablespoonful of good oil; finish with a teaspoonful each of finely chopped parsley, pimpernel, and tarragon. A little spinach green is sometimes added to improve the appearance.

Sauce Raifort (horseradish).—Put in a stewpan one ounce of butter and one ounce of flour; stir and cook the flour without letting it brown, then add a quarter of a pint of white stock or water, and the same quantity of boiled milk; stir until it boils, then let it cook five minutes; have ready two tablespoonfuls of finely grated horseradish, add this with a little salt and a pinch of sugar, make the sauce hot, without boiling, and serve.

Sauce Tomate.—Put an ounce of butter in a stewpan, throw in a minced onion, a bay-leaf, a sprig of parsley, two cloves, a few whole peppers, and a little salt; cook a few minutes, then add one pound of tomatoes cut in quarters, let them cook half an hour, then rub the whole through a sieve; if not thick enough put the purée back in the stewpan and add a little butter and flour, and cook for ten minutes, or if too thick a little stock is added to the purée.

Sauce Verte.—Put in a stewpan over the fire a teacupful of veal broth, with a little lemon juice, pound separately chervil, tarragon, cress, and pimpernel; press the juice into a basin and mix with it the yolks of four raw eggs; take the stock from the fire and mix slowly with the eggs, season with salt, and make the sauce hot, but do not boil it; serve at once.

Sauce Piquante.—Put two tablespoonfuls of

minced shalots, with salt, pepper, and a very little grated nutmeg in a stewpan with two tablespoonfuls of vinegar; put over the fire, and reduce, that is to say, let all the vinegar boil away, then add half a pint of good brown stock, simmer twenty minutes, skim, and before serving add about eight pickled gherkins very finely chopped.

Sauce Piquante à l'Eau.—Take six shalots, mix them, chop two or three sprigs of parsley, warm an ounce of butter in a stewpan, put in the parsley and shalots, shake in a good teaspoonful of flour, stir with a wooden spoon for a few minutes, add rather less than half a pint of water, salt, pepper, and nutmeg, boil half an hour before serving, add a few drops of vinegar or a little lemon juice.

Sauce Poirade.—Put in a stewpan two tablespoonfuls of vinegar, an onion, and two shalots, chopped small, a bay-leaf, some parsley, thyme, whole black pepper, and two cloves; put on the fire and by boiling reduce the vinegar to half the quantity; add three-quarters of a pint of thick gravy, simmer for a quarter of an hour, skim well, let it simmer for another quarter of an hour, strain through a fine strainer, and serve hot.

Sauce aux Echalotes (shalot sauce).—Put in a stewpan two tablespoonfuls of minced shalots and five tablespoonfuls of vinegar, put over a fire, and let the vinegar evaporate. When the shalots are dry, add half a pint of broth, tie up a bay-leaf and some spices in a piece of muslin and put them in with a sprig of parsley; let the whole simmer twelve minutes; take out the parsley and spice, colour with a little caramel (burnt sugar); mix a teaspoonful of flour with a little butter, add it to the sauce, boil a few minutes to cook the flour, finish with a little pepper; skim, and serve without straining.

Sauce au Pauvre Homme (poor man's sauce).—Chop half a dozen shalots and an onion, cook them in oil or butter without letting them brown, sift in a little flour, stir and cook, then add some broth and one tablespoonful of vinegar, stir and boil for six minutes; draw from the fire, add a tablespoonful of minced capers and two anchovies, boned and chopped, finish with some pepper and chopped parsley.

A simpler sauce, Au Pauvre Homme, is made thus:—Put half a pint of stock in a stewpan; when it boils throw in a handful of chopped chives, two or three slices of lemon, without pips, and a few fine breadcrumbs, let the whole simmer a quarter of an hour, take out the lemon, and serve the sauce.

Sauce Italienne.—Mince two onions or six shalots, cook them in butter, then add double the quantity of chopped mushrooms, stir over the fire for a few minutes, sift in a little flour, cook three minutes, add three-quarters of a pint of stock, boil fast for ten minutes, finish with a little cayenne pepper, and serve.

Sauce aux Champignons (mushroom sauce).—Chop some mushrooms, cook them in a little butter, add some stock, some parsley, and a scallion or an onion, boil gently for half an hour, and pass through a sieve; make hot again and serve.

Sauce Robert.—Chop two large onions, put them in a stewpan with an ounce of butter, turn them about and cook until they are a light brown, add a dessert-spoonful of flour, cook three minutes, then add half a pint (or more, if required) of stock, boil until the onions are done, skim the fat off, and add two teaspoonfuls of mustard mixed with the same quantity of vinegar and some pepper and salt. This sauce is liked with fresh pork.

Sauce à l'Oseille (sorrel sauce).—Take two handfuls of young sorrel, strip the leaves from the stalks so as only to retain the tender parts of the leaves, cook them eight minutes with a teacupful of water, drain them on a sieve. Put in a stewpan a quarter of a pound of clarified butter, boil it until it begins to colour, then

mix the sorrel with it, season with pepper, salt, and nutmeg, stir over the fire, make quite hot, and serve.

Sauce Estragon (tarragon sauce).—Put a sprig of fresh tarragon in a stewpan with two tablespoonfuls of vinegar and some black peppers; put over the fire, and evaporate nearly all the vinegar, then add one ounce of butter mixed with a tablespoonful of flour, cook for a few minutes; next stir in nearly half a pint of boiling water, boil ten minutes, take out the peppercorns and sprig of tarragon. Prepare a large tablespoonful of tarragon leaves by cutting them in lozenge-shaped pieces, plunging them in boiling water, and draining them well; add these to the sauce, and serve.

Sauce Maître de Hôtel.—Make some sauce with one ounce of butter, one ounce of flour, and sufficient water to make it a proper consistency; boil five minutes, take another ounce (or if liked richer two ounces) of butter, work into it some lemon juice, salt, cayenne, or white pepper, chopped parsley, and a little grated nutmeg; stir this into the sauce, keep the saucepan at the side of the stove for a few minutes, but do not let the sauce boil again; serve.

Maître d'Hôtel Butter is butter with lemon juice, chopped parsley, pepper, salt, and sometimes nutmeg worked into it. It is very nice for putting on steaks and for many other purposes.

Sauce Béarnaise.—Put in a stewpan four tablespoonfuls of vinegar and one tablespoonful of chopped shalots, some peppercorns, a sprig of tarragon, and a bay-leaf; boil the vinegar down to half the quantity, remove the stewpan from the fire, take out the bay-leaf, tarragon, and peppercorns, put in three yolks of eggs (not beaten), stir with a wooden spoon over a slow fire until the eggs thicken, then take from the stove and stir in one and a half ounces of butter, adding it in little pieces; stir again over a very slow fire until it is thick, then while you stir it quickly add another one and a half ounces of butter, putting it in in little pieces as before; then finish the sauce with a tablespoonful of chopped tarragon, and serve at once.

Sauce au Citron (lemon sauce).—Boil half a pint of water or fish stock, add salt, pepper, chopped parsley, one ounce of butter, and the juice of a lemon; keep hot on stove for five minutes, then serve without boiling.

Sauce au Civet (to serve with leverets, hares, or rabbits).—Take the liver of a hare, leveret, or rabbit, half cook it in any white fat or butter, add half a pint of stock, three or four little onions, two bay-leaves, and two or three mushroom stalks; let all simmer until the flavour is good; rub through a sieve and serve. This sauce is often made with two-thirds stock and one-third red wine.

Beurre Noir (black butter).—Put three ounces of butter in a frying pan over a quick fire. When it is brown skim it and turn it into a basin, and put it aside; then in the same pan put two tablespoonfuls of vinegar and a little salt; reduce the vinegar by boiling it to one tablespoonful, then add the brown butter, stir a minute, and turn the sauce, boiling, over the fish or eggs to be served with it.

Caramel.—When brown sauces are not a good colour, a little caramel is often added; it is made thus:—Put two tablespoonfuls of crushed white sugar into a small saucepan or stewpan that is not tinned (a little copper skillet is nice for the purpose), but that you have wetted with cold water, stir the sugar over a moderate fire until it is a dark brown, then pour in gently about a quarter of a pint of water; keep stirring until all the browned sugar is mixed with the water, then take from the fire, and when cool bottle for use.

French cooks serve more cold sauces than we do; they are frequently very convenient where there are not many servants, as they can be prepared some hours before they are wanted. Some of the following sauces make excellent salad dressings.

COLD SAUCES.

Vinaigrette.—Put a tablespoonful of good mustard into a basin with half a teaspoonful of ground pepper and some salt, moisten gradually with equal quantities of oil and vinegar; chop finely two shalots, a teaspoonful of capers, a pickled gherkin, half a teaspoonful of parsley, a few tarragon leaves, and the yolks of two hard-boiled eggs. If too thick, more oil or vinegar is added, whichever is liked.

Sauce Raifort (horseradish).—Grate a stick of horseradish, put it in a basin with an equal quantity of very fine breadcrumbs, add a pinch of sugar, some salt, and a little vinegar, whip four tablespoonfuls of cream, and incorporate with the other ingredients.

Sauce à l'Huile.—Remove all the peel and the white from two lemons, cut them in thin slices, removing the pips, put them in a basin with three tablespoonfuls of salad oil, one tablespoonful of vinegar, salt, pepper, a teaspoonful of chopped parsley, and six tarragon leaves, chopped with a very little piece of garlic, and a little ground allspice; mix all together. This sauce is useful with grilled fish.

Sauce Verte (green sauce).—Take parsley, chervil, tarragon, marjoram, cress, and borage in equal quantities (a good sprig of each), chop them, then pound in a mortar; when reduced to a paste add the yolks of two hard-boiled eggs; pass the whole through a sieve; add one teaspoonful of mustard, half a teaspoonful of pepper, salt to taste, then mix in by degrees three tablespoonfuls of oil and two tablespoonfuls of vinegar. Sometimes two or three chives are used instead of borage, and some cooks put more borage. This sauce is often served with boiled beef.

Sauce Mayonnaise.—Put the yolks of two raw fresh eggs into a basin, with a wooden spoon stir into them a little salt, then stir in drop by drop eight tablespoonfuls of good olive oil, adding from time to time a drop or two of lemon juice; when the oil is all absorbed the sauce should be thick and smooth; finish it with a few drops of tarragon vinegar. This sauce is very delicate, and it requires patience to make it; the oil must be added slowly, and the eggs always stirred the same way. Chopped parsley, tarragon, scallions, or gherkins are sometimes added to mayonnaise.

Sauce Tartare.—Put the yolks of two hard-

boiled eggs through a sieve into a basin, add two yolks of raw eggs and a saltspoonful each of mustard, pepper, and salt, stir the eggs with a wooden spoon, dropping in oil as for mayonnaise, and now and then a few drops of tarragon vinegar; when the sauce is thick add one or two tablespoonfuls of very finely chopped gherkins.

A Simpler Tartare Sauce is made thus.—Take three shalots and a handful of chervil and tarragon, chop all very finely, add pepper, salt, and one tablespoonful of vinegar, the same of mustard, three tablespoonfuls of oil, taking care to stir all the time you are adding the ingredients; beat up well, and serve; more oil may be added if liked.

Sauce Remoulade.—Bone four anchovies, put them in a mortar with the yolks of two hard-boiled eggs and a dessertspoonful each of chopped onions, capers, parsley, and pickled gherkins, a little salt, and a saltspoonful of dry mustard; pound all together to a paste, then add two yolks of eggs uncooked, stir, and add, drop by drop, as for mayonnaise, a quarter of a pint of salad oil and a small spoonful of vinegar.

Another way of making Remoulade for those who do not like so much oil is to make a paste as above with the hard-boiled eggs, and the addition of a few drops of vinegar, then add slowly nearly half a pint of warm velouté sauce, and two tablespoonfuls of salad oil; beat the whole until cold.

Parsley Sauce.—Chop some parsley, add a tablespoonful of crumb of bread that has been soaked in water and squeezed, put into a mortar with the parsley, and pound, rub through a sieve, add salt, pepper, vinegar, and a little cold broth. This is served with beef.

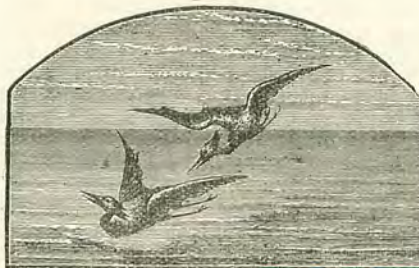
Sauce Ravigote.—Make a good mayonnaise with eggs, oil, tarragon vinegar, and a little dry mustard added; when the sauce is thick enough, take some parsley, shalots, pimprnel, and tarragon leaves (all very finely chopped), and stir them into the sauce.

Sauce Ayoli à la Provençale or *Beurre de Provence*.—Take three cloves of garlic, remove the outsides, and pound them; when well-pounded, add a piece of crumb of bread, the size of an egg, that has been soaked in warm water and squeezed; pound with the garlic, then add the yolk of an egg; mix into a smooth paste, then add oil (that is neither warm nor too cold) drop by drop, turning it all the time slowly with the pestle; when it begins to get creamy a few drops of water may be added, and the juice of half a lemon is added, a drop or two at a time; about one-third of a pint of oil is sufficient, and when finished the sauce should be thick and creamy.

Beurre d'Anchois (anchovy butter).—Wash and bone some anchovies, pound them in a mortar, pass them through a sieve, put them back in the mortar, and add an ounce of good fresh butter for every five anchovies; pound together, and put aside for use.

It is very important for most cold sauces that sufficient time should be given for their preparation, and that good oil should be used.

(To be continued.)



SYMPATHY.

By SYDNEY GREY.

SWEET sympathy—
Methinks 'twere hard to measure
The outgrowth of thy mighty influence;
That subtle spell, proclaiming kinship, whence
Life wins its purest pleasure.

Making of self
Most full and free surrender,
That so another heart may rest unpained,
Or grief be soothed, or feeble folk sustained
By ministration tender.

Weary our lot
Without thy gentle presence;
As turns the steadfast needle to the pole,
We turn to thee, dear sunshine of the soul,
Of love itself the essence.

Widespread my power,
And glorious thy mission;
'Tis thine to rouse endeavour, sow the seed,
Which haply in some wise and noble deed
Shall find at length fruition.

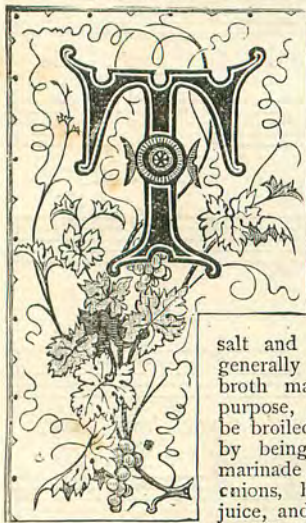
Deprived of thee
Hope loses half its sweetness,
And joy must barren and imperfect be;
Each needs the answering smile of sympathy
To round it to completeness.

THE CHEF.

By MARY POCOCK.

PART III.

HOW A FRENCH COOK DRESSES FISH.



HERE is a great difference in the English and French methods of cooking fish; the latter take much more trouble over it than we do, for where we should boil a fish in salt and water, they generally cook it in a broth made for the purpose, and fish to be broiled is prepared by being laid in a marinade; oil, parsley, onions, herbs, lemon juice, and vinegar are used for this purpose.

Then fish is not fried as we ordinarily fry it, with a little fat in the pan; there is enough oil or fat put in to cover the fish, so it is literally boiled in it; this obviates the necessity of turning the fish as it cooks. It is best fried in a wire basket or on a wire strainer that fits the pan, which should be a good depth. The fish not being in direct contact with the frying-pan, cooks better, and when done the strainer can be raised and the fat drained from it.

I have not thought it necessary in the following recipes to give all the usual directions for cleaning and preparing fish for cooking.

Wine is often used in cooking fish in France. Cider is a good substitute for the light, white wine, and sometimes lemon juice or vinegar can be used. The two first recipes are for broths in which to boil fish.

Court Bouillon au Blanc.—Boil a bunch of herbs, a bay-leaf, parsley, half an onion, some peppercorns, and salt, in water until it is flavoured; then strain and add half or one-third the quantity of milk, and then put the fish in to cook. This bouillon is much used for cooking turbot and some other flat fish in.

Court Bouillon au Bleu.—Slice two onions and two carrots, put them in the fish kettle with a small clove of garlic, a bunch of parsley, thyme, basil, a bay-leaf, some salt and peppercorns, half a tumbler of vinegar, and a tumbler of red wine (*vin ordinaire*), or some use a light white wine. Add sufficient hot water, boil a few minutes, skim, then put the fish in to cook; as soon as it is done throw in a glass of cold water and leave until the moment of serving.

Salmon au Bleu.—Make enough court bouillon hot to cover the salmon, put the fish in, let it boil, then draw to the side of the stove and let it simmer gently—for four pounds of salmon about forty-five minutes. It is served with parsley round and with vinaigrette, white sauce with capers, maître d'hôtel, or other sauce, according to taste.

Salmon Cutlets.—Place the slices of salmon in some oil with sprigs of parsley, a slice of onion, and some salt; let them remain an hour or more according to their thickness, turn them once or twice, then dip some papers in the oil in which they have been soaked, wrap the cutlets in the papers, and broil them over a slow fire. They will take about half an hour to cook, longer if very thick (or they are taken out of the oil and broiled without the papers). Serve with tartare or caper sauce.

Salmon à la Rémoulade.—Cook some slices of salmon in court bouillon, drain them, and remove the skin, place them on a dish, cover them with remoulade sauce. They can be served while the fish is hot, or eaten cold.

Salmon Cutlets à la Béarnaise.—Take some slices of salmon, sprinkle them with salt, then dip them in oil, cover with fine breadcrumbs, and broil about twenty-five minutes. Serve with Béarnaise sauce.

Mayonnaise of Salmon.—Cut in small dice some cooked potatoes, carrots, celery-root, and beetroot, season and mix with a few spoonfuls of mayonnaise; spread a thick layer of this salad on a small dish, raising it a little in the middle; take a piece of cold salmon, remove the skin and bone, and cut it in nice slices, all as nearly as possible the same size; season these with oil, vinegar, and salt, and place them on the cut vegetables; fill in the interstices with more of the salad; cover the whole with a thick mayonnaise; decorate the top with fillets of anchovies and with olives and sliced gherkins, place round the

edge alternately quarters of hard boiled eggs and cabbage lettuces.

Turbot, to boil.—Wash the fish in several waters, then rub it all over with a lemon that you have cut in halves; put milk and water, parsley and salt in the fish kettle; let it get hot, put the turbot in, let it boil, then draw on one side to simmer. Time according to size. It is served with caper, oyster, or other sauce. Turbot is also cooked au bleu.

Turbot à la Crème.—Cook together an ounce of butter and an ounce of flour, add half a pint of milk, boil, then add a little cream. Warm some cold turbot in some of the broth or water in which it was cooked; remove the skin and bones, and break it into flakes, put in a flat dish in layers, covering each layer with the white sauce; heap it in the centre, let the top layer be sauce; cover with dried breadcrumbs; pour a little oiled butter over, and brown in the oven. Another way is to mix the turbot with the white sauce, make all hot, and put in a vol-au-vent case.

Turbot, Sauce Hollandaise.—Cook a piece of turbot in court bouillon au bleu, and serve sauce hollandaise over it.

Turbot en Coquilles.—Cut some cold turbot in small pieces, cook a few mushrooms, chop them small, add a truffle if you have one, and mix all with some good béchamel sauce; butter some scallop shells, fill with the mixture, put a few breadcrumbs over, and a little butter; brown and serve.

Turboten Croquettes.—Chop some cold turbot (without skin), put it in a saucepan with some thick béchamel or other white sauce, let it cook a few minutes, stirring it until it is rather dry, then turn it on to a buttered plate; when quite cold form it into little rolls, egg and breadcrumb them, and fry a pale brown.

Turbot Gratin.—Boil one pound of potatoes, mash them with two ounces of butter, add the yolks of three eggs, salt, a little nutmeg, and two tablespoonfuls of grated Parmesan cheese; butter a border mould, put the potatoes in it, and stand in a saucepan of boiling water to poach. Cut some cooked turbot in small pieces, warm it in some good béchamel sauce, season with salt and nutmeg; turn the potato border out of the mould on to a dish; fill the centre with the fish, put grated Parmesan cheese and a little butter over the top, brown with a salamander or before a quick fire, and serve.

Fillets of Turbot à la Béarnaise.—Take some fillets of turbot, lay them in oil with a chopped onion, salt, and parsley; turn them now and then; when wanted, drain them, dip in egg and breadcrumbs, then moisten on both sides with oil, and broil for about twenty minutes, turning them as they cook; put on a dish with cut lemon, serve sauce béarnaise in a tureen at the same time.

Turbot au Riz.—Take a piece of turbot, remove the skin and bones, and put on to boil in a quart of water. Cut the fish in small pieces, chop two onions, put them in a stewpan with a small lump of butter, cook them five minutes without letting them brown, then put in the fish, season, and leave it two minutes; then strain the water from the skin and bones, add it to the fish, let it boil, then throw in a small cupful of rice, and boil until the liquid is absorbed. Fry two or three ounces of butter until brown, pour over the rice, put the cover on the stewpan, and let it stand on the side of the stove a few minutes; then chop, and add two hard boiled eggs and a little piece of butter into which some cayenne has been worked. Serve immediately.

Brill à la Hollandaise.—Boil some water with salt and parsley in it, draw it to the side of the fire, and let it stand a few minutes; rub the fish over with a cut lemon, put it on the strainer and in the hot water, and place over the fire; as soon as the water bubbles, pull the fish kettle a little back, so that the fish will cook gently; when done, drain, and serve on a serviette with parsley round, and a tureen of sauce hollandaise.

Brill Grilled, Sauce à l'huile.—Wipe the fish quite dry, lay it in oil with pepper and salt until it is wanted, then grill it, the dark side first, taking care that it neither sticks or burns, brush it over with oil and turn it; take care that the white side is broiled a nice colour; serve it garnished with lemon, and send sauce à l'huile to table with it.

Barbue (brill) à la Normande.—Butter a dish, spread over it some finely-chopped onions and mushroom trimmings, add a glass of white wine (or a little white stock and lemon juice), put the brill on the dish, the white side uppermost, salt it and brush it over with butter, cover with a buttered paper, and then cook in the oven, basting from time to time. When done remove the paper and put the fish on a fresh dish; have ready cooked some button mushrooms, oysters, and mussels; garnish the fish with these and keep it hot while you make a little rather thick sauce by adding butter and flour to the liquor in which they have been cooked; strain the liquor from the fish to it, boil for some minutes, then add the yolks of three eggs, and pour the sauce over the fish and the garnish; hold a hot shovel over for a few minutes, ornament with some crayfish, and send to table.

Fried Soles.—Remove the dark skin, beginning at the tail; wash and dry the soles, and lay them in milk until they are wanted, then drain and flour them; have ready in a pan sufficient boiling fat to cover them, put them in and fry until they are firm; drain, put a little salt over them, and serve with cut lemon.

Broiled Soles.—Remove the dark skin, wash and fry the soles, dip them in beaten up egg, breadcrumb them, then dip in oiled butter; broil over a moderate fire, turning them and brushing them over with oiled butter. Serve with cut lemon or with sauce.

Sole au Gratin.—Butter a dish well, put on it some chopped mushrooms and parsley, and a little pepper. Remove the dark skin from a sole, dry it and place it on the dish; pour a few spoonfuls of good gravy over it, and a glass of light white wine or a little lemon juice, then sprinkle with more chopped mushrooms, parsley, pepper and salt; sift some pale raspings over, and then a spoonful of oiled butter;

bake about eighteen minutes, and serve in the dish in which it is cooked.

Fillets de Soles à la Horly.—Take the dark skin off the soles, cut to the bone back and front, then remove the flesh in four pieces, soak for an hour in lemon juice with pepper and salt, then flour and fry. Serve with tomato sauce, or stew the bones of the fish in a little stock with a small quantity of white wine or lemon juice; reduce sufficiently for it to have a nice flavour; strain and serve as a sauce round the fillets.

Soles au Four.—Take two soles without the dark skins, slip a knife along the bone at the back under the flesh, and push in a piece of butter, into which pepper, salt, and chopped parsley have been worked; egg and breadcrumb the soles, then dip them in oiled butter or oil, place them side by side in a buttered dish, bake them from fifteen to twenty minutes, basting them with the butter in the dish.

Soles au Plat.—Melt some butter on a dish, season it with salt, pepper, chopped shallots and parsley, and nutmeg; place the soles (without the dark skin) on the dish, sprinkle with a few sweet herbs, some chopped parsley and fine raspings, add a little white wine or a squeeze of lemon, pour some butter over, and bake.

Plaice, Dabs, and Flounders are cooked in the same way as soles.

Smelts, to Fry.—Dry the smelts and lay them in milk until they are to be cooked, then thread them on to skewers, running the skewer through the heads, four or six on each skewer, according to the size; flour them well, and fry a few at a time in a pan of boiling fat; when a nice gold colour drain, salt, and serve with fried parsley.

Whiting are prepared and fried like smelts.

Whiting or Smelts au Gratin are cooked the same way as soles.

Whiting Broiled.—Sprinkle salt over the whiting, dip them in oil, and broil over a quick fire. Serve with maître d'hôtel butter on them.

Whiting aux Fines Herbes.—Put the fish in a deep dish with a lump of butter, salt, pepper, nutmeg, chopped parsley, and sweet herbs, a little white wine or lemon juice; cover the dish and bake. When half done turn the fish; when done enough place them on a hot dish; thicken the liquor from them with butter and flour, add a squeeze of lemon, pour over the fish, and serve.

Fillets of Whittings.—Bone two or three whittings, sprinkle the fillets with pepper, salt, and finely chopped onions, mushrooms and parsley; roll each piece of fish up, and fasten with a little wooden skewer; egg and breadcrumb and fry; take out the skewers and serve. Small haddocks are dressed in the same way as whittings.

Skate, to Boil.—Put the skate in hot water with one or two slices of onion, some parsley, vinegar, and salt; when done draw from the fire, but leave the fish in the water five minutes, then take it out and remove the skin with a knife; drain the fish, serve with white caper sauce, sauce hollandaise, or beurre noir and fried parsley over it.

Fried Skate.—Take some pieces of skate, soak them in vinegar mixed with parsley and salt; before frying dip them in a paste made with one tablespoonful of oil, one egg, and sufficient flour to give it the consistency of batter. Fry a pale brown and serve with sauce poivrade and fried parsley.

Raie (Skate) Sainte Menchould.—Put some milk into a stewpan with salt, pepper, parsley root and onion, thyme, a bay-leaf, very small piece of garlic, and a little butter and flour; when it boils put in some pieces of skate; as soon as done take them out, dip them in oil and then in breadcrumbs, and broil. Serve them with mustard sauce made thus: Strain the liquor you have just boiled the pieces of

skate in and add some mustard to it; boil it up and serve.

Raie au Fromage (skate with cheese).—Take some skate that has been boiled with onion, vinegar, parsley, and salt, remove the bones from it and break it into pieces; put a layer of it on a buttered dish, cover it with bechamel sauce, sift grated Parmesan cheese over it, then another layer of fish with sauce and Parmesan over it; put in the oven and bake about a quarter of an hour.

Cod is put in hot water with plenty of salt in it. It is allowed to come to a boil and then cooked at the side of the stove without boiling again. It is served with a garnish of parsley and potatoes, and hot maître d'hôtel, caper, mussel, hollandaise, or some other sauce is served with it.

Slices of Cod au Beurre Fondu.—Take two or three slices of cod, sprinkle them with salt, and leave them for an hour, then put them into salted boiling water; let them boil, then draw to the side of the stove, and leave them twenty minutes with the lid on the stewpan; then drain them and serve on a napkin with parsley; send a tureen of oiled butter to table with them or shrimp or oyster sauce. The French almost always serve potatoes with boiled fish.

Slices of Cod with Egg Sauce.—Cook two slices of cod as above. Heat in a stewpan three ounces of butter until it begins to brown, then mix three finely-chopped, hard-boiled eggs with the butter, season with pepper and salt, add some chopped parsley and another ounce of butter, into which one tablespoonful of mustard has been mixed; stir and make all hot, but do not let it boil; put the slices of cod on a dish and the egg sauce over.

Cod au Fromage.—Like skate.

Cod au Blanc.—Make a sauce by cooking one ounce of butter and one ounce of flour together, and adding some milk or cream, salt, pepper, and chopped parsley; take a tail of cod, fillet it, put the fillet in the sauce, and simmer about fifteen minutes; serve very hot, with the sauce over the fish.

Cod au Vert Pré.—Boil some slices of cod in a little milk with a small lump of butter; when done place the fish on a dish and cover it with finely-chopped parsley; squeeze the juice of a lemon over it, and serve at once without sauce.

Cod au Gratin.—Take some remains of cooked cod, remove the skin and bones, and break the fish into flakes; put it in a stewpan with some white sauce, salt, chopped mushrooms and nutmeg; make hot, then add an equal quantity of hot mashed potatoes, a lump of butter, and the yolks of two or three eggs; put in a buttered dish, cover with pale raspings, put a little butter over, and brown before the fire.

Fried Cod.—Season some slices of cod with pepper, oil, and lemon juice; leave them for an hour, then egg and crumb them, and fry in oil. Serve with cut lemon and tomato sauce, or covered with onions that have been finely chopped and cooked in oil or butter.

Salt Cod (soaked twenty-four hours and the water changed once or twice) is dressed the same way as fresh, except that the salt is not added in cooking.

Shad is rather an insipid fish, and is oftenest served broiled. Dry the fish, make cuts in each side of it, rub with a marinade of oil, salt, pepper, nutmeg, chopped onion, and chopped parsley; let it remain an hour, then broil it; brush it over with oil before turning it. Serve with caper or maître d'hôtel sauce, or with a purée of sorrel, or eat cold with sauce à l'huile. Sometimes shad is cooked au bleu, and served with sauce verte in a tureen.

Broiled Mackerel.—Rub the fish over with oil, pepper, and salt, wrap it in oiled or buttered paper, and broil; when cooked, remove

the paper, serve the fish with maître d'hôtel butter inside, and the juice of a lemon squeezed over the outside, or with persillade and lemon juice, or beurre noir over.

Fried Mackerel.—Rub fillets of mackerel with salt, pepper, and lemon juice; let them remain an hour, then wipe, and dip them in oil, flour them, and fry; put a little salt on the fillets, and serve with fried parsley.

Maquereaux aux Petits Oignons (mackerel with little onions).—Take three dozen little onions, put them in a stewpan with some butter and a little white sugar, put over a quick fire, and shake them until they are a good brown; add a little broth, and cook them until they are nearly done, and the gravy is good. Take the heads and the ends of the tails off three small mackerel, then put the mackerel in a stewpan with a lump of butter, and brown them slightly; add a glass of white wine or a little lemon juice, cook a few minutes, put in a small lump of butter with flour worked into it, stir the sauce, add the onions and gravy, and finish cooking the fish over a slow fire.

Red Mulletts.—Put the mullets in a marinade of oil, salt, chopped onion, and parsley; let them remain an hour, then take them out and broil them; they will require about fifteen minutes. When done take out the livers, pound them in a mortar with oil, lemon juice, and chopped parsley, put on the mullets, and serve.

Red Mulletts en Papillotes.—Dip the mullets in oil, sprinkle with salt and breadcrumbs with a little chopped fennel, cut some heart-shaped pieces of paper, oil them, put the fish in, fold the edges neatly together, broil over a slow fire, or bake the fish for about 20 minutes; serve in the papers.

Rougets (red mullets) au Plat.—Well oil a dish, and cover it with very finely-chopped onions; dip the fish in oil, place them close together on the dish, and cover them with fine breadcrumbs and chopped parsley, sprinkle a little salt over them, and bake for about a quarter of an hour, squeeze some lemon juice over them, and serve.

Grey Mullet.—Put the mullet in a fish kettle, cover it with cold water, add salt, a tablespoonful of vinegar, chopped onion, carrot, and parsley root, let it boil, then draw it to the side of the stove, and let it cook gently (time according to size), drain it, and serve surrounded with small potatoes (boiled) and sprigs of parsley. Send white caper sauce to table with it.

Fresh Herrings.—Make two or three cuts on each side, sprinkle with salt, and broil them about seven minutes over a quick fire, serve with maître d'hôtel butter, or white sauce, thickened with mustard and flour.

Fried Herrings.—Soak fresh herrings in

milk until they are wanted, salt and flour them, then fry in a pan full of boiling fat; serve with cut lemon only.

Stewed Herrings.—Cut the heads and tails off three herrings, put the fish in a stewpan with some finely-chopped onion and parsley, a little shalot, salt, black pepper, and a small piece of butter; turn them, leave a few minutes, then add a tablespoonful of vinegar, and the same of water, cook gently; serve garnished with fried bread.

Harengs en Papillotes.—Chop together onions, mushrooms, and parsley, add pepper and salt; dip the herrings in oil, then roll them in the chopped onions, etc. Wrap them in buttered papers, put them on a dish, and bake them in a moderate oven for about twenty-five minutes, and then serve.

Moules (mussels) à la Poulette.—Put the mussels in a stewpan with pepper, nutmeg, and chopped parsley, add some butter and flour mixed together, and moisten with half white stock and half liquor from the mussels. Before serving add the yolk of an egg and some lemon juice.

Oysters are also dressed in this way.

Mussels Fried.—Thread the mussels on to wooden skewers, but not quite close together, dip them in a very thick white sauce, to which has been added the yolk of an egg, let them cool, then dip them in breadcrumbs, then in beaten-up egg, and again in breadcrumbs, put them in boiling fat, fry a nice colour, remove the skewers, and serve.

