

"Yes, that is all very well," granted Mrs. Bennet, clasping her nervous hands tightly together; "but I have not been without a fear that there might come a time when he would break down, though he is so strong and active when there is any necessity for it. I must set out the first thing to-morrow morning—nobody need try to prevent me. All the arrangements must be made and the packing done to-night. Ring for Amelia; there is not a moment to lose; you two girls can remain up and help to write notes and do little things."

"Oh, we will do anything, aunt!" cried Flora eagerly, while Dorothy hurried away to find a time-table. "I wish we could spare you that long journey all by yourself, and you so anxious on my uncle's account," she added sorrowfully; and at this hour of the night it did sound an arduous undertaking for a little woman like Mrs. Bennet to leave her comfortable, sheltered home at a moment's warning, and travel over land and sea without halting till she reached the little Gascon town in which her sick and helpless husband lay.

Mrs. Bennet did not coldly reject the sympathy. She only said with a quick, imperative shake of the head, "No; nobody can act for me; you will understand that, Flora, when you are a married woman."

There was nobody to dispute Mrs. Bennet's will; she decided at once that she could not take any of the girls; she could not even take Amelia, who was a kind of safeguard to the young people in their mother's absence. There was a little doubt whether Dick ought not to escort his mother; but he too was

wanted to look after the family left behind. His father might object to his son's losing any of his Oxford term. Above all, Dick happened to be from home—as far off as Wales—visiting a college companion; and even though he were summoned by telegram, if his mother waited for him considerable delay must ensue. That settled the matter. Mrs. Bennet had been occasionally abroad with her husband and elder children; she was a good business woman, and though she was no great linguist, Southern France was not the wilds of Central Asia, where the English tongue was unknown. Above all, she possessed that best "open sesame"—a full purse, with sufficient discretion in emptying it.

After a sleepless night spent in planning for every possible emergency, the dauntless little woman stood, cloaked and bonneted, issuing her final directions, taking leave of her assembled family, since she had forbidden the girls to drive with her in the dusk of the autumn morning to the station. "Of course you will go nowhere," she said to Dorothy and Flora. "Luckily there is no great inducement, for you are not likely to receive invitations just now. You will have Dick's company for three or four weeks longer. I shall write; but be sure and tell him I was sorry not to see him before I went. By the time he goes, your papa, please God, may be able for the journey back with me—you may be sure we'll return without delay. Kate, remember you are growing a big girl—I shall be disappointed if you don't make more progress this quarter. I have written to Aunt Kate"—mentioning

an unmarried sister of her husband's—"to beg her to give up her rooms in Bath for the present and join you here, while your papa and I are unavoidably detained in France. You will do your best, Amelia, and see that all goes well," Mrs. Bennet went on, looking over the heads of the younger group, and appealing to the elderly maid in the background. "You will take good care of yourselves, children. Don't cry Mary, my pet, and be a brave little girl. I believe you will be good without the promise of a reward; but there is no saying what papa and I will bring over to our little girl."

"Bring yourselves, mamma," sobbed little Mary, who was a remarkably affectionate child, the much-prized cadette of the family; "I don't want anything else."

"Then you must be looking out for us, darling—the first to welcome us!" cried the mother, with wet eyes. These eyes met Flora's wet in their turn, and Mrs. Bennet's next words proclaimed that the amnesty between her and her niece was complete. "You've been the head of a house, my dear," the elder woman said, as a new idea struck her. "You have more experience than your cousin Dorothy, which makes you older in some respects for your years. I think I'll give you a special voice in the matter," continued the mistress of the house, with a generosity which Flora never forgot. "Amelia, if Miss Bennet and you have any difficulty, I wish you to ask Miss Macdermot what she thinks. Flora, you will take particular care of Mary."

(To be continued.)

ALL ABOUT ORANGES.

