

OUR PRIZE COMPETITIONS.

I.—LITERATURE.

THE EDITOR offers a Prize of Ten Guineas and a Prize of Five Guineas to the writers of the two best short Stories, Essays, or Poems written by his readers to the picture entitled, "In My Name," printed on the previous page.

II.—ART.

PRIZES of Ten Guineas and Five Guineas respectively will be awarded to the two most successful decorators of the following verse:—

Lord, make these faithless hearts of ours
Such lessons learn from birds and flowers;
Make them from self to cease;
Leave all things to a Father's Will,
And taste, before Him lying still,
E'en in affliction, peace.

This beautiful verse may be illustrated in any way preferred by the competitor—as a figure picture, as a floral and bird picture, or simply as an illumined verse, with nothing upon it but legible and decorated lettering. The size of the picture and materials used are left entirely to the judgment of each competitor, and no questions on subjects of detail will be answered by the Editor. The best work will be presented, in the artists' names, to various Hospitals after adjudication;

and no work in connection with these Competitions will be returned to successful or unsuccessful competitors, whether stamps be sent for the purpose or not.

CERTIFICATES of the First, Second, and Third Class will be awarded to those workers in both the Literature and Art Competitions receiving the required number of marks.

Each Story, Essay, Poem, Painting, or Drawing must be received on or before Lady Day, 1893.

Form of Certificate to accompany each contribution.

Full Name of Competitor

Age

Address

Certificate.—I hereby certify that this painting is the entire work of the above, and that her Name, Age, and Address are correctly stated.

(Signed by a Parent, Minister, or Teacher.)



MODEL MENU FOR NOVEMBER.

By PHYLLIS BROWNE.



Menus for imaginary dinners are at the present time very popular subjects of consideration. Through a variety of channels they are supplied to the public by experts, who presumably draw them up for the guidance of housekeepers of an enquiring mind, who are supposed to be anxious to provide dainty dinners for their families, and quite able to pay for the same, but who lack ideas concerning the dishes to be prepared.

Regarded simply as menus, many of the suggestions for dinners referred to are most excellent. They are produced by clever persons, who know their subject. They are occasionally not too expensive for moderately-filled purses, and the mere sound of the dainties named is certainly most appetising; in itself it is enough to make anyone hungry. The menus suggest most agreeable combinations of flavour, and they are altogether attractive and agreeable. The only objection to them—and it is a serious one—is that they awaken longings which will never be satisfied; because to the large majority of middle-class householders they are entirely impossible. Dinners made from them are as much out of reach as dinners cut from slices of the moon would be. The average comfortably-off house-

keeper has no one to carry them out. She does not employ a skilful *chef*, who is able to make all sorts of complicated dishes. The search for a fairly competent good plain cook is one of the trials of her life. She does not possess an extensive *batterie de cuisine*, which includes utensils and appliances known only to the initiated; or a store of condiments and garnishes calculated to make a novice stare. Her staff of helpers is not large enough for her to arrange to have saucepans, plates, and dishes galore "washed up" after every dinner; if the truth may be told, the manner and method of the necessary daily "washing up" is a detail which leads to frequent friction in the kitchen. If the menus placed at her disposal had to be followed, our comfortably-off friend would have to increase her permanent staff of domestic helpers, add a considerable sum to the estimate of her yearly expenditure, and entirely alter her style of living. For such thorough changes few housekeepers have any desire.

Most people agree in thinking that dainty fare—when we do not pay too much for it in money, time, labour, thought, or enjoyment—is a good thing. It tends to health, comfort, happiness, and sociability; and it helps to refine the habits of the members of the family for whom it is provided. This dainty fare, however, is a benefit only when it is a matter of course, and forms part of the routine of the household. The daily fare of a family is an outward and visible sign of the character of that

family; ceremonious dinners and "spreads" are merely the expression of what the family regard as the correct thing. It follows, therefore, that if we want to improve the family fare we must not be too pretentious, and we must not make the preparation of dinner a bugbear. There are numbers of people, not poor by any means, but still anxious to avoid extravagance, who would be glad to have good dinners well cooked, daintily arranged, and attractively served, if the luxury could be enjoyed without its being too great a strain on the resources of the establishment. To people of this sort many of the menus we see are simply a delusion, because they are either too complicated, too elaborate, too expensive, or too difficult, inasmuch as they require too many utensils. Before everything else, menus that are to be helpful must be practicable, and our menu claims to be a "model" one in this sense only.