Anguilles (eels) à la Poulette.—Take an eel that has been skinned and cut in pieces, put it in salt and water for an hour, then drain well; put two ounces of butter in a stewpan over the fire, put in the eel, and leave it a few minutes, but do not let it brown. Add one tablespoonful of flour; when the flour is cooked stir in sufficient water and a glass of light white wine, add salt, a small bunch of sweet herbs and some mushroom trimmings; stir till it boils; skim the sauce. Let it cook slowly about half an hour, add the yolk of an egg to thicken the sauce, put the eel on a dish, strain the sauce, finish with a little lemon juice or a few drops of vinegar, and pour over the eel.

Eels aux Croutons.—Mix together chopped parsley, shalot, and onion; add pepper and salt; skin and cut a large eel in pieces, dip each piece in oiled butter or in oil, then cover them well with the chopped mixture. Cut rounds of bread the same size as the pieces of eel, one for each piece, dip them in hot butter or oil, put a piece of eel on each piece of bread, wrap up in buttered papers, and broil or bake; when done remove the papers, and serve the eels on the crusts with a thick piquant sauce.

Trout, Sauce Hollandaise.—Put the trout

in the fish-kettle, pour a little hot vinegar over it, then cover with hot water with salt in it; let it boil, then draw to the side of the fire, and keep it there twenty-five minutes, when the fish should be done; drain it and dish it up on a serviette. Send sauce hollandaise to table with it.

Truite (trout) à la Gênoise.—Put some chopped onion and shalot, some parsley, thyme, two cloves, a bay-leaf, mushroom trimmings, pepper, salt, and a small piece of butter in a stewpan over the fire for a few minutes; then add some water and a little red or white wine; put in the trout. When the fish are done take them out and serve them on a layer of parsley; add a little flour and butter to the sauce, stir it and boil it as fast as possible to reduce it a little and make it stronger; then strain and serve. Trout cooked in this way are also served with caper or anchovy sauce, or are eaten cold with sauce à l'huile.

Bream are sometimes broiled and served with caper sauce, or upon a purée of sorrel.

Bream boiled, Shalot Sauce.—Lay the bream in salt for half an hour, wash it and put it in the fish kettle with cold water, a little vinegar and salt; let it boil, then draw back so that it simmers gently about half an hour, time depending on size of fish; serve with shalot sauce.

Pike (jack) au Persil.—Cut the fish in pieces, and put it in a stewpan with parsley roots, salt, pepper, chopped parsley, half a pint of fish broth or water, and a little white wine or lemon juice, cover close and cook. When the fish is done take it out, boil the liquor quickly for a few minutes, take out the parsley roots, pour the sauce over the fish, and serve.

Pike, Sauce Raifort.—Put the pike in court bouillon; let it boil, then simmer gently until done; serve on a serviette with small boiled potatoes and parsley round, and send to table with a tureen of horseradish sauce.

Carpe à la Tartare.—Dry the carp and put in the body a piece of butter mixed with chopped shalots, parsley, salt, and pepper; sew up the fish, rub it over with a clove of garlic and some oil, oil two pieces of paper and put the carp in the two papers; broil over a clear fire or bake; when done remove the papers and serve the fish dry. Serve with remoulade sauce in a sauce boat. Remoulade can be served with almost any broiled fish.

Perch are cooked in court bouillon and served with caper sauce, or some of the broth in which they have been cooked is strained, reduced by boiling, a little lemon juice added to it, and then it is poured over the fish.

Tench are broiled and served with caper or anchovy sauce; they are also served au gratin.

(To be continued.)

A MODERN MONTAGUE.

By EGLANTON THORNE, Author of "My Brother's Friend," "Ida Nicolari," "The Two Crowns," etc., etc.

CHAPTER II.

"WHAT'S IN A NAME?"



HILST Mr. Denning was talking to his daughter, the young man he was so anxious to shun were lounging in the smoking-room of the hotel and discussing him.

"What could have made the old

fellow's manner stiffen so strangely when he looked at my card?" asked Stuart Rowcroft, rather indignantly. "There can be nothing in

my name to offend him. I took it for granted he would know something of the Rowcrofts of Wivescombe Hall. They are well-known people in Hampshire."

And the young surgeon unconsciously drew himself up with the air of one who does not think meanly of the name he bears.

"Perhaps he does know them," suggested Martin Smith; "and his relations with them are not of the friendliest. Your cousin may be a neighbour whom he does not love."

"Well, that is not unlikely," replied the other. "To tell the truth, I am afraid the old Squire is rather given to quarrelling with his neighbours. He has lately been at law with someone living close to him, and has won the

day, I am told; a result which I fear will tend to encourage his love for litigation. It is a pity he is so pugnacious, for he is really as good-hearted an old chap as you could wish to know."

"Hot tempers and warm hearts not seldom go together," remarked Martin, sententially.

"What was the name of the other party to the lawsuit? It did not happen to be Denning, I suppose?"

"I cannot remember," said Rowcroft; "it may have been. I had a fancy that the name was familiar to me somehow. I tried to learn from what part of Hampshire they come, but could not get an answer to my question."

"Hum," murmured Martin. "I wonder if

THE CHEF.

By MARY POCKOCK.

HOW A FRENCH COOK PREPARES FORCEMEATS, GARNISHES, BATTERS, PASTES, ETC.



preparation of the different things used in making a variety of dishes is such an important part of French cookery that I have thought it necessary to give them a page to themselves, only referring to them in future articles in the same way as I shall do to

sauces and gravies, without repeating the manner of their preparation. I shall begin with a thing rarely used properly by English cooks, that is soaked bread.

Panade for Forcemeat.—For nearly all forcemeats a panade made of bread or flour is needed. Of bread it is made thus: take some crumb of white bread, pour boiling water on it, cover it, and let it soak a few minutes, then squeeze all the moisture from the bread, either with the hands or by pressing it in a linen cloth, then put it in a stewpan; separate it with a spoon, and stir into it either a little boiling milk or a little hot broth, sufficient to make a thick paste; cook two or three minutes, then turn on to a plate to cool. Panade with flour is made thus: put a teacupful of cold water in a saucepan on the fire with a little salt and a small lump of butter, then dredge in slowly, stirring quickly all the time, as much flour as the water will absorb, so as to get a thick paste without lumps in it; boil three minutes and turn on to a plate to cool. Bread panade made with either milk or broth, with a little piece of butter, the yolk of an egg, and seasoning added to it, is often given to children and old people, as being light and digestible.

Farce à la Mie de Pain (bread stuffing).—Prepare half a pound of crumb of bread as panade, using either broth or milk; when cold add to it a quarter of a pound of beef or veal kidney suet finely chopped, a minced onion, a pinch of parsley, two raw eggs, salt, and a little nutmeg.

Farce Commune (an ordinary forcemeat).—Take some bread panade and mix with it half the quantity of chopped bacon fat, with salt, pepper, and chopped parsley, shallot, and sweet herbs, add the yolks of one or two eggs according to quantity of forcemeat, and employ as required.

Forcemeat for Veal or other Meat.—Take half a pound of uncooked veal, a quarter of a pound of bacon, and a quarter of a pound of beef suet, chop the whole well, add salt, pepper, nutmeg, chopped shallots, and chopped parsley; put to this about two-thirds the quantity (nearly three-quarters of a pound) of bread panade that has been made with broth and allowed to get cold, mix with two yolks of raw eggs, and use for stuffing a breast of veal or any other kind of butchers' meat.

Forcemeat for Poultry.—Chop half a pound of fowl (cooked or uncooked) from which the skin and bones have been removed, add two ounces of pickled pork and a quarter of a pound of veal suet, season with salt, pepper, and nutmeg. When all finely chopped

pound in a mortar, and add six ounces of bread panade made with milk; bind with the yolks of two eggs. Use for stuffing capons, fowls, etc., but do not press in too firmly.

Pheasant or Partridge Forcemeat.—Take half a pound of the meat of either pheasant or partridge (preferably uncooked), chop, and pound it with six ounces of bread panade and six ounces of butter, add the yolks of five eggs, salt, pepper, and a little nutmeg.

Rabbit Forcemeat is made in the same way, but three yolks of eggs are quite sufficient for the same quantity of rabbit.

Forcemeat for Game.—Take the livers of the game and pound them with some beef marrow, or a little butter, chop and pound about the same quantity of boiled pickled pork, and add it to the livers, with a little salt, pepper, and spice; add a little cream and two or three yolks of eggs, cook slowly in a stewpan for a quarter of an hour, stirring all the time, so that it does not burn.

Godiveau (a forcemeat used much as a garnish).—Take half a pound of fresh lean veal without skin or gristle, and half a pound of beef kidney suet without skin, chop both very finely, then mix them together, season with pepper and salt. When finely chopped put in a mortar, and pound; add a raw egg when the fat and lean are not discernible, turn the meat on to a plate, and stand it on ice for an hour; then put it back in the mortar, pound it again, adding a small piece of ice or a little iced water, then two more raw eggs and a pinch of finely-chopped parsley; put a small piece on a floured board, roll it round, and throw it into boiling water, poach it, and try if it is too firm; if so add a little more iced water, and pound again. Then form into balls or shapes on a floured board, put them into boiling water, poach ten minutes, and drain on a sieve, or put in a wire basket to poach, so as to drain easily when taken out of the water. The godiveau must be made in a cool place; it is used in pâtés, vol-au-vents, and with some made dishes. Different kinds of godiveau are made by substituting the flesh of poultry or game for the veal. When it can be obtained, veal kidney suet is preferred to beef.

Forcemeats for Pies or for Turkeys (to be eaten cold).—Chop half a pound of lean pork or veal, with an equal quantity of fat bacon, add a few finely-powdered or chopped sweet herbs, a little spice, pepper, salt, and if wanted very good, two or three truffles (according to size) are added; when well chopped pound the whole in a mortar, add the yolks of two raw eggs. If the pie is to be made of poultry or game, the pickings from the bones and the odd scraps can be added to the forcemeat.

If passed through a sausage-machine and well mixed, forcemeats do not require to be pounded.

Quenelles de Volaille (quenelles of fowl).—Take the white meat of a cold fowl, remove the skin, chop and pound the meat, soak nearly an equal quantity of crumb of bread in a little hot milk, squeeze the bread, and pound it separately with a little piece of butter; then add the pounded chicken to it, pound again, adding nutmeg, pepper, salt, and the yolks of two eggs; then beat the whites of the eggs to a froth and add them, turn on to a floured slab, make into little rolls, and poach by throwing into boiling broth, and simmering from eight to ten minutes.

Quenelles au Foie de Veau (quenelles of calf's liver).—Take half a pound of fresh calf's liver,

chop it, and add a quarter of a pound of veal kidney suet; chop again until very fine, then add two tablespoonfuls of onions that have been minced very finely and slightly cooked in butter, a little parsley and marjoram chopped, with a piece of garlic the size of a pea; pepper and salt. Beat three ounces of butter to a cream, add the liver and other ingredients to it, mix and add four or five eggs one after the other, and then half a pound of very fine fresh breadcrumbs; mix well. Boil some water, add a little salt, throw in a small piece of the mixture, and poach it to try its consistence; if too firm a little more butter, or a little white sauce can be added; if not firm enough another egg will make it right. Then take small pieces of the paste, roll them on a floured board and throw them in a stewpan of boiling water, put the lid on, and when the water boils draw to the side of the stove, let them simmer a quarter of an hour, and then drain them. These quenelles are used in various dishes, but can also be served alone as an entrée, for which they are sprinkled with fried breadcrumbs.

Quenelles de Lapereau (quenelles of young rabbit).—Take the meat of a young rabbit, chop it, pound it in a mortar and pass it through a sieve; take equal weight of crumb of bread, soak it in milk or water, then squeeze it in a piece of linen to get all the moisture from it; add it to the rabbit with the same weight of butter, so that the three ingredients are equal in quantity; pound well together, add salt, pepper, grated nutmeg, a tablespoonful of velouté sauce, and two or three yolks of raw eggs, one at a time, pounding all the time; try your quenelles as in preceding recipe, and rectify the consistence if necessary, then poach the same way as the quenelles de foie or in stock if preferred.

Salpicons.—Remove the skin and bones from cold fowl or game, cut the meat into small dice, add one-third the quantity of truffles, mushrooms, or the red part of a tongue, and cut in dice like the fowl or game; add some white or brown sauce, more or less thick, depending on whether the salpicons are for garnishing or for making croquettes with.

Liaisons aux Jaunes d'Œuf (egg thickening).—Take one or two yolks of eggs separated from the whites, stir and strain them, add a few spoonfuls of cream or cold milk or water, mix well, remove the liquid to be thickened from the fire, and stir the eggs in slowly; put back on the fire, and continue stirring until the eggs thicken, but do not let them boil.

Roux.—A brown roux that is very useful is made thus: melt a quarter of a pound of butter in a stewpan, stir into it five ounces of flour, stir it, and cook it for half an hour; by that time it should be a nice brown, not too dark; turn it into a pot and let it get cold. When required for thickening a gravy, cut off a piece of this roux, put it into the hot gravy, and let it boil. It will keep for a long time, and is used in many things.

Roux Blanc.—Put a lump of butter in a saucepan; when it is melted throw in a spoonful of flour, stir until it is cooked, and then add the hot gravy to it, stirring all the time. White roux will not keep, not being so much cooked as brown.

Braise.—Put at the bottom of a saucepan some slices of bacon, or bacon rind and bones, some pieces of veal, or veal bones, slices of carrots and onions, sweet herbs, parsley, one or two cloves, two bay-leaves, little salt, pepper, small lump of sugar, and moisten with a little broth; let it reduce a little, then place whatever is to be braised on the top of the

bones and vegetables, and pour in broth until about half the meat is in it; cover closely, and cook gently for a long time, occasionally basting the meat with the broth. Some braising-pans have a rim round the lid for burning charcoal; this browns the top of the meat.

Fumet de Perdreau (partridge flavouring).—Take the necks, legs, backbones, etc., of partridges—the parts, in fact, that are no use for anything else—break the bones small, and put all in a stewpan with carrots, chopped onions, thyme, bay-leaf, pepper, cloves, and a little white wine; reduce over a quick fire, then cover with broth; do not put more than sufficient broth, cook twenty minutes, strain, and take the fat off. Used for flavouring sauces and other things; any kind of game can be used in the same way. Of grouse the backbones should not be used.

Glaze.—Take some ordinary stock that has not been thickened, put any remains of veal, poultry, or game into it, let it boil fast until it begins to get a dark colour, skim it well, then strain it into a small stewpan, which place at the side of the stove; let the glaze reduce until it is the colour and thickness of dark treacle, and hangs to the spoon; then pour it into a pot and put it away for use. If properly made and kept in a dry place it will keep good for a long time.

Financière.—Scald a sweetbread, then cook it in butter; when done cut it in pieces, add some well-flavoured and seasoned velouté sauce to it. Prepare some cocks' combs, kidneys, and livers by blanching them, then cooking and cutting in pieces; add these to the sweetbread with some button mushrooms and pieces of truffle, cook all together until the mushrooms are done, then just before serving add some quenelles of fowl and a thickening of yolks of eggs. *Financière* is used as a "garniture," and to fill vol-au-vents cases. Lambs' sweetbreads or calf's brains often take the place of calf's sweetbread in *financière*.

Spices.—The following spice mixtures are used by many French cooks; I give them for the benefit of some who like spice, but must remind readers of THE GIRL'S OWN PAPER that they should be used sparingly; a dish with too much spice is spoilt in a way that cannot be remedied.

Spice for Steaks.—Take one ounce of cinnamon, twenty cloves, one nutmeg, a piece of ginger the size of the nutmeg, a pinch of fennel, and a pinch of coriander seeds; pound all these together to a fine powder, then sift and press tightly into a small tin, which must be kept well shut.

Fine Spices for Entrées.—Take half an ounce of cinnamon, one nutmeg, thirty cloves, a quarter of an ounce of coriander seeds, and six bay-leaves; pound these and sift them, taking care that they are very finely powdered. Take two ounces of mushrooms, and one ounce of truffles that have been slowly dried on a stove; pound and sift them, and mix with the powdered spices; press tightly into a tin canister, and keep well shut in a very dry place.

Spice for Sausages, etc.—Take one ounce of coriander seeds, a quarter of an ounce of aniseed, a quarter of an ounce of cloves, a quarter of an ounce of dried basil, and the same of dried sage leaves; reduce the whole to powder, sift, and keep for use in a well-shut tin. It is used with fresh pork, chitterlings, sausages, etc.

Pâte à Frire Parisienne (batter for frying in).—Put four tablespoonfuls of flour in a basin with one tablespoonful of good olive oil, or of oiled butter and a pinch of salt; mix to a smooth paste, adding a little tepid water and a few drops of vinegar (or half a glass of light white wine is used and preferred by most cooks); add the yolk of an egg, stir and add more water if needed; the batter should be

rather thick, and is better if mixed some hours before it is wanted; taste it to see if it is salt enough. Just before using the batter beat the whites of two eggs to a firm froth, and stir them quickly into the paste. Some cooks use two yolks of eggs to this quantity of flour, and omit wine or vinegar. Batters for frying in must always be rather thick, or they will not cover the articles to be fried.

Another batter for frying in is made thus:—Moisten four tablespoonfuls of flour with a quarter of a pint of ale, stir in one tablespoonful of olive oil, a piece of butter the size of a walnut, and a large pinch of salt; just before the batter is wanted add two whites of eggs beaten to a firm froth. Stir well in.

Pâte à Beignets (fritter batter).—Put six tablespoonfuls of flour in a basin, add two tablespoonfuls of good olive oil or oiled butter, stir well with a wooden spoon; when smooth pour water to it while stirring, until it is the consistence of thick cream; add a pinch of salt, the yolks of two eggs, and a little pounded white sugar. This batter should be mixed at least two hours before it is wanted for use; when about to be cooked beat the whites of the two eggs to a stiff froth, and add them to the batter; stir well, and see that they are well mixed with the other ingredients. It is an improvement to rub the rind of a lemon on the sugar before pounding it.

Another batter for sweet dishes.—Put eight tablespoonfuls of flour in a basin with a little salt, two teaspoonfuls of sugar, three yolks of eggs, six tablespoonfuls of oiled butter; mix well, then moisten the paste with light white wine until it is of a right consistence; before using incorporate the whites of the three eggs, having first beaten them to a stiff froth. Some cooks put a tablespoonful of brandy in at the same time as the whites of the eggs; I do not think it is any improvement to the batter.

Crème Pâtissière.—Put in a stewpan five yolks and two whites of eggs, with four tablespoonfuls of flour, one ounce of butter, one ounce and a half of pounded sugar, a little salt, and some grated lemon rind; mix with a spoon and moisten with three-quarters of a pint of milk; put the stewpan over the fire, stir, and let it thicken, taking care that it does not get lumpy; let it cook three minutes after it thickens, stirring it continually, then take it from the fire. If this cream is to be used for fritters two tablespoonfuls of potato flour must be added to it.

Pastry.—The following are the pâtes most used in French cookery:—

Feuilletage.—Sift and put on a board one pound of fine flour, heap it up and make a hollow in the middle, put in a pinch of salt, one ounce of butter, the white of an egg, one-third of a pint of water (some flour requires rather more water); make into a paste and put aside for half an hour, then roll it out; beat fifteen ounces of butter into a thick square, place it on the paste and fold the latter over so as to envelope the butter, then roll it out into a long, thin band; when it is about half as thick as a finger fold it in three (one fold from the bottom and one from the top), press it with the rolling-pin to make it even, then turn it one-quarter round from right to left, so that the part that was at the side of the board is now nearest to you; again roll it out into a long band, and then fold in three as before (this is giving the paste two turns); put it aside for ten minutes, then give two more turns, then put it away again for another ten minutes and give it two more turns, always rolling, folding, etc., the same way as the first two turns; this makes six turns in all, and the paste is then ready for use, or will not hurt if it is put aside until wanted. This is the pastry that is used for small pâtes, vol-au-vents, etc. For some purposes it is made with less butter.

Pâte Brisée.—Heap a pound of fine flour on a board, put in a hollow in the middle ten

ounce of butter in small pieces, a pinch of salt, and half a pint of cold water; mix the water and butter, then work in the flour, knead the paste, roll it out twice, and put it in a cool place for an hour before using.

Pâte Brisée au Sucre.—Heap one pound of flour, put in the middle of it ten ounces of butter, three ounces of very finely-powdered sugar, three yolks of eggs, a pinch of salt, and one-third of a pint of cold water; mix the paste and roll out once or twice. Put aside for a time before using.

Pâte à Dresser.—This is made with one pound of flour, half a pound of butter, two eggs (yolks and whites), and about one-third of a pint of water. Proceed as for *pâte brisée*.

Pâte à Choux.—Put three-quarters of a pint of water in a stewpan with a quarter of a pound of butter, the grated rind of a lemon, a quarter of a pound of sugar, and a pinch of salt; stir, and when it boils draw the stewpan to the side of the fire and dredge in as much flour as the water will take, stirring continually; put back on the stove and cook until the paste leaves the sides of the stewpan as you stir; it is then done. Put it in a pan and beat in eggs one after the other until the paste sticks to the fingers. This paste is used for pain duchesse and other things. It is also very good dropped on a baking-sheet in pieces the size of a walnut, sprinkled with chopped almonds and sugar, or with flavoured sugar, and baked in a rather quick oven.

Pâte à Brioche.—Heap one pound of flour on a board, make a hollow in the centre, mix half an ounce of yeast with half a pint of warm water (one-third boiling and two-thirds cold water together give about the right temperature), pour into the flour and mix into a smooth, firm dough. Take another pound of flour and mix into it a little salt and one pound of butter, add four large or five small eggs, and about a tablespoonful of warm water; mix this paste with the dough, knead until there are no light streaks in it, make it into a ball, cover it with flour, put it in a basin with a cloth over the top, and leave it eight or nine hours in a tolerably warm place, then use it to make brioches (very good with half the quantity of butter). Brioches are generally formed like small cottage loaves, and are glazed over the top with egg before they are baked.

Pâte à Baba.—Sift one pound of flour, take a quarter of it and make a dough with three-quarters of an ounce of yeast, and not quite a quarter of a pint of warm water, cover it, and let it rise at the side of the stove thirty minutes. Put the rest of the flour in a warm basin, put to it ten ounces of butter, broken in little pieces, three eggs, two tablespoonfuls of sugar, and a pinch of salt. Work the butter with the eggs, then with the flour, knead well, add four more eggs, one at a time; when they are well incorporated add the dough, knead five minutes, then add a quarter of a pound of sultanas or currants. Put the paste in buttered moulds, but only half fill them, let them rise to the top of the moulds, then bake in a quick oven for about half an hour.

Cinnamon Sugar.—Take a stick of cinnamon, pound it in a mortar, add five times its weight in pounded sugar, pound again, sift, and keep to sift over cakes, sweet dishes, etc.

Sucre à la Vanille.—Split a vanilla pod, then cut it in very small pieces, put it in a mortar with six ounces of pounded loaf sugar, pound until the vanilla is all powdered (it takes about a quarter of an hour), then sift. Vanilla sugar is much used in making delicate sweet dishes and sifting some on cakes.

Orange and lemon sugars are made by rubbing lumps of sugar on the rinds of the oranges or lemons, and pounding or grating the sugar afterwards.

(To be continued.)

THE COWSLIP.

BY CLARA THWAITES.

BRING me the earliest cowslip,
Wet with the spring's soft rain,
For the radiant hours of summer
Come to the earth again.

Rooks in the elms are calling,
Lambs in the meadows bleat,
And under my lattice window
The violet's breath is sweet.

Ye of the bright young faces,
Ye are blithe as we were of yore,
When we gathered the yellow cowslip
With the friends that are no more.

Hyacinths in the woodlands
Are blue as the summer skies,
And the stately arums cluster
Where the early primrose dies.

Bring, O rejoicing children,
Flowers from the hill and vale,
From the cuckoo-haunted meadow
Bring me the primrose pale.

THE CHEF.

BY MARY POCOCK.

WAYS IN WHICH A FRENCH COOK DRESSES BEEF AND MUTTON.

IN the article on soups directions are given for boiled beef, the ordinary "bouilli" that one sees on French dinner-tables. The rump of beef is considered the best piece of beef for boiling; it is boned and tied up; part of the shoulder or the top of the round is also good. A piece of beef weighing seven or eight pounds is boiled thus:—Put it in a stewpan with salt and warm water, let it just come to a boil, skim it, and let it simmer gently for three hours; then put in vegetables, herbs and spices as for stock, and let it simmer an hour and a half; then pull it, back and leave it for an hour, where it will keep hot, but not boil; drain the meat, and serve with the vegetables round, or serve with stewed cabbage and browned small onions, or with only watercress.

Beef boiled in this way, or in the stock-pot, is also put on a dish with fresh parsley round it, and sent to table with horseradish sauce.

Beef is interlarded with strips of bacon, that is, the bacon run into the meat with a larding needle (not in and out), and then cooked about four hours in the stock-pot, served surrounded by parsley and with tomato, piquante, or Italian sauce.

Boiled Salt Beef with Spinach.—Take a piece of salted brisket of beef weighing four or five pounds, wash it, and boil it five hours with carrots, turnips, and onions; place it on a dish with parsley round, serve with it a dish of épinard au jus (spinach with gravy). Cold boiled fresh beef is cooked up in various ways, as—

Bœuf au Gratin.—Grease a dish with some fat from poultry or with butter, put a few pale raspings over it, then cut cold beef in nice slices, and arrange them in the dish, one partly over the other; chop two onions, cook them in some butter or dripping without browning them, add a little thick gravy to them, put over the slices of beef, then put chopped parsley, pepper, salt, and raspings over, and bake a quarter of an hour in a moderate oven, and serve in the same dish.

Bœuf aux Fines Herbes.—Butter a dish, sprinkle it with chopped parsley and shalots mixed with a few raspings, put the cold beef cut in thin slices on it, laying very thin slices of fat between the slices of lean, sprinkle with sweet herbs, chopped shalots, parsley, a finely chopped gherkin and some pale raspings; put little pieces of butter over, and cook about fifteen minutes in the oven.

Bœuf en Miroton.—Cut some onions in slices, cook them in a stewpan in a little butter or dripping until they are nearly done, then add a tablespoonful of flour and let them brown, but not burn; add sufficient broth for gravy, salt,

nutmeg, and pepper. When the onions are done and the gravy is good enough, cut the meat in thin slices and put it in; let it simmer a quarter of an hour. At the time of serving add a few drops of vinegar and some mustard.

Bœuf en Vinaigrette.—Cut the beef in thin slices, put it in a salad bowl, lay over it fillets of anchovies or of pickled herrings, chopped scallions or spring onions, chervil, gherkins, and parsley; season with pepper, oil and vinegar, and serve.

Bœuf à la Mode.—Take a piece of sirloin, of round, or of any part of beef that is preferred, about five or six pounds; bone it, take a quarter of a pound of fat bacon, cut it into strips, and with a larding needle run them into the beef in the same direction as the fibre runs, leaving just a little piece of the bacon out of the meat; put it in a pan with a marinade of salt, pepper, cloves, sweet herbs, parsley, chervil, a little chopped onion, and a glass of light wine or one or two tablespoonfuls of good vinegar; leave it twenty-four hours, turning it three or four times. Chop two ounces of bacon, put it in a stewpan; drain and wipe the meat; put it in with the bacon for about twenty minutes, then add a lump of sugar and a teacupful of broth, and let it nearly dry up; then put in a slice of raw ham, a calf's foot chopped in two, or a piece of knuckle of veal, four large carrots, a clove of garlic, and the marinade from which you have taken the beef; add broth until the meat is just covered, and a glass of light wine (red or white); cook over a slow fire for five hours, brown twenty small onions in the frying-pan and put them with the meat. Put the meat on a dish, surround it with pieces of the knuckle of veal or the calf's foot (without the bones), with the onions and with the carrots cut in pieces. Skim and strain the gravy, and pour it over the meat. If the meat is only to be eaten cold the gravy is clarified with white of egg, and left in a basin so as to be used on the meat the following day as savoury jelly.

Bœuf à l'Ecarlate.—Take a piece of beef, remove the bones and lard it (running the bacon into the meat), rub the meat all over with salt and pounded spices and a little brown sugar, then put it in a pan with thyme, juniper-berries, cloves, bay leaf, basil, clove of garlic, and two onions cut in slices; cover the pan with a cloth, and leave it four days; then turn the meat, and leave it four days more; then sew it in a cloth and boil it gently in water, with onions, parsley and sweet herbs. A piece of beef weighing six pounds takes about four hours to cook. Remove the cloth, and serve with sauce espagnole. Beef dressed in this manner is much eaten cold.

Bœuf à la Portugaise.—Take a square piece

of beef, chop some parsley, thyme, a bay leaf, a clove of garlic, add pepper, salt, and spice; when the whole is well mixed roll some thick strips of bacon in it, with these lard the beef the way of the grain, running them into the meat; put it into a stewpan with some fat from roast poultry or some butter; chop mushrooms, a little garlic, scallions, and parsley together, and put over and round the meat, add a glass of white wine and cover closely; let the meat cook in its own juice until tender; put it on a dish. Strain and skim the liquor from the meat, let it get cold, then put it over the beef. Prepared in this way, the meat is served cold; it is not meant to be eaten hot.

Filet de Bœuf Roti (roast fillet of beef).—Take a small piece of fillet of beef (about two pounds), remove the skin from it, and some of the fat; lard the fillet on one side, then place it in a pan, sprinkle it with chopped onions, sprigs of parsley, sweet herbs, pepper, salt, a bay leaf, and two or three tablespoonfuls of olive oil; leave it from six to twelve hours as convenient, turning it several times; then roast it, basting it with the marinade in which it was laid. Serve with a piquante sauce or its own gravy.

Filet de Bœuf Braisé, aux Olives.—Lard a fillet of beef, place in a stewpan two carrots, two onions, a bunch of sweet herbs, with parsley and a bay leaf, two or three slices of bacon and some bacon rinds, pepper, salt, and a cupful of broth; place the beef on the vegetables, put on the fire, and let the broth nearly dry up; then add more broth and let it boil ten minutes; then draw to the side of the stove, and let it cook very slowly for an hour and a quarter; then drain the fillet and put it on a dish; strain and skim the gravy, thicken it with a little butter and flour. Have ready some olives prepared thus: Remove the stones by passing a knife round the olives so that they look whole, put them in a stewpan of water, give them one boil, drain them, and while they are hot put them in the gravy; pour it into the dish with the fillet. Cooked in this way fillet is also served à la financière, à la jardinière, or mushrooms that have been cooked in a little butter and lemon juice are added to the gravy instead of the olives.

Filet de Bœuf au Restaurant.—Take a small fillet of beef, remove the skin and some of the fat, cut it in two across the grain so as to have two thick steaks, beat these with a steak-beater or rolling-pin, to flatten them a little, then lard them, letting the pieces of bacon go right through them, sprinkle with salt, pepper, and a little nutmeg. Put two or three slices of bacon, two thin slices of veal, and some sliced truffles in a stewpan, lay the

beef on them, add half a pint of broth, cover the stewpan, and let the fillets cook very slowly (at the side of the stove) for three hours; take them out, strain and skim the gravy, and serve it over the fillets with the pieces of truffle.

Chateaubriands.—Cut two or three thick fillet steaks, beat them, put pepper, salt, and a little oil over them, and leave three or four hours, then broil for about twenty minutes over a moderate fire, turning them as soon as red gravy appears on the top; when they are a little firm to the touch they are done; put on a very hot dish with a piece of maître d'hôtel butter on each, and surround them with fried potatoes.

Fillet or Rump Steaks with Cucumber.—Put some butter in a sauté-pan (or a shallow stewpan), place the steaks in it, sprinkled with pepper, salt, and a little nutmeg; turn once; when done serve with cucumbers that have been peeled, cut in pieces, and cooked in butter first, then in velouté sauce; or put a little sauce espagnole into the stewpan after taking out the steaks, stir with a wooden spoon to detach the gravy from the bottom, and pour very hot into the dish with the steaks.

Biftecks à la Provençale.—Chop four ounces of raw beef marrow, mix with it salt, cayenne pepper, and finely-chopped shallots, put it in a dish, and let it melt slowly in the oven or on the stove. Broil a steak eight or ten minutes, then put it in a dish with the marrow, turn it so as to have the marrow all over it, and serve.

Civet of Beef.—Cut two pounds of beefsteak in pieces, and six ounces of pickled pork in slices; put the pork in a stewpan with a little fat, turn it, and when cooked take it out with a strainer, so as to leave the melted fat in the stewpan, then put in the meat, and cook it slowly for twenty-five minutes; season with pepper, salt, a bunch of sweet herbs, a bay leaf, and parsley; add two tablespoonfuls of flour, then moisten by degrees with half red wine and half hot water, until the meat is covered; let it boil, then draw to the side of the stove, and cook very gently for two hours; then add the pork, remove the herbs, and serve with small baked onions round. These are prepared so as to be ready by the time the meat is done.

Beef à la Chicorie.—Cut some cold beef in thin slices, put it in a stewpan with a very little broth, just to make it hot; by the time it is quite hot the gravy should be nearly all gone; then put pieces of butter, pepper, and salt on the meat, and serve it on stewed endive or spinach.

Beef with Onions.—Cut some thin slices of cold beef about three inches square. Chop two onions small, put them in a stewpan with some butter or dripping; cook them slowly, so that when done they are light brown; then add the slices of meat and a clove of garlic (not chopped); season with pepper and salt; when the meat is brown sprinkle chopped parsley and a little lemon juice or a few drops of vinegar over it; remove the garlic, and serve at once on a very hot dish.