"Oh, that I were an orange tree—
That busy plant!
Then should I ever laden be,
And never want
Some fruit for Him that dresseth me."



o wrote good George Herbert more than two hundred and fifty years ago, and we can easily understand the ground of his wish. Orange trees are indeed, under favourable circumstances, exceedingly prolific. Some

live to a great age, and they bear fruit from fifty to eighty years. One which was planted at Versailles, near Paris, lived more than four hundred years, and there are orange trees growing at Cordova, in Spain, which are said to be more than six hundred years old. A good tree will produce a large quantity of fruit; and as many as a thousand oranges have been known to grow on one tree. There is no wonder that the poet said an orange tree was "a busy plant."

Oranges are amongst the most delicious of fruits. They are exceedingly wholesome, and are enjoyed by the sick and the hale. It is well for us that we have them in such abundance, for we should sorely miss them if we were deprived of them. Large as the

demand for them has been of late years, it is steadily growing, and some idea of the quantity imported may be gained from the fact that a fruit-broker of whom enquiries were made a few months ago said that during the previous year there were 453,000 cases of oranges shipped to England from Valencia alone, and that each case weighed over a hundredweight, and contained from 400 to 700 oranges. That is to say, that averaging them all round at 500, there were imported from Valencia alone 226,500,000 oranges, weighing about 32,000 tons. After hearing this, no one can say that oranges in England are not appreciated.

When oranges are ripe, sweet, and sound, it is scarcely possible to do better with them than eat them *au naturel*. The individuals who care for the fruit most are generally most averse to cooking it. This is a mistake, for in many forms it is most excellent when cooked. For the benefit, therefore, of those who feel disposed to experiment in this direction, it is proposed to give a few suggestions for dainty dishes, into the composition of which the orange may be allowed to enter. Girls acquainted with these dishes would be able to introduce a most agreeable variety into the daily fare of the household.

Before, however, speaking of oranges in cookery, it will be well to say a word or two about the choice of oranges, and the best way of buying the fruit.

Within the last few years oranges have been obtainable in England very nearly all the year round. Until a very recent date, however, they were in season only from November till May or June, so that during the autumn months we had to do without them. Every year, however, the fruit appears earlier and stays later, so that it may almost be said that oranges are always with us. Two or three years ago it was hoped that Australian oranges would be available during the autumn months; but we cannot congratulate ourselves that the orange trade between England and Australia is as yet thoroughly developed, because the cost of freightage is so heavy, and this makes a difficulty. Even the most enthusiastic lover of the juicy fruit does not care to pay three-pence or fourpence each for oranges when plums, pears, and blackberries are to be had in perfection, especially if the said costly treasure is not quite up to the mark, creating the impression that it is past date, and has lived through the prime of its life. If, however, Australian oranges are not always quite what one would wish them to be, it is to be remembered that they have been brought from a very long distance, and that their importation can scarcely be said to have passed as yet beyond the experimental stage. Fruit merchants say that when the difficulties have been surmounted there is a great future before Australian oranges, and that they will arrive here in excellent condition if only they are

properly packed. It is to be hoped that this prediction will be fulfilled.

Of the oranges which come to us from parts nearer home, probably the best of all are the *St. Michael's*. This variety comes chiefly from the Azores, and not many years ago it used to be thought that no other orange was worth mentioning by the side of it. Of late it has somewhat gone out of fashion, and dealers tell us that of the five islands of the Azores which used to supply us, only one now sends it; the trees therein have ceased to bear, and have not been renewed. "Why have they not been renewed?" girls will perhaps ask. The answer is that other varieties are preferred by orange buyers. The fact is that *St. Michael's* oranges do not keep well; also they are not handsome, and the public of to-day is very eager for what looks beautiful. Curiously enough the more speckled and battered a *St. Michael's* orange looks—so long as it is sound—the more likely it is to be sweet and juicy. This orange is light-coloured, and has a thin, smooth rind, and it usually comes to market packed in the long, dried leaves of Indian corn, whereas Valencia oranges and other Spanish sorts come wrapped in thin paper. If, therefore, girls see at the green-grocers cases of light-coloured oranges, with long, thin, dried leaves about them, it will be fairly safe to conclude that the oranges contained therein are real *St. Michael's*.