In the volume of the *GIRL'S OWN PAPER* which begins this month an attempt will be made to furnish with each number a menu, with accompanying recipes, of a good dinner, that shall be attractive and at the same time practicable and suitable to the season, for a family not of the class who have to cook their own dinners, nor yet of the class who employ a professional cook, but of the comfortably-off middle class, who possess refined taste without being gourmands, and who employ a cook not above being told how to do this, that, and the other, yet clever and intelligent enough to be

able to carry out directions clearly and carefully given.

PRELIMINARY.

Before giving the first menu it will be necessary to make one or two preliminary remarks, by way of clearing the ground.

We often hear it said that dinners would be better cooked, and difficulties in domestic management would disappear, if the ladies of the household, the mother and daughters of the family, would go into the kitchen daily, and personally undertake the preparation of the meals. With this opinion we are compelled to disagree. Where personal work is necessary, there is no reason why it should be shirked. Cookery is very satisfactory work, and there is nothing disagreeable or degrading about it. Those to whom it comes in the way of duty have reason to be very thankful that nothing worse has befallen them. We have to remember, however, that to do it properly takes up a great deal of time and close attention; that cookery is heating and fatiguing; and it is a great strain on the nerves to be responsible for the cookery, and for a dozen other household details as well. There are very few ladies, no matter how capable they may be, who can prepare a good dinner of three or four courses, and be ready, when the task is done, to take their place at the head of the table and gracefully preside over the meal.

It is desirable of course—more, it is almost imperative—that if dinners are to be well cooked and daintily served the mistress of the household should *understand* cookery, and also marketing; and *be* a good cook. To choose food wisely is quite a business; it can only be learnt by experience. The subject is too extensive to be discussed here, yet it is not easy to make dinner appetising and agreeable when the material is not of good quality. To gain familiarity with the details of cookery, the mistress of a household should have gone through a course of practical work, and practised cooking every day for some months. It would be a good thing if everyone did this before she married. The knowledge thus gained would be chiefly valuable because it would enable her to criticise the work of her cook. If a dish were spoilt the mistress thus educated would be able to say how and why it was spoilt, and to suggest a better method; when reading a recipe she would be able to judge whether or not it was workable, and she could point out ways of lessening labour and promoting economy. But here her co-operation in the work of cookery should end. As a rule, sensible, conscientious cooks (a class of workers by no means extinct), respect a mistress who knows what good cookery is, and they thankfully accept hints from such an one.

There is still another reason why it is desirable that ladies should be satisfied to understand cookery, and should let their cooks carry out their wishes. In these days good plain cooks are urgently needed, so that to train young girls to be good cooks is the work of a philanthropist. Dexterity in cookery can only be gained by practice; yet how can a young girl get practice unless she has it in the kitchen of her employer? A capable mistress who will give a young girl the opportunity to cook daily, who will insist upon food being well chosen, well and economically cooked, prettily dished and daintily served, is one of the benefactors of the age. She is putting a trade into another woman's hands by means of which the worker can always make her living. Perhaps some of these days mistresses of households will feel that they have failed to do their duty if a cook should leave their service knowing no more of cookery than when she entered it.