Langue de Bœuf à l'Ecarlate.—Thoroughly clean a tongue, wipe it dry, then rub it all over with plenty of pounded saltpetre; put it in a pan with cloves, allspice, basil, thyme, bay leaves, peppercorns, and two handfuls of salt; pour just enough boiling water over the whole to cover it, and leave it six days; at the end of that time wash it in fresh water, and boil it in two quarts of water with carrots, thyme, onions, basil, bay leaf, and cloves, for at least three hours; then take it up and skin it, trim the root and serve the tongue on a purée of dried peas, lentils, or haricots. The liquor in which the tongue is boiled serves for soup.

Langue de Bœuf Braisée.—Put a fresh tongue in boiling water, and let it remain ten

minutes; drain it and trim it, put it in a stewpan in which you have previously placed some pieces of bacon, bacon rinds, any uncooked bones, the trimmings from the root of the tongue, sliced onions and carrots, sweet herbs, parsley, bay leaf, two lumps of sugar, pepper, salt, and half a pint of broth; the bottom of the stewpan must be well covered with the vegetables, etc., so that the tongue rests on them; put over the fire, and let the broth dry up; then add half a pint of light white wine and some broth, until the tongue is just covered (not more); cook over a moderate fire (with cinders or charcoal on the lid, if you have a proper brazing pan) for about three hours—a very large tongue will take longer; then take it out and skin it, skim and strain the gravy, reduce it a little by boiling fast, then add a little flour mixed with butter; boil for five minutes, and put the tongue back in the stewpan with the gravy, and let it simmer ten minutes, basting it with the gravy once or twice. Olives or mushrooms prepared as for fillet of beef, are sometimes added to the gravy; or it is served with tomato or piquante sauce, or on a purée of sorrel.

Fresh Ox Tongues are also simply cooked thus:—First scald the tongue for ten minutes, then put it in the stock-pot and boil until tender; serve with gherkins, with spinach cooked with gravy, with young carrots stewed, or with almost any kind of vegetable. Tongues braised or boiled are frequently served cut in slices, with a sauce or with maître d'hôtel butter, with gherkins and tarragon added to it.

Langue en Hochepot.—Cut a braised tongue in slices, put the gravy over it, and surround it with small brown onions.

Langue de Bœuf au Gratin.—Cut the remains of a cold tongue in slices, warm in a little gravy, mince two or three onions, cook them in butter, add a little flour and a little white wine, cook five minutes. Place the slices of tongue on a dish, cover with the chopped onions, add a little chopped parsley and some chopped mushrooms, cover with raspings and some little pieces of butter. Brown in the oven, and serve.

Cerveilles de Bœuf (ox brains).—Soak the brains in vinegar, salt, and water, then carefully remove the thin skin that covers them; take care that all the blood is removed, then put them in warm water with a little salt, vinegar, a chopped onion, parsley, clove, and pepper; boil them fifteen to twenty minutes, drain well and put them on a dish; pour piquante sauce over them, or they may be served with a brown gravy. The gravy or sauce must be thick enough to mask the brains, otherwise the dish is ugly. Another way is: After boiling the brains dip them in a frying batter; fry them, and serve garnished with fried parsley only.

Queue en Hochepot (ox tail en Hochepot).—Soak an ox tail in warm water for half an hour, then dry it and divide it at the joints; put it in a stewpan and brown it a little with butter and flour, then add sliced carrots, herbs, parsley, bay leaf, and onions, pepper, salt, and water or broth, and stew gently for four or five hours (it should be well cooked); then put the tail on a dish, skim and strain the gravy, and serve.

Queue Sauce Tomate.—Cook in the same way, but serve with tomato sauce instead of the gravy.

Queue aux Champignons.—Same cooking, but cook some mushrooms in butter; add the strained gravy to them, boil it fast to reduce it a little, then pour it over the tail.

Ox Kidneys are cooked the same way as calf's or sheep's.

Palais de Bœuf (ox palates).—These are first prepared by being put in boiling water for about half an hour, then plunged in cold water and skinned, and next cut in pieces.

Palais à la Ménagère.—Brown some onions

in butter or dripping, throw in the pieces of palate, leave a minute, add some broth, a bunch of herbs, salt, and some slices of potato, stew, and let the gravy reduce, add a small spoonful of mustard, remove the herbs, and serve.

Palais en Blanquette.—Put the slices of palate in sauce allemande and cook them; before serving add a thickening of yolks of eggs and a little lemon juice; serve with fried sippets.

Gras Double (tripe).—There are many ways of cooking this; space does not allow me to give them, but it may be cooked in the same ways as ox palates. Tongues, tails, palates, and tripe are all cooked a long time.

Mutton.—*Gigot Roti* (roast leg of mutton).—Hang a leg of mutton as long as it will keep, then beat it well all over with a rolling-pin, raise the skin at the knuckle, and slip a clove of garlic in between the muscle; roast it, sprinkle with salt, and baste it well as it cooks, serve with its own gravy and with a dish of vegetables. Hot potato salad is sometimes served with it.

Gigot Mariné Roti.—Cut the knuckle of a leg of mutton short, then put in a pan vinegar, chopped onions, a clove of garlic, slices of lemon, parsley, sweet herbs, bay leaf, pepper, and salt; put the leg of mutton in; leave it two days, turning it and pouring the pickle over it occasionally, then drain and wipe the mutton, rub it all over with oil, and lard it, roast it, sprinkle salt over it, and baste well as it cooks. Make a sauce by boiling down some of the pickle, straining it, and mixing with the gravy from the meat. Serve separately.

Gigot de Mouton au Riz (leg of mutton and rice).—Remove the bone from the thick end of a leg of mutton, and fill the space with a forcemeat of fresh pork, a slice of raw ham, a little bread panade, chopped onion, parsley, and a clove of garlic, pepper, salt, and a whole egg. Sew up the meat to keep the stuffing in. Put a little fat bacon in a stewpan, let it cook, then put the mutton in, and brown it a little all over, then cover it with hot water or broth, add two small onions, and four tomatoes cut in quarters, boil ten minutes, then simmer gently until done; then take the mutton out of the stewpan and keep it hot. Skim and strain the broth, boil it up, and for each pint of broth allow a quarter of a pint of rice, boil twenty minutes, and finish with two handfuls of grated parmesan and a lump of butter. Serve the rice round the leg of mutton.

Selle de Mouton Braisée (braised saddle of mutton).—Take a small saddle of mutton, remove the kidneys and the outside skin, roll the flaps under and tie it up (it is sometimes boned). Put in a stewpan three carrots, four onions, and a piece of celery (all cut up), sweet herbs, parsley, bay leaf, two olives, pepper and salt, and the bones of the meat (if it is boned); also the skin and any trimmings from it; pour a little fat broth on these, leave over the fire a few minutes, put the meat on the vegetables, add a little more fat broth, and let the meat braise gently for about three hours, turning it once or twice; when nearly done take out the vegetables and gravy; strain, and skim the latter and put it back in the stewpan; put on the fire and glaze the saddle by basting it often with the gravy. Then untie it, place it on a dish, serve the gravy separately, and a purée of chestnuts, petits pois, or other garniture with it. Leg, shoulder, loin or any other part of mutton is dressed in this way.

Gigot à l'Eau.—Bone a leg of mutton, put it in a stewpan with some butter; let it brown a little all over, pour a small quantity of broth in, add two cloves of garlic, three or four large onions, some carrots, salt, pepper, and a tablespoonful of flour, and let the whole cook very slowly for six hours. There should be sufficient broth to cover the vegetables. The meat must be turned once or twice as it cooks,

but a fork must not be stuck in it to turn it. Keep the stewpan well covered while cooking. Serve with the vegetables round.

Mouton à la Daube.—Take the meat of a leg of mutton, cut it in thick squares, lard them with pieces of bacon and of raw ham; place them in a pan with pepper, salt, and sweet herbs; pour six tablespoonfuls of vinegar over and leave for twenty-four hours. Chop six ounces of fresh fat pork, let it cook a little in an earthenware stewpan; drain the pieces of mutton, put them in with the pork, let them be over a moderate fire for twenty minutes, turning them so that they are evenly cooked, then add the pickle in which they were with a clove of garlic. Cook for ten minutes, then add half a cabbage, or if very large a quarter, some

little onions, and a piece of celery root cut in pieces. Cover the stewpan with a round of paper, then with a common plate half full of water; put it on the stove, where it will simmer very gently for four or five hours. Skim and serve.

Emincé de Mouton.—Cut some cold mutton in thin slices. Put in a saucepan a piece of butter the size of a nut, and a little flour: cook them a minute or two, add some broth, salt, pepper, a few drops of vinegar, and two finely chopped shallots; boil five minutes, then put in the meat, let it cook without boiling. Instead of vinegar, chopped gherkins can be used; they are added just before serving.

Hachis de Mouton.—Take some cold mutton; chop it very finely. Put in a saucepan a lump of butter, a few sweet herbs, and chopped

parsley, some cooked chestnuts, or two or three boiled potatoes, a tablespoonful of flour, pepper, and salt; stir and let all brown a little, then add some broth, and the chopped meat; let cook slowly for about twenty minutes, then serve with fried sippets or poached eggs.

Another Mince.—Take some cold mutton, remove the skin and fat, and chop it; chop an onion very small, cook it in butter until it is gold colour, shake in a tablespoonful of flour, stir for a minute, add a little stock, stir, and boil five minutes; add the meat, let it get very hot without boiling, season with nutmeg, pepper and salt, and serve with finely-chopped parsley on the top, and quarters of hard-boiled eggs round.

(To be continued.)

A GOSSIP ON PORTFOLIOS—HOW TO MAKE AND ADORN THEM.

By GLEESON WHITE.

To adorn a distinctly useful object and fittingly decorate some common thing of everyday life, has been rightly deemed a worthy aim in all living periods of art. Wherever art has flourished indigenously to the people, and not merely as a costly exotic, bought by the rich and chosen by them more for fashion's sake than love of it, the contrary has usually gained.

A Greek amphora of common earthenware has nevertheless true beauty of its own, while even in savage countries the crude art they knew is at least a flourishing living thing, and betrays the love of ornamental forms in their common domestic implements and clothing; it is the *parvenu* and the real Philistine who but love decoration for display, and prize it only when it is costly and looks worth the price paid for it. Not of this sort were the men who lovingly wrought the carven stones of our cathedrals. There, placed aloft where no human eye has seen it since the worker's hand left it, until some chance accident of scaffolding brings it once again within reach, we see the same patient care, the same infinite finish, that has been used for work in the sight of all men. Akin to this feeling was the desire of the old-country folks to have all their home appointments honest and good; not cotton-backed satin, or imitation oak to make a brave show, but lasting textures and solid furniture, all fit for its use, and therefore more beautiful than many a modern thing elaborately decked with ornament, that weakens and hinders the real purpose of the article which it professes to enrich.

This is an oft-preached lesson, yet to-day it is as needful as at any time, and quite to the point of this gossip, if we crown our drawing-rooms with costly bric-a-brac, and leave the useful adjuncts mean and unlovely. How often at a well-appointed writing-table some gorgeous thing in wood and metal is guileless of a scrap of that blotting-paper it professes to protect; or if the household be a musical one, and some music of a past season is required, have we not all seen the dingy, battered portfolios, with their cargo of untidy dog's-eared music, brought into sight in a room wherein they were a positive eyesore, out of keeping with all the show-splendour of the surroundings? Those who really love decoration for its own sake will not grudge the time or cost to make a portfolio comely as well as capacious; or a blotting-book a good substantial thing in place of an empty sham. This is as sensible as painting flowers on a milking stool, or embroidering an antimacassar, and needs no apology for the suggestion. If, however, display is the sole object of modern fancy art, then it would be a pity to waste time over the method to construct portfolios, for that is a distinctly useful acquisition, and admits orna-

mental work merely as an added thing; as a popular lecturer puts it, "The joy of the workman in his work is so great that, having wrought a thing well, out of sheer love to make it excellent as may be, he adds the final decorative touches."

It is the object of this paper to explain the various stages in the building of a portfolio, then to suggest some ways of ornamenting them. But the lesson will be badly taught if the advice to aim at strength and neatness first is not clearly insisted upon. Then by choice of more beautiful materials, or some extra decoration bestowed upon the finished work, so far as it can be added without prejudice to the regular use of the thing itself, it may be turned to a pretty trifle in appearance, as well as a lasting and serviceable object.

Better far to make half a dozen common but strong folios, and so keep all the music tidy, than to evolve one sumptuous thing, all gold brocade, tied with silken bows, for show alone, employing the unsightly bulging objects to do the real work, while the impostor swaggers with an air of being serviceable, when it is really only an excuse for displaying another piece of dexterous fancy-work, and exists merely for effect.

There are divers degrees of fitness, and for special purposes a thing may be elaborated to be almost mere ornament, and yet escape the reproach. Nobody expects an imperial crown to be peculiarly comfortable or serviceable as a head-covering, so at the other end of the scale, by parallel argument, a portfolio kept on view in an ornate room, to hold merely the last sweet thing in drawing-room songs, or the newest platitude in waltz rhythm, may be of use in its way, although quite unfit to trudge to and fro from school, bearing the well-thumbed studies and daily exercises of sweet sixteen. Finery is not vulgar in the right place, but infinitely so in the wrong one.

The art of making portfolios and blotting-books is not an abstruse one. Bookbinding has become a popular pastime, even in ducal households; hence to highly-skilled amateurs the description in minute detail of the method to make such a simple example of the craft may be as absurd as instructing a pupil fresh from the highest school course of cookery lessons how to make a piece of toast. But home bookbinding, done completely and well, demands not alone a certain amount of technical skill, but a good many important accessories which are not required for this elementary case-making.

Given paste and paper, cardboard and leather, or some texture as its substitute, and anyone may start fully equipped. When a napkin press is not available some substitute will be needed; and although it is a little détour

off our main purpose, it may be as well to suggest one which is handy for many things besides pressing portfolios. It merely consists of a few common bricks packed up in cretonne, just as you would neatly wrap a brown paper parcel, but the cretonne is stitched after being so folded; then a wide tape for the string, leaving a broad loop for handle. A few of these placed upon a board are very useful for any purpose where a press is required. Even one brick so covered, with a pair of boards, covered to match, is handy in a bedroom to put upon gloves, ribbons, or laces, and take out the creases. These bricks can be made into very tasteful objects for inexpensive presents, and find a ready sale at bazaars, where any useful novelty is welcomed with avidity.

But to return to the subject, and enumerate the materials needed. Cardboard in some form, of course, preferably the common mill-board sold in large sheets from twopence to fourpence. This is less easy to cut than ordinary pasteboard, but much better to work upon, as its inherent stiffness is greatly increased by the added paper, and the tendency to warp, a property of all pasteboard, is hardly noticeable in this felt-like material. For the mucilage bookbinders' paste is best, but the official paste, or stickpaste sold in bottles, answers equally well. As, however, the former is much the most economical for use in any quantity, it will be best to give the recipe for its preparation. Stir two tablespoonfuls of flour into half a pint of cold water until it forms a thick smooth cream; then add gradually, stirring all the time, boiling water in which a teaspoonful of alum has been previously dissolved; pour the whole back into the saucepan, and boil until it thickens to a paste. This will keep sweet and wholesome for several weeks, especially if a drop or two of oil of cloves has been added to the boiling water.

For the back of the portfolio leather is undoubtedly the best, but to explain its use would be to trespass too closely upon the art of bookbinding, and exact a higher amount of skill and more elaborate touch than this paper aims at demanding. Next to leather, bookbinders' cloth is naturally brought to mind, but personally I dislike it, both to use, and for its appearance after. It professes to imitate a certain material, and fails to do so well enough to deceive a baby; thus it is worse than a crime, it is a blunder. American cloth is clumsy and hideous, but very strong. On the whole nothing I have tried wears better than cretonne, when it is used over the material for the joint itself. For the joint white ticket buckram is far and away the best for amateurs' use. For small cases for dainty purposes the white surface is very pretty, and can be decorated by

him, and those that survive are scarce able to stammer out the story. It is difficult indeed to winnow the grain from the chaff, but such as it is I offer you the tale. Know then that this popular hero is neither more nor less than Captain Bob, famous for having robbed the King's mail on the Dover road last year, and rescued the two gentlemen who were about to expiate their sin on Tyburn Hill as spies of him that is over the water."

"I remember, I remember," cried the old Squire; "it was a gallant thing; a boat was in readiness; they reached France in safety. A mightily well-planned rescue. So Captain Bob is back again?"

"He must be a brave fellow," said Sir Michael, "Would that his bravery could be transferred to more legitimate channels. His Majesty—I should rather say, our country—can ill spare such gallant fellows."

Eleanor was looking at him now with strange eyes, a gleam of gratitude in them for his kindly words.

He read on.

"I and my wife, Lady Dulcibella, have felt considerable interest in this same Captain Bob, and his mysterious summons to stand and deliver in the King's name. You know, my friend that I am as staunch a Whig as yourself, but my Lady hath leanings kindly yearnings, towards the side of misfortune that you may perceive in many gentle dames."

"Yes, yes," said Mistress Betty, and Sir Michael smiled. Those few words in an old friend's letter seemed to lessen the distance between himself and his betrothed. Might he not also regard her opinions with a like indulgence as testifying to the amiable weakness of her

sex? knowing not that there was an unfathomable gulf between the sentiment of a kind-hearted woman of fashion, and the passion of a life whose loyalty was planted in blood and fed on self-sacrifice.

"Lady Dulcibella is an accomplished and most charming woman," he said. "I hope some day, Eleanor, she will be your friend."

"That will not be difficult," said Eleanor softly.

He resumed.

"And so her leanings carried her into making a very hero of Captain Bob. He is a most gentle highwayman, courteous, handsome, and so romantic, that the ladies whom he robbed of all their jewels and all their gold on Thursday last, he has robbed also of their hearts—a more serious misdemeanour, I take it. The last carriage that he stopped was my Lord Marston's travelling coach, containing Lady Marston, Lady Jane her sister, and pretty Mistress Grant, who carried with her jewels worth eight thousand pounds. Lady Marston makes but small moan over hers, which (in a whisper be it said) are suspected of having come from Paris, not Golconda; but Mistress Grant lamented in such wise that the coach rang with her cries, till the gallant Captain with his hand on the valise said the few magical words which accompany his every deed of violence—"In the King's name." Lady Marston curtly demanded, "Which king?" and Lord Marston could only sit still and devour his rage, bound, knotted, and gagged as he was. Captain Bob bowed low and answered, "There is but one king, God bless him!" Mistress Grant stopped her shrieks, as she expressed it afterwards, "seeing

that here was no common robbery, but an affair of political complexion." To cut a long story short, Captain Bob has again evaded justice; every effort has been made. This robbery was of more importance than others; valuable papers have fallen into his hands. Poor Captain Bob! The ladies tell of his tall figure, slender as if he were yet very young, of his wonderful strength and activity, of a glimpse from under a black mask of large brown eyes, fierce with excitement, but softening into pathos and beauty. Probably all this is imaginary, but still one is childish enough to murmur, "'Tis a pity." It is a dangerous game, and I for one shall heave a sigh when the rope is safely round his neck. There is but one end to such things."

"You look pale, my Eleanor," exclaimed Sir Michael. "This tale has startled you."

"Only the last words," she answered. "The very thought of Tyburn is a terror to me;" and she shuddered.

Sir Michael gave a sigh of deep compassion for her; he would so fain have sheltered her from all the pain and sorrow of this world, and the helplessness of human love and care smote him.

He folded up the letter. "I am glad this reckless fellow escaped," he said. "Would that he would retire to France and stay there, and cease to tempt Providence. Here it is every honest man's bounden duty to pursue him. To be at war with the world of law and order is a forlorn hope."

Sir Michael lingered on, talking to the old Squire, and Eleanor slipped away with haggard eyes and clasped hands to her own room.

(To be continued.)

THE CHEF.

By MARY POCOCK.

HOW A FRENCH COOK DRESSES VEAL, LAMB, AND PORK.



VEAL is consumed more in France than in England; it can be cooked in so very many ways that most cooks like it. The following recipes for braising and stewing veal are equally applicable to the fillet, loin, neck, or oyster.

Braised Fillet of Veal.—Cover the bottom of a braising-pan with pieces of bacon, onions, carrots, sweet herbs, and parsley; put the veal on these, add a little broth; put more bacon on the top of the veal with pepper, salt, and a little nutmeg; let the broth reduce until it is glaze, then add more broth until half the meat is in it; put the lid on the pan, and cook slowly for two hours and a half, basting occasionally with the gravy. When done remove the bacon from the top of the veal and glaze it, or brown it by putting fresh hot cinders in the lid, drain, and put on a dish. Strain and skim the gravy, add one or two tablespoonfuls of white wine; serve part of the gravy with the meat, and reserve the remainder to mix with the garniture.

Braised veal can be served with a garniture of stewed endive, green peas, spinach, sorrel, cucumbers, young carrots, small onions, mushrooms, or à la financière.

Fricandeau de Veau à l'Oseille (fricandeau of veal with sorrel).—The fricandeau is a national dish throughout France; it is cut from the side of the fillet to which the fat is attached; but as the calf is cut up differently, we often have to substitute some other part. Very good fricandeaus can be made from the best end of the neck or loin. The meat is taken carefully from the top of the bones, laid on a board, and the skin removed with one cut of a sharp knife so as to leave the meat evenly cut underneath; then beat it well so as to make it somewhat flat; lard it neatly all over the top where the skin has been removed. Put into a braising-pan some chopped carrots, onions, sweet herbs, parsley, peppercorns, two cloves, trimmings of bacon and the veal bones; place the fricandeau on these, with the larding uppermost, sprinkle with salt, add half a pint of broth, pour a tablespoonful of oiled butter over the veal; cover the stewpan, put it over the fire, and let the broth reduce to glaze; then add good broth nearly to the top of the meat, boil up quickly for five minutes, put a piece of buttered paper over the top of the meat; put the cover on (with hot cinders in the lid), and let the frican-

deau cook very slowly for an hour and a half, basting it from time to time with the gravy. When done remove the paper, and let the meat brown at the top; drain it, and place it on a dish. Strain and skim the gravy, and pour part of it on the dish with the veal. Prepare a purée of sorrel or spinach with some of the gravy, and send to table at the same time, but in a separate dish. Sometimes the fricandeau is laid on the purée, or a purée of tomatoes and a little flour is added to the gravy that is served round the veal, and it is then served as "fricandeau sauce tomate."

Roast Veal.—Take a piece of the fillet or best end of the neck of veal, lard it, then put it in a marinade of oil, vinegar, herbs, parsley, spices, a few slices of onion, and salt; leave it four or five hours, turning it now and then; next drain it, and cover it with buttered paper, and roast, basting it often with the marinade and butter. When just done remove the paper, let the meat brown; take the gravy out of the dripping-pan, strain it, add a little flour to it, boil for five minutes; skim if too fat, and add a little lemon-juice or some capers and serve over the meat, or serve the veal with tomato sauce.

Roast Veal à l'Estragon (with tarragon).—Run branches of tarragon into a neck of veal with a larding needle, and proceed as above.

Veau à la Provençale.—Put two or three ounces of olive oil in a stewpan, according to the size of the piece of veal to be cooked; add to it sweet herbs, parsley, pepper, salt, and a few slices of onion; put in the veal (a piece of the loin or neck cooks very well this way); cook very slowly, turning now and then. When done serve on "sauce Italienne."

Poitrine de Veau Farcie (stuffed breast of veal).—Take a breast of veal, chop off the ends of the bones, raise the skin and put in any forcemeat that is liked; sew the edge to keep in the stuffing, braise the veal, and serve it with stewed vegetables or roots.

Poitrine de Veau Glacée.—Take a breast of veal, raise the skin; make a forcemeat with sweetbreads, button mushrooms, the white meat from poultry or remains of game, finely chopped bacon, parsley, shallots, salt, pepper, nutmeg, and yolks of two raw eggs; fill the opening with this, sew up the skin, and put the veal in a stewpan with a slice of bacon, about a pint of good broth, and half a bottle of white wine; stew gently for about two hours. When done take out the meat and brush it with glaze; garnish it with stewed lambs' sweetbreads, button mushrooms, or vegetables. Reduce the gravy a little, skim, and serve with the meat.

Poitrine de Veau Farcie aux Fines Herbes.—Prepare as above. Chop finely spinach, sorrel, asparagus, artichoke bottoms, a few sweet herbs, and a little pickled pork; season moderately; soak some crumb of bread in milk, mix with the other ingredients; put into the veal, sew up and cook in the stockpot. When done serve with white or mushroom sauce over it.

Poitrine de Veau à l'Étuée.—Cut two pounds of breast of veal in square pieces; put them in a stewpan with a little butter, cook the meat a few minutes without browning it; season with pepper and salt; skin and add twenty small onions; scrape twenty small carrots, and put them in, also sweet herbs, parsley, a clove of garlic with the skin on, and four good-sized tomatoes cut in pieces; leave over the fire one minute, then put the lid on, and let all cook very slowly at the side of the stove for an hour and a half or two hours, without adding any broth or water, the moisture from the tomatoes being sufficient. When done remove the garlic and herbs. Arrange the meat and vegetables on a dish, and serve.

Poitrine de Veau aux Petits Pois (breast of veal with green peas).—Cut a breast of veal in pieces; scald it; drain it, then put it in a stewpan with a piece of butter; sift in a tablespoonful of flour, turn it about for a few minutes; add a bunch of sweet herbs, parsley, and a few green onions; moisten with broth or water, season, and stew gently for an hour; remove the herbs; add some green peas and a tablespoonful of white sugar; cover closely, and let the whole simmer gently three-quarters of an hour; skim the fat off. Mix three yolks of eggs with a little cream or milk, add to the stew, stir, and let it thicken, but not boil; serve immediately. The recipes for breast of veal serve equally well for other parts.

Epaule de Veau à la Bourgeoise (shoulder of veal à la bourgeoise).—Put the veal in a stewpan with one or two tablespoonfuls of vinegar, salt, pepper, herbs, parsley, clove of garlic, cut carrots, and onions; add some broth and a little white sugar; cook three hours; skim and strain the gravy; serve the meat surrounded with the vegetables and gravy.

Epaule en Galantine (galantine of shoulder of veal).—Bone and trim a shoulder of veal. Chop very finely a pound of bacon with a pound of lean veal, spread this over the underside of the shoulder—which should be previously flattened as much as possible on a board with the underside uppermost—put on the chopped meat some strips of bacon and

of pickled tongue, make a thin omelet, with seasoning and spinach juice in it, spread this over the forcemeat, add more strips of bacon, some sliced truffles, pistachio kernels and seasoning; then roll up the veal carefully lengthways, sew it firmly in a piece of fine linen, and braise it with bacon rinds, the bones out of the meat, a calf's foot, salt, pepper, sweet herbs, parsley, bay-leaf, onions, carrots, cloves, a lump of sugar, glass of white wine and sufficient water; keep it cooking for three hours, take the meat out, let it get cold in the cloth. Skim, strain, and then clarify the gravy with whites of eggs. When cold remove the cloth and garnish the galantine with the jelly.

Veal à la Gelée.—Take a piece of fillet of veal, lard it, and put it in a stewpan with carrots, onions, herbs, parsley, salt, pepper, and a knuckle of veal bone; add some broth or water and a little white sugar, simmer until the veal is tender, then take it out, skim, and strain the gravy, clarify it with whites of eggs, let it get cold. Serve the veal garnished with the jelly.

Salade de Veau.—Take some cold veal, remove the brown edges and cut it into slices, then into squares, all the same size; pour oil and vinegar over them, and leave for two hours; then arrange on a dish. Put in a bowl one tablespoonful of mustard and six anchovies boned and pounded, moisten with oil and vinegar, add parsley, capers, chopped gherkins, and salt if required; put over the veal, and serve. May be garnished with raw tomatoes, hard-boiled eggs or quarters of cabbage lettuces.

Blanquette de Veau.—Cut some cold veal in thin slices, put them in a stewpan with a little butter, put the lid on, and let them get warm at the side of the stove. Boil some button mushrooms, five or six small onions, and some sweet herbs in a little broth or water, with sufficient salt. When they are done sift some flour in with the veal, add the liquor from the mushrooms, etc., put over the fire for a few minutes, but do not let it boil, then take out the slices of meat, arrange them on a dish and keep them hot. Let the broth boil fast for a minute, then draw from the fire and add the yolks of two eggs; let the sauce thicken but not boil, add the mushrooms and small onions, pour over the veal, and serve.

Veau à la Marengo.—Take two pounds of veal cutlet, cut it in moderate-sized square pieces, put them in a stewpan with oil or butter, let them remain until they are pale coloured; season, add sweet herbs and parsley; take a quarter of a pound of pickled pork, scald it, cut it in pieces, and put it in with the veal. Have ready twenty or thirty small onions that have been baked a pale brown, put them in, cover the stewpan, and finish cooking the meat by a slow fire without adding any broth or water. When done take out the meat and arrange it on a dish, remove the herbs, skim half the fat off the gravy, and add three or four tablespoonfuls of tomato sauce and a little cayenne pepper, boil up, and serve at once with the veal.

Tête de Veau au Naturel (boiled calf's head).—Take a calf's head that has been properly prepared and cleaned, put it into a saucepan of boiling water, and cook it half an hour; then take it out and put it in cold water, remove the jawbones and the frontal bone, and replace the meat in its proper position, rub the skin of the head all over with a cut lemon, then sew it up in a white cloth. Mix a handful of flour into a saucepanful of water, add onions, sweet herbs, bay-leaf, parsnip, a little butter or slice of bacon fat, salt, and whole peppers; put the head into this, taking care that the water covers it entirely. As soon as it simmers skim it; when the head is cooked enough (it takes from three hours to three hours and a half) take it out, remove the

cloth, and serve with sauce in a tureen. It is served with vinaigrette, maître d'hôtel, or other sauce. With the head cooked in this way one prepares Tête à la financière, à la tortue, à la poulette, à la Sainte-Menchould, en matelotte, etc.

Tête de Veau Farcie.—Bone the head, take out the brains and the tongue, add to them a piece of lean veal, some beef suet, sweet herbs, parsley, and seasoning; chop the whole, then pound in a mortar; add sufficient yolks of eggs to bind the forcemeat; put into the head and make it assume its old form as nearly as possible; sew it where necessary; fasten it in a cloth and put it in a saucepan with sufficient broth to cover it; a little white wine, two carrots, two onions, two parsnips, herbs, parsley, bay-leaf, clove, salt, pepper, a lemon cut in two and the pips removed; let it boil three hours; remove the cloth, put the head on a dish, and keep it hot. Skim and put a portion of the contents of the saucepan through a sieve; add six chopped anchovies and some mushrooms; boil fast for a few minutes to reduce it a little; before serving add the juice of a lemon and some chopped gherkins. Sometimes a ragout of boned partridges, pigeons, quails, or ortolans is used with the forcemeat. The ragout is not chopped, but laid in with the stuffing. An old fowl chopped and pounded with some ham or bacon and some suet also makes a good forcemeat, and can be used instead of the veal.

Tête de Veau en Tortue.—Put in a stewpan half stock and half sauce espagnole; boil with a glass of Madeira or Marsala (or a good brown gravy and the wine); add a small quantity of cayenne pepper, some sweetbreads and brains, which have been first boiled, then cut in pieces and cooked in butter, mushrooms, sliced truffles, the cooked calf's head cut in pieces, some quenelles poached, olives that have been stoned by passing a knife round like a screw so as to leave them entire, and some gherkins cut into balls, let the whole get quite hot, but not boil, then serve, dishing up carefully so as not to break the quenelles; add some yolks of hard-boiled eggs, pour the gravy over them. Calf's tongue can be cooked by the same recipes as ox tongue.

Roast Liver.—Take a calf's liver, lard it all over, roll it in pepper and salt, and roast it in the oven with a buttered paper over it; baste it often while it is cooking with piquante sauce. It takes about an hour to cook; when done skim and strain the sauce and serve the liver on it. The liver is sometimes laid in a marinade of oil, herbs, etc., for two hours before it is cooked.

Foie à l'Estoufée.—Lard and roast in the same way, but when done add a poivrade to the gravy from the liver.

Foie Sauté.—Cut the liver in slices, beat it and fry it in butter over a quick fire; pepper and salt it; fry also some thin slices of bread; place the slices of liver and of bread alternately on the dish, then put some "sauce Italienne" and a little white wine in the frying-pan; with a wooden spoon detach the brown from the bottom of the pan and make the sauce hot, take from the fire and stir in a small piece of fresh butter; pour over the liver, and serve.

Foie à l'Echalote.—Cut the liver in slices, beat it slightly, flour and season it. Melt some butter in a stewpan and sprinkle in some chopped shallots; put the pieces of liver on the shallots, and cook over a quick fire for about eight minutes, turning them as they cook. Then put on a dish; add the juice of a lemon and some chopped parsley to the butter in the stewpan; stir, pour over the liver, and serve.

LAMB.

Lambs are eaten younger in France than we use them in England, so if a joint is required for a number—three quarters of a lamb, that is to say, the saddle and two legs—

are often cooked without being divided, but a quarter is the more usual joint.

Quartier d'Agneau Roti et Pané.—Take a fore-quarter of lamb, because that is the most delicate, lard it with finely-cut pieces of bacon on the skin side; brush the underside over with oiled butter, then cover it with bread-crumbs, envelope the meat in buttered paper, and roast. When nearly done take off the paper, sprinkle with salt, and put more bread-crumbs over the under side, with a little chopped parsley. Then put the meat to a good fire again; brown. Serve with the juice of a lemon or a few drops of vinegar over it.