For two or three years *Valencia* oranges have held the market. They are very excellent, very juicy, and very good; they are generally to be had in perfection towards the end of January. *Jaffa* oranges are a recent importation; they are most excellent, large, juicy, substantial, and delicious. Heretofore the chief objection to them has been their price; but they are getting cheaper. The small *Tangerine* oranges are usually approved as a dessert dish. They are excellent for decorative cookery, because they can be freed so entirely from the white pith. The skin of these oranges has a delightful fragrance; and one of the most delicious ice creams of which we have any knowledge is made of cream flavoured with the rind of *Tangerines*. Maltese oranges are quite unlike all others. The pulp is streaked with red, and is very soft and juicy, and there is a sweet bitterness in the taste which is quite confined to this variety. It is said that Maltese oranges owe their peculiarity to the fact that they have been grafted on the pomegranate tree. *Seville* oranges are of course not fit to eat, being very bitter. They are used for making marmalade, wine, and bitters. They generally come in towards the end of February, and are at their best during March. Girls who think of making marmalade should not defer the business over long.

Now let me give a few recipes for dishes made of oranges. First in popularity comes—

Orange Marmalade.—This preparation is known and approved all over the civilised world. It is understood to be the pet dainty of the people of Scotland, and Scottish housekeepers are particularly expert in making it. The great Thomas Carlyle spoke eloquently in its praise, and said that it was "a delicious confection, pure as liquid amber; in taste and look most poetically delicate." Students and men of letters are almost invariably partial to it; and it is so wholesome, so excellent, and so satisfactory, that it would scarcely be possible to speak extravagantly in its praise. There are in existence scores of recipes for making it, and many of these are very good; indeed, the majority of proved recipes are good, and the difference between marmalades made by one and by another is as the difference between tweedledum and tweedledee. The objection usually brought against them is that they are very troublesome, and girls who have made marmalade once or twice, and who have other work on hand, feel

tempted, when March comes round, to shirk the business, and buy their marmalade of the grocer.

Now there is no denying that much of the marmalade offered for sale is very pure and good; still, there is a charm about home-made produce which commercial products can never boast. Girls, therefore, who have become a little out of patience with the elaborate methods usually followed, are recommended to try the following recipe. The marmalade made from it is most delicious, and also very economical, and the method easy indeed. Marmalade made thus with lump sugar at threepence per pound cost me twopence three-farthings per pound.

Recipe.—Slice six Seville and one sweet orange. Cut the fruit into very fine strips and remove nothing but the pips. Put pulp, fruit, and everything into three quarts of water, and leave for twenty-four hours. Turn into a preserving pan and simmer for two hours; at the end of this time add five pounds of white sugar and boil for one hour, or longer if necessary. When the marmalade is quite clear it is done, but the thing is to boil it enough. Stir all the time after the sugar is put in.

Orange Jelly is a very pleasant change from marmalade. Take three pounds bitter oranges, three pounds sweet oranges, and six lemons. To each pound of fruit allow three pints of water. Cut the fruit in round slices, and boil the pips and all until the liquor is reduced to one half. Strain through a jelly-bag, and to every pint of juice put a pound and a half of lump sugar. Boil about an hour, until the preparation jellies. This confection is more easily made than the last, because one does not need to stand over it at all. Yet it is most excellent.

Orange Pudding.—There are three or four ways of making the dish which is served with this name.

No. 1.—Take three ounces of stale cake-crumbs (ratafias or stale sponge-biscuits will do; cake with currants in it is not suitable). Rub them through a sieve and put with them two ounces of sugar, the grated rind of two oranges, and the juice of three. Pour on half a pint of milk, the yolks of three and the whisked white of one egg. Line a pie-dish with a little good pastry, pour in the mixture, and bake till set and a light brown colour.