As to the dinner itself; the elegance and satisfactoriness of a dinner depend quite as

much upon the refinement of the surroundings as upon the excellence of the cookery. A capable mistress invariably gives both thought and vigilant supervision not only to the appearance of the dinner-table, but also to the comfort of the room in which dinner is served. She is careful to have the dining-room well lighted, well warmed, and well ventilated; the hearth being swept and the room dusted before every meal. Her table-linen is spotless and smooth, the crumbs are brushed from it, and it is folded carefully every day and kept in the press when not in use. Her dinner-napkins match her tablecloths; they are considered a necessity of the situation. Flowers or decorations of one kind or another are always to be seen on her table; indeed, to look out and collect things that shall "make the table pretty," that shall "brighten the table," is a detail which she continually bears in mind. It is a great point with her also to make her decorations harmonise with each other and with the room, and to vary them from time to time, so that her table does not always look the same from month's end to month's end. Her glass and silver are always clear and brilliant; and to secure their being so she makes it a rule that forks, spoons, and glasses shall receive an extra polish every day at the last moment before being put on the table. Water carafes, goblets, and decanters are all bright, and cruets are replenished daily. So important does she consider it to be that the table should be artistically laid, that she always speaks of the business as one of the most responsible of household duties, and never, if she can help it, allows an incompetent person to lay the table.

The manner of serving the various dishes is another detail requiring careful attention. The capable house-mistress invariably encourages her cook to make the dishes look as pretty as possible. No matter though food may taste deliciously, she is never satisfied unless it also looks inviting. She never allows food to be simply *turned* upon a dish; it must be placed daintily. A joint is never allowed to be served on a dish that is either too large or too small; for if too large it looks lost, if too small there is danger that the carver will be inconvenienced, and the gravy will be spilled. The plates on which hot meats are served are very hot; if there is not sufficient accommodation for heating plates in the kitchen, the cook is told to dip them quickly in and out of very hot water just before sending them up. Plates used for cold food also are quite cold; they are never sent to table lukewarm. The edges of dishes are never splashed with gravy, and a quantity of gravy is never poured round a joint. The gravy provided is sent to table in a boat. At the table of a capable house-mistress, who realises what dainty meals are, root vegetables never appear cut in thick, ugly slices; they are always prettily turned, and the garnish for a dish is as much a matter of choice, as is the material of which the dish is composed. It is wonderful what an improvement in appearances is effected when once the aim to make food look attractive has been entertained. Even a dish of boiled new potatoes looks altogether a different affair when served plain and when garnished with butter and parsley.

Housekeepers who do not possess a "digerster" have no conception what an improvement, and also what economy, can be effected in the family fare by obtaining one of these valuable utensils, and using it of course daily; it will not do much good if it is kept on the shelf. Individuals given to letting things slide very often say, "What is the good of a digester? An ordinary stewpan will do just as well." This is not the teaching of experience. A digester has a tightly-fitting lid, which keeps in the goodness of the material. But this is not its only advantage.

The mere fact that there is at hand a special receptacle for stewing odds and ends, bones and trimmings, helps many a time to save these valuables from being wasted. It is a great mistake to use water for making gravy, sauces, soups, and for stewing meat, when we might have used stock for these purposes. An old housekeeper said once, "To have a little good stock always on hand quite raises the tone of family life." It certainly improves the quality of the family fare if only the cook will use the stock when she has it. Gravies made with water taste weak and watery; gravies made with stock taste meaty, look rich, and are nourishing. It would be a good thing if cooks would realise that one of the chief defects of English cookery is its wateriness. How often it happens that there is water in the tureen with boiled vegetables, and that stews are quite insipid because too much water has been put with them. Let us give up using water constantly, and substitute stock for it; we shall make a great step in advance by doing so.

When buying a digester, there is no need to get one of the largest size. People often make the mistake of buying a huge vessel too heavy to lift easily, and which occupies a large corner of the stove, and is very costly. For family use get a small size; a cast-iron digester holding a gallon and a half will do wonders for us, and it will not cost much, though the price varies with the shop at which it is bought. **Keep it at the side of the stove,** and every day stew down all scraps and bones of flesh, fowl, and game. The smallest piece, if made to yield its goodness, will help the stock. If the business is conscientiously done it is no exaggeration to say that a supply of stock might be kept always on hand without buying soup-meat or gravy-meat excepting on very special occasions.