Or *Roast Quarter of Lamb.*—Cover the lamb from the shoulder to the edge of the ribs with pieces of bacon; roast before the fire; when done, put it on a dish, separate the shoulder, and put under it on the breast a large lump of maître d'hôtel butter.

Lamb à la Périgord.—Trim a loin of lamb; put it in a stewpan with some olive oil, parsley, scallion, pepper and salt, and some chopped mushrooms; cook for about five minutes, then take the meat out and cover the bottom of the stewpan with slices of bacon; on these put one or two pieces of roast veal and some slices of truffles, then the lamb and some more bacon, with slices of lemon over; cover and leave to cook for a quarter of an hour, then add a little broth, and cook slowly until the meat is done. Serve with the bacon and truffles round. Put a little good stock into the stewpan; after you have taken out the lamb, bacon, and truffles, boil up, skim and strain. Serve as sauce for the meat.

Epaule d'Agneau en Ballon.—Bone a shoulder of lamb, and roll it up as nearly into a ball as you can, and tie it together; scald it, then lard it all over with fine strips of bacon; roast it at a brisk fire; when done remove the skin, drain and glaze it. Serve on a purée or with a sauce.

Epaule aux Truffes.—Bone a shoulder of lamb, lard it on the outside with bacon and inside with truffles; braise it slowly, and serve with its own gravy reduced, skimmed, and strained.

Galantine d'Epaule d'Agneau (galantine of shoulder of lamb).—Bone a shoulder of lamb, cut the meat from the under side of the bone and some towards the knuckle (to leave it rather thin), chop this meat with double its weight of sausage meat, then pound it in a mortar with pepper and salt; mix with it a little cooked lean ham cut in dice and some small pieces of truffles; put this in the shoulder, roll it up to make it a long shape, sew it in a piece of linen, and tie securely; then stew in broth for an hour and a half, or braise; when done put under a weight. When cold remove the cloth and string, and serve with savoury jelly.

Lamb and Peas.—Cut some lamb in pieces, fry it in a stewpan in butter, with half a dozen young onions; when it is a nice colour add a pint (or more, according to the quantity of meat) of young peas, a little salt, and a bunch of parsley. Cover the stewpan, and cook gently, shake the stewpan now and then, and add one or two tablespoonfuls of hot water. Before serving remove the parsley and add a little butter and flour mixed together; season if necessary, let the flour cook a few minutes, and serve.

Poitrines d'Agneau aux Asperges (breast of lamb and asparagus).—Take two breasts of lamb, boil them in the stock-pot, remove the bones; put the meat on a dish with another over it, with weights on it, let it get cold, then

cut the breasts across into pieces, pointed at one end and round at the other; season them, egg and breadcrumb, and brown on both sides in butter in a stewpan; arrange them on a dish like a crown, and put in the centre asparagus points that have been blanched and cooked in butter, and then had white sauce mixed with them. The pieces of breast may also be dipped in oil and breadcrumbs, then broiled and served with piquante sauce or vegetable garnish.

Ragoût d'Agneau au Riz (stewed lamb with rice).—Cut a neck of lamb in pieces, put it in a stewpan with butter, chopped onions, sweet herbs and parsley; brown slightly, season with salt and pepper, add broth or water enough to cover it, and cook twenty-five minutes; then for one quart of broth or water add a quarter of a pint of rice and four tablespoonfuls of tomato purée or sauce, keep the lid on, and stew; the rice and meat should be done at the same time.

Many people make a "store sauce" of tomatoes with a little garlic, vinegar, and a good many shallots in it. This sauce is not so suitable for this dish as a plain sauce or purée, such as is used for tomato soup.

PORK.

Fresh Pork Roasted.—Put the pork into a marinade of oil, salt, pepper, parsley, onions, bay-leaf and cloves; leave it a day, then roast it, basting it with the marinade.

Porc Roti à la Sauge.—Prepare as above; then make cuts in the fat, and slip a sprig of fresh sage into each cut; put paper over and roast, basting with the marinade.

Longe de Porc à la Provençale (loin of pork à la provençale).—Chine a loin of pork, then make small notches between the bones, so that the meat may not draw up in cooking, sprinkle salt over it, and leave it for two hours. Wipe it, make some small incisions in the fat, and slip in strips of raw truffles and little pieces of garlic; cover with buttered paper, and roast. Skim and serve the gravy out of the dripping-pan with it.

Emincé de Porc aux Oignons.—Cut some cold pork in thin slices; chop four onions, fry them a light gold colour over a very slow fire, moisten with two or three tablespoonfuls of vinegar; let it nearly all evaporate, then add the slices of meat, season with salt and pepper, cook all together slowly for about ten minutes. Pour four tablespoonfuls of tomato sauce over them, and serve.

Paté de Porc (pork pie).—Take seven or eight thin pork chops, bone and beat them, season with pepper and salt. Sprinkle the bottom of a pie-dish with chopped onion and shallots, then put a layer of raw potatoes cut in slices, season, arrange the chops on the potatoes, sprinkle again with chopped onion and shallots, put another layer of sliced potatoes and more seasoning, then pour in a quarter of a pint of cold broth or gravy, cover the whole with piecrust, egg over, and bake in a moderate oven for an hour.

Pork Chops or Cutlets, trimmed, beaten, dipped in egg and breadcrumbs, with sweet herbs, pepper, salt, and a little spice, then grilled, are served with sauce Robert or gherkin sauce.

Blanquette de Porc is prepared in the same way as "Blanquette de Veau," only it must be more highly seasoned, and have a little sage added to it.

Pigs' Kidneys.—Cut them up and put them in a stewpan with butter, pepper, salt, and chopped parsley, shallots and mushrooms; cook five minutes, sift in some flour, stir for a

minute or two, then add some white wine, and cook the kidneys slowly without letting them boil.

Sauissons de Ménage.—Take one pound of chopped pork, half cook it, and mix with it four pounds of potatoes that have been cooked (to be as dry as possible, then beaten to a paste), add salt and pepper, and knead well together; fill the skins with this in the usual way, wrap the sausages in a cloth for two or three days, then hang them in a current of air. They are boiled or broiled.

Pork Sausages.—Take two-thirds fat and one-third lean of fresh pork, chop it, but not too finely, add pepper, salt, and spice, put it into an earthenware stewpan, and let it stand on the stove for half an hour, then fill the skins in the usual way.

Boudins Blancs de Porc (white puddings).—Chop half a pound of lean and half a pound of fat pork, mix, then add pepper, salt, and a little spice, chop five minutes more, put in a basin, add one tablespoonful of finely-chopped onions, and two eggs, one after the other, and rather less than a quarter of a pint of cream or milk; put into sausage skins, tie up, and poach. Let them get cold, then broil over a clear fire, and serve.

Jambon à la Braise (braised ham).—Soak the ham from six to twelve hours, according to its age (if quite a new ham an hour or two is sufficient); put it into as small a stewpan as possible, with only just sufficient cold water (about three quarts or two quarts of water and one quart of white wine), a lump of sugar, an onion, sweet herbs, parsley, a little hay or clover, and a sprig of tarragon; let the water just boil, then draw to the side of the stove, and let it cook without boiling for from three to five hours, according to size; when the meat on the knuckle is soft it is done. When done, drain and remove the rind. Serve with good veal gravy and a dish of sorrel or spinach "au jus." If to be served cold only it should be left in the stewpan until nearly cold, then have the rind taken off. Cold it is served with jelly.

Roast Ham.—For this a ham must be new. Put it for twenty-four hours in a marinade of white wine, parsley, and sliced onions; roast it, basting often with the marinade; when it is three-quarters cooked remove the skin and cover the fat with fine breadcrumbs; finish roasting it. Have ready some good glaze, put it over the ham with a feather. Strain the marinade, and serve the ham on it.

Bayonne hams are so noted that I must give, for the benefit of those who have the convenience for preparing them, the recipe for pickling them.

Jambon de Bayonne.—Shorten the leg of pork as much as you can by fastening the knuckle with strong string to the thicker part, put a weight on it, or put it in a press for twenty-four hours, then rub it well all over with one part saltpetre and nine parts salt; put it under pressure again for three days. Put in a stewpan equal quantities of wine and water (sufficient to cover the ham in the pickling pan), add juniper-berries, bay-leaves, thyme, basil, sage, coriander seed, aniseed, pepper, and salt; boil until well flavoured, then pour off clear. Put the ham in a pan, pour the pickle over, sprinkle salt over the top and leave it eighteen or twenty days, then take it out, let it dry and smoke it with juniper-wood and aromatic plants; when smoked rub it over with wine lees, let it dry, then wrap it in paper and keep it in wood ashes.

(To be continued.)



had more than once taken official notice of his remarkable coolness and presence of mind when under fire, or when leading a charge on shore, with sword in hand.

It must be admitted, therefore, that Perry's character was a difficult one to read, and presented not a few anomalies, psychologically considered.

It was after Jack's marriage that Lieutenant Perry managed to get six months' leave, and go cruising in the Levant with his friend and wife, Aileen being also of the party.

Well, I have no need to describe the personal appearance of either of the young ladies; my artist has saved me the trouble.

There they sit among the quarter-deck cushions of the saucy *Esmeralda*, as she lies at anchor in a Riviera bay, on a quiet still summer's evening, Kathleen looking learned and logical, and apparently feeling a sailor's wife all over, as she points to places of interest on the chart, and Aileen listening, with those dreamy eyes of hers, full of genuine admiration for her sister.

But my artist has not sketched Jack and his friend. They are not there. They are forward, leaning over the bows, and I am very much afraid they are smoking again. But this is no fault of mine.

What a delightful cruise that was to be sure, from beginning to end! No, not quite to the end though, at least as far as Perry was concerned, and for the following reason.

One beautiful day at Malta, Jack and his wife, with Aileen and Perry, had gone on shore to do a little shopping, for jewellery is cheap in that town, filigree gold work being purchasable for little over the price by weight of the precious metal. They were all labouring up one of those long streets of stairs, of which Byron makes mention in one of his poems. I ought not, however, to say that Perry was labouring. Indeed, he never felt in better "form and fettle," as he chose to describe it; he was very happy and buoyant, and was thinking how very delightful those streets of stairs were, simply because they gave him an opportunity of doing a service to Aileen by helping her along.

So happy was Perry to-day, that, in the intervals of conversation, he could not refrain from humming over snatches of songs from operas or bars of music from favourite waltzes.

There was not a single cloud on the blue sky of Perry's life to-day, until—the party suddenly turned a corner.

"Hullo, Nugent! Why, my dear old boy,

who ever would have expected to meet you here?"

That was Jack's greeting to his friend.

Mrs. Fairbairn's and Aileen's were also very cordial. But I cannot say so much for Perry's. The sunshine of his existence was suddenly eclipsed; there seemed no blue sky anywhere now.

"I suppose," said Perry, "your ship is here? You are stationed at Malta?"

Perry was hoping against hope.

"Not I," replied Nugent, cheerily; "I'm free as the wind for the next three months."

"Oh, in that case," said Mrs. Fairbairn, "we shall claim you. You shall be our guest in the yacht for the next three months."

"Don't say no, old man." This from Jack.

"Say, no!" replied Nugent, with just one glance towards Aileen. "That is the very last thing I should think of. In fact, if you had not invited me, the probability is I should have come as a stowaway, and you would have found me hiding behind a beef cask a day or two after you had been at sea."

Everyone laughed, even Perry. But there was no laughing at Perry's heart.

{To be continued.}

THE CHEF.

By MARY POCKOCK.

HOW A FRENCH COOK SERVES POULTRY.



POULTRY nearly always has a place in a French dinner in some form or other, consequently the ways of cooking it are very various, and I think superior to ours. It seems to me that the recipes for dressing fowls are numberless; I will begin with a few of them.

Poulet Roti (roast fowl).—When trussing the fowl put into the body a large pinch of salt and a lump of butter; sew up the opening, fasten a slice of fat bacon over the breast of the fowl; roast it, basting it well; sprinkle with salt when done (not before), and serve with watercresses over which you have squeezed the juice of a lemon, and put the gravy made in roasting the fowl.

Another way.—Prepare as above, with the salt and butter inside, then rub the fowl well all over with a cut lemon, and envelope it in a buttered paper; roast and serve with tomatoes or mushrooms, or à la ravigote or financière.

Poulet à l'Estragon (fowl with tarragon).—Blanch some tarragon leaves; chop them. Chop the liver of the fowl, add a lump of butter and some chopped bacon; to these put a quarter of the tarragon, salt, pepper, and nutmeg; put this forcemeat into the body of the fowl, cover the breast with a slice of bacon fat, put buttered paper over and roast. Melt a piece of butter in a stewpan, add a little flour and the remainder of the chopped tarragon; moisten with broth, add a few drops of vinegar, two yolks of eggs, salt, and pepper; let the sauce thicken, but not boil, and serve with the fowl.

Chapon au Gros Sel.—Rub a capon all over with a cut lemon, then cover the breast with slices of bacon fat; put it in a stewpan with the gizzard and neck, a little bacon fat, some trimmings of veal, an onion, a carrot, sweet

herbs, parsley, salt, and sufficient broth to nearly cover the capon; cook slowly; it will take from one hour to one hour and a quarter. When done take a small portion of the broth, skim and strain it, and boil until it is brown; add a tablespoonful of water, and with a wooden spoon stir the brown well from the bottom of the saucepan; skim and strain some more of the broth, and add it to that you have browned; serve the capon with the gravy and a little salt sprinkled over it.

Chapon au Ris (capon with rice).—Put the capon in a stewpan with some parsley and mushroom trimmings, then add stock enough to nearly cover it (the stock should be strained, but have the fat left on it), cook gently; when done keep the capon hot, strain and skim the broth, let it boil, and add one-third the quantity of rice that there is broth; boil twenty-five minutes, finish with a little butter, serve round the capon.

Or **Fowl with Rice**, thus:—If you have no stock, put a fowl in a stewpan with some bacon; cook it five minutes. Boil two carrots, two onions, a piece of celery, parsley and herbs, in a quart of water for half an hour; put in the fowl and bacon, let them simmer ten minutes (or longer if it is not young), then throw in half a pint of rice, and season with pepper and salt; cook until done, remove the vegetables and herbs, and serve the fowl on the rice. Fowls that are not young are boiled gently in the stock-pot until tender, and then served in various ways, as—

Poule au Pot-au-feu en Coquilles.—Cut some cooked fowl in dice, add a third of the quantity of cooked mushrooms and a little cooked ham or tongue. Put a small quantity of white sauce in a stewpan, cook it a few minutes, add one or two tablespoonfuls of raw cream, add the chicken mixture, season, and thicken with the yolk of an egg. Put into scallop-shells, cover with breadcrumbs and a little oiled butter, brown the tops, and serve.

Poule au Pot-au-feu Sauce Tomate.—When the fowl is tender, but not boiled to rags, take it out of the stock and remove the skin, cut it up and put it in a stewpan with a little broth;

let it get hot. Cut two ounces of raw ham into small squares, put it into a frying-pan with a little oil or butter, stir it and cook two minutes; add two tablespoonfuls of vinegar, let it reduce to one, add a purée of tomatoes, a clove of garlic, a bay leaf, and the broth in which the chicken has been warmed; boil, add sufficient flour to thicken it, pour all into the stewpan over the fowl, simmer twenty minutes, take out the garlic and bay leaf, and serve the stew.

Poule au Pot-au-feu aux Fines Herbes.—Let the fowl get cold after cooking it in the stock-pot, then cut it up. Chop a large onion and three or four shallots, cook them in butter; add some chopped mushrooms, cook a minute, sift in a little flour, add a small glass of white wine and some broth, stir and boil for ten minutes; add a little pepper, put in the fowl, simmer a quarter of an hour, and serve.

Poulet à la Tartare (fowl and Tartar sauce).—Choose a young fowl, prepare it, then split it down the back, flatten it with the side of the chopper, put it in a marinade of oil, pepper, salt, lemon juice, chopped onion, and parsley; leave it an hour, then grill it and serve with tartar sauce. Some cooks, instead of putting the fowl in the marinade, put it in a stewpan with a little butter and bacon fat for about a quarter of an hour, over a slow fire, then breadcrumb it and fry or grill it.

Poulet au Blanc.—Put the liver, a lump of butter, and a large pinch of salt, in the body of the fowl, then truss it. Put some water in a stewpan, with a small bunch of herbs and parsley; when the water boils add a large tablespoonful of flour mixed with good butter; stir, then put in the fowl, add salt, simmer gently; when done put it on a dish, and keep it hot. Boil the liquor fast, reduce it until it is moderately thick, remove the herbs and parsley, add three yolks of eggs mixed with cream, and a little pounded white sugar; let it thicken, but do not let it boil again; take from the fire and finish with a little lemon juice. Garnish the fowl with stewed mushrooms, artichoke bottoms, and very small onions cooked in butter; pour the sauce over the whole, and serve.

Fricassée de Poulet.—Proceed in exactly the same way as for "Poulet au Blanc," the only difference being that the fowl is cut up, and the appearance of the fricassée is improved if the skin is removed from the pieces of fowl, and they are rubbed over with cut lemon before being cooked.

Fricassée de Poulet à la Minute.—After having cut a fowl up, put it in a stewpan with a lump of butter, salt, mushrooms, bunch of sweet herbs and parsley; stir it over the fire for five minutes, dredge a tablespoonful of flour in, stir; add sufficient broth with a glass of white wine to make sauce, and finish cooking. Before serving remove the herbs and parsley, and add a squeeze of lemon juice.

Fricassée à la Bourguignonne.—Put the fowl (after cutting it up) into a stewpan with two ounces of butter, put it over the fire for about eight minutes, turning the pieces in the butter as they cook; add salt, pepper, nutmeg, and some white wine to moisten it; keep it over a brisk fire. When the fowl is done arrange the pieces on a dish, slightly thicken the sauce, finish it with some lemon juice and finely-chopped parsley, pour over the fowl, and serve.

Marinade de Poulet.—Remove the skin, and cut up a fowl (uncooked or cooked), place the pieces in a marinade of oil, lemon juice, herbs and parsley, and leave them for an hour or two; then dip them in batter (see *pâte à frire*), and cook in a pan of boiling fat; serve with fried parsley.

Fillets au Suprême.—Take the white meat from one or two fowls, remove the skin, and separate the meat into small fillets, sprinkle them with salt, and cook in a stewpan in butter, without letting them get in the least brown; when done, arrange on a dish with pieces of fried bread, placing the fillets and the bread alternately: or the fillets are sometimes larded before being cooked, and are served with mushroom sauce, or sauce tournée aux truffes.

Poulet à la Marengo.—Cut up a fowl, put first the legs, then the remainder of the pieces in a stewpan, with some oil and a little salt, sweet herbs, parsley, mushrooms, and truffles; cook all until a nice pale brown. When the fowl is done serve it and the mushrooms and truffles with Italian sauce; add some stoned olives that have been cooked in butter, and some pear-shaped pieces of fried bread (fried eggs are sometimes added). The fowl should be neatly heaped in the centre of the dish, the mushrooms, olives, and truffles arranged round it, and good Italian sauce poured over all; then the fried pieces of bread are placed upright all round the heap of chicken, between that and the mushrooms.

Poulet à la Sainte-Menehould is made with the remains of fricassée fowl that has had a well-thickened sauce. Put the cold sauce well over the pieces, cover them with fine breadcrumbs, dip in egg, then crumb them again; fry a nice pale brown, or strain a little oil and butter over them and bake in a quick oven; serve dry, or with a clear, rather piquante gravy.

Before leaving the subject of fowls I must call the attention of the reader to the difference in the English and French way of dividing the legs of a fowl for cooking. Instead of separating the drumstick from the thigh, proceed thus:—push the skin and sinews at the end of the drumstick up a little way, then chop the bone off as short as possible; next chop the thigh bone across just half an inch beyond the joint with the drumstick; it is quite easy to do this with an ordinary table knife struck on the back with a second knife; you then have two nicely shaped pieces of chicken of about equal size to dish up, and no ugly bony piece. The breasts are divided in two, across not lengthways.

TURKEYS.

Dinde Truffée (truffled turkey).—Take some

truffles, peel them; if small leave them whole, if large cut each truffle in two or three pieces, put them in a stewpan with butter, pepper, salt, and a little nutmeg; make them moderately hot, and stuff the turkey with them; sew the skin up, wrap the turkey in buttered paper, and leave it in a cool place until the next day. Then roast it; if about eight pounds in weight for two hours, baste it well; remove the paper a short time before it is done, so as to allow it to brown, and sprinkle it with salt. Serve the turkey plain or with truffle sauce.

Turkeys are also stuffed with raw sausage-meat and truffles; also with chestnuts. For this the chestnuts must be roasted slowly, the shell and skin carefully removed, the chestnuts seasoned with pepper and salt, and then put in the turkey with a little butter.

Dinde Piquée, Rotie (turkey larded and roasted).—Lard the breast and legs of a turkey, and cover it with buttered paper; roast, basting well with butter; remove the paper a quarter of an hour before the turkey is done, and sprinkle with salt. Skim, and strain the contents of the dripping-pan, and send it to table in a tureen.

Dinde en Galantine (galantine of turkey).—A turkey that is not young enough to roast will still make a good galantine. Open the turkey down the back, take out all the bones, being very careful not to tear or damage the skin, which must be gently separated from the meat. Cut the breast into slices, put them aside, then take the meat of the legs and all the pickings from the bones of the body and pinions, without the sinews, chop finely with an equal quantity of veal cutlet and bacon fat, season with pepper, salt, and a little spice, and pound in a mortar; cut some fat bacon, veal cutlet, the slices of turkey and some ham or pickled tongue in strips, spread the skin of the turkey on a linen cloth, place on it a layer of the forcemeat, and arrange the strips of meat, bacon, etc., on it; also some truffles cut in pieces and some pistachio nuts, then the remainder of the forcemeat; roll up the galantine, sew the skin, then sew the linen cloth over it, tie the two ends with string, and tie strings round at intervals of two inches, so as to keep the galantine in shape. Braise the turkey with the bones pounded and a little white wine added to the usual ingredients. Do not remove the cloth until the galantine is cold; then glaze it slightly. Clear the liquor in which the turkey is cooked, and serve cold as jelly on and round the galantine.

Turkey (legs or wings) à la Sauce Robert.—Make cuts across the legs of cold turkey, pepper, salt, and broil them, then serve on a sauce Robert.

Abatis de Dinde à la Bourgeoise (turkey giblets à la bourgeoise).—Soak the giblets in tepid water, then wash them, changing the water several times; put them all except the liver in some warm butter in a stewpan, add herbs, parsley, bay leaf, two cloves, and a clove of garlic; stir them about over the fire for some minutes, then stir in a large tablespoonful of flour; when the flour is gold colour add some hot water or broth, and stew for two hours. Cook the liver separately in butter, and add it to the other giblets. Brown some small onions and some turnips cut into dice in butter with a little white sugar; add these when the giblets have stewed two hours; season with pepper and salt, and let all simmer until tender; then remove the herbs, parsley, cloves, bay leaf and garlic, skim the gravy (of which there should not be too much) and serve, placing the giblets in the middle of the dish and the vegetables round them. Should be sent to table very hot.

Emincé de Dinde au Riz.—Put in a stewpan one ounce of butter and a finely-chopped onion, turn it about over the fire, but do not let it brown; add half a pint of rice, shake for a second or two, then add a pint and a half of

broth; cover, and boil for twelve minutes, then add two cloves and three-quarters of a pound of cold turkey, cut in pieces and without skin; season, put the lid on the stewpan, and cook until the rice is done, then remove the cloves, stir in a small piece of butter, and serve immediately.

Croquettes de Dinde au Pommes de Terre (croquettes of turkey with potatoes).—Chop half a pound of cold turkey, put it in a stewpan with pepper, salt, and three-quarters of a pound of potatoes that have been boiled, passed through a sieve, and had butter, salt, and a little sugar added to them; add five yolks and one white of egg, a pinch of nutmeg, and about a teacupful of grated Parmesan cheese; stir over the fire to mix well, then turn on to a floured board, form into small rolls or balls, dip them in egg and then breadcrumb them. Fry in plenty of boiling fat, and serve with parsley.

Marinade de Dindon, Dindon à la Sainte-Menehould, Fricassée de Dindon, etc., are all prepared in the same way as the same dishes of fowl, and most of the recipes for cooking turkey are equally applicable for fowls.

GEESE.

Roast Goose with Chestnuts.—Take fifty large chestnuts, roast them very slowly, then remove the shells and skins, put half of them aside, chop the remainder with the liver of the goose, add half a pound of sausage-meat, a small clove of garlic, a little parsley, pepper, salt and nutmeg; put this into the body of the goose, mixing the twenty-five whole chestnuts with it, sew up the opening, and roast the goose. When done a goose should remain a short time before a fierce fire, so that the grease may run from it, and the skin get crisp.

Chestnut forcemeat made as above is also used for stuffing turkeys.

Geese are sometimes simply filled with small potatoes and a bunch of savory and roasted. For this, one takes the smallest potatoes, and after they are peeled, a round vegetable cutter is run through each of them to take a piece out of the middle. Goose with potatoes roasts best in an oven.

Oie à la Chipolata (goose à la chipolata).—Take a goose that is not fat, cut it up, cook the pieces in a stewpan in some brown roux. Add some sausages cut in pieces, some mushrooms, roasted chestnuts (skinned), bunch of herbs, parsley, seasoning, and a little gravy. When the goose is done enough, remove the herbs and parsley, skim the gravy, add a little lemon juice or a few drops of vinegar, and serve.

Goose Giblets are cooked like turkeys'.

DUCKS.

Canard aux Navets (duck with turnips).—Brown in a stewpan a tablespoonful of flour in butter or poultry fat, put the duck in and turn it about for a minute or two to brown it slightly, then moisten with half white wine and half broth; add a bunch of sweet herbs, parsley, a small onion, salt, pepper, and nutmeg; cut some turnips and shape them into balls all of the same size (the size of a large marble), brown them in butter with a little white sugar; when the duck is rather more than half done, add the turnips, and cook all together. When tender, remove the herbs, parsley, and onion, skim the broth, and serve the duck with the turnips and the gravy round it. The duck should be cooked in a stewpan that it will just fit, otherwise it is necessary to put too much broth.

Canard aux Olives.—Cook the duck as above, but pass the gravy through a sieve; add some mushrooms cut in pieces, stone some olives by passing a knife round them, put them in the sauce, boil a minute, pour over the duck, and serve immediately.

Canard aux Choux (duck and cabbage).—Throw a cabbage in boiling water and cook it for a few minutes, then press it, to get the water from it as much as possible. Put the duck in a stewpan and brown it slightly with some slices of bacon fat and a slice of ham; leave the bacon and the ham at the bottom of the stewpan and place a layer of cabbage on it, then put in the duck and the remainder of the cabbage over and round it. Tie sweet herbs, parsley, and a clove in muslin and put them in; add pepper and salt, and put small sausages on the top of the cabbage; cover closely and cook gently until tender. (Time according to size of duck.)

Canard aux Petits Pois (duck and green peas).—Cook the duck as for "aux navets," but instead of the turnips have ready some peas in a little very cold water into which some butter has been worked; when the duck is half done pour off the gravy, put some slices of bacon at the bottom of the stewpan, then put in the peas with a branch of parsley, a scallion, some small white onions, a lump of sugar and a little salt; place the duck in the middle, cover, and let it finish cooking over a slow fire. When done serve with the vegetables round. The duck to be dressed in this way should be young.

Salmis de Canard.—Roast a young duck with four or five thin slices of bread under it; let it get cold, then cut it up; chop up the backbone and the trimmings. Cook a chopped onion in butter, pound the slices of roast bread, and add them with the chopped duck, two shallots, pepper, mace, and a bay leaf; moisten with a tumbler of red wine and the same quantity of broth. Let the sauce reduce to one-half, pass it through a sieve, put it back in the stewpan, and warm the pieces of duck in it without allowing it to boil. Put the stew on a dish, and serve with fried sippets round. A salmi is generally made with a duck or part of a duck that has been roasted for table. It answers quite as well to fry the slices of bread a nice brown in some of the fat from the ducks.

Canard au Riz (duck with rice).—Take the remains of a roast duck, cut it up, remove the backbone, put the pieces of duck in a stewpan, pour a little gravy and a little tomato sauce over them; stand the stewpan in the bain-marie, so as to heat the duck thoroughly without letting it boil. Chop an onion and put it in a stewpan with a little butter; when it is a good gold colour (not in the least burnt) add to it one pint of broth or water and one-third of a pint of rice; cook with the lid on the saucepan (if water is used a little salt must be added); when done the rice should be dry; add

two or three tablespoonfuls of tomato sauce, a little cayenne pepper, and a little butter to it, stir, cover the stewpan for a few minutes, then serve quite hot, with the pieces of duck arranged on the top. Sometimes grated Parmesan is added to the rice with the tomato sauce.

Ducks are roasted with a lump of butter and pepper and salt in them, and the juice of a lemon is put in the dripping-pan. They are served with their own gravy, and watercresses with a little of the contents of the dripping-pan on them.

Canard aux Truffes.—The same proceeding as for turkey. Legs of ducks grilled are served on a purée of potatoes, or with a sauce piquante.

Duck with Sour-cROUT is prepared in the same way as with cabbage, but the sour-cROUT must be washed in several waters.

PIGEONS.

Pigeon Roti.—Put in the body of the pigeon a small lump of butter and a pinch of salt, truss it, put a vine leaf over the breast, and tie a slice of bacon fat over that; roast from twenty to twenty-five minutes, basting with butter mixed with a few drops of vinegar. Serve with gravy.

Pigeons en Compote.—Truss two pigeons and put a lump of butter in each. Set a stewpan over the fire, with an ounce of butter in it, cut some slices of bacon in dice, cook them a few minutes in the butter, then put in the pigeons; turn them about and cook for five minutes, add a little flour, stir it until it is gold colour; continue stirring while you add some broth, a little white wine, a small lump of sugar, bunch of herbs, parsley, bay leaf, some grated nutmeg, pepper and salt; cover the stewpan, and let the pigeons cook slowly. Brown a dozen and a half very small onions in butter with a pinch of white sugar; when the pigeons are half cooked add the onions, and ten minutes after add one dozen small uncooked mushrooms. Before serving remove the herbs, parsley and bay leaf; skim the gravy, and serve the pigeons with the garniture and fried bread round and the sauce poured over.

Paté Chaud de Pigeons à la Bourgeoise.—Cut two or three pigeons in quarters, put them in a stewpan with butter or good lard, and a teaspoonful of finely-chopped onion. Cook a few minutes over a brisk fire, adding half a pound of pickled pork cut in small pieces, and some salsify, half cooked and thinly sliced, season with pepper and salt; when the pigeons are stiff remove from the fire. Line a pie-dish with a thin crust of "pâte brisée,"

fill it with the pigeons, pork, and salsify, pour in one-third of a pint of cold, good-thickened gravy, cover with a moderately thick crust of the same paste; brush the outside over with egg, and bake for one hour in a moderately hot oven.

Pigeons en Matelote.—Put the pigeons in a stewpan with a lump of butter and some thin pieces of bacon, sift in a little flour, stir until it is a pale brown, then moisten with half broth and half red wine; add some mushrooms, small onions that have been browned in butter, a lump of sugar, and a bunch of sweet herbs, in which is tied a clove of garlic and some parsley. When the pigeons are tender, remove the bunch of herbs, skim the gravy, put each pigeon on a small oval piece of fried bread, pour the sauce over, and serve.

Pigeons Farcis (stuffed pigeons).—Chop a quarter of a pound of calf's or sheep's kidney, add the livers of the pigeons and three ounces of chopped bacon, a teacupful of breadcrumbs, a tablespoonful of finely chopped onions and the same of chopped parsley, salt, pepper, and two yolks of eggs; with this forcemeat stuff two pigeons; truss them, fasten a slice of bacon over each, and either roast them before a fire or in a stewpan, basting them well.

Pigeons à la Minute.—Cut the pigeons in halves, fry them in a stewpan in butter; when they are coloured and half done, add mushrooms, parsley, and shallots (all chopped), pepper and salt; when the pigeons are done enough put them on a dish and keep them hot. Pour a little broth into the stewpan, and with a wooden spoon stir the brown from the bottom of it; add a little white wine and a very small lump of sugar, boil the sauce up, and pour it over the pigeons.

The French braise any kind of poultry; it is done the same way as meat; or poultry may be larded; fowls, turkeys, and pigeons are all good larded; but it makes ducks and geese too rich for most people.

Some readers will remark how much wine is used in French cooking. It is the light wine (*vin ordinaire*) of the country, and used I think more because it is plentiful than for any other reason; with well-made stock it is not necessary. At the same time, as I am not "Adapting French recipes for English cooks," but writing "How the French cook," I do not omit the wine, but I exclude all recipes requiring brandy, and also those in which wine is essential. A few drops of lemon juice or white vinegar and water, or water alone, can generally be substituted for wine.

(To be continued.)

FOR THE KING'S SAKE.

FOUNDED ON FACT.

By LADY MARGARET MAJENDIE, Author of "Bessie's Sacrifice."

CHAPTER VI.

ABOUT five o'clock on that self-same morning Sir Michael Newport rode slowly home. He had slept at the distant house of a neighbour, and had started thus early on his way home, anticipating a long day of important and anxious business.

It was very cold; the early chill of dawn made him shiver; the wind whistled and wailed through the trees; in the distance some watch-dog kept up a constant monotonous barking.

No one was abroad as he passed

through the gates, trotted across the wide park, and drew rein at the door of his house. But suddenly, quietly, like a grey shadow in the twilight, the figure of a woman emerged from the clump of trees, and with a straight, slow movement, the gait of one walking in her sleep, passed before him up the steps to the hall door. He hastily dismounted, left his horse to find his own way to the stables, and followed. Did his eyes deceive him? A terrible suspicion was growing on him. Could it be his wife?