No. 2.—Boil the rind of a Seville orange till a pin will pierce it easily, then pound it to paste in a mortar. Put with it a quarter of a pound of fine breadcrumbs which have been passed through a sieve, the strained juice of the fruit, a piece of butter the size of half an egg, a teaspoonful of white sugar, and the beaten yolks of two eggs. Whisk the whites of the eggs separately till they are firm, and just before the pudding is to be cooked dash them lightly in. Turn the preparation into a buttered mould, put a piece of buttered paper on the top, and steam it for an hour, or till firm in the centre. Let it stand a few minutes before turning it out.

No. 3.—Peel and cut three or four oranges into thin slices, free them entirely from the white pith (which, if left, will swell and quite spoil the pudding), lay them in a pie-dish, and sprinkle white sugar thickly over them. Boil a pint of milk, mix a tablespoonful of flour smoothly with a little cold milk, add it to the boiling milk, and stir till thick. Add also two tablespoonfuls of sugar and the yolks of three eggs well beaten. Pour the preparation over the sliced oranges, bake it in the oven, and serve hot or cold.

An *Orange Sauce* for any of these puddings may be made by soaking thin orange rind in syrup till the latter is pleasantly flavoured, adding orange juice, and thickening the preparation with arrowroot.

Francaelli's Orange Pudding (very rich).—Put the strained juice of ten oranges and the

rind of three rubbed on lumps of sugar into a basin with six ounces of bruised ratafias, six ounces of sugar, a pint of cream, ten yolks of eggs, and six whites whipped. Add a pinch of salt and a little grated nutmeg. Work these ingredients together for five minutes with a whisk, and then pour the mixture into a pie-dish already furnished with a thin border of puff-paste round the rim of the dish and reaching half way to the bottom. Shake some bruised ratafias over the surface, set the pudding in a baking-tin, and bake for about half an hour, till it is a light fawn colour.

This recipe, it is very evident, is the original of which recipe No. 1 is a humble modification. Francaelli's pudding is intended for people who can use cream and eggs galore; it would be regarded as most extravagant by ordinary individuals.

Orange Soufflé.—Girls who have succeeded in making soufflés know that they are not costly, and are both elegant and good. The chief points to be careful about with regard to them is, first, to cook the sauce very well, to whisk the egg-whites very stiffly, and to steam the pudding very gently and regularly. Prepare a quart tin mould with straight sides by greasing it well, and by twining a broad band of double paper, greased, round the outside, to make the sides of the mould several inches deeper. The paper must be fastened securely with twine, and must be close to the top of the tin, not low down, or the water would touch it. Put the thin rind of a small Seville orange into a basin with half a pint of milk, and set in a warm place till pleasantly and rather strongly flavoured. Melt an ounce of butter in a stewpan over the fire, stir in two dessertspoonfuls of flour and one dessertspoonful of arrowroot; mix and cook thoroughly, then add gradually the flavoured milk, with sugar to sweeten the preparation. Stir the mixture with a wooden spoon till it boils and thickens. When it leaves the sides of the stewpan quite clean it is enough. Draw it from the fire, let it cool a little, then drop into it (still off the fire) one by one the yolks of three eggs. Just before it is to be cooked whisk the whites of four eggs to a firm froth, stir these lightly into the batter, taking care not to break down the foam, and lay a piece of greased paper on the top to keep out the moisture from the steam. Place the tin in a deep saucepan with boiling water to reach half way up the sides, and steam steadily and gently for three quarters of an hour. When the soufflé is very light, and feels firm to the touch when pressed in the centre, it must be turned out carefully and served on the instant.