In the management of a digester it is to be remembered that the water in which meat has been boiled is better than plain water for stewing scraps. Also, that unless the stock is to be used straight away, it is not advisable to stew vegetable scraps and trimmings indiscriminately with meat trimmings, because stock in which vegetables have been boiled goes sour quickly. Nor is it well to keep on boiling scraps in fresh water until the cook has a quantity of weak stock on hand more than she can use. Her aim should be to have a little stock that is good; therefore she should boil it a second time, and let it reduce, flavouring it when she wants it. It is important too that the digester should be emptied every night, cleaned and dried thoroughly, and started again every morning, because stock should never be allowed to cool in the vessel in which it is made. If the scraps are systematically put in one place as they are made, the business will not occupy many minutes. If the bones have not yielded their goodness they may be stewed a second time; and it is to be noted that "second stock," as it is called, or stock made from bones stewed a second time, jellies better than first stock; the long boiling dissolves the gelatine that is in the bones. Stock that has been poured off in the way recommended can be easily freed from fat, because the latter will have caked on the top; and this is a decided advantage. In summer stock should be boiled every day; in winter every third day.

There is another point to be remembered. Conscience ought to go into the making of stock. When the spirit of economy enters into a cook, and she has at hand a digester into which she can throw "anything" without anyone being any the wiser, there is a little temptation to put in all sorts of scraps. Conduct like this is very unkind. In boiling scraps we ought not to stew one morsel that is not absolutely sweet and clean. Food that is at all tainted, or that has been thrown

about (although no food will be thrown about in a well-managed kitchen), should be burnt; there is no better use to which we can put it. Yet having burnt everything that is even questionable, there will be plenty of valuable material left. Every bone should be stewed, and before being put into the stock-pot it should be broken, and any marrow or fat there may be about it should be taken off. Bacon rinds after being scalded and scraped should be stewed; they contain more of the flavour of ham than any other portion of the animal of the same weight. In a moderate-sized house where meat is served every day, the cook who is willing to do it can always find pieces for the digester. When there is a difficulty, it is usually the will that is wanting.

The people who do not care to make stock from scraps are generally unwilling also to render small pieces of fat for frying, and consequently if anything has to be fried in their kitchens there is quite a piece of work about it. This ought not to be. In a moderate-sized kitchen, where meat is used every day, it ought scarcely ever to be necessary to buy fat for frying. Every tiny piece of fat ought to be melted down and added to the store. This should be kept in an iron saucepan; to strain it, wash it, and keep it in order should be part of the routine work of the kitchen. If carefully looked after it will remain sweet for a very long time, because it will be always having fresh fat put to it as the old fat boils away. Nor is there any need to have two pans of fat—one for fish and one for sweets; because if the fat is in good order, and goes cold between the fryings, it will not be likely to impart the flavour of what has been cooked in it to anything else. The chief thing to be careful about is, to see that the pan is not more than a third full, for fear of accident; and it may be remarked, that in ordinary households, when the cook has got into the way of rendering every small piece of fat, there is much more danger that the pan which contains the fat will become too full than there is that there will be a deficiency of fat. When frying has to be done, the pan with fat will simply need to be put on the stove. It will melt, then it will begin to bubble; but it must not be touched until it is still and a blue fume rises from it, when it will be ready to have the article to be cooked immersed in it. As soon as done with it must be lifted from the stove, or it will burn.