She was waiting for him within, in

front of the cold ashes of the great stone hearth, waiting for him with a look on her white rigid face that thrilled him with a nameless fear.

He strode forward and seized her by the wrist; her very torpor seemed to force him into violence.

"Eleanor!" he cried. "Whatever does this mean? Speak, you would not drive me mad!"

He recoiled with an exclamation of horror, for all down her riding-dress, on the torn lace of her jabot, there were dark red stains.

work for educational purposes. There are several differences between wood-sloyd and ordinary carpentering. For instance, the division of labour employed in carpentering is not allowed in sloyd, where each article is begun, carried out, and completed by the same pupil; the tools used are different—the knife, the most important tool of all in sloyd, is little used in ordinary carpentering; again, the objects made are usually of a different character, and are smaller than those made in the trade; and lastly, the important difference of all lies in the object of sloyd, which is not to turn out young carpenters, but to develop girls' and boys' faculties, and especially to give general dexterity, which is valuable to one and all of us.

Sloyd is essentially a form of work which calls forth every variety of movement, brings all the muscles into play, and exercises both sides of the body. Now, to girls this is specially useful, particularly those in our higher schools, where, as a rule, there is not the variety and exercise to develop properly the sum-total of their faculties. The system is so arranged that the left hand and arm can be used as well as the right in sawing, planing, etc.

Although the exercise of the mental faculties is demanded, it is a very different exercise from that required for ordinary schoolwork; it cultivates, so to speak, the practical side of the intelligence, leading people to put two and two together, and to exercise forethought. Looked at from a moral point of view, it is found that sloyd implants respect and love for work in general, including the rougher kinds of bodily labour. It implants in people a sense of satisfaction in honest work, begun, carried on, and completed by fair means, and by their own efforts. It lightens and strengthens the bond between home and school. Everything which is made is for home use, and among the lower classes this actual use of things made by the children, in addition to the wholesome pride and pleasure they call forth, do much to reconciling the parents to allowing their children to remain longer at school.

Tuancy has almost died out in Sweden since the introduction of sloyd, and we can only hope when once its meaning has been rightly grasped in our own country, that it will have the same effect here. It may not be thought at first sight that it is such a difficult matter to introduce the system into our own country; but, first of all, teachers have to be trained, and, secondly, the series of models used in Sweden, admirable though they may be for that country, do not in every particular suit our country.

It requires considerable thought and care to replace certain models by others, answering the same purpose with regard to sequence and processes. We have been particularly fortunate in gaining the gifted teacher and sloydist, Miss Nyström, directress of the Näas Sloyd Seminary for teachers, near Gothenburg, to initiate us into this system of tried value. If it meets with the success it deserves, it will be to Sweden again we must turn for gratitude and thanks in aiding us in another progressive step in this century.

Captain Nordensköld, who in the little *Vega* first made the North-East passage, was a Swede; Pater Henrill-Ling, who has given to the world the most scientific and comprehensive system of gymnastics, was likewise a Swede; and now it is from Sweden that has evolved hand-education, which promises to supply the deficiency which our educational system at present lacks.

Institutions are being started all over England now to train teachers—that is to say, in all the great provincial centres. In the winter vacation a four weeks' course is given; when six hours a day is given to the practical work, training is only able to be given in the holidays, as it requires several hours' work a day to study and become acquainted with the system. Invitations have been received from the United States, and even Natal, for teachers to go out to those parts, so that, ere long, the word sloyd is likely to become as familiar to us in the curriculum of schools as arithmetic or geography. It will probably be taken up in

Abyssinia, through the instrumentality of the Swedish missionaries, and even far distant Japan is showing an interest in the subject.

The Kindergarten system for the very young is the precursor of sloyd, for that responds to the child's need of activity and production, brightens its school-life, and harmoniously develops the nature of the child. As soon, however, as a child is considered too old to continue the Kindergarten training, the skillful co-ordination of the faculties of touch and sight is left for the most part to chance, and the child's disposition. It is here, however, that sloyd will step in. That there is a necessity for supplying this want in our educational system no thoughtful reader will deny, for it is very desirable, in face of an ever-increasing population, that all classes, from the highest to the lowest, should be taught to use their hands as well as their heads, so that each man or woman may be placed in a position of independence, and be capable of earning a honest livelihood. Anyone who has gone through the sloyd training will find him or herself full of resources, and can with comparative ease turn to new work. We must not forget the fact that all skilled work, however humble it may appear, is brain work too. In addition to its moral and social value, sloyd is now recognised as the basis of technical education.

We hope our readers will have gathered some idea of this much-needed innovation in our educational training, and that many will be stimulated to making themselves acquainted with such an important and interesting new feature. Hitherto those who would like to receive a sloyd training have had to travel to the seminary at Näas, on the beautiful shores of lake Savelängen; and after going through the course there, have had to face the difficulty of applying the system to British tastes and customs. Now there is no such journey needed, and the knowledge obtained is such as can be straight away imparted to pupils.

THE CHEF.

By MARY POCOCK.

HOW A FRENCH COOK DRESSES GAME.



FAISAN ROTI—Lard the breast of a pheasant, roast it before a moderate fire for forty-five or fifty minutes, baste it well; when done sprinkle with salt, and serve with gravy and cut lemon.

Faisan aux Choux (pheasant

with cabbage).—Take a cabbage that has been cut in quarters and prepared for cooking, throw it into boiling water and partly cook it; cover the bottom of a stewpan with slices of bacon, add some pieces of veal, a saveloy, a carrot, an onion cut in slices, pepper and salt; place the pheasant on these, let it cook for ten minutes, then add a little broth; when the bird is half done drain the cabbage and press all the

moisture from it, put it in the stewpan with the pheasant, and finish cooking together over a very moderate fire. When done cut the cabbage small, make a border of it with the bacon and saveloy cut in pieces and arranged on it, place the pheasant in the middle, and serve with a tureen of highly-seasoned gravy.

Salmis de Faisan (salmis of pheasant).—Three parts roast a pheasant, then cut off the legs and wings, divide each in two, cut the remainder of the meat off the carcass in slices. Put a glass of white wine in a stewpan with some chopped shallots, pepper, salt, grated nutmeg, and a little stock, add the pieces of pheasant, simmer until the gravy is a little reduced and the pieces of bird are done enough, then add two tablespoonfuls of good olive oil; have ready the liver of the pheasant, cooked and pounded, add it to the gravy. Serve the salmis with fried sippets round.

Faisan à l'Angoumoise.—Lard a pheasant with truffles instead of bacon. Put some more truffles (or the remains from larding) in butter, with pepper and salt; cook them a few minutes, then let them get cold, and add twenty chestnuts that have been roasted and skinned; put these inside the pheasant, cover the breast with a very thin slice of veal, then envelop it in slices of bacon fat, tie them on, place the

bird in a stewpan on more bacon, and add two glasses of malaga; cook over a very slow fire. When done, skim the gravy, thicken it with chestnuts that have been roasted and put through a sieve, add some cut truffles, and serve.

Fillets de Faisan.—Take the two sides of the breast of a pheasant from the bone, lard them with truffles, put some slices of fat bacon in a stewpan, place the fillets on them, then pour in some light white wine (*vin ordinaire*) to just cover the fillets. When they are done, take them out and brown before the fire; reduce the sauce a little, strain it, and add some truffles if liked; serve the fillets on fried bread with the sauce round.

Boudin de Faisan.—Take equal weight of chopped and pounded pheasant, of floury potatoes that have been boiled and put through a sieve, and of fresh butter; pound all together, add eggs enough to make it into a paste, season with a little spice, pepper, salt, thyme, and pounded bay leaf; turn on to a board, and roll in flour to shape them, then brush over with white of egg, and cover with breadcrumbs; fry a pale brown, and serve with gravy made from the pheasant bones, etc., and sharpened with a few drops of vinegar. This pheasant mixture is also sometimes put in small buttered moulds and steamed; these little puddings are

turned on to a dish, and gravy is poured round, not over them.

Croquettes of Pheasant are made in the same way as any other croquettes.

Partridges.—It is well to remember in selecting a French recipe for cooking partridges that by "perdreux" is meant young birds, by "perdrix" older ones. They are *perdreux* when the first feather of the wing is pointed, *perdrix* when it is round.

Perdreux are roasted with a band of bacon fat tied over the breasts, or they are larded.

Perdreux Grilles.—Take two small partridges, cut them in halves lengthways, beat them lightly, season with pepper and salt, roll them in oiled butter, then in fine bread-crumbs, and broil for twelve or fourteen minutes over a good fire. Serve with lemon and gravy.

Salmi de Perdreaux.—Take two cold partridges; cut each in six pieces, remove the skin and backbones, pound the latter, and put them in a stewpan with a handful of raspings, sweet herbs, parsley, a little broth, and a glass of white wine; boil twenty minutes, strain, put the gravy back in the stewpan, thicken it with a little flour, boil five minutes, put in the pieces of the partridges, and make hot without boiling; arrange the birds on a dish. Pound the cooked livers with a little butter, add them to the gravy, let it boil, and pour it over the partridges. Serve with fried bread round.

Perdreux aux Truffes.—Cut some truffles in small pieces; cook them in butter, with pepper, salt, and a little nutmeg; chop and pound some bacon and some of the white meat of a fowl; mix with the truffles, and stuff the partridges with it; then braise them. When done serve with gravy with chopped truffles in it.

Filets de Perdreaux Sautés.—Take the meat off the breasts of the partridges in filets, sprinkle salt over them, and cook in a stewpan with butter. Fry in butter as many pieces of bread as you have filets, arrange in a circle on a dish, with a fillet on each toast; keep hot. Put a little sauce espagnole or good gravy into the stewpan in which the partridge filets were cooked, with a wooden spoon stir the brown from the bottom of the stewpan, let the sauce boil, and pour it into the middle of the filets, and serve.

Perdreux aux Choux.—Cut up any remains of cold partridge, warm in good gravy without boiling. Braise a cabbage, adding a little piece of pickled pork to the braise; when done chop the cabbage and put it on a dish with the pickled pork cut in small pieces, place the partridge on the cabbage, thicken the gravy with flour mixed with butter, let it boil a few minutes, then pour over the pieces of bird, and serve.

Perdrix aux Choux (partridge and cabbage).—Put two partridges in a stewpan, with a lump of butter, and brown them slightly; add some slices of bacon or bacon cut in dice, a little stock, herbs, parsley, pepper, salt, and a little spice; let all cook slowly. Take a large cabbage, cut it in quarters, throw it in boiling water, and cook it fifteen minutes; then press and drain all the water from it, put it in a stewpan, with some fat from poultry, some small smoked sausages, and a piece of pickled pork; add a little broth; when all is nearly done (the cabbage requires nearly two hours, the partridges according to age) put the partridges in the stewpan with the cabbage, and finish cooking together (about half an hour), strain, and skim the gravy in which the birds were cooked, and serve in a tureen. When done squeeze the cabbage and cut it up, place it round the dish, arrange the bacon, sausages, and pickled pork (which latter must be cut in small pieces) round on the cabbage; put the partridges in the centre, and serve.

Perdrix à la Purée.—Braise the partridges

and serve them on any purée that is liked, as à la purée de lentilles.

Perdrix de Campagne.—Take two old partridges, put them in an earthen stewpan or a jar, with half a pint of broth, two or three slices of fat bacon, a sliced onion, two carrots, a parsnip, salt, pepper, sweet herbs, parsley, and a bay leaf; cover closely, cook slowly for two or three hours, strain the gravy, skim, and serve with the birds.

Soufflé de Purée de Perdrix.—Take some cold partridge without skin, chop it very finely, and pound in a mortar; add a little thick bechamel sauce, add from three to five yolks of eggs, according to the quantity of partridge; beat the whites of the eggs to a stiff froth, stir them in at the last minute, put in a buttered soufflé dish, bake in a rather quick oven, and serve the moment it is done.

Perdreux en Salade (partridge salad).—Take some cold partridges, cut them up, remove the skin and the bones, season the meat with oil, vinegar, pepper, and salt; leave for an hour, then drain the pieces and place them on a bed of salad, cover the whole with good mayonnaise, surround with alternate quarters of French lettuce and hard boiled eggs, and serve. Tarragon, capers, chopped gherkins, or filets of anchovies are sometimes added.

Purée de Perdreaux aux Œufs Pochés (purée of partridge with poached eggs).—Take any remains of cold partridge (or pheasant), chop it after removing the skin and bone; to half a pound add six tablespoonfuls of rice that has been boiled in broth, and then allowed to get cold, pound together, add one ounce of butter and four tablespoonfuls of gravy made from the bones of the game, season with salt and nutmeg; make hot without boiling. Put the purée in the middle of a dish, surround it with seven or eight poached eggs, on each of which put a little of the gravy, and serve.

Canard Sauvage (wild duck).—Put in the body of the duck a lump of butter, pepper, salt, the juice and part of the rind of a lemon; roast before a quick fire for twenty minutes, basting well with butter; serve without gravy, with cut lemon or watercress.

Canard Sauvage en Salmis.—Prepare the same as a salmi of partridges.

Sarcelles Roties (roast teal).—Like wild duck, or instead of lemon put a bunch of parsley in the body; roast fourteen or fifteen minutes, and serve with a cut lemon.

Bécasses Roties (roast woodcocks).—Woodcocks are not drawn; the beak of each bird is thrust through the two legs and the body, to truss it as if it were a skewer; a slice of bacon fat is tied over the breast, and it is roasted fourteen or fifteen minutes before a quick fire; a piece of bread is put under to catch the trail as the bird roasts, and the woodcock is served on it. The bread is basted so that it browns; a little salt is sprinkled on the birds when they are done. Some cooks put a vine-leaf over the breasts under the bacon.

Salmis de Bécasses.—Draw two woodcocks, roast them before a good fire; take the livers and the insides and some livers of poultry, cook them in butter or poultry fat, add a few sweet herbs, parsley, and some trimmings from truffles; as soon as they are done pound them and rub through a sieve; put the purée in a stewpan, moisten it with some spoonfuls of brown gravy; add a little white wine. As soon as the woodcocks are done, cut each in five pieces, take off the skin and put them in the sauce, let them get quite hot, but not boil, squeeze in a little lemon juice, and serve the salmis on slices of fried bread.

Bécasses à la Manselle.—Cut the legs, wings, and meat from the breasts of two woodcocks that have been roasted; chop the remainder and put it in a stewpan with a teacupful of gravy, a tablespoonful of olive oil, salt, pepper,

and the pounded livers of the woodcocks; boil for twenty minutes, put through a sieve, then put back in the stewpan and add the pieces of woodcock; let them get thoroughly hot, then serve.

Bécassines (snipes) are cooked in the same way as woodcocks.

Cailles Roties (roast quails).—Draw and truss them, put a vine leaf over the breast of each and tie bacon over that; put slices of bread in the dripping-pan, and roast at a moderate fire.

Cailles au Jambon (quails with ham).—Make a forcemeat with parsley, scallions, and mushrooms chopped with the livers of the quails; draw, then stuff the birds. Put in the bottom of a stewpan as many small slices of ham as there are quails, next put them on the ham with a little parsley, sweet herbs, and pepper, but no salt, as the ham contains sufficient; cover the whole with a large slice of bacon fat; put the cover on the stewpan with some hot cinders on it, and cook gently at the side of the stove; when done serve the quails on the ham. Put a little veal gravy and a few drops of vinegar in the stewpan; stir to detach the brown from the bottom of it; let it boil, strain, and serve.

Grives (thrushes) are much eaten in France; they are roasted like quails; some cooks draw them, some dress them with the insides in.

Grives aux Olives (thrushes with olives).—Take six thrushes, draw them, cut off the heads and feet; cook the livers, hearts, etc., in butter, and with them a few breadcrumbs, six tablespoonfuls of sausage meat, and a little chopped parsley; stuff the birds with this. Melt a small lump of butter in a stewpan, put in the thrushes, and sprinkle a little salt in, cook over a quick fire, turning them as they cook; when they are brown add a wineglassful of white wine; let it reduce to half, then add a quarter of a pint of thickened gravy; let it boil up, take out the thrushes as soon as they are done, and arrange on a dish; boil the sauce two minutes, mix with it some olives that have been stoned, make them hot, and pour the sauce over the birds.

Plovers are not drawn; they are cooked like woodcocks.

Ortolans.—The gizzards and crops are taken out, and the ortolans are roasted ten minutes before a quick fire; they are served without gravy, but with the fat out of the dripping pan.

Alouettes or Mauviettes (larks) are roasted in slices of bacon.

Mauviettes à la Minute.—Take twelve larks, cut off the heads and feet and remove the gizzards, brown them in butter in a stewpan over a quick fire; when a pale brown take them out and sprinkle with a little salt; put in the stewpan two tablespoonfuls of minced shalots, some mushrooms and parsley, all finely chopped, sift in a little flour, add a quarter of a pint of light wine, and the same quantity of broth, boil up; put the larks into the stewpan again, simmer eight or ten minutes, finish with a squeeze of lemon juice, and serve with fried bread round. The mushrooms are sometimes omitted.

Paté de Mauviettes (lark pie).—Take a dozen larks, open them by the backs, take out the insides, bone them, and remove the heads and feet; chop the intestines and cook with some fat bacon, then pound and pass through a sieve; add to this nearly a pound of sausage-meat and two tablespoonfuls of bread panade, with a little chopped parsley, sweet herbs, pepper, salt, and spice, fill the larks with some of this forcemeat, and wrap each in a very thin slice of bacon fat. Put a thin layer of forcemeat at the bottom of a pie-dish; on this arrange the larks, cover them with the remainder of the forcemeat, add a little gravy, and put a crust of pâte brisée over, brush the outside with yolk of egg, and bake. When cooked make an

opening at the side or raise the crust and pour in some good hot gravy; serve. Chopped onions, shalots, and mushrooms are sometimes added to this forcemeat.

HARE.

Lièvre Roti (roast hare).—Lard the hare over the back and legs, roast before a good fire, basting it well, serve with sauce "au pauvre homme," to which has been added the gravy from the hare and the finely chopped liver.

Civet de Lièvre (civet of hare).—Cut a hare in pieces, put aside the blood and the liver. Prepare a good bunch of sweet herbs and parsley, with a clove of garlic and a bay leaf in it, also two dozen small onions (browned in butter) and a dozen mushrooms. Commence by putting a little piece of butter in a stewpan, with half a pound of bacon cut in small pieces (or a quarter of a pound of bacon and a quarter of a pound of pickled pork); when it is warm add the hare, and cook together until quite hot (eight to ten minutes), then sift in a large tablespoonful of flour, and stir until the bottom of the stewpan is dry; then add some red wine and hot water, the bunch of herbs, salt, pepper, two or three cloves and a lump of sugar; stir well, cover, and let all simmer, stirring now and then; when three parts done add the small onions, the mushrooms, and the liver. When sufficiently cooked arrange the hare on a dish, with the onions and mushrooms round it. Strain the gravy, and at the last add the blood, stirring it in like a thickening, but only let it get hot, not boil, or it will curdle. Some cooks chop the liver very finely before adding it, or pound it after it is cooked, and put it back in the gravy.

Lièvre en Daube.—(This is the best way in which to cook an old hare.) Bone a hare, and place it in a braising-pan with a piece of knuckle of veal and some slices of bacon over and under it, salt, pepper, carrots, onions, bay leaf, sweet herbs, parsley, and a lump of sugar; place over the fire for ten minutes, then add some broth and a little white wine; cook very slowly for two hours and a half, or longer if the hare is old or has not been hung long enough to be tender. When it is done take the pieces of hare out of the stewpan and arrange them on a dish, skim and strain the gravy, serve very hot, poured over the hare. This is also served cold, but then the gravy is poured into a pan, allowed to set, and served as jelly with the cold hare.

Levraut Sauté (leveret sauté).—Cut up a leveret, put it in a stewpan with some butter or chopped bacon fat, turn it about and cook it; when it begins to stick to the bottom of the stewpan sift in a little flour and some finely-powdered sweet herbs or chopped mushrooms, and moisten with one-third white wine and two-thirds broth, half a pint altogether; add a lump of sugar, pepper and salt; cook gently until the meat is done, then add a little piece of butter mixed with a teaspoonful of flour, cook for five minutes more, then put on a dish, sprinkle a little finely-chopped parsley over the top, and serve.

Levraut au Chasseur.—Sauté a leveret as above; when done mix with it some onions that have been finely chopped, cooked in butter, and then in broth until it is glaze, that is to say the broth should be nearly dried up; cook two minutes after the onions are added, and serve.

Levraut Piqué, Roti au Cresson.—Lard a

leveret; roast it forty minutes, baste it well with butter as it cooks. Serve it surrounded with watercresses seasoned with oil and vinegar. Serve the gravy out of the dripping-pan in a sauce tureen.

Paté de Lièvre.—Bone a hare; cut it and one pound of fresh pork and one pound of veal cutlet in pieces. Chop a quarter of a pound of beef kidney suet, some scallions, parsley, thyme, a bay leaf, and small clove of garlic; mix with the meat; add pepper, salt, and two or three cloves, arrange the whole in a game pie-dish or a jar; cut half a pound of bacon in thin slices, place them on the top of the meat, and put in eight tablespoonfuls of water; cover very closely with a weight on the top of the lid, and bake for four hours in a moderate oven. The cover must fit closely enough to keep the steam in.

RABBITS.

Lapereaux aux Petits Oignons (young rabbits with onions).—Cut up two rabbits, take a plateful of very small onions, skin and throw them into boiling water for fifteen minutes; put some thin slices of bacon in a stewpan with the onions (which must be well drained after blanching), and a lump of sugar; add the pieces of the rabbits five minutes after, also pepper, salt, sweet herbs and parsley; cook for two minutes; add a little broth and two tablespoonfuls of white wine, cover the stewpan, and cook gently. When done put the rabbits on a dish with the bacon and onions round; put a little more white stock in the stewpan, thicken it with butter and flour, add a little nutmeg, with more pepper and salt if required, boil for five minutes, then pour it over the rabbit, and serve.

Lapereaux à la Tartare.—Bone two rabbits and cut each into four pieces, put them into a dish with a marinade of oil, pepper, salt, and chopped parsley, scallions and shalots; let them soak an hour or two, then dip the pieces in breadcrumbs, put the remains of the marinade over them, broil over a good fire, and serve dry. Send remoulade (or other sauce if preferred) to table with them in a soup tureen.

Lapereau aux Mousserons (rabbit with mushrooms).—Take a young rabbit, cut it in six pieces, put it in a stewpan with a lump of butter, add a little flour, then some mushrooms, two scallions, and some chopped parsley; in a minute or two add pepper, salt, and sufficient broth to cover the rabbit; stir, put the lid on the stewpan, and simmer until tender; serve with the mushrooms round the rabbit and the gravy over. The gravy should be moderately thick; if necessary, let it reduce a little by boiling quickly after taking the rabbit and mushrooms out.

Lapin à la Jardinière.—Cut a rabbit in pieces, put it in a jar with onions, carrots, peas, turnips, potatoes, beans, a little celery, bunch of sweet herbs, parsley, pepper, salt, and some fat skimmed off stock, or poultry fat if you have it; if not, some butter or good dripping; fill the jar up with water, and bake in a moderate oven from three and a half to four hours, then separate the pieces of rabbit from the vegetables, rub the latter through a sieve to make a purée, then put it in a stewpan to make it quite hot. Fry some slices of bacon, and put the pieces of rabbit in the pan at the same time to brown them a little, then arrange

the rabbit and bacon on a dish, and put the purée over all.

Lapereau Sauté, aux Capres.—Cut up a young rabbit, put it in a frying-pan with some lard or butter, a finely-chopped onion, salt and pepper, fry over a quick fire; when nicely coloured add two tablespoonfuls of light white wine, let it evaporate, then add a good wine-glassful more of half white wine and half water, and a little flour and water mixed together; finish cooking over a gentle fire; just before serving throw in a handful of capers.

Gibelotte de Lapin.—Cut up a rabbit, place it for two hours in a marinade of onions, parsley and vinegar; cut five ounces of pickled pork in slices; brown two dozen little onions in a stewpan, take them out and put the rabbit in the fat in which they were browned, add the pork, pepper, salt, a bunch of sweet herbs and parsley; when the meat is brown sprinkle a little flour in, and add some hot water and a little hot white wine, cook fifteen minutes, then add the two dozen little onions, and finish cooking together over a moderate fire; ten minutes before serving add some raw mushrooms; when done take out the herbs, and serve with the onions round.

Cuisson de Chevreuil Roti (roast haunch of venison).—When the venison has been hung long enough, wipe it all over with tepid vinegar, and lay it for six hours in a marinade of oil, vinegar, chopped onions and parsley; then roast it before a good fire, basting it well, first with butter, then with its marinade; roast about one hour and a quarter; salt when done, before taking from the fire; serve with a frill round the knuckle. Skim some of the fat from the contents of the dripping-pan, then add "sauce poivrée" to the gravy, and send to table with the venison.

Civet of Venison.—The scrag end of the neck or the breast does very well for a civet. Proceed the same as for civet of hare, but of course there is no blood or liver to add. Serve with fried sippets.

Emincé de Chevreuil (hashed venison).—From a joint of cold roast venison cut some thin slices; remove any brown or dry pieces from them. Cook in butter two tablespoonfuls of minced shalots; add two tablespoonfuls of vinegar, reduce it to half; add any gravy that is left from the roast venison and a little stock; thicken with flour mixed with butter; cook five minutes, then add pepper, chopped parsley, and the slices of venison; make hot without boiling, and serve on a hot dish with fried sippets round.

Mincéd Venison.—Prepare a sauce as above, put in some minced cooked venison, make it hot without boiling, season with pepper and salt, and serve with halves of hard boiled eggs round.

In this paper I have for convenience followed the plan of most French cookery books in placing rabbits and some small birds that are not really game under that head.

I must again remind readers of THE GIRL'S OWN PAPER that the wine may be omitted from most of the recipes. I give them as they are prepared, but it is to be remembered that where a thing is cheap it is much more used and often unnecessarily; for my part I do not think rabbits would be worth the white wine often used in cooking them, at the price we should have to pay for the wine in England, but I have found most of the foregoing recipes very good without it.

(To be continued.)



peace of heaven appeared always to abide. This was Madame André Walther's home, Les Ombrages. It was like a rural "city of refuge," or one of those sanctuaries during the Middle Ages which were respected by the most turbulent spirits, even during times of revolution and war. To this refuge the municipality of Versailles, the prefects of police, the railway station-masters, the generals and staff of the army—all were in the habit of directing the homeless and the helpless.

Every spare room in the château, the green-houses and tool sheds in the garden, the stables and outhouses, every place that afforded shelter, was crowded with bands of fugitives and the houseless poor, till one day a miserable outcast was heard to say "There is no more room!"

The most remarkable fact of that Versailles time has yet to be mentioned. There are many who have hearts as kind as Madame André, but who have not the means that were at her command for deeds of charity. The singular feature in her position at that time was, that while every part of the place was crowded with the poor recipients of her hospitality, each night she received in her salon statesmen, ambassadors, cabinet minis-

ters, deputies, generals, and notables of all degrees, civil and military. Outwardly the scene resembled the salons of Parisian dames of high degree, where rank and fashion, art and literature and talent, are brought together mainly for display and ostentation. There was a loftier tone pervading the assemblies at Les Ombrages. No one who was present will ever forget the impression on the evening when Paris was in flames, and the sky was lurid with the light from the burning of the Tuileries and other public buildings. Madame André had a son at the front with the army that night, yet the mother appeared to her guests as calm and dignified as ever, and thrilled the audience by intoning, with her clear musical voice, a prayer and hymn to the Almighty, to save the poor people whose crimes had justly exposed them to Divine judgments. On leaving the house to return to Versailles one of the visitors said to his companion, "She is the youngest of us all."

Though old in years she was young in heart, because she renewed her youth at the source of eternal life. Till her death she manifested an ever-ripening beauty of character and fruitfulness in good deeds. No wonder that the following tribute was paid to her

memory in the obituary notice in one of the leading Catholic journals: "This soul was influenced by two powerful passions—faith and goodness. Her faith was truly Christian, above all sects and all controversies. Her goodness was bright and sunny, and shone everywhere and on all alike. Stern as regards sin, she was pitiful towards the sinner, and no one better knew how to comfort the mourner, and to cheer the broken-hearted, as well as to relieve the indigent. This goodness was not the result of mere feminine sensibility. Her mind was of lofty, masculine tone. The most tragic events, the calamities of war, the horrors of revolution, did not disturb her calm and resolute courage."

This was a remarkable testimony, but the truth of it was felt by all who knew Madame André. Her friend, M. Reveillaud, the editor of the *Signal*, the leading Protestant journal, who took up his residence at Versailles to be near her, could not have expressed the truth about her more forcibly. In her courage and dignity, and in the air of command in her manner, one could see the daughter of the old chief of the Imperial Guard. But this air of authority was tempered by gentleness and goodness, the fruit of Christian humility.

THE CHEF.

By MARY POCOCK.

HOW A FRENCH COOK MAKES ENTREES.



DINNERS are so much later in many houses than they were formerly, that a somewhat lighter meal than was customarily served is found more beneficial. The house-keeper must therefore give more attention to entrées or made

dishes. I know many persons who dine late would prefer a chicken soufflé, followed by a well-cooked cutlet, or some other little dish, to a joint, but for these little dinners great variety is required, as people tire sooner of any particular dish or sauce than they do of quite plain dishes. Amongst the recipes for cooking beef, mutton, poultry, game, etc., there are many dishes that are suitable to serve as entrées.

Cutlets are so useful as additions to dinners that I have selected a good many recipes for their preparation. Some people are unaware what nice ones may be cut from an underdone leg of roast or boiled mutton. Slices should be cut of even thickness, then shaped to look like short neck chops (the trimmings make a mince or rissoles). They are cooked in any way wished, but are best egged and crumbed and served with a good sauce or purée. In a small family, where hashes are not liked, this is a good way of using up some of the cold meat.

Côtelettes de Mouton Grillées (broiled mutton cutlets).—Take a piece of the best end of neck of mutton, chine it, and take off the tops of the ribs, remove the skin, divide into cutlets, trim some of the fat off, and leave

a small piece of the top of each bone bare. Beat them with a steak beater or rolling-pin, but do not make them too flat; sprinkle a little salt on each, dip them in oil or oiled butter, then in bread-crumbs, and broil for eight or ten minutes over a clear fire, turning them as they cook. When done, slip a cutlet frill on the bone of each, and serve with any kind of sauce or garniture that is preferred. Cutlets simply broiled without the bread-crumbs are served on purées of chestnuts, potatoes, haricot beans, or any other vegetables or à la jardinière, that is to say with mixed vegetables stewed with butter and gravy. Some cooks brush cutlets over with glaze before serving to improve their appearance.

Côtelettes de Mouton Sautées.—Cut and trim the cutlets as above, warm some butter in a stewpan, arrange the cutlets in it, and cook them seven or eight minutes over a clear fire, turning them as they cook. When they feel firm pour four tablespoonfuls of good gravy over them, reduce this to a glaze, drain the cutlets, put frills on them and serve, or they are merely cooked in the butter, then frilled and served.

Cutlets à la Soubise.—Prepare as above, serve them in a circle with a neatly-shaped piece of fried bread between each, pour into the middle a white purée of onions.

Côtelettes à la Financière.—Cook as above, but with financière ragout (see article on Forcemeats, etc.) in the middle.

Côtelettes aux Laitues (with lettuces).—Same cooking as above, but in the place of the fried bread put small lettuces, stewed in gravy, between the cutlets (one for each), and sauce espagnole in the centre.

Côtelettes à la Chicorée (with endive).—Like cutlets à la soubise, but a purée of endive instead of onions in the middle. Purée with cream is generally used for this.

Côtelettes à la Bretonne.—Trim some cutlets, season them with pepper and salt, dip in beaten up egg, and crumb them; fry for ten or twelve minutes in butter, turning them. Prepare some onions separately thus: Chop them very finely, then cook in a little gravy;

when they are done stir in the yolks of two eggs, to which a tablespoonful of cream has been added. When the cutlets are a nice colour drain them, and arrange in a circle on a dish with the minced onion in the centre.

Côtelettes à la Provençale.—Prepare a well seasoned and sufficiently thick mince of onions, as for "à la bretonne," and let it get cold. Trim eight mutton cutlets, season, and dip them in butter; broil them on one side; put them on a dish, and cover the cooked side with a layer of the minced onion, sprinkle fine breadcrumbs over them, and brush over lightly with oiled butter; make some butter hot in a stewpan or baking tin, and place the cutlets in, uncooked side down; finish cooking them over a quick fire or in a hot oven, let the upper surface brown; if cooked in a stewpan, brown with a salamander. Send to table with a tureen of good brown gravy.

Cutlets à l'Estragon (tarragon).—Prepare seven or eight cutlets, season, dip in oil, and broil over a clear fire. Meanwhile put a cupful of good clear gravy in a stewpan with a small bunch of tarragon, cover the stewpan, simmer a minute or two, then take out the tarragon, put in a good pinch of finely chopped fresh tarragon leaves, arrange the cutlets on a very hot dish, pour the sauce over, and serve.

Côtelettes d'Agneau à la Purée de Champignons (lamb cutlets with mushrooms).—Trim a dozen lamb cutlets in the same way as mutton, cook them in a stewpan with butter, turning as they cook. When done drain the butter from them, and add two or three tablespoonfuls of good glaze (melted); let the moisture evaporate, so that the cutlets may be glazed. Make a flat topped ring of mashed potatoes, stand the cutlets up in a circle on it, slip a frill on the top of the bone of each, put a purée of mushrooms in the middle of the potato ring, and arrange mushroom heads cooked in butter round the outside. In France veal cutlets are cut from the neck the same as mutton cutlets (the veal is generally much smaller than ours), not from the fillet as with us.