Orange Cream is an excellent and easily-made sweet. Soak an ounce of gelatine in a gill of milk. Put the thin rind of two or three oranges (without any of the white pith) in three quarters of a pint of milk, and sweeten with four ounces of loaf sugar. Boil and strain over the soaked gelatine, stirring well the while. Let the milk get cold; then mix with it half a pint of orange juice and the juice of one lemon. Mould when the cream is beginning to get firm. Of course this cream will be all the richer if cream, or a portion of cream, be used instead of milk. In this case the cream should be whipped stiffly before being added to the other ingredients. A pleasant change may be made by adding egg yolks to the milk, and thus converting it into custard. This will give it the yellow tinge which suggests oranges.

Orange Jelly for immediate use is of course simply jelly flavoured with orange juice. It is easily made because it does not need to be clarified. It makes variety to introduce sections of orange into the jelly, instead of having it quite plain. The oranges should be freed entirely from pith, and cut into small pieces with a sharp knife. They should then be stirred into the jelly just as it is beginning to set. If put in while the jelly is liquid they

would sink to the bottom; and what is wanted is that they should permeate the mass.

Chartreuse of Oranges is a most elegant and tasty preparation. Line the inside of a plain round mould with straight sides with sections of Tangerine oranges by dipping the sections into jelly just ready to firm, and fixing them on the tin. If the mould has been rinsed in cold water and left damp, the sections will attach themselves instantly. When the lining is firm fill the mould with orange cream, made as above, or made by whipping half a pint of double cream, sweetening it with two ounces of sugar, flavouring it with the juice of three oranges, and adding to it a tablespoonful of gelatine dissolved in a little milk.

Orange Tarts.—Line a shallow dish or tartlet tin with pastry, spread some orange paste upon it, and bake till the pastry is done. To make the mixture put the grated rind and strained juice of three oranges upon the beaten yolks of three eggs, and add an ounce of butter and a quarter of a pound of sugar, or less if the oranges are sweet. Mix the ingredients thoroughly, and put them in a small stewpan; keep stirring one way till the paste is as thick as honey.

Orange Compôte.—Divide oranges into sections; free them from pith, and boil them for a few minutes in thin syrup flavoured with orange juice. Drain them and boil the syrup till thick. When cold lay the orange sections in a compôte dish; sprinkle desiccated cocoanut over them, and also a little of the syrup. Repeat until the ingredients are used. If the employment of alcoholic beverages is approved, a little sherry or brandy may be added to the syrup.

Orange Fritters.—Sections of orange freed from pith and fried in batter constitute a most excellent and elegant dish for the pudding course. Probably girls know well how to make these, so it is not necessary to give the recipe in full. Good batter may be made with a quarter of a pound of flour, a pinch of salt, two tablespoonfuls of salad oil, a gill of luke-warm water, and the whites of two eggs whisked to a firm froth and dashed lightly in last thing. The batter will be all the lighter if made some hours before it is wanted. It is to be noted that oil used instead of milk makes the batter crisp instead of leathery. If liked, three tablespoonfuls of oil might be used instead of two—then the whites of the eggs could be omitted altogether. Batter thus made would be too rich for everyone.

Orange Jelly set in Orange Peel.—Gouffé's

Recipe.—Oranges thus prepared look very pretty when they are a success; and they are not as difficult to make as one would imagine. Girls with clever fingers, who would bestow a little pains upon them, could make them well enough. Choose some even-sized oranges, and with an inch plain cutter make a hole in the top of each. Remove the inside of the oranges carefully and completely, partly with a fruit knife and partly with the fingers, and be very careful not to tear the rind. When the skins are clear put them into cold water to soak for awhile; then drain and dry them. Afterwards set them on pounded ice, and fill them with orange jelly. When the jelly is firmly set cut each orange in four pieces, and arrange them on a graduated stand with laurel leaves between the pieces. They will look better if the jelly with which the skins are filled is of different colours. Sometimes the orange rinds are cut into the shape of baskets with handles, and the jelly, instead of being set in the baskets, is set separately, then coarsely chopped and set in last thing. The handle of the basket should be marked evenly across the stalk end of the fruit, and should be about half an inch thick. If the peel should be broken at all when cleaning it for the jelly, the hole can be stopped with a little butter, which can be removed when the jelly is set. If the rind has become thin, a little butter may be run over the inside to make it hold. The pulp can be most easily detached after the basket is cut out.