The care of fat kept in an iron saucepan is a very simple affair. Frequently—that is, after being used twice or thrice, and especially when batter and egg-and-breaded articles have been cooked in it—the fat must be strained, or the black particles floating in it will spoil the next thing fried. Before straining it should be allowed to cool a little, or it may ruin the strainer. About once a week, if in regular use, the fat must be washed—that is, it must be turned into a bowl, have plenty of boiling water poured over it, and be stirred until melted. It must then be left until the next day, when the fat will be a solid cake, with the water underneath. The fat must be taken up, have the impurities which adhere to its lower part scraped away, then be put into the oven, gently melted, and allowed to go cold once more, to ensure its being quite free from moisture. When fat that is heated splashes and fizzes instead of becoming still, the reason is that there is a little water left in it, and great pains should be taken to make fat *dry*. Frying-fat for home use can be satisfactorily made of any fat pieces mixed—beef, mutton, veal, pork, and bacon. The lard, which some cooks will insist upon having, is perhaps the worst fat which can be chosen. Success in frying depends not so much upon any particular sort of fat being used, as on the attainment of the right temperature of that which is used.

A detail of great importance in the arrange-

ment of a dinner is the waiting at table, for a skilful waitress will hide deficiencies which an awkward waitress apparently insists on discovering. We have to confess, however, that it is not easy to secure good waiting. In this respect, as in cookery, ladies are too often discredited through the incapacity of their assistants. When the mistress of a house understands what good waiting is, however, it frequently answers well for her to engage a young maid, and train her into good ways. If this be done, and if correct waiting is expected at every meal, dinners will go smoothly as a matter of course. When there is a hitch in the waiting, however, a dinner can never be called a success.

We hear a good deal of praise in these days of the dinner *à la Russe*, the peculiarity of which is, that dishes are carved and portions dispensed at a side table, and handed round; while sweets, entrées, and dishes which permit of it, are handed round for the guests to assist themselves. The advantages belonging to this mode of service for a set dinner, or for a dinner where there are three or four guests, are obvious. In a dinner *à la Russe* the host and hostess are at liberty to converse with their friends, and to enjoy their own dinners, and all responsibility for details rests with the waiters. Economy also is promoted, because when portions of food are to be handed round, it is easy to calculate how much will be needed, to provide what is necessary, and no more. The difficulty belonging to a dinner of this sort is, that it throws more upon the waiters; and it is a failure unless most perfectly done. When dinner is served in the old-fashioned way the host and hostess have the management, and one clever, quick waitress can attend to four or six people with ease—that is, if the table has been laid with forethought, so that the extras likely to be required are on the table instead of being on the sideboard. But there are not many waiters who in a dinner *à la Russe* could attend to more than four persons without keeping one or two waiting now and again for certain accessories longer than is agreeable. Yet to have to wait thus is a great discomfort. Unless, therefore, there is a reserve of strength in the waiting department, it is much the simplest and wisest plan to have the dishes put on the table in the usual way, to have the soup served by the mistress, meat carved by the master, and pudding served by the mistress again. Then entrées and vegetables can be handed round with advantage, and dessert dishes will not need to be placed on the table until the end of the meal, when the crumbs have been cleared away. Fruit is much more enjoyed when it is first seen after a dinner is eaten, than when it is looked at all the time hot foods are being discussed. It may be added that one or two dishes of fine fruit are much to be preferred to a number of dishes and odds and ends of fruit of inferior quality.

When cheese precedes dessert (and at English family dinners the majority of diners would feel defrauded if there were no cheese), it should be made as inviting as possible; and it should not be always the same from one day to another. Yet both variety and daintiness are easily secured by having a choice of cheeses; by arranging occasionally to have cheese straws, or cheese trifles; by providing butter prettily moulded, crisp biscuits, or pulled bread, with celery or watercress. If the cheese course is dainty, a dinner is sure to conclude triumphantly, even though there have been one or two mischances during its progress.

Coffee is always served at the conclusion of a dinner. Not very long ago it was taken for granted that a good cup of coffee was not to be had in English homes. Now this reproach is to a great extent removed from us, and there are hundreds of houses in England where coffee is as fragrant and delicious as it

would be if served in France. As a matter of fact, it is not in the least difficult to make good coffee. The housekeeper who will use a coffee-grinder and a *cafetière*, who will buy coffee-berries in small quantities, freshly roasted, grind as much only as is wanted for a brew, warming the berries before grinding them, eschew chicory and use plenty of coffee, may have coffee as fragrant as could be desired. When giving orders for dinner, she should insist upon the coffee being quite hot, upon the cups being only half filled, and upon the milk being scalded. After-dinner coffee that is not strong is a failure.

Of course one of the difficulties to be faced when attempting to draw up menus of the kind now contemplated is, that householders have such very different ideas; what one would consider needlessly extravagant another would declare to be poor and commonplace. In looking over these menus, the first-named critic is, however, asked to remember that when a menu is too elaborate, it is easy to leave out one or two of the dishes found to be unnecessary. With regard, for example, to the *hors d'œuvres*, one of which will be put at the commencement of some of these dinners. These little appetisers are at the present time growing into favour every day. They are convenient, because when served cold they can be put on the table on small plates in front of each person before the dinner is announced, and they serve to occupy the time for a minute or two after all are seated, thus enabling the cook to send in the soup quite hot. They are very inexpensive, very simple, and are intended merely to sharpen the appetite, and be a pleasant commencement to the restful hour to be devoted to what ought to be the most strengthening and enjoyable meal of the day. If omitted, the dinner will be complete without them, for they are merely an extra. In answer to the other objection, that the menus are too homely, it may be said that it is a mistake to make too large a demand on the powers of our helpers. The way to avoid disappointment is to be reasonable in expectation.

We must now turn to the menu for November; and as so much attention has been given to preliminaries, I must content myself this month with simply giving and describing the recipes as briefly as is consistent with clearness. Next month, if all be well, I will do my work more fully, give detailed instructions, try to anticipate difficulties, and guard against them.

MENU FOR NOVEMBER.

—
Anchovy Trifles.

—
Turnip and Tomato Soup.

—
Soles à la Rouennaise.

—
Fillet of Beef Roasted.
Browned Potatoes. Cauliflower.

—
Apple Charlotte. Jelly in Glasses.

—
Macaroni Cheese.

Anchovy Trifles.—Cut two slices of thin brown bread and butter, using plenty of butter. Between them put alternate layers of a hard-boiled egg thinly sliced, a sprinkling of small salad, and the cleansed fillets of three anchovies cut into strips. Press the slices together, and divide them into thin fingers. Give two fingers to each diner, and ornament each plate with a little sprig of parsley.

Turnip and Tomato Soup.—This soup is very easily made, but it is very savory. If fresh tomatoes are not available, tinned tomatoes can be used for it. Cut up a pound of

turnips, one onion, and three tomatoes, and boil gently in about a quart of stock from the digester. Add a slice of crumb of bread, moistened in stock. When the turnips are tender, rub all through a sieve; add plenty of pepper and salt; make hot and serve. The soup should be as thick as double cream. If thicker than this add a little more stock.

Soles à la Rouennaise.—This dish is convenient because it can be prepared an hour or two before it is wanted, and the fillets of sole will not hurt if they are covered with buttered paper and kept in a cool place until the time arrives for putting them in the oven. Small-sized soles are the best for the purpose; if a large sole were used, each fillet would have to be cut in two. In calculating the quantity needed, we must remember that one sole will supply four fillets, and that one fillet will be enough for most people. For a small dinner, therefore, a pair of small soles will be ample. There will be needed also a small lobster, or if this cannot be had, the flesh of a crab, or even half a pint of picked shrimps (measured after being picked) may be used instead. Lobsters, either English or foreign, can, however, generally be had all the year round at good shops.

Pick the flesh from the shell, and cut it into dice. Melt an ounce and a half of butter in a small saucepan; stir in one ounce of flour to make a smooth paste; add half a pint of water, and stir the sauce till it boils; then add lobster-butter to make the sauce as red as a lobster shell, a quarter of a pint of cream or milk, a little salt or cayenne, and the lobster meat. When the ingredients are well incorporated, turn the mixture on a plate to cool. Divide it into equal portions, one for each fillet; spread its intended portion upon one half of each fillet, and be careful to keep the fleshy part of the sole to the outside. If the shiny-skinned part is put outside, the fillet will not keep its position. Fold the sandwiched fillets over, lay them in a single layer in a buttered tin, sprinkle a little salt on the top, squeeze lemon-juice over, and cover with buttered paper. Bake in a moderate oven for ten or twelve minutes. Dish the fillets in a circle, and pour white-sauce over them, with chopped green parsley sprinkled on last thing. The sauce can be made beforehand, and kept hot in a gallipot which has been placed in a saucepan, and surrounded with boiling water.

The dish just described, when successfully managed, is dainty, very tasty, and not expensive. It is, however, a little troublesome; and the want of lobster-butter often prevents its being made. Lobster-butter is one of the

things that ought to be in every store-closet. If made in summer, when lobster spawn is plentiful, put in jars and kept in a cool place, it will remain good for a long time. It can be made also from lobster coral, which is the red substance found in the head and running down the back of young hen lobsters; and whenever a morsel of this material is met with, it should be used, for it is most valuable. Fresh spawn can sometimes be had in winter, but not very often. When, therefore, true lobster-butter cannot be had, it must be dispensed with, and the lobster-paste must either be coloured with vegetable carmine or be left. The colouring does not alter the taste—it simply makes the dish look very much prettier, and there is no question that the contrast between the white meat and the red panade is very effective. Nevertheless, even without the red colouring the dish is very tasty and good. If vegetable carmine is used, care should be given to get it of a good maker; second-rate colouring put into food might be harmful. Cochineal is safe; but it is not exactly the red wanted, which is the red of a boiled lobster.

Fillet of Beef Roasted.—The fillet or under-cut of the rump, removed whole, makes an excellent small roast. It seldom weighs more than four pounds; but as there is no bone with it, it is very profitable, although not cheap. When of good quality, it is, perhaps, the tenderest piece of meat in the animal. It should be carefully roasted, and is best when wrapped in greased paper before being baked, which paper should be removed in time to brown it. Six or seven large potatoes of an equal size may be parboiled and baked in the tin with the meat. They can then be served in a tureen round a mound of mashed potatoes; and a little chopped parsley should be sprinkled over the white mound. The beef may be garnished with scraped horseradish; a little good gravy should be in the dish with it, and a further supply sent to table in a boat.

Cauliflower.—This is a very agreeable vegetable when well boiled and well dished; but it is too often sent to table either hard or too much boiled, and with the flower broken or discoloured; then it does not look at all inviting. It is particularly delicious when carefully cooked and coated with a *Sauce Blanche*, made as follows:—

Sauce Blanche.—Melt an ounce of butter in a small stewpan; stir in three quarters of an ounce of flour, and beat the mixture over the fire until smooth and well-cooked. Add gradually half a pint of cold water, and keep

stirring till the sauce is smooth. Stir in a pinch of salt and the yolk of an egg, and lay the sauce over the flower with a tablespoon.

Apple Charlotte is an old-fashioned but most excellent dish, especially if a little cream may be allowed with it. It may be most readily made in a mould, a cake-tin answering the purpose. The apples should be peeled, cored, and stewed to pulp, then tossed over the fire with sugar and a little butter until the pulp begins to be stiff. It is not possible to say how much butter or sugar should be put with the fruit, because apples vary very much in sweetness and quality. What is wanted is a pleasantly-flavoured smooth apple-sauce, mellowed and enriched with butter. Take some fingers of stale crumb of bread, and fry them lightly in butter. The bread should be cut into shape like the pieces of a wooden pail, and should be arranged either to fit exactly into the mould, or to make the staves overlap each other. The mould should then be filled with the apple-sauce. Put a lid of lightly-fried bread on the top, and bake for about an hour, or until the bread and butter have assumed a golden-brown tinge; then turn out carefully and serve with cream. An easy way of making *Apple Charlotte* is to butter a pie-dish, and sprinkle plenty of brown sugar over it, then line the bottom and