Côtelettes de Veau Grillées (veal cutlets).—Put the cutlets in a marinade of hot butter,

chopped parsley, scallion, mushrooms, shallot, pepper, and salt. Turn and leave them ten minutes in this, sprinkle with breadcrumbs, and put them on a gridiron over a gentle fire. When done put the remainder of the marinade over them, and serve alone, or with gravy with a little lemon juice in it.

Côtelettes à la Lyonnaise.—Lard the cutlets with bacon, gherkins, and fillets of anchovies, put them for an hour and a half in a marinade of oil, chopped shallots, parsley, sweet herbs, pepper, and salt, then wrap them in thin slices of bacon fat, and cook them in a stewpan in the marinade. Put a lump of butter in a small saucepan with some chopped shallots, parsley, and a little flour; stir for a minute or two. Skim the marinade in which the cutlets were cooked, and add it to the butter and flour with two or three tablespoonfuls of brown gravy. Stir, boil for a minute, finish with a little lemon juice or a few drops of vinegar, pour over the cutlets, and serve.

Côtelettes au Vert Prê.—Take some veal cutlets, shape and trim them nicely; put some butter in a stewpan with a small bunch of herbs and parsley; put in the cutlets and cook them over a brisk fire; when they are hot shake a little potato or ordinary flour over them, moisten with a little light white wine or water; add salt, nutmeg, and pepper, cover the stewpan and finish cooking over a slow fire; when done take out the cutlets, stir the sauce a minute or two. Take a handful of fresh chervil, while the cutlets are cooking, blanch it, and chop it finely; throw this into the sauce to make it green (do not cook it); add a little lemon juice or a few drops of vinegar, and serve at once over the cutlets.

Côtelettes de Veau Piquées.—Trim half-a-dozen cutlets, lard them on one side with fine pieces of bacon; put them in a stewpan, of which the bottom is covered with finely-chopped carrots and onions; sprinkle with salt, and pour a little oiled butter over them; add a small quantity of broth; let it reduce to glaze; add the same quantity of broth again, and a second time reduce to glaze, then moisten with more broth (but not to cover the cutlets), and let them finish cooking over a gentle fire, basting often as they cook with their gravy. When done they should be a good brown; strain and skim the gravy, and serve it with the cutlets. A purée of sorrel, endive, or potatoes, or tomato sauce is served at the same time.

Côtelettes de Veau, Braisées à la Périgieuse.—Cut the cutlets half as thick again as usual, lard them with square-cut strips of raw truffles, cover the bottom of a flat stewpan with bacon and chopped vegetables; place the cutlets on these side by side, moisten with broth until they are partly immersed, put over the fire, reduce the gravy to half the quantity, cover the cutlets with buttered paper, draw the stewpan a little to the side of the fire, let them simmer until they are done, adding a few spoonfuls of broth now and then as needed; when done drain them. Have ready on a dish a ring of forcemeat that has been poached; in the centre of this put a piece of bread that has been cut into shape (an oval block to stand a little higher than the forcemeat does, if nothing more ornamental can be attempted) and fried a nice light brown; garnish this with small cooked truffles, and arrange the cutlets round on the forcemeat. Chop and put the trimmings of the truffles in a stewpan, with the strained and skimmed gravy from the cutlets; add a little thick brown gravy, put some of this (after giving it a few minutes' boiling) round the forcemeat; send the rest to table in a sauce tureen.

Pork Cutlets are prepared like mutton, either cooked plain or with breadcrumbs, served with sauce. Robert or poivrade cutlets of all kinds are beaten before being cooked, and their appearance depends much on the

neat and uniform way in which they are trimmed.

Ris de Veau à la Parisienne (calf's sweetbread à la Parisienne).—Put four sweetbreads in warm water, and boil them from fifteen to twenty minutes; dip them in cold water, drain, and let them get cold with a plate on the top; then trim and wipe them. Lard two of the sweetbreads with fine pieces of bacon; cut some truffles as if for larding, point one end of each piece, put the pieces of truffle, point down, into the other sweetbreads as if they were nails, so as to make some sort of pattern, say one nail in the middle and a circle round; then put them all in a stewpan on vegetables (to braise), sprinkle a very little salt in, add good broth, enough to three parts cover them, and place a buttered paper over the top; let the gravy reduce one-third; then finish cooking with hot embers on the saucepan lid, so as to brown the tops of the sweetbreads. Meanwhile take a flat-topped border mould, butter it, and ornament the inside with pieces of truffles, then fill it with veal forcemeat, and poach in the bain marie or a stewpan. When the sweetbreads are ready, turn the border on to a dish, put a block of fried bread to stand rather higher than the border in the middle of the dish; fill in the space between that and the forcemeat with chopped mushrooms and truffles that have been cooked in the braise or in butter; arrange the four sweetbreads on the border, supporting the four ends on the block of fried bread; put a small truffle and two or three mushroom heads at each corner between the sweetbreads; skim and strain the gravy, which should be brown and of a good consistency, put a little of it in the dish round the forcemeat, and send the remainder to table in a tureen. Put a truffle and a blanché cock's-comb on a short ornamental skewer, and stick it straight up in the bread in the centre of the dish.

Ris de Veau à la Financière.—Prepare as above, but lard all the sweetbreads with bacon only; braise them in the same way, glaze and serve with a financière garniture. (See article on Forcemeats, &c.)

Ris à la Marengo (sweetbreads à la Marengo).—Boil the sweetbreads for ten minutes, throw them in cold water, then drain and cut in slices; cook them in olive oil, with salt, pepper, and nutmeg; leave at the side of the stove for about twenty minutes, put a little oiled butter over them, add mushrooms, truffles, chopped parsley, a little good sauce espagnole, and a tablespoonful of tomato sauce; serve very hot. For this and other dishes, when the sweetbreads are cut up for the sake of economy, lambs' breads are often substituted for calves'.

Croquettes de Ris de Veau.—Take remains of cooked sweetbreads, cut them in small dice, add half their weight of lean ham or of tongue, and the same of mushrooms; cut up like the sweetbreads; stir in some hot, well-reduced thick béchamel sauce; let the mixture get cold, then form into croquettes, egg and crumb them, and cook in boiling fat.

Vol-au-Vents are made with pâte feuilletée, and are filled after they are baked, just before being sent to table. A ragoût à la financière; sweetbreads and mushrooms with espagnole sauce; fricassée of chicken cut in small pieces and without bones, with mushrooms, truffles, or poached quenelles of godiveau, are all used for vol-au-vents; also cod that has been boiled is broken into flakes, warmed in a little good béchamel sauce, with a small piece of butter and a little nutmeg. This makes a very nice dish; it is served as a "vol-au-vent de morue à la crème."

Tournedos Sauce Piquante.—Cut six or seven thin slices from a fillet of beef, beat them slightly, trim them into oval shapes; season with pepper and salt, sprinkle a little boiled vinegar over them; leave three or four

hours, then drain and wipe. Put a little butter and a tablespoonful of olive oil in a stewpan; put in the slices of beef, cook them over a quick fire, turning as they cook; when done (without being dried) drain, and serve with piquante sauce over them.

Soufflé de Foie de Veau (soufflé of calf's liver).—Cut the third of a calf's liver in slices; put some chopped bacon in a stewpan over the fire for a few minutes, then put in the liver; cook it quickly, season with pepper and salt, add the trimmings from some truffles and a pinch of thyme; when done let it get cold, then pound in a mortar. Take about one-fifth the quantity of bread panade that there is liver, and pound it with a lump of butter; when mixed add the pounded liver little by little; rub the whole through a sieve, mix with it four or five tablespoonfuls of well-seasoned gravy, and add six yolks of eggs, one at a time, then stir in the well-beaten whites of four eggs; put at once in a buttered soufflé dish, bake twenty-five minutes in a moderate oven, and serve immediately.

Soufflé de Volaille (chicken soufflé).—Take the meat of roast or boiled fowl (hot or cold) without skin, bones, or sinews, chop, and pound it with a little béchamel sauce, but not enough to make the purée thin; season if necessary; add the yolks of five eggs, beat the five whites to a stiff froth, stir them lightly into the mixture; put into a buttered soufflé dish, bake in a moderate oven for twenty-five or thirty minutes, and serve directly it is done.

Langue Rotie (roast tongue).—Take an ox or calf's tongue (unsalted), boil it gently in rather fat stock until half done, then skin; lard, and wrap it in sheep's or lamb's caul; roast before a good fire; when done serve with thick brown gravy or with sauce piquante.

Calf's Heart Eroiled.—Cleanse and wipe the heart, broil it over a quick fire, turning it without sticking a fork in it. Have ready some butter into which pepper, salt, and chopped parsley have been worked; when the heart is done put the butter in it, squeeze the juice of a lemon over the outside, and serve.

Cervelle de Veau au Beurre Noir (calf's brains with black butter).—Skin and remove the large fibres, then soak the brains in cold or tepid water, to get all the blood from them; when clean throw them into a saucepan of boiling water, with a little salt and two tablespoonfuls of vinegar; leave them for five minutes, then take them out and put for ten minutes in cold water, then back into the saucepan with the vinegar and water; add a bunch of herbs, parsley, a large onion cut in slices, and a small lump of butter; boil for half an hour, drain, and serve with fried parsley and "beurre noir" over them.

Cervelles de Veau à la Poulette.—Skin, blanch, and scald the brains as above. Put a lump of butter in a stewpan, stir in a little flour and a cup of water, add salt, pepper, and some small onions; when the onions are tender put the brains in and let them boil twenty-five to thirty minutes, then add a thickening of yolks of eggs; do not boil again; finish with a few drops of vinegar or lemon juice, and serve.

Pieds d'Agneau à la Poulette (lambs' feet).—Put a piece of beef dripping in a stewpan with half a glass of water; when the fat has melted add a spoonful of flour, some hot water, two tablespoonfuls of vinegar, salt, onions, sweet herbs, parsley, and a carrot; put the feet in, let them cook for five or six hours, until the bones are loose, remove the large bones and drain the feet. Melt a lump of butter in a stewpan, and add two finely-chopped shallots and a tablespoonful of flour; stir a minute to cook, but do not let it colour, add a little of the broth (skimmed and strained) in which the feet were boiled, and a little water and some fried parsley; boil a few minutes, put in the feet, simmer five minutes, thicken

with two or three yolks of eggs, according to quantity; finish with a few drops of vinegar or a little lemon juice.

COLD ENTREES.

Chaufroix of game are favourite cold entrées. They are prepared by dipping fillets of cold roast partridge, pheasant, or whatever game is to be used, in a sauce made with two parts "sauce brune" and one part melted aspic jelly, allowing the sauce to set on the fillets, and then arranging them on a dish with chopped jelly, truffles, etc. The arrangement is the difficulty; the fillets should all be stood up and fixed with jelly. Quails and some small birds are boned before they are cooked, then dipped in chaufroix sauce and arranged with jelly, etc. It is much easier for an inexperienced person to make a pretty dish with small birds.

Pain de Lièvre.—Take the meat of the legs and shoulders of an uncooked hare, and the same weight of bacon, chop and pound together; then add half their weight of bread panade, season with salt and spice, rub the whole through a sieve. Scald a quarter of a pound of bacon fat, cut it in dice, and add it; stir in the yolks of three eggs. Butter a plain mould or tin; put the meat in it, cover the top with bacon, and steam it in a little water for from three-quarters of an hour to an hour, according to size; turn it on to a dish, and glaze it with a brush; serve with jelly round. This "pain" is also very good served hot with a rich gravy.

Pain de Lièvre à la Gelée.—Chop and pound some hare that has been cooked, add half its weight of poultry livers, also cooked and pounded, season, rub through a sieve. Put in a stewpan with a third its volume of aspic jelly and strong brown sauce warmed together; stir over the fire a few minutes. Let it get nearly cold, then work in a quarter of a pound of butter in small pieces; stir till the butter is quite melted, then put in a mould with a hollow centre and stand on ice; when set, dip the mould in warm water, turn the "pain" out, fill the centre with chopped aspic, and decorate the base with cut jelly, etc.

Pain de Foie de Veau à la Gelée.—Cut two pounds of calf's liver in very thin slices, cook it in a stewpan with some chopped bacon,

add salt, spice, and sweet herbs; when it is cooked add a small spoonful of lemon juice, leave a few seconds, then take from the fire; let the liver get cold, pound and pass it through a sieve, put it in a basin, work it with a spoon, adding gradually one-third of a pint of good "sauce brune," then half-a-pint or rather more of good strong jelly, melted, but not warm; stand the basin on ice until the jelly begins to set, then stir into it four tablespoonfuls of cooked pickled tongue, and the same quantity of cooked truffles, both cut in dice. Put all into a plain mould with hollow centre, and stand in ice; when it is set dip the mould quickly in hot water, dry it, and turn the "pain" on to a dish, go over it lightly with a brush with some jelly that is half set, and decorate it with rounds and crescents of truffles, which the jelly will cause to adhere to the sides. Round the base put neatly-cut pieces of jelly.

Pain de Volaille à l'Estragon.—Stand a plain mould in ice, put a little liquid aspic jelly into it, and move it so that the whole of the inside is incrustated with a layer of jelly. Put half a pound of cold chicken that has been pounded and passed through a sieve into a basin, moisten with a tablespoonful of oil and a quarter of a pint of cold velouté sauce; mix, add half a pint of aspic jelly (liquid, but not warm), stand on ice and stir; as soon as it begins to set, remove it, stir in two tablespoonfuls of tarragon vinegar and some pickled gherkins; cut in small square pieces, put the whole into the mould previously coated with jelly; put it on ice for an hour, dip quickly in hot water and turn out; decorate to fancy with chopped jelly, etc.

Aspic de Volaille (aspic of fowl).—Put a little aspic in a mould, stand it in ice, and turn it about until the inside is coated with jelly, then make a design on it with hard boiled eggs, bits of truffle, tongue, small leaves of tarragon, chervil or parsley; set this with jelly; when firm arrange small pieces of the white meat of cold fowl, bits of cooked truffle and of tongue, in the mould; add some jelly, then let it set, then more fowl, jelly, etc., in layers, until the mould is full. Turn out after dipping the mould in hot water and serve with chopped jelly round.

Aspic Jelly is made with calves' feet, veal

and ham, etc., but the following answers very well as a less expensive preparation: Two pounds of stock veal, six ounces of lean ham, one onion, one carrot, a bunch of parsley, sweet herbs, a bayleaf, piece of lemon peel, a few whole white peppercorns, very little salt, and three quarts of water, well boiled and skimmed as it boils, stewed down to about three pints, then strained through a sieve; when quite cold the fat and sediment must be removed, and one ounce, or more or less (depending on the consistency it is already), of gelatine that has been soaked some hours with water must be added; it is then cleared in the usual way with whites of eggs or raw meat, and a little tarragon vinegar is added. Aspic is needed much firmer for some purposes than others, and a good deal more gelatine must be used in summer than in winter, unless the dishes are kept in ice until they are served.

Salade de Poulet à l'Ancienne (chicken salad).—Take a cold fowl, remove the skin and bones, and cut the meat in small pieces; season with pepper, salt, and a little oil and vinegar; sprinkle with a pinch of chopped tarragon leaves. Prepare a mayonnaise with the yolks of three eggs, and rather more than one-third of a pint of oil, mix with it a few spoonfuls of good savoury or aspic jelly, cold, but liquid; place a pyramid-shaped plain mould in ice, fill it with layers of chicken and of mayonnaise, with here and there capers, cut gherkins, and stoned olives. When set, turn it out; if necessary smooth the outside with the blade of a knife, decorate it with fillets of anchovies, capers, and cut gherkins; put the heart of a small cabbage lettuce on the top with stoned olives round; put small hearts of lettuces round the bottom, then stand quarters of hard-boiled eggs that have been first dipped in half-set jelly close together all round to finish it; stand the dish on ice a little while, and serve.

Ice may be dispensed with in making most dishes, if time is allowed for the jelly to set before it is wanted; but this salad cannot be made without it.

"Pain" (as they are called) and "aspics" are often made in small dariole moulds, and look very well if tastefully arranged; they are pretty for luncheon or supper dishes. All cold entrées are suitable for supper tables.

(To be continued.)

ETHELWYNDA.

By IDA J. LEMON.

CHAPTER I.



MISS HILDRED was grown up. Our mode of life had changed as she grew older, our occupations had varied with her years. There had been a time when we were her inseparable companions, and our life

then had not been all joy; then came the period of feasts, which was just before she went to school and began to learn French, feasts which she cooked, distributed to us on little china plates and consumed herself, though once she had placed a seductive fragment of cake and treacle on Charles' mouth,

and let it remain there throughout the meal for a pretence that he was eating it. It spoilt his looks, and he bears the mark of that meal to this day. Then she used to give us lessons, making us change places in class, as she did when she first went to school; and later on her favourite game had been to make us pay visits to one another. Then she left us alone for a while, and we lay undisturbed in the cupboard like ordinary toys instead of dolls, feeling very much neglected, knowing that she had become too old to play with us, and cared much more for her violin and her books and her friends.

But at last, one day, when her hair had been done up some time and she had become accustomed to long dresses, she opened the cupboard door, and, sitting on the floor, pulled us out one by one.

"I promised to send some things to the children's hospital," said she, "and it will be a good opportunity for turning out this cupboard. What a lot of rubbish there is in here!" And she picked out of the *débris* some pieces of the old china tea set, which we had

had make-believe parties with, a ball, dusty but unharmed, several children's books, and a German butcher's shop, with a leg of mutton still hanging to the only hook left over the door. The butcher himself was found with the chopper in his hand, but in a headless state (as if, in despair at the depression in trade, he had committed suicide by execution), in a box of dominoes, which, together with a battered money-box, where I remember she used to keep her farthings, and which had been wrenched open one day when she was particularly impecunious, was firmly established on the top of us.

Then she pulled me out and surveyed me with recognition, and ended by putting her red lips for a moment on my crumpled hair.

"Dear old Ethelwynda," she said, "what good times we have had together! You're a little bit crushed, my dear, but you look as young as ever. Why, I believe I love you still, you sweet creature. I'll keep you." And pulling my dress straight, and smoothing my hair with her fingers—they were much softer than they used to be—she laid me in her lap,

THE CHEF.

BY MARY POCOCK.

HOW A FRENCH COOK DRESSES VEGETABLES.



VEGETABLES are so constantly served separately in France that naturally more attention is given to their preparation than with us, where they are but the adjuncts to the meat.

Petits Pois à la Bourgeoise (green peas à la bourgeoise).—Put two ounces of butter in a basin with some very cold water, throw in a pint and a half of green peas, stir them, and leave half an hour; then in the water work the butter with the peas until they have taken it all up. Put in a stewpan a scallion, a bunch of parsley, the buttered peas, two small onions, a pinch of salt, and a small lump of sugar (no water); cover the stewpan and place it over a slow fire. Just before the peas are done remove the parsley, onions, and scallion, and throw in one or two balls of butter and flour worked together, mix with the peas, and finish cooking. Some cooks add the yolk of an egg mixed with two tablespoonfuls of cream just before serving.

Petits Pois à la Ménagère.—Melt two ounces of butter in an earthen stewpan, put in a quart of green peas, two young onions, a lump of sugar, salt, and the hearts of two small lettuces cut in shreds; place the stewpan over a slow fire, put a plate on the top with some water in it; cook the peas without water, shake the stewpan now and then. When done enough, thicken with a little flour and butter mixed together; cook the flour a minute or two, then take from the stove and finish with a pinch of white sugar and a small piece of butter.

Petits Pois au Lard (peas with bacon).—Cut a quarter of a pound of bacon in small dice, put it in a stewpan and cook a few minutes, add one quart of peas, a little hot water, a lump of sugar, and two or three young onions tied up with a bunch of parsley (the salt from the bacon is generally sufficient), cover the stewpan, and let the peas cook slowly. Remove the parsley and onions before serving.

Peas à la Française.—Put the peas in a stewpan with a lump of butter, a little cold water, a bunch of parsley and green onions, and a lump of sugar; cover, and cook over a quick fire for seven or eight minutes, then draw to the side and cook slowly. When done, take from the fire and finish with a lump of good butter. The parsley and onions are removed before serving.

Peas and New Potatoes with Butter.—Boil some water, throw in a quart of large peas, twenty new potatoes, washed, but not peeled, a bunch of parsley, a young onion, and some salt. The potatoes and peas should be done at the same time. Drain, remove the skins from the potatoes, place them in a dish with the peas, and pour plenty of oiled butter over both.

Preserved Peas.—Make two tablespoonfuls of white sauce hot, with a small piece of butter. Open the peas at the last moment, turn them into a sieve to drain, then stand the sieve in warm water for a minute to warm the peas a little; drain and put them in the sauce with a little sugar and salt; heat for two minutes, giving the saucepan one or two shakes; add the yolk of an egg mixed with a teaspoonful of water, and put in half an ounce of butter broken in small pieces.

Choux de Bruxelles (Brussels sprouts).—Boil the sprouts in water with salt, then drain them. Put some good fat (clarified skimmings from the stockpot are best for this purpose), or if you have not that, put some butter in a stewpan with the sprouts, pepper, salt, two tablespoonfuls of stock or gravy, and a little nutmeg; cook three or four minutes, and serve with fried sippets round. Or boil the sprouts, drain them, and put in a saucepan with butter, pepper, salt, and a squeeze of lemon.

Choux-fleurs au Beurre (cauliflower with butter).—Divide the cauliflower in branches, half-cook it in salt and water, then drain, and put in a stewpan with a lump of butter and the juice of a lemon, add a little water, let it simmer; when done drain the cauliflower, arrange on a dish, and pour over it a sauce made with butter, flour, the yolk of an egg, and a little cream.

Fried Cauliflower.—Divide the cauliflower into small and equal-sized pieces; cook them in salt and water, but let them be a little firm; drain them, season with pepper, salt, and chopped parsley; flour and dip in beaten-up egg or in frying batter; fry in hot fat, a few at a time; when they are a nice colour, drain, sprinkle with salt, and serve.

Choux-fleurs au Fromage.—Boil the cauliflower as above; when done, arrange some of the branches on a buttered dish, sprinkle them with Parmesan (grated), and pour white sauce over, then put the remainder of the cauliflower with more cheese and white sauce; cover the top with a few very fine bread-crumbs mixed with Parmesan, sprinkle a little butter over, and brown in a hot oven.

Choux-fleurs à la Sauce Tomate.—Boil the cauliflower in branches, drain, and arrange on a dish with tomato sauce over.

Choux-fleurs au Beurre Noir.—Boil as above, drain, pour black butter over them, then make a tablespoonful of vinegar hot in the frying-pan, and pour it over the butter.

Cauliflower Salad.—Divide a cauliflower in branches, cook it in salt and water with the tender green leaves; these latter must be put in the saucepan sooner than the flower, as they take longer to cook; when done, cut the leaves in short pieces, put them in a salad bowl, add the branches, season with salt, pepper, mustard, oil, and vinegar. Serve hot or cold.

Cabbage with Bacon.—Divide a cabbage in quarters, boil it in salt and water for fifteen minutes. Cut some strips of bacon, put them in a stewpan, drain the cabbage, and put it on the bacon; add some broth, a bunch of parsley, scallion, grated nutmeg, and pepper (no salt); when done, take out the cabbage, put it on a dish with the bacon on it, reduce the gravy from it, and thicken with a little butter and flour. Pour over the cabbage, and serve. Pickled pork is sometimes preferred to bacon for this.

Choux au Vinaigre (cabbage with vinegar).—Take the white inside of a large cabbage, chop it up, and boil in salt and water for ten minutes; drain it. Cook two chopped onions in butter, add the cabbage, let it cook slowly for fifteen minutes, then season and add one-third of a pint of vinegar; when done, add a lump of butter mixed with flour, stir over the fire, then remove and finish with a small piece of butter.

Choux Blancs Emincés.—Cut a cabbage in quarters, boil it twenty minutes in salt and water, drain, chop it, and put it in a stewpan with some butter and a little salt; let it dry a little, then sift in a teaspoonful of flour; moisten with half broth and half boiled milk,

let it boil, then draw to the side of the fire, season with sugar and nutmeg, and let it cook slowly until done.

Chou Farci (stuffed cabbage).—Choose a large cabbage, remove the outside leaves, throw it in boiling water with salt, and boil for ten minutes, then throw it into cold water, drain, and press it with the hands to get all the moisture out. Take out the middle of the cabbage and fill it with a stuffing made of sausage meat, bacon, or the remains of cold meat, etc., chopped. Cover the stuffing with cabbage leaves, tie up the cabbage, cook it in a stewpan with slices of bacon over and under it, herbs, carrots, onions, cloves, and nutmeg; moisten with broth, and cook slowly for from two and a half to three hours. When done put the cabbage on a dish, skim and strain the gravy, and pour some over the cabbage.

Red Cabbage and Apples.—Take a red cabbage, remove the stalk and hard outside leaves, chop or slice it very finely, put it in an earthen stewpan with a chopped onion, a little water and a little vinegar. Cover it and let it cook for two hours on the side of the stove; then add four sour apples, peeled and chopped; season, and cook two hours more; when done, thicken with a small quantity of flour and butter, and finish with a few drops of vinegar.

Epinards au Jus (spinach with gravy).—Take two pounds of spinach, pick it, and boil in water with salt, then press the water from it and chop it finely. Put some butter or a piece of dripping in a stewpan with the spinach, sprinkle a tablespoonful of flour in, add salt, pepper, a little sugar and nutmeg; cook it until the moisture has evaporated, then add a little good gravy, and simmer for a quarter of an hour; take from the stove, stir in a piece of butter, and serve with fried sippets round.

Epinards à la Crème.—Proceed in the same way as "au jus"; but butter must be used, not dripping, and cream instead of gravy. Leave out the pepper, and put a little more sugar. Serve with pieces of hard-boiled eggs round.

Endive is cooked in the same way as spinach.

Lettuces.—Tie the lettuces up, boil them in water with salt for fifteen minutes, drain, and put them in a stewpan, with a little hot dripping; add some gravy, salt, pepper, and a pinch of flour, let them stew half an hour, skim, and serve.

Or use butter in place of dripping, and a little vinegar instead of gravy.

Or for *Laitue à la Crème* proceed in the same way, but use butter and cream instead of dripping and gravy.

Haricots Verts à la Ménagère (French beans).—Prepare and throw the beans into boiling water with a little salt; boil twelve minutes. Put a lump of butter and a chopped onion into a stewpan over the fire for a few minutes, stir in a little flour, and moisten with some of the water from the beans so as to make a thin sauce. When it boils drain the beans and put them in with a bunch of parsley; finish cooking; when done remove the parsley, add the yolks of two eggs, take from the fire, and finish with a small lump of butter.

French Beans à la Bourgeoise.—Prepare and cook the beans in boiling water, with salt, until tender. Melt a piece of good dripping or butter in a stewpan, drain the beans and put them in, shake the stewpan, and put over the fire for a few minutes, add a lump of butter

mixed with flour, stir, cook the flour, then finish with some chopped parsley and a few drops of vinegar or lemon-juice.

French Beans à la Maître d'Hôtel.—Boil the beans as above, drain them, add a lump of butter, chopped parsley, salt, pepper, and a little lemon-juice.

Broad Beans, Fresh or Dried Flageolets, or Haricot Beans, à la Maître d'Hôtel are all cooked and served in the same way, but the dried beans are soaked before they are cooked.

French Beans à la Crème.—Boil as above; when drained, put them in a stewpan with some butter, make quite hot, then add a little béchamel sauce; season with salt and nutmeg, finish with some chopped parsley and small pieces of butter.

Broad Beans, Flageolets, and Haricots are cooked in this way for "à la crème."

French Beans and New Potatoes are cooked together in the same way as peas and potatoes.

Haricots au Lard.—Soak the beans twelve hours, put them in a stewpan in tepid water, with a piece of pickled pork, let them boil, then draw to the side of the stove; when done, drain the pork and beans, remove the rind from the pork, and cut it in pieces. Put the beans in a stewpan with a little butter, pepper, and salt, if needed, stir them over the fire for a few minutes, then serve with the pieces of pork round.

Scarlet Beans are cooked in the same way as French.

Lentils are cooked like haricot beans.

Asparagus is served with a tureen of "sauce hollandaise" or "sauce au beurre" prepared with some of the water in which the asparagus has been boiled.

Cèleri au Jus (stewed celery).—Trim the heads of celery, put them in boiling water with a little salt, boil fifteen minutes, then dip in cold water, and drain; put them in a stewpan with some broth that has not been skimmed, add pepper and salt, cover, and let them finish cooking; when done, drain, and divide each head in two. Skim the liquor, add a little brown roux and a small piece of glaze; boil fast to reduce it a little, then pour over the celery; or serve with a thick brown made gravy over.

Cèleri au Velouté.—Boil fifteen minutes as above, then cook in velouté sauce, and serve.

Fried Celery.—Boil as above, cut each head in two or three pieces, put in a dish, season with pepper, salt, chopped parsley, and vinegar or lemon-juice; leave an hour, then dip in frying batter, and fry in boiling fat; when a nice colour, drain, sprinkle with salt, and serve.

Salsify, Cardons, and Celery root may all be cooked in the same way as celery. Celery-root (sometimes called celeriac) is cut in pieces before it is cooked.

Salsifs à la Poulette.—Scrape the salsify, throw it in cold water, then cut it in lengths of about three inches; boil it with a table-spoonful of flour, and a little vinegar in the water; when it is tender, drain and put it in "sauce poulette," and serve. The salsify should be put in the sauce before the eggs are added to it, so that it can be boiled a minute in it.

Salsifs Gratinés.—Take some cooked salsify, mince it, mix a little thick béchamel sauce with it, and simmer five minutes; then season and add some grated Parmesan; put it on a buttered dish, cover the top with Parmesan, sprinkle with a little butter; put it in a moderate oven for thirty minutes, and serve in the same dish.

Concombres Farcis (stuffed cucumbers).—Peel the cucumbers and empty them from one end, fill them with a stuffing made of any kind of mince-meat, or with quenelle forcemeat; fill the end with a piece of turnip to keep the meat in. Put some slices of bacon in a stewpan, and place the cucumbers on them; add a little stock, and stew gently;

when done, drain the cucumbers, skim and thicken the gravy with butter and flour; let it reduce a little, and strain it over the cucumbers. Or when stewed they may be covered with breadcrumbs and butter, and browned. The gravy is then served separately.

Vegetable Marrows are very good cooked in this way.

Cucumbers à la Maître d'Hôtel.—Peel the cucumbers and boil them in water with salt; when tender drain and cut them in pieces, put them in a stewpan with butter, pepper, salt, chopped parsley, and scallion; cook for a few minutes, and serve.

Tomate Gratinés.—Cut the tomatoes in two, take out the seeds, and put a little salt on the halves. Put some oil in a frying-pan, place the tomatoes in, cut side down; put over the fire. When they have dried a little, turn, and three minutes after put on a dish, sprinkle with parsley chopped with a little piece of garlic, some chopped mushrooms, pepper, and breadcrumbs; pour a little oil over, and brown in the oven.

Topinambours à la Crème (Jerusalem artichokes).—Peel and trim the artichokes so that they are all of the same size and shape; boil in salt and water, drain, and put in a stewpan with butter, salt, and nutmeg; let them dry a little, then add some white sauce; boil a minute, and serve.

Jerusalem Artichokes are also "gratinés" like salsify, but are cut in slices, not minced.

Artichauts Bouillis (green artichokes boiled).—They are boiled with a little vinegar and salt in the water, and are served with "vinaigrette," "sauce au beurre," "poivrade," or "sauce hollandaise."

Fonds d'Artichauts à l'Italienne (artichoke bottoms).—Take the bottoms of artichokes, cook them in stock that has not been skimmed. Chop an onion, and cook it a pale brown in butter. When the artichokes are tender, put them on a dish with the onion, some breadcrumbs, Parmesan cheese, and a little butter on each; brown in the oven, and serve dry.

Artichoke Bottoms, Sauce Italienne.—Boil in stock as above, and serve with Italian sauce over.

Artichoke Bottoms au Citron.—Boil as above, and drain; make a sauce of butter, flour, pepper, salt, and nutmeg, put the artichokes in with a slice of lemon without rind or pips on each, cook a minute or two in the sauce, then arrange in a dish with the sauce, and a slice of lemon on each.

Carottes à la Maître d'Hôtel.—Take young, short carrots, cut them pear-shaped, and boil in water or broth with a little salt and butter; when tender, drain, and put them in a stewpan with butter, pepper, salt, and a pinch of white sugar; make quite hot, and finish with chopped parsley, a little piece more butter, and a few drops of lemon-juice. If old carrots are used they are sliced or cut in small balls.

Carottes au Blanc.—Trim young carrots, throw in boiling water and half cook them, then drain and put in a stewpan with butter, salt, and sugar; cook them five minutes, stir in some flour and a little nutmeg, moisten with a little of the water they were boiled in, and finish cooking. Before serving, add a small quantity of cream or the yolk of an egg, take from the fire, add a few drops of lemon-juice and a little piece of butter.

Carottes au Gras.—Scrape and cut the carrots in quarters and pieces about two inches long, half cook them in boiling water, then put them in a stewpan with some good skimmings or fat from bacon, a bunch of parsley, scallion, salt, and pepper; moisten with broth, and stew until there is very little gravy, then skim and strain the sauce and serve the carrots in it.

Navets à la Crème (turnips).—Cook the same as carrots au blanc, but omit the lemon-juice.

Navets Glacés.—Cut some turnips into balls about the size of marbles, boil them twenty minutes in water with salt; drain, and put in a stewpan with butter, salt, and pounded white sugar; cook for from ten to fifteen minutes, shaking the stewpan now and then; put broth enough to cover them, let the broth reduce to half the quantity, then draw to the side of the stove and finish cooking, basting them occasionally with the gravy; serve with their sauce over; if it has dried up too much, add a little broth, stir the glaze from the bottom of the stewpan, and boil a minute. Turnips cooked in this way are used to garnish dishes with either white or brown sauce.

Carrots are glazed in the same way.

Onions Glacés.—Take small onions all the same size, cut off the roots, and peel them from the tops; stand them in a stewpan in butter, then proceed as for turnips.

Potatoes à la Maître d'Hôtel.—Boil the potatoes, cut them in slices; put some butter, pepper, and salt in a stewpan, put in the potatoes for one minute only, add chopped parsley and lemon-juice, and serve. Some cooks add a chopped scallion, and some a little broth.

Pommes de Terre Soufflées (puffed fried potatoes).—Peel and slice some potatoes, wash and dry them thoroughly in a cloth, then throw them into tepid fat, and warm until they lose their stiffness; then drain and put in a frying basket; next make the fat very hot, put the potatoes in, shake the basket (they ought to puff out without colouring), then drain again; at the moment of serving, plunge the basket into very hot fat to colour the contents; drain, sprinkle with salt, and serve.

Pommes de Terre Sautées.—Cook the potatoes in their skins, let them get nearly cold, then peel and cut in slices; melt some butter in a frying-pan, put the potatoes in, colour them slightly, season, sprinkle with parsley, and serve.

Potato Croquettes.—Bake or boil the potatoes, and rub them through a sieve; to half a pound of potatoes put one ounce of butter, one dessertspoonful of cream, two yolks of eggs, and two whites beaten to a froth; add salt, sugar, and either a little nutmeg or chopped parsley; make into balls, roll them in flour, then egg and crumb them, and fry in boiling fat.

PUREES.

Purée de Pommes de Terre au Gratin.—Prepare the potatoes as for croquettes; to one pound of potato flour take four ounces of butter, four yolks of eggs, some grated Parmesan, salt, nutmeg, and two table-spoonfuls of cream; put on a dish, sift Parmesan and butter over; and bake in a hot oven for about twelve minutes.

Purée of Green Peas.—Put a quart of green peas in sufficient boiling water to cover them, add two ounces of butter, a bunch of parsley, one or two scallions, a little sugar and salt; when tender pass the peas through a sieve, make the purée hot, take from the fire, stir in a small piece of butter, and serve. Some cooks add a little gravy to the purée when they put it back in the stewpan.

Purée of Dried Peas.—Soak a quart of peas in tepid water for twelve hours, then put them in a stewpan with half a pound of bacon (or pickled pork), one carrot, one onion, a clove, bunch of thyme and parsley, a bay-leaf, a scallion, and sufficient cold water. When the peas are soft, rub them through a sieve, moistening with the liquor in which they have been cooked; put the purée in a clean stewpan, boil (stirring all the time so that it should not burn) until the purée is thick enough, then keep hot until wanted. The pork or bacon may be served on the purée.

Purées of Lentils and Haricot Beans are made in the same way.

Purée of Onions.—Chop five or six large onions, throw them into boiling water, cook five minutes and drain them. Melt an ounce of butter in a stewpan, put the onions in with a little salt and white sugar, stir, and cook a few minutes without letting them brown, add a little water or white stock; let them boil half an hour, then rub through a sieve, put the purée back in the stewpan, add a little flour and butter mixed together; boil five minutes, and finish with one or two tablespoonfuls of cream.

Purée d'Oseille (of sorrel).—Take some sorrel, a leek, a little chervil, and a lettuce, chop all together, put in a stewpan without water or butter, sprinkle a little salt over, put the lid on, and cook over a slow fire; when soft pass through a sieve, put back in a stewpan with a lump of butter, add a little flour, cook five minutes, and add a little good gravy or the yolk of an egg. At the moment of serving stir in some small pieces of butter.

Purée of Endive.—Throw the endive in boiling water; cook until it bends in the fingers, then drain, chop it finely, put it back in the stewpan with some butter or poultry fat, make it hot, shake in a little flour and a pinch of white sugar, moisten with a small quantity of broth or gravy, add salt, pepper, and a little nutmeg, let it simmer at the side of the stove. After taking from the fire, stir in a small piece of fresh butter.

This purée is also made with cream instead of gravy; butter must then be used, not poultry fat.

Purée à la Romaine (cos lettuce) and of *Spinach* are made in the same ways as above.

Purée aux Marrons (chestnuts).—Take some cooked chestnuts (preferably baked, if not burnt), shell and skin them, put in a stewpan with butter, add a little broth, and let them simmer until they will crush easily; then rub through a sieve, put back in the stewpan with a few spoonfuls of good gravy, or of cream, let the purée reduce, take from the stove, and finish by adding a little butter.

Purée of Carrots.—Scrape and cut a dozen large carrots in very thin slices (a cucumber slice answers well for this purpose), cut two onions in quarters, melt three ounces of butter in a stewpan, and put in the carrots and onions and some salt; stir over the fire until the

carrots are limp, they must not brown at all, then add some water or pale stock and a lump of sugar, and simmer at the side of the stove two to three hours; when you can crush the carrots easily between the fingers, rub them through a sieve, put back in a stewpan with any liquor there is from them, add two tablespoonfuls of good gravy or of cream, stir, and let the purée cook until it is thick enough, then take from the fire, and finish by stirring in a little fresh butter; serve.

Purées of Turnips, Parsnips, Celery-root, etc., are made in the same way as purée of carrots. When served alone, purées are garnished with fried sippets.

I cannot conclude an article on vegetables without a few words about salads; these in France are made with almost anything; either cooked or uncooked vegetables are used.

Salade de Barbe de Capucin (a species of endive, of which the leaves are blanched) is a winter salad; sometimes slices of cooked beet-root are added to it. Barbe should never be laid in water, but washed quickly and dried. Season with salt, oil, and vinegar.

Watercress Salad.—The last minute before serving season with oil, vinegar, and salt.

Endive Salad.—Rub the bottom of the salad-bowl with a cut garlic, wash the endive, put it in a salad-basket, shake all the wet out of it, and cut it in pieces; put in the bowl, add oil, pepper, and salt, mix thoroughly with a wooden spoon and fork, add a little vinegar. The proportion used is four tablespoonfuls of oil to one of vinegar.

Salad d'Été (summer salad).—Take two or three fresh-cut lettuces, separate the leaves, and wipe them carefully one at a time with a cloth, without washing them; chop three young onions, mix with the lettuces, add some cress and a pinch each of chopped chervil and tarragon; season as above, ornament with quarters of hard-boiled eggs.

Salade de Laitues à la Crème.—Prepare some lettuces as for "salade d'été," season with vinegar, pepper, and salt, add some thick cream, stir quickly, and serve.

Salad of Potatoes and Dandelion.—Take a handful of young dandelions, wash, dry, cut them in pieces, and place in a salad bowl; skin and chop nine or ten hot potatoes, add them, with pepper and salt, to the dandelion.

Chop a quarter of a pound of bacon very small, put it in a stewpan with a few drops of vinegar; when cooked, pour it boiling hot over the salad, stir a minute or two, and serve.

Salad of Celery and Truffles.—Chop the white part of two or three heads of celery, season with salt, pepper, and four parts of oil to one of vinegar. Take two-thirds the volume of cooked truffles, chopped and seasoned in the same way, add to the celery, mix well, and serve.

Salade de Salsifis.—Take cooked salsify (cold), cut it in one-inch lengths, season with salt, pepper, mustard, and four parts of oil to one of vinegar. Just before serving sprinkle chopped parsley over the top. Celery-root is used in the same way.

Salade de Légumes à la Mayonnaise (salad of vegetables with mayonnaise).—Cook and cut in dice carrots, artichoke bottoms, French beans, beetroot, and celery-root, season with salt, pepper, oil, and vinegar, let it remain some hours, then drain on a sieve; put in a basin with some pickled gherkins and mushrooms, and one or two capsicums cut like the vegetables, stir in a few spoonfuls of thick mayonnaise sauce; arrange in a pyramid on a dish; surround with small branches of cauliflower, cooked and seasoned, or with quarters of hard-boiled eggs.

Salad of French Beans.—Cook the beans in salt and water, drain, season with salt, pepper, oil, and vinegar. French beans that have been cooked "à la crème" or "à la poulette" (see sauce poulette) make excellent salad if drained and seasoned.

Salad of Haricot Beans.—Boil the beans in the usual way in salt and water; keep them hot until wanted, then drain and put in the salad bowl; season with salt, pepper, oil, vinegar, mustard, and a very little finely-chopped onion; stir and serve. Should be eaten hot.

Lentil Salad is also eaten hot. The lentils are boiled with a small clove of garlic, and drained. Salt, pepper, oil, and vinegar are added, and chopped parsley or chervil.

Tarragon, Chervil, Pimpernel, Cress, Purslain, Scallions, and the fruit of *Nasturtiums* are all used in salads. They are called "fourniture de salade."

(To be continued.)

ANSWERS TO CORRESPONDENTS.

COOKERY.

ELLA.—We have given a whole article on the making of jelly, besides many on special jellies and jams; see page 234, vol. iii. Vegetable marrow preserve is made as follows: Pare them, remove seeds, cut in pieces of about two inches square. To 1 lb. of fruit add $\frac{1}{2}$ lb. of sifted sugar. Use cold water, put in the fruit, and boil until tender, adding some pieces of whole ginger and some cloves. Pour off the juice and add the sugar to it to make the syrup, and put the fruit into it for the final boiling.

GISSY.—The mould must be dipped in hot water previously to turning out the jelly. This will make it turn out easily. The 30th August, 1855, was a Thursday.

K. C. MAC.—We are glad you found our recipe for orange marmalade so good, and thank you for that of "Norfolk rusks," which we now give. Take one and a half pounds of flour, two ounces of butter, two ounces of lard, one dessert-spoonful of baking powder, one salt-spoonful of salt, all of which mix thoroughly together. Then add one egg, beaten up with as much milk as will make it all into a stiff paste; roll it out to about the thickness of two inches, and cut into rounds with the top of a tumbler, previously dipped into flour to prevent the mixture sticking to it. Bake in a quick oven until they be of a light brown; then take them out, and pull them each in half, and put them into a slow oven to dry.

POPCORN must buy what is called a "corn popper," we believe, usually sold by the people who sell the corn.

MISCELLANEOUS.

A. R. should make her inquiries of, and give all orders for books to, our publisher, Mr. Tarn.

HILDA CLARE.—It is to be much regretted that when you first began to dawdle and behave in such an imbecile way—not to say your rebellion towards your parents in not doing immediately what you were told—you were not well punished and made to behave as they desired on every occasion when you rebelled. As it is, we should send you for six months to a strict boarding-school, since you have not sufficient moral rectitude and self-control to turn over a new leaf yourself. Pray for grace and help to shake off your sloth, and be "diligent in business, serving the Lord," and "redeeming the time," one of the precious "talents" entrusted to you. Read what our Divine Lord said of the "wicked and slothful servant" who "hid his lord's talent in a napkin."

AN OLD MOTHER (Stuttgart).—We recommend you to obtain a copy of Baedeker's Guide to Switzerland, as the prices of *pensions* are given all over that country. There are many at five francs a day. We cannot advertise any particular houses ourselves.

E. P. (Bradford).—We are gratified by the strong approval you express of our paper, the articles, and "Answers to Correspondents." We are equally surprised with yourself at many of the letters on the subject of "Lovers," and the lack of dignity and common sense exhibited. The girls needed much more such teachers as the "G.O.P."

LILY HICKMAN.—You write a beautiful hand.

YORKSHIRE GIRL.—Agrippa's conscience and reason were convinced, but his inclination opposed them, and thus he was only almost persuaded. 2. Your hand would be improved by writing rather smaller.

DAGMAR VALERIAN.—We recommend you to improve your practical knowledge of instrumental music, so as to be able to accompany your voice well when of an age to learn singing, and also in the science of harmony. You should also learn elocution, so as to pronounce well, and know where the emphasis should be placed. Also make yourself well acquainted, at least, with the pronunciation of Italian, German, and French. This will give you plenty to do during the next year as a commencement, and at sixteen you may safely begin to exercise your voice, a little at a time, being careful not to overstrain it by attempting notes too high for you. The quality of your voice should be ascertained by a good master, so that you may practise suitable exercises and songs for a soprano, mezzo-soprano, or contralto, as the case may be. Training may be had at the Guildhall School of Music—secretary, Mr. C. P. Smith, Victoria Embankment, London; or at the Royal Academy of Music—secretary, Mr. John Gill, 4, Tenterden Street, Hanover Square, W. These gentlemen will send their prospectuses, and any further information which you may require.

DORMOUSE.—When the lady of the house enters her schoolroom, the governess should rise, or at least partially do so. Hemming should be done on the forefinger, but children, when beginning to learn, often prick their finger, and it becomes sore, and till healed there is no harm in using the middle finger as a substitute.

hospitality of strangers. An American woman, forsooth!"

"Miss Wentworth is a very nice lady," feebly interposed Mrs. Lancaster; but Mr. Hope did not like Americans, and took no heed of the interruption.

"She must come to me," he continued.

"She will be welcome at my house. My housekeeper will look after her—it's a bachelor household; but it's the best we can do for the child. Have the goodness, madam, to give me her address, and pack up any things she has left here."

The sternness of Mr. Hope's face as he said this terrified Mrs. Lancaster so much that she could utter no words in self-exculpation. She wrote down what he required, and with the briefest of farewells he strode out of the house.

(To be continued.)

THE CHEF.

By MARY POCKOCK.

HOW A FRENCH COOK SERVES HORS D'ŒUVRE, ETC.



DORS - D'ŒUVRE are of two kinds, hot and cold; the latter in France are generally placed on table, and often remain there half through the dinner. They are eaten before or after the soup; the former are usually handed

immediately after the soup. They should be small and light, and always served dry, that is to say, without any sauce or gravy. Any kind of little patties, croquettes, rissoles, cromeskys, shells filled with meat or fish are suitable. They are placed on folded napkins with fresh or fried parsley on them. Many hors-d'œuvre are also used as entrées; in England they frequently take the place of them, or are served as savouries at the end of a dinner; depending on what they are composed of. A Frenchman often begins his dinner with radishes and bread and butter; with us the radishes do not appear until the cheese and butter with which dinner is finished.

Butter is placed on table with the hors-d'œuvre; it is moulded into small shapes or shells; if the butter is good and firm, with a little practice it is easy to make these shells by merely scraping a piece of the butter up with the round top of a table-knife.

COLD HORS-D'ŒUVRE.

Radishes.—The small, tender leaves are left on, the radishes are slightly scraped, and the ends cut to points.

Olives, Gherkins, Cucumbers, and other salt pickles are drained and served in suitable dishes in fresh cold water. Vinegar pickles are served as they are.

Fresh Cucumbers.—Peel and cut them in thin slices, put salt over for a quarter of an hour, then arrange in a circle, one piece overlapping the next; add pepper, oil, vinegar, and chopped parsley.

Ham (raw or cooked), **Sausage,** and **Tongue,** are all served as hors-d'œuvre; they are cut in small, thin pieces, arranged in rows or circles with parsley. Tongue is not cut as thin as ham and sausage.

Fresh Ripe Figs are served at the same time as sausage and ham.

Slices of Melon (preferably cantaloups).—**These are usually handed round.**

Prawns arranged simply with parsley.

Salad of Salted or Smoked Herrings.—Soak the herrings in milk, skin them, and take the fillets from the bones, trim and cut them in

neat pieces, arrange in small dishes, pour a sauce of mustard, oil, and vinegar over, and surround with quarters of hard-boiled eggs.

Pickled Herrings.—Cut off the heads and tails of some smoked herrings, then put them in a stewpan with plenty of cold water; let it stand on the stove until the water is quite hot, but not boiling; drain, skin, and place in a deep dish; cover them with oil, cover the dish, leave for two or three days, and serve the fillets plain or as above.

Anchovies.—Dip pickled anchovies in hot water, scrape off the skin with a knife, take the fillets off the bones, cut each in two, and place them in little dishes with little heaps of chopped hard-boiled eggs (the yolks and whites separate); sprinkle with either finely-chopped chervil, capers, or parsley, and a little oil and vinegar.

Sardines in the same way.

Sardines are also drained, wiped with a linen cloth, the tails cut off, and a little fresh oil put over them. Anchovies are boned and served with a small quantity of oil and vinegar over them.

Smoked Salmon.—Cut the salmon in very thin slices and serve surrounded with parsley.

Caviar should be served in its natural state, with cut lemon. Sometimes chopped scallion or onion are served with it. It is also spread on small rounds of fried bread, toasts, or bread with very little butter on it; this way nothing is added to the caviar, and it is a convenient way of putting it on table.

Pontargue (this is caviar dried and pressed with mullet or other fish spawn) is cut in thin slices, the skin is removed, and it is seasoned with oil, pepper, and lemon-juice.

Canapés aux Anchois.—Cut some thin slices of bread into oval shapes, butter them evenly, cover the butter with a layer of yolk of hard-boiled egg, that has been seasoned and passed through a sieve; on this arrange fillets of anchovies, either as a star or lattice-work, garnish the spaces between the fillets with chopped gherkin, egg, capers, or parsley.

Canapés au Saumon Fumé.—Cut pieces of bread as above, work a little anchovy paste or essence into some butter; cover the bread with this, then place a thin slice of smoked salmon on each piece (smoked salmon is not cooked); trim the fish off even with the bread, and serve.

Canapés au Jambon Rapé.—Grate a piece of cooked cold, lean ham; cut some thin slices of bread into long squares, mix a little mustard with some butter, cover one side of the bread with this, cover the butter with the grated ham, and serve. Grated tongue can be used in the same way.

Coquilles de Homard.—Cut in small dice any remains of lobster, add to it pickled gherkins and hard-boiled eggs, also cut up; add some whole capers; season, and mix some mayonnaise with it; put into scallop shells, smooth the tops over, and decorate with fillets of anchovies, with a little savoury jelly and chervil.

HOT HORS-D'ŒUVRE.

Anchovies à la Provence.—Cut some thin slices of toast in six long squares; while warm rub them over lightly with a clove of garlic; take twelve anchovies, bone and pound them, add a pinch of chopped parsley, and stir in gradually some good oil; brush both sides of the toast over lightly with oil, spread the anchovies on one side of the toast, and put over the fire on a gridiron, or cook in a hot oven for seven or eight minutes; serve very hot.

Fried Anchovies.—Dip the anchovies in hot water; bone them; mix some flour with a little lemon juice and a tablespoonful of oil, dip the anchovies in this, fry them in boiling fat, and serve immediately on pieces of fried bread.

Œufs Farcis aux Anchois.—Boil eight eggs hard; when done put them in cold water for a quarter of an hour, then shell and cut them in halves, take the yolks out, and pound with twenty boned anchovies; add two tablespoonfuls of bread panade, a little piece of butter, and two yolks of raw eggs, add a pinch of finely chopped onion and a small tablespoonful of chopped parsley, season with salt and cayenne; fill the whites of eggs with this mixture; put the remainder on a dish, in this stand the sixteen half eggs close together (middle up), sprinkle with breadcrumbs and oiled butter, and bake for from fifteen to twenty minutes; serve in the dish they are cooked in.

Croustade de Jambon.—Take some remains of a ham, chop it very finely, add as much chopped parsley and sweet herbs as you have ham, and make it into a sort of paste; cut some very thin slices of ham; place in a pie-dish a layer of fine breadcrumbs, then a layer of sliced ham, then one of the mince, repeat until the dish is full; finish with very thin slices of bread at the top; press the whole well down; turn the pie-dish over on to a flat dish, then bake until brown; eaten hot or cold.

Croûtes aux Champignons.—Cook some mushrooms in butter with a little broth, season, thicken the sauce with the yolk of one egg (or more according to quantity of mushrooms), add a little lemon juice. Take the top crusts of some small dinner rolls, scoop out the crumb, butter the crusts on both sides, broil them, place on a hot dish, fill each crust full of mushrooms, and serve.

Stuffed Mushrooms.—Take a dozen of the large round mushrooms with pinkish insides, wash them well, take out the stalks, and scoop out part of the insides with a vegetable scoop, sprinkle with salt, and turn them down on a cloth to drain. Take two tablespoonfuls of finely-chopped onion and two or three finely-chopped shallots, put them in a stewpan with the mushroom stalks, insides, and two or three mushrooms, also finely chopped, and some butter, cook without browning; then add a little parsley, chopped, with a very small piece of garlic; two minutes after add three tablespoonfuls of fine breadcrumbs, and

one or two tablespoonfuls of brown sauce. Draw the stewpan from the fire, add the yolk of an egg to bind the mixture, fill the mushrooms with this, cover with breadcrumbs and oiled butter; arrange on a tin, and bake in a moderate oven for thirty minutes; serve heaped on a dish.

Coquilles de Truffes Noires à la Crème.—Peel five or six clean truffles, put the peels in a stewpan with a little water and a pinch of sweet herbs; stew until the water is flavoured and reduced a little, strain it, and add it gradually to a little good béchamel or ordinary white sauce; reduce until rather thick. Cut the raw truffles in dice, cook them in a little oiled butter, season, and add the sauce to them; with this fill five or six scallop shells, cover the tops with breadcrumbs, sprinkle with oiled butter, and brown before the fire or with a salamander. Mushrooms are very good prepared in this way, and much less expensive than truffles.

Croquettes de Homard (lobster croquettes).—Cut some lobster in small dice, add to it half its quantity of cooked and chopped mushrooms, and the same quantity of bread panade (made with milk) as mushrooms, or half the quantity of bread panade and half of cold chopped fish; put all in a stewpan with sufficient thick béchamel sauce to bind the ingredients, make hot, then turn on to a plate to get cold. When cold mould into croquettes (they look well pear-shaped), roll them in egg, then in fine dry breadcrumbs, and fry in plenty of boiling fat.

Bouchées are made thus: Take some feuilletage, roll it out, and cut a dozen rounds with a scalloped-edged cutter; place these rounds on a baking-sheet, and brush them over with egg, then take a smaller plain-edged cutter, dip it in hot water, and press it lightly on the centres of rounds, so as to cut the paste half through to make the covers; make two or three slight cuts across these centres. Bake in a hot oven; when done carefully remove the covers with a knife and take out the soft paste from the inside, fill, put the covers on, and serve. *Bouchées* are filled with almost anything, and named according to their contents, as "bouchées de homard," which are filled with lobster, cut in dice, and mixed with béchamel sauce and chopped cooked mushrooms. Oysters, shrimps, prawns, tongue, chicken, game, mushrooms, truffles cut small and prepared with thick sauce (see "salpicons," garnitures) are used for filling these cases, or small quantities of purées of game or poultry.

Fried Oysters à la Provençale.—Take two dozen oysters, squeeze a little lemon-juice over, then throw them into boiling water for three minutes, take them out, drain, and wipe them, remove the beards and place the oysters on a plate; put a little pepper, finely-chopped parsley and oil over them, then take up two at a time, dip in butter, and throw into boiling fat; when they are a pale brown drain, and sprinkle with salt. Pile the oysters on a dish on a folded serviette, garnish with fried parsley and cut lemons.

Batter for Oysters.—Take a teacupful of flour, add a little salt and two tablespoonfuls of olive oil, moisten gradually with tepid water or beer (if with the latter keep the batter tolerably near the fire for an hour or two before it is used), it should be quite smooth and not too thick; just before using stir in lightly the well-beaten whites of two eggs.

Cromesquis d'Huitres (oyster kromesksys).—Choose large oysters, poach them in a very little water with a squeeze of lemon-juice, drain, and let them get cold, then beard and cut the oysters in small square pieces; add some good béchamel sauce (warm) that has been boiled down with some of the liquor in which the oysters were cooked (or make a

little thick white sauce of the liquor, with butter, flour, and cream added to it); add a small piece of melted glaze, season with a little nutmeg, and let it cool. When cold take pieces of about the size of a small egg, flatten them, have ready some thin pancakes, cut in pieces all the same size and shape, put each piece of oyster mixture between two pieces of pancake; ten minutes before serving dip the kromesksys in frying batter, put them in hot fat, fry a nice colour, drain, and serve heaped on a serviette.

Croûtes aux Huitres.—Cut some small slices of bread, half an inch thick, trim them into ovals, hollow one side, fry them in butter, and keep hot. Beard some oysters, cut them in pieces, stew the beards in a very little water; when done take out the beards, put some good béchamel sauce, a little cayenne pepper, and the oysters in, add two or three tablespoonfuls of good cream, finish with a little butter. Fill the pieces of hot fried bread with this, and serve. These are sometimes covered with fine breadcrumbs and a little oiled butter, and glazed with a salamander.

Les Anges à Cheval (angels on horseback).—Beard some large oysters, pepper, and dip them in oiled butter or in oil. Cut some thin slices of cold boiled bacon, cut these into squares the size of the oysters. Take some little silver skewers, stick a piece of bacon, then an oyster, alternately, on the skewers, six on each, sprinkle with breadcrumbs mixed with chopped parsley. Broil three minutes over a brisk fire. Serve on the skewers on strips of bread fried in butter.

Croûtes à la Moelle de Bœuf (beef marrow crusts).—Soak some beef marrow in cold water, drain, and then put it in a stewpan with a little broth; boil two or three minutes, then take from the stove; leave ten minutes, then drain on a cloth. Cut the marrow in slices, season it with salt and cayenne; have ready some pieces of fried bread prepared as for "croûtes aux huitres," put the marrow on the fried bread, with a little finely chopped scallion over the top, and send to table very hot on a serviette.

Croûtes aux Rognons de Mouton (sheep's kidneys).—Cut some slices of crumb of bread, half an inch thick; trim them into pieces about three inches long and two inches wide; cut a little of the thickness from the centre of each piece of bread on one side, fry them, and keep them hot. Take some calf's, lamb's, or sheep's kidneys, skin them and roast in a stewpan with a little butter or fat from the kidneys; when done, take them out and put in an equal quantity of mushrooms cut in dice, shake them for a minute in the stewpan, then put in a little water and stew the mushrooms until done, then remove the fat; cut the kidneys like the mushrooms, put them back in the stewpan; season, add a little thick white sauce, a little piece of glaze, and one or two tablespoonfuls of cream; a little nutmeg may be added or not as liked. Fill the crusts with this, heaping the centres; smooth the cover, cover with fine breadcrumbs, sprinkle with oiled butter, brown the tops with a salamander, and serve.

Coquilles de Ris de Veau.—Cut cold remains of sweetbreads in dice, put them in a stewpan with a third the quantity of cold tongue, cut in the same way; add some good white sauce, a few finely-powdered sweet herbs, a little chopped parsley and nutmeg; fill some scallop-shells with this, put fine breadcrumbs over the tops and sprinkle with butter, put them in the oven for five minutes, then brown with a hot shovel.

Coquilles de Cervelles de Veau (scallops of calf's brains).—Prepare in the same way as above, but omit the tongue, and mix some grated Parmesan with the breadcrumbs.

Petites Caisnes de Ris d'Agneau (little cases of lamb's sweetbread).—Boil some lamb's

sweetbreads five minutes, dry them and divide each in three pieces. Put a lump of butter in a stewpan, with a few sweet herbs and a little chopped parsley, add a small quantity of thick sauce, put in the sweetbreads, and let them finish cooking. Take sufficient china ramekin cases, butter them, and line them with quenelle forcemeat; stand them in a stewpan in boiling water to poach the forcemeat, then fill with the sweetbreads and sauce, put a thin cover of the quenelle meat over, bake until set, then brush the tops over with a little thick brown sauce, or with melted glaze; put them back in the oven for two minutes, and serve.

Coquilles de Foie Gras, aux Champignons.—Cut a piece of foie gras in small dice, add half its quantity of cooked mushrooms or truffles, cut in the same way; put in a stewpan with a little good white sauce or béchamel, and a small piece of glaze; make all hot. With this fill some scallop-shells, smooth the tops, cover with fine breadcrumbs, and pour a little oiled butter over; brown with a salamander, and serve.

Foie Gras (fat livers of poultry) *en Caisse.*—Cut the foie gras in pieces, cook it in butter with pepper, salt, a little nutmeg, chopped parsley, shalots, and mushrooms; make small paper cases (about one inch and a half square), oil or butter them well, put a few light coloured raspings at the bottom of each, and then put some of the liver in each (do not fill them full); bake for about ten minutes; if necessary take some of the fat off, place on a dish, put a little hot sauce espagnole with a few drops of lemon-juice into each case, and serve.

Foie Gras are much used for bouchées, rissoles, croquettes, etc. Small pieces of Strasburg paté de foie gras made hot in paper cases, then served as above, are generally liked.

Palais de Bœuf au Fromage de Parme (ox palates with Parmesan).—Cook the palates in the stockpot until quite tender, then cut them into small pieces, put them in a stewpan with some bacon fat and some small onions sliced, let all colour slightly (pale gold colour only), then add a little white sauce; put in small china ramekin cases, grate Parmesan over the tops; put in the oven a few minutes to brown, and serve. A few very fine breadcrumbs are sometimes mixed with the Parmesan.

Crissins au Fromage (cheese straws).—Make some feuilletage, but for each of the last three turns shake grated Parmesan instead of flour over the paste to roll it out; when made roll the paste out tolerably thin, cut it into strips about the width of a pencil and four inches long, roll them on the table; place on a baking sheet in rows, cut all the same length, brush over with egg, sift Parmesan over them; bake in a quick oven; arrange on a serviette, and send to table hot.

Soufflé au Fromage, en Petites Caisnes.—Melt a quarter of a pound of butter in a stewpan, beat the yolks of six eggs, add them to the butter, stir a few seconds over a moderate fire; then take from the stove, and stir in little by little half a pound of grated cheese (one quarter of a pound of Gruyère, and one quarter of a pound of Parmesan mixed together), add a pinch of pepper and a pinch of pounded sugar; put on the fire again, make hot, stirring all the time; when smooth take from the fire, and add the white of an egg beaten to a froth. Twenty-five minutes before the soufflé is wanted add five more whites of eggs beaten to a froth; fill eight or nine small china or paper cases with the mixture; bake in a moderate oven, and serve as soon as done. These are particularly good; they do not rise much in baking; the following recipe is also good, and has the advantage of being less expensive and more digestible.

Petit Soufflés au Fromage (little soufflés of cheese).—Boil half a pint of milk, draw it to

the side of the stove, put in a small piece of butter, then throw in fine breadcrumbs until about the consistency of bread sauce, stirring all the time; boil for five minutes, continuing to stir, then draw from the fire; add two ounces of butter, the yolks of three eggs, two or three tablespoonfuls of grated Parmesan, a little salt, and a pinch of sugar and nutmeg. Beat the whites of three eggs to a firm froth, stir them into the other ingredients. Butter some small china or paper cases, put the mixture in; do not quite fill the cases. Bake for about fifteen minutes in a moderate oven.

Cheese Ramekins.—Boil one-third of a pint of water, add a few grains of salt, and one ounce of butter, then stir in gradually as much flour as the butter and water will absorb; put over the fire, and continue stirring until the paste leaves the bottom of the stewpan as you stir, then put it in a fresh stewpan, stir into it three eggs (yolks and whites), two ounces of butter, two ounces of grated Parmesan, a pinch of white sugar, and a pinch of pepper; place in small pieces on a baking sheet, put a little chopped Gruyère on each, or sprinkle with Parmesan. Bake twenty minutes in a moderate oven, and serve heaped on a serviette.

Ramequins de Dijon.—Put in a stewpan a quarter of a pint of water, a pinch of salt, the same of pepper, half a teaspoonful of pounded loaf sugar, and a quarter of a pound of butter; boil together for a minute, then draw from the fire, and stir in by degrees five ounces of flour, so as to make a nice smooth paste (if the flour is very dry it takes a little less); stir a few

minutes over the fire, then put the paste in a clean saucepan, and mix with it rather more than three ounces of chopped Gruyère cheese; add three or four eggs (yolks and whites), stir over the fire for a half minute, then with a spoon take up pieces of the paste the size of a small egg, put them in balls on a baking sheet, egg them over, put a strip of Gruyère on the top of each; bake in a moderate oven for twenty minutes, and serve immediately.

Cheese Tartlets.—With the remains of light pastry fill eighteen small tartlet tins, prick the paste with a fork in the centres, half fill them with flour, bake, empty the flour out again. Put a tablespoonful of flour in an earthen stewpan with four tablespoonfuls of grated Parmesan, moisten with one-third of a pint of milk or cream, add a little salt, pounded white sugar, nutmeg, and two ounces of butter; stir over the fire until the butter is melted, then take from the stove. A quarter of an hour after add the whites of four eggs beaten to a froth. Fill the tartlets, bake fifteen minutes, and serve immediately.

Beignets de Semoule au Parmesan.—Boil one pint of milk with one ounce of butter, throw in by degrees three ounces of semolina and half an ounce of potato flour; cook at the side of the stove for twenty-five minutes, add a pinch of salt, a little pounded sugar, and nutmeg; draw from the fire, and add the yolks of three eggs that have been beaten and mixed with a tablespoonful of cold water; cook for five minutes, stirring all the time, then take from the fire and add two or three tablespo-

fuls of grated Parmesan, turn on to a buttered dish, and leave to get cold. When quite cold, cut in rounds with a paste-cutter, roll the beignets in grated Parmesan, then dip in egg and breadcrumb them; throw into boiling fat, and fry gold colour.

Rissoles.—Take any remains of paste (feuilletage or brisée), roll it out thin, cut some rounds about three inches across, put on the centre a forcemeat made of any kind of meat or poultry, with or without mushrooms, or use a salpicon; double one side of the paste over so as to make half rounds, pinch the edges together sufficiently to keep the meat in, put in a frying-basket, then in sufficient boiling fat to cover them; when a pale brown, drain and serve. Before being fried they are sometimes dipped in egg and breadcrumb or rolled in broken vermicelli. Rissoles are also filled with any mixtures used for bouchées or croquettes, but it must not be too moist for this purpose. Fried parsley is put with rissoles to send to table. These and so many other small dishes depend for success so much on the way they are fried, that I must remind my readers that fat when it bubbles is not nearly hot enough to fry things that require "hot" fat; when it throws off a blue smoke it is ready for croquettes, rissoles, beignets, and all things of like kind. It is also to be remembered that the process is really boiling in fat, not a little fat in a frying-pan, or the bottom of the stewpan just covered with fat, but sufficient to entirely cover the articles to be cooked.

(To be concluded.)

THE THREE CITIZEN BRIDES OF AUGSBURG.

THE ancient city of Augsburg in Bavaria was, at an early period in the Middle Ages, celebrated for its commercial activity and the wealth of its merchant princes. Its advantageous position on one of the then great highways of trade, midway between the harbours of Italy and the great commercial cities of Upper Germany, made it a staple place for the exchange of the productions of the Levant and the manufactures of the North; and its citizens, enriched by commerce, adorned their city with stately churches and colleges, and established guilds whose wealth was often forthcoming to replenish the exhausted exchequer of the empire.

Augsburg was frequently the residence of the Emperors Maximilian and Charles V.; the session of the Germanic Diet was often held there, and some of the most distinguished of the burghers were raised to the ranks of the lower nobility.

Such frequent opportunities of intercourse with the highest and noblest of the land would be gradually productive of more polished social manners, whilst the wealth which they possessed would enable the citizens to cultivate the refining pursuits of music, poetry, and song.

The beauty of the daughters of Augsburg was as celebrated as the substantial advantages of their dowry; and not a few of the younger members of the nobility sought by such alliances to rehabilitate their fortunes.

Of the daughters of Augsburg there were three whose marriage with husbands of imperial or royal blood has kept their names in remembrance, and of their fortunes and subsequent career the following is a short account.

The first was Clara von Detten, who became the wife of Frederick the Victorious, Elector Palatine of the Rhine. From this marriage, in the fifth generation, was descended Frederick V. It will be remembered that he married Elizabeth, daughter of James I. of England. On the occasion of the religious troubles which convulsed Bohemia at the beginning of the seventeenth century, Frederick

was elected king, chiefly by the Protestants of that country.

His reign was of short duration; after two years he was defeated by Ferdinand I., Emperor of Germany, at the battle of the White Mountain, near Prague, in 1620, and driven not only from his kingdom, but also out of his electorate. The ambition of his wife was the chief cause of his misfortunes. On his election his consort persuaded him, contrary to his own better judgment, to accept the proffered dignity. The fair castle of Heidelberg, which he had beautified with hanging gardens for her sake, and which looks down from its rocky height into the lovely vale of the Neckar, had lost its attraction for her when a higher title was within her reach. "I would rather," said she, "eat bread at a King's table than feast at the banquets of an Elector."

The daughter of this unfortunate pair was Sophia, the wife of Ernest of Hanover, and to her son George I. passed the succession to the crown of England.

The second bride was Philippina Welsch, accounted the most beautiful woman of her time. She was the daughter of Franz Welsch, citizen and merchant of Augsburg. Whilst attending one of the Diets of the Empire held at Augsburg in 1547, Ferdinand of the Tyrol, son of the Emperor Ferdinand I., lost his heart to the fair maiden, and the next year made her his wife. Ferdinand and Philippina took up their abode in the ancient Castle of Innsbruck; it became her favourite residence, and was presented to her by her husband in 1564.

Few places in Europe can vie for beauty of situation with the city of Innsbruck. It lies in the angle formed by the rivers Inn and Sill, in the midst of a green and fertile valley, round which rise in towering majesty the snowy peaks of the Tyrolean Alps, whose summits hang over the peaceful vale below.

The married life of Ferdinand and Philip-

pina was one of almost unsullied happiness. There was, however, one sorrow in their cup. The alliance which his son had formed was looked upon by the proud Emperor as a degrading one, and for twelve years he refused to see or acknowledge his son's wife. At the end of that time, however, she succeeded in gaining admission to his presence, and throwing herself at his feet, her tears, her beauty, and her manifold virtues moved the stern heart of the father, and he raised her from her lowly position, and saluted her as his daughter.

Philippina died in 1580, and is buried in the Franciscan church at Innsbruck, where her tomb, surmounted by a recumbent figure, is still to be seen.

The third of the citizen brides of Augsburg was Agnes Bernhauer, whose beauty attracted the notice and gained the heart of Prince Adalbert, son of Ernest, Duke of Bavaria. They were privately married, for the bridegroom well knew that his haughty father would never give his consent to the match.

The story of the secret marriage soon reached the ears of the Duke. Enraged at what he considered a degrading connection, he refused his son admission to a tournament, accounting him one of sullied blood, and unworthy to enter the lists with knights of gentle birth. Adalbert then openly acknowledged his wife, and defied his father.

Tragic were the circumstances which soon followed. On a temporary absence of her husband, Agnes was seized by order of the Duke, and soon after condemned to death on a false accusation. She was taken to Strauburg on the Danube, bound hand and foot, hurled living from the bridge, and perished in the waters below.

This judicial murder took place in 1436. Her body was recovered, and in one of the side chapels in the graveyard of St. Peter's church in that town is still visited the last resting-place of this innocent and unfortunate woman.

shadows crept up and it became dark. Across the plain below us ran the high road to Hebron, and we watched pilgrims going there, or lines of camels tied together and laden with charcoal and roots of trees, which were being taken to the Jerusalem market for fuel. Once the Turkish Governor of Jerusalem, on his way to Hebron, pitched his tents in front of the pools, and it was a pretty sight to see the white tents dotted about the plain.

After supper we left the house with lanterns in our hands if dark, and if not, by moonlight, to go and sleep in the tents, walking across the terraces with the smell of the rich brown earth all round us. And when inside, the tent door closed, and we were tucked up in our little iron camp-bedsteads, the soft breeze would sometimes flap open the frill which ran round the tent, and we could see the bright stars beyond, or sometimes the moonlight, almost like daylight, and we went to sleep amidst country sounds and smells such as you have no idea of. The dews fell so heavily at night that sometimes, if the ropes were not pegged rather slack, they contracted with the wet and were apt to snap off with a crack like a pistol shot towards morning.

I went three times to the seaside at Jaffa; the first time with my cousin, and rode nearly all the way on Jerry. It is only thirty-five miles from Jerusalem, but the first part of the road is so hilly and so rough that we took nearly two days over the journey. The first night we stopped at a pretty village on a hill, and were entertained by the chief of the village at his house. We slept in the part of the house belonging to the ladies—his wives and their slaves—and found that we were to sleep in one large bedroom where they slept, on mattresses laid on the floor. A huge lantern on a stand burned all night in the midst of us, and I remember thinking myself very grand because I

had a crimson-quilted silk counterpane put over me. The next day our journey was easier; we soon came to the Plain of Sharon and level road. On one part of the plain I thought I saw huge cannon-balls rolling about in a field, but they turned out to be enormous green water melons, which grew close down on the sand. The sun had withered their green leaves, and they were only attached to the earth by a bit of yellowish stalk like a bit of rope, which we could not see in the distance. We used to buy these melons in Jerusalem, sometimes only half a one, as a whole one was too much for us; and I have seen a man roll a melon on the ground before him, because he could not carry it! Some of the fields were divided, not by green hedges such as we have here, or even stone walls such as we had at Jerusalem, but by hedges of the cactus or prickly pear, with large fleshy leaves covered with fine thorns, which are very painful and difficult to get out of the skin if once they get in. The fruit, too, is protected with a sort of skin, covered also with thorns; and the natives, when they gather it, knock it down with a stick and roll it in the sand before they attempt to peel it. They call the fruit "Subbur," or "Patience," because it requires so much in dealing with them. I found some at Covent Garden this year, and was greatly surprised to see them there, for we never thought them fit to eat except with the dew on them, gathered before the sun rose.

When we arrived at Jaffa we went to stay at a house in one of the beautiful orange groves that surround the town; and I remember when I was in bed being frightened at the sound of the sea waves, which I heard for the first time; and when I got used to that I was startled by a strange noise, which turned out to be the croaking of thousands of frogs in a pool close by. I was allowed to go into the

orange grove and eat as many oranges as I liked. The trees grew so close together, and the leaves were so thick, that sometimes I could not see the sun through the branches. The fruit and blossom were in profusion on the trees, as well as fallen on the ground, and the smell of these and of the lemons, besides jasmine flowers, was something of which you have no idea. Banana plants, with their great glossy leaves, were planted about, and a stream of water was running through the grove.

My second journey to Jaffa was not so comfortably performed as the first. My youngest brother was one of the party, and he and I travelled in basket paniers on each side of a mule, which I found wretched work. We rested once for lunch on the way, under an olive-tree, and ate pickled olives and native bread, with buttermilk to drink. Some of the buttermilk we put on our faces to cool them, when we got sunburnt. The second day we stopped, after a very hot and sandy ride of some hours, to give our thirsty animals water to drink at a well. Our mule was in a tremendous hurry, and rushed at it, and when refreshed, tried to roll in the sand, to rid himself of the flies that were teasing him; we had just time to jump out and save ourselves from being crushed.

One thing puzzled us a good deal. As we rode along we saw for miles in the sand a very pretty pattern evenly traced. At last we found out that it was done by a beetle's legs as he walked along.

My third journey to Jaffa was my last, on our way to England, and though I was then looking forward eagerly to seeing my relations and friends, and the wonderful country I had heard of all my life, I now wish I could go back and see these things, which I remember so vividly, but meanwhile am glad to try and interest other girls, and make them wish to go too.

THE CHEF.

By MARY POCOCK.

HOW A FRENCH COOK MAKES SWEET DISHES (ENTREMETTS SUCRES, ETC.).

Gâteau aux Pommes.—Take one pound of apples, weighed without skins or cores, cut them in thin slices, put two ounces of butter in a stewpan, add the apples, half cook them over a quick fire, shake the stewpan as they cook (do not break the pieces of apple), sift half an ounce of pounded sugar over, and leave them to get cold. Beat five eggs (yolks and whites), stir into them two ounces of flour and rather less than half a pint of milk, strain, add a little salt, grated lemon peel, an ounce of pounded sugar, and then the apples. Butter a pie-dish, put the mixture in it, bake fifty minutes in a moderate oven, sift pounded sugar over the top, and serve.

Gâteau de Semoule.—Boil a quart of milk with a tablespoonful of loaf sugar, a little salt, and a piece of lemon peel, stir in six ounces of semolina, letting it fall slowly from the hand so that it does not get into lumps; boil up twice, then stand at the side of the fire until it is rather thick; add more sugar to taste, leave five minutes longer, then take from the fire and turn into a basin; remove the lemon peel, add four eggs, one at a time. Butter and sprinkle breadcrumbs over the inside of a dish, put in the mixture, and bake forty minutes.

Pouding de Semoule au Bain Marie (steamed semolina pudding).—Boil a pint of milk with a small piece of butter, two or three tablespoonfuls of white sugar, a little salt, and some lemon peel; shake in sufficient semolina

to make it rather thick; boil five minutes; if it becomes too thick, thin it with a little cream, take from the fire and let it get cool; remove the lemon peel, and mix with the semolina two tablespoonfuls of chopped almonds and four or five yolks of eggs one after the other; beat four whites of eggs, add a little sugar to them, and stir lightly to the other ingredients; butter a round mould, put in the mixture, cover the top with buttered paper, and stand in a saucepan with boiling water (the water should come half-way up the mould); put the lid on the saucepan, and steam the pudding for forty-five minutes; when done turn out of the mould, and serve with "sabayon," or crème liée.

Crème Liée.—Boil one pint of milk with half a pod of vanilla and half a pound of loaf sugar, cover, and leave to infuse for fifteen minutes; put seven yolks of eggs in a pan, stir them, pour the milk to them, strain and put the vanilla back in the liquid; cook over a moderate fire until thick, but not boiled; take from the stove, and stir until cool; remove vanilla and serve.

Sabayon.—Put six yolks of eggs in a stewpan, measure six half egg-shells of powdered sugar, stir into the eggs, add six half egg-shells of light white wine and a small piece of lemon peel; whip all together over a slow fire until it is thick and frothy, draw to the side of the fire, but continue to whip, and let it get hot enough to cook the eggs, but do not let it boil; use as pudding sauce, or serve in custard cups with little cakes or biscuits.

Gâteau de Pommes de Terre.—Steam five or six moderate sized potatoes, pound them in a mortar with a small piece of butter, add milk until they are moderately thick; then put in two tablespoonfuls of pounded sugar, and the grated rind of a lemon; cook for a few minutes, then let it cool; mix a little milk with the yolks of three eggs, add to the potato, and beat together; whip the whites of the eggs to a froth, mix them lightly with the other ingredients; butter a dish, put in the mixture, and bake in a hot oven.

Gâteau d'Amandes (almond pudding).—Blanch and soak a quarter of a pound of almonds in cold water, then pound them in a mortar, add the grated rind of a lemon, and a pinch of salt; when well pounded, put in a quarter of a pound of white sugar, a quarter of a pound of butter, and a quarter of a pound of potato that has been passed through a sieve after cooking; pound all together, and mix with three or four eggs (according to size), yolks and whites; when a smooth paste, put in a buttered mould, and cook in a moderate oven; when done, cover with pounded sugar, and glaze with hot shovell.

Gâteau de Riz aux Raisins (rice pudding with raisins).—Wash six ounces of rice, put it in cold water; boil five or six minutes; drain it. Boil a pint and a half of milk, mix the rice with it, and cook until quite tender; sweeten and let it stand on the stove for ten minutes covered, then let it cool, and mix in four eggs, one at a time, a little grated orange peel, and a handful of sultana raisins or dri

currants. Put the whole into a dish or mould that you have previously buttered and covered with dry crumbs; bake for three-quarters of an hour in a moderate oven; turn on to a dish, put powdered sugar over, and serve.

Pain Perdu.—Boil one pint of milk with a piece of lemon peel, a tablespoonful of orange flower water, and a little sugar and salt until the milk is a little reduced; cut some pieces of crumb of bread into lozenge shapes; soak them in the milk, then drain. Beat some eggs until quite frothy; dip the pieces of soaked bread in and fry immediately; sift sugar over, and serve.

Frangipane.—Put three eggs in a stewpan and stir into them as much flour as they will absorb, then moisten with milk (about a pint); stir all the time and cook fifteen minutes; add a pinch of salt, sugar, three or four crushed macaroons, or two tablespoonfuls of pounded almonds, a little grated lemon peel, and some preserved orange flowers that have been pounded in a mortar. Frangipane should be moderately thick; it is used in various dishes, such as some creams and omelettes. It is eaten hot or cold, and is very good with preserved or stewed fruits. I often put a layer of macaroons, with a layer of greengage jam over, in a dish, and cover all with frangipane. I find it much liked as a cold sweet.

Crème à la Frangipane.—Put a pint of cream in a stewpan with a quarter of a pound of sifted sugar, three eggs (yolks and whites), pinch of salt, two tablespoonfuls of fine flour, a little grated lemon peel, and a few pounded preserved orange flowers; stir over the fire until quite thick. Use in tartlets, with fruit, etc.

Omelette Soufflée.—Mix a teaspoonful of ground rice (Groult's cream of rice is far the best for this purpose) with rather less than half a pint of milk; stir and boil; when cooked add a small lump of butter, little salt, some sugar, and the yolks of three eggs; stir over the fire for a few minutes, then take from the stove, beat the yolks of four eggs and add them, also two macaroons, pounded with a little chopped candied peel; beat the seven whites of the eggs to a stiff froth, add and beat all well together, put in a well buttered soufflée dish, and bake.

Omelette Soufflée (another way).—Take six very fresh eggs, separate the yolks and whites, mix four tablespoonfuls of pounded sugar with the former. Work the sugar and the yolks of eggs together with a spoon for ten minutes, add two or three bitter almonds grated, and three pounded macaroons. Mix a few grains of salt with the whites of eggs, and beat to a firm froth; when quite stiff add a little of the whites to the yolks, then all the yolks to the whites, but stir very lightly so as to keep the mixture frothy. Put in a well buttered dish, smooth the top with the blade of a knife, and put in a moderate oven. As soon as there is a skin on the top of the omelet, with a knife make a cut from end to end of it, cutting to the bottom of the dish; put it back in the oven, cook eighteen minutes, shake sugar over the top, and bake five minutes longer; serve immediately. *Omelettes Soufflées* are also made with bread boiled in cream and passed through a sieve, with potato flour, coffee, chocolate, etc., or they are sometimes flavoured with vanilla, cinnamon, orange flower water, etc. Bread or potato flour is used in the same way as rice.

Omelette au Sucre.—Beat the yolks of six or eight eggs with one tablespoonful of cream, two tablespoonfuls of pounded sugar, and a little salt. Beat the whites of the eggs to a froth, add to the yolks with a few drops of lemon-juice. Make three ounces of good butter hot in an omelet pan, pour in the mixture, stir lightly with a fork until it begins to set, then move the pan a little, first to shake the omelet a little from the back, then

a little from the front of the pan, so as to give it a long shape; when done turn it on to a dish, sift pounded sugar over it, and glaze with a hot shovel, touching it here and there with the shovel to make a pattern on it.

Or break six eggs, add a little salt, nearly three tablespoonfuls of sugar; beat well for two minutes, and proceed as above.

Omelette aux Confitures (with preserve).—Take five yolks of eggs, work a quarter of a pound of sifted sugar with them for twelve minutes, put in a pinch of salt and a little grated lemon peel; then add the whites of the eggs beaten to a froth, and sift in four ounces of fine flour; add last half a pint of whipped cream. Melt a quarter of a pound of butter, pour it into an omelet-pan, taking care not to put in any sediment there may be, make it hot, put in the omelet, after two minutes draw the pan a little back to let the omelet cook slowly; when it is firm slip it on to a sheet of paper without turning it, cover the top with any kind of preserve or marmalade. With the help of the paper roll the omelet, place it on a long dish, withdrawing the paper, sift pounded sugar over it, put it in the oven for ten minutes, then serve.

Omelettes aux Pommes (with apples).—Put two tablespoonfuls of flour in a basin with a pinch of salt and a little sugar, moisten it with four yolks and two whites of eggs, four ounces of warmed butter, and one third of a pint of milk. Take four large cooking apples, peel, core, and chop them, put them in an omelet pan with some butter, cook over a quick fire; as soon as they are quite hot, put them into the mixture, then turn all into the omelet pan, and put over the fire; prick the mixture here and there with a fork to let the liquid part run through, pour a little melted butter round the edges, and shake the pan well to detach the omelet; as soon as it is loose, sift moist sugar over the top, and turn it on to a warm plate as large as the pan; butter the pan again, and slip the omelet into it, sugar side down, move the pan while over the fire sufficiently to prevent the sugar burning, but it should brown; when done, shake a little more brown sugar over it, turn on to a hot dish, and serve.

Pommes à l'Abriçot.—Peel and core six or eight apples, leaving them whole, put them in a stewpan with sufficient water to nearly cover them, the juice of a lemon, and a tablespoonful of white sugar, cover with buttered paper, let them boil once, then cook without boiling; when done arrange them on a dish, add some apricot marmalade to the syrup, and simmer a few minutes to thicken it, pour over the apples; put in the oven a few minutes, and baste the apples with the syrup. Serve hot or cold.

Pommes au Beurre.—Peel and core the apples, leaving them whole, arrange them in a buttered dish, pound some sugar with cinnamon or with vanilla pod, sift it, fill the centres of the apples with it, pour a little oiled butter over each, and bake in a slow oven; send to table in the dish in which they are cooked.

Pommes au Riz (apples with rice).—Prepare the apples by peeling and coring without dividing. Make a syrup with sugar, water, and the juice of a lemon, simmer the apples in it. Wash a quarter of a pound of rice, boil it in milk, with a little salt, the rind of a lemon, and a little sugar (it must not be too moist). When done arrange nearly all of it in a flat cake on a dish, put the apples on it, fill the spaces between them with the remainder of the rice, and pour a little of the syrup over, put into the oven to colour slightly. Serve with a few spoonfuls of currant, gooseberry, or other fruit jelly on the top.

Apples for stewing are generally trimmed so as to be uniform in size and shape.

Emincé de Pommes aux Croutons.—Peel, core, and cut eight apples in slices, put them

in a stewpan with a lump of butter, melted, sift sugar over them, and cook until they begin to dry, finish with a little cinnamon, sugar, and a tablespoonful of rum (the rum can be omitted; the writer thinks it spoils the apples), put on a dish, surround with pieces of bread, cut in triangles, fried in butter, covered with pounded sugar and stood up against the apples.

Emincé de Poires aux Croutons (pears).—The same as above; but more butter is required for pears than for apples.

Baked Apples.—Choose apples of even size, core, but do not peel them, make a slight cut in the skin round each apple, place them on a buttered dish, fill the centres where the core was with good brown sugar, and put a small lump of butter on the top, pour a tablespoonful of water into the dish, and bake.

Pommes en Croquettes.—Prepare apples as for an apple charlotte, but keep them as dry as possible, add a little well-beaten white of egg, form into balls, dip in fine breadcrumbs, then in beaten up egg, and again in breadcrumbs; fry in butter, sift pounded sugar over, and serve.

Poires au Riz.—Take six pears, peel and cut them in halves, boil them in water; when they are done, pour off nearly all the water, add two handfuls of sugar, and boil them for five minutes longer. Boil six ounces of rice in water for five minutes, drain it, then cook it in milk with a little sugar until done, keeping it as dry as possible; when tender, add three dessertspoonfuls of sugar on to which the rind of an orange has been grated, a lump of butter, and three or four tablespoonfuls of cream. Arrange the rice on a dish with the half pears round it.

Groseilles Vertes à la Crème (green gooseberries and cream).—Boil green gooseberries in water until they are tender, drain, and rub them through a sieve; mix a little sugar with them, then boil again to marmalade (it should not be too sweet, but should be moderately thick); let it get cold, heap it on a dish, cover with whipped cream, sweetened, and slightly flavoured with orange.

Croquettes de Pommes de Terre au Sucre.—Bake a dozen potatoes in their skins, empty them with a spoon, and put the pulp through a sieve, mix with it four ounces of powdered sugar, some grated lemon peel, three ounces of butter or three or four tablespoonfuls of cream, and four eggs; beat the whole well, form into balls, roll on a floured table, then egg and crumb, and fry. Serve with powdered sugar over.

Croquettes de Riz.—Take a quarter of a pound of rice, boil five minutes in water; drain, then boil it in milk, adding milk as required, so as to have the rice as dry as possible; when tender, flavour it with five or six crushed macaroons or some finely-chopped almonds; add a quarter of a pound of sugar on to which a little lemon rind has been grated, a little salt, an ounce of butter, and four yolks of eggs; stir over the fire one minute, but do not let it boil, turn the rice out, let it get cold, divide into pieces, make into the shape of corks or balls, dip in beaten egg, roll in breadcrumbs, fry in moderately hot butter or fat; when a nice colour, drain, roll in pounded sugar, and serve.

Croquettes de Riz au Fruits.—Prepare in the same way as above, but instead of macaroons or almonds, use preserved fruits cut in dice.

Flan.—Mix a tablespoonful of flour with a tablespoonful of orange flower water, eight yolks of eggs, and a little salt; when quite smooth, add a quart of boiling milk, in which you have dissolved four ounces of white sugar; pour slowly to the eggs while stirring; put in a dish, and bake half an hour; just before serving, sift sugar over the top and put back in the oven for a few minutes to colour.

Flan à la Frangipane.—Line a tart tin with remains of puff or sweet pastry, fill it with frangipane, and bake in a moderate oven; when done, let it get cool, and cover it with white of egg, beaten to a stiff froth, and heaped on it; sift powdered sugar over as you put on the egg, and let the top have sugar sifted over it; put in the oven to colour slightly, and serve.

Flan de Cerises (cherries).—Line a tart tin with remains of puff or sweet pastry, prick it slightly over the bottom, sift sugar over it, then fill it with stoned uncooked cherries; bake thirty-five minutes in moderate oven; take it out, sift sugar over the top, and serve.

Flan aux Poires.—Peel and cut six pears in halves, cook them in sugar and water with some of their peel, and few drops of carmine; when they are tender put them in a tart tin lined with paste, and bake in a quick oven; boil the syrup the pears were cooked in until it is quite thick; when the paste is done take the tart from the oven, pour the syrup over the pears, and serve.

Beignets (fritters) are made with almost any kind of fruit; most cooks soak it in rum, brandy, or some liqueur, and sugar before using; as, for instance, with apples they use brandy and sugar; with bananas, rum and sugar; with peaches, maraschino, etc.

Beignets de Pommes (apple fritters).—Peel some apples, cut each in five or six slices, take out the pips; let the apples soak for a few minutes in lemon-juice and sugar, then dip in batter (see fritter batter, page 215), and fry.

Beignets de Bananes.—Peel and cut bananas in rather thick slices, and proceed as above.

Beignets d'Oranges.—Peel and remove the white skin from the oranges, cut them in slices or quarters; make a syrup of sugar and water, put the oranges in and boil to nearly caramel; let them get cold, then dip them in batter and fry.

Beignets de Fraises (of strawberries).—Pick the strawberries; add an extra white of egg beaten to a froth, and a little grated lemon peel to the fritter batter; dip the strawberries in, taking three or four for each fritter, unless they are very large, when one is sufficient; fry, sift sugar over, and serve.

Raspberry fritters are made in the same way.

Peaches, apricots, and nectarines are also used for fritters; they are divided in quarters, and covered with powdered sugar, and one may substitute lemon-juice for the rum or liqueur generally used to soak them in; then roll the quarters in pounded macaroons, dip in batter, and fry.

Beignets de Feuilles de Vigne (vine leaf fritters).—Take some tender young vine leaves, cut them in rounds all the same size; cover one side of half of them with "crème pâtissière," or with any similar preparation, or with fruit marmalade; cover with the remaining leaves, dip in frying batter, and fry in very hot fat; when done, drain, sift powdered sugar over, and serve.

Pets de Nonnes.—Put two ounces of butter in a stewpan, with a quarter of a pound of sugar, half a pint of water, a pinch of salt, and some grated lemon peel; boil all together, then take from the fire, and sift in flour enough to make it a rather stiff paste, stir all the time; put back on the fire, and cook (still stirring) until the paste leaves the sides of the saucepan, then take from the stove; two minutes after, add three eggs, one at a time, stirring them well in, turn the whole on to a plate, take up small pieces of the paste on the end of a spoon, drop them into moderately hot fat, and boil; when done, drain in a linen cloth, and serve hot.

Choux à la Crème.—Boil one-third of a pint of water with three ounces of sugar, three ounces of butter, a little salt, and lemon peel; take from the fire, and dredge in sufficient flour to make a moderately thick paste; cook

as above, then add four eggs, one at a time. With a spoon place small equal-sized pieces of the paste (round or long-shaped) on a buttered baking sheet, sift sugar over, and bake for twenty minutes in a moderate oven; when they are cold open and fill with whipped cream, sweetened and flavoured, or with crème frangipane. The choux may be sprinkled with chopped pistachio kernels or almonds before they are cooked. The lightness of these and of "pets de nonnes" depends on the flour being well cooked.

Pains à la Duchesse.—Same as "choux," but made oblong and filled with preserve.

Meringues.—Take the whites of six very fresh eggs, beat them to a froth, mix half a pound of sifted sugar with them, then with a spoon form half meringues, sift sugar on strips of paper, put the half meringues on them, as they are made, sift sugar over the outsides, a minute after turn the strips over to shake off the surplus sugar, put the papers on a damp board, and bake in rather a cool oven. When the meringues are set and begin to colour, take them off the papers, scoop out the soft from the insides, and let them dry on the stove for some hours. When cold fill with whipped cream or crème pâtissière.

The following is a simple way in which *strawberry, raspberry, apricot, peach*, or other fruit creams are made. To a pint of thick cream add nearly six ounces of sifted sugar, a good teaspoonful of finely-pounded gum arabic, and a tumblerful of fruit pulp that has been put through a sieve; whip the whole to a firm froth, then stand in ice.

Crème au Bain-Marie au Citron.—Boil a pint of milk, take it from the fire, and put in the thin rind of a lemon and half a pound of white sugar; let it get a little cool. Take ten yolks and five whites of eggs, add a little salt, beat them well, and pour in the sweetened milk by degrees; strain, and put in a buttered mould. Stand the mould in a saucepan containing sufficient water to half cover it, let the water boil, then leave at the side of the fire to poach gently for an hour without the water boiling or a lid on the saucepan; the cream should by that time be set. When cold, turn out to a dish.

Crème au Bain-Marie au Café.—Boil a pint of milk, take three ounces of whole, freshly-roasted coffee, bruise it slightly in a mortar, and throw it into the milk; let it infuse thirty-five minutes, then strain through a muslin, sweeten to taste, take eggs, and proceed as for "crème au citron." Steam, and turn out when cold.

Little Coffee Creams.—Take a pint of milk and a pint of cream, boil so as to reduce a little, then throw in three ounces of freshly roasted coffee berries, cover, and let them steep half an hour, then strain, add two whites of eggs beaten to a froth, and six yolks, put in cups or small moulds, and poach as above, when cold turn out and put a little caramel on each.

Small Chocolate, Tea, or Vanilla Creams are made in the same way; but chocolate creams are made with three-parts milk and one-part cream, instead of equal portions.

Crème aux Pistache.—Boil together a pint of milk and a pint of cream, in which you have put a lemon rind and some sugar, take from the fire, leave a minute, then add eight yolks of eggs and strain. Chop and pound a quarter of a pound of pistachio kernels, add them to the cream, steam, and serve cold.

Some cooks put less eggs in *Bain-Marie* creams, and use a little gelatine.

Crème Glacée aux Fraises (strawberry cream).—Mix six tablespoonfuls of syrup with nine sheets of clarified (or merely soaked) gelatine. Pass half a pound of strawberries through a sieve, mix half a pound of sifted sugar with them, and two tablespoonfuls of orange sugar, add by degrees the gelatine and

syrup, cold but liquid, stand the pan in ice, and stir until it begins to set, then take from the ice, add one pint of good whipped cream, put all in a mould, surround with ice. Should be ready to turn out in an hour.

Any kind of fruit passed through a sieve can be used in this way.

Mousse au Thé.—Take a third of a pint or good tea (a good kind of tea made strong but only allowed to infuse a few minutes); add an equal quantity of thick syrup, put eight yolks of eggs in a pan, stir the syrup slowly to them, put the pan over the fire in a saucepan of hot water, and whip the mixture until it is quite thick and frothy; take from the fire without ceasing to whip, which must be continued until it is cold, then (when cold) add a pint and a half of whipped cream. Place a covered mould in ice and salt for six minutes, then put the "mousse" in it, put the cover on, and put a paste of flour and water round where the cover joins, and leave with ice and salt round and on the top of the mould for an hour and a half, wash the outside of the mould in cold water, turn out on a very cold dish, and serve immediately.

Mousse au Chocolat.—Put three tablets of chocolate in a stewpan, let them soften; add half a pint of hot water, a piece of vanilla, and half a pound of sugar; boil, stirring all the time; it must be thick and smooth; let it get cold, and mix a pint and a half of whipped cream with it, put a mould in ice, and proceed as above.

Crème Fouettée aux Marrons (whipped cream with chestnuts).—Take three dozen raw chestnuts, remove all skin and shell from them, and boil slowly in a little milk and sugar; when done, pass through a sieve, put in a stewpan, add of sifted sugar half the weight of the purée; stir over the fire until dry, then let it get cold. When cold moisten with a little syrup, and mix with a pint of whipped cream that has been drained and is firm (two tablespoonfuls of maraschino are generally added with the cream, but some vanilla essence does very well); arrange on a dish in a pyramid, surround with half meringues, or small sponge biscuits, and serve.

Fruit Jellies are made by preparing a pint and a half of ordinary lemon jelly without wine in it, but with gelatine and sugar for a quart; then while it is liquid but cold, add half a pint of carefully-strained fruit juice, and put in the mould. The juice must be perfectly clear, so care must be taken in extracting it from the fruit. Red gooseberries, currants, or raspberries make nice jellies in this way.

Œufs Brouillés aux Confitures.—The best of butter and eggs are needed for this. Melt a lump of butter in a stewpan, beat up four or more eggs, add a tablespoonful of cream, with a few grains only of salt and sugar; put them into the butter, stir over the fire with a wire spoon or two forks; when they are just set add some apricot or plum marmalade, and serve.

Œufs Pochés à la Crème.—Instead of water, poach the eggs in sweetened milk; when they are done take them out and arrange on a dish. Mix with the milk two tablespoonfuls of flour moistened first with a little cold milk, boil it a minute, then add a tablespoonful of orange-flower water, a few drops of good salad oil, and two yolks of eggs; let it thicken, but not boil, pour over the poached eggs, and serve.

Œufs à la Neige.—Boil a pint of milk with two tablespoonfuls of orange-flower water and two ounces of sugar; beat up the whites of five or six eggs to a stiff froth, poach in the milk, turn with a skimmer, so that they are evenly cooked; when set take them out of the milk; stir the milk into the yolks of eggs, pour back into the stewpan, and stir until thick; then put in a dish with the whites on the top, and serve cold.