Rice Balls with Orange.—Wash a teacupful of rice in one or two waters; drain it, and cook it slowly in a pint and a half of milk, with five or six almonds, till the rice is quite tender and has absorbed the liquid. Beat it vigorously for three or four minutes to make it smooth, sweeten it with sifted sugar, and pack it tightly into small cups which have been rinsed in cold water and left wet. Cut the thin rind of an orange into neat shreds. Boil these in half a pint of water till soft. Take them out, and put into the water three ounces of white sugar, and boil to a clear thick syrup. Turn out the rice. Pour the syrup over the balls, and baste them with it in order to glaze them; sprinkle the cut rinds over them, and serve with cream.

Orange Marmalade Pudding.—Take six ounces of fine breadcrumbs, a pinch of salt, six ounces of finely-shred suet, two ounces of flour, two tablespoonfuls of sugar, six ounces of orange marmalade, half a teaspoonful of baking-powder, and two eggs. Put the mixture into a greased mould, lay a buttered paper

over the top, and steam for four hours. Serve with sweet sauce.

Orange Baked Custard.—Take the very thin rind of a Tangerine orange (if this is not to be had, an ordinary orange may be used), boil it till tender, pound it to a paste, and mix with it a tablespoonful of brandy. Beat the yolks of four eggs in a basin, and pour on them a pint of boiling milk; stir well. Add two tablespoonfuls of sugar, a little salt, and the orange paste. Turn into a buttered dish or mould; set this in a tin containing warm water, and bake in a moderate oven till the custard is firm in the centre. Do not move it or shake it in any way. When cooked lift it out as gently as possible, and let it remain till cold. If necessary, put more water into the tin in which the pudding stands, but be very careful not to shake the pudding itself. Standing in water thus will ensure moderate cooking, and will make the pudding firm and smooth throughout without the holes which spoil the appearance of baked custard. When the pudding is quite cold turn it out carefully; pour orange syrup round it, and garnish with whipped cream. Orange custard may be converted into a very excellent sweet by turning the custard upon a layer of orange jelly, made according to the directions for the second of the jellies. (The first jelly is intended for storing.) The layer of jelly should be a little larger than the custard pudding, and should be stiff enough to support it. The orange sauce is made by boiling a quarter of a pound of sugar with a gill of water, adding three tablespoonfuls of orange juice and the rind of the orange, which has been boiled till tender and cut into thin strips. If four eggs are considered extravagant in making this dish (and eggs, be it remembered, are always dear when oranges are in season), two whole eggs may be used instead of four yolks. The eggs must, however, be fresh; and it is to be noted that though, when this number of eggs is used, the custard will taste good, it will not look as rich, and it will need to bake more than twice as long as if the larger number of eggs were employed. As, however, it is to be served cold, this does not signify. The custard can be put in the oven and left till firm; and if baked in water, it will be smooth and even throughout.

Such are a few of the recipes for dishes of which oranges are the distinguishing feature. It is to be hoped that girls who make them will succeed with them, and will enjoy them.

PHYLIS BROWNE.



HUSBAND AND WIFE.

By RUTH S. TYLER-COVE.

“COME lay thy head upon my breast!
What ails thee, sweetheart mine?
Art weary, saddened, or oppressed
With cares, that thou should'st pine?”

“The old tale is it, little wife?
Some friend who once spoke fair
Hath parted with thee now in strife,
New friends to seek elsewhere!”

“Dear one, my heart is sore for thee!
'Tis often thus with those
Whom once we deemed would surely be
The last our love to lose.

“But One above, my own dear wife,
Is ever true and sure;
He never fails us all our life,
His mercies aye endure!”

“Then lay thy head upon my breast,
O'er troubles ne'er repine;
What matter false friends, while we rest
Both His—you mine—I thine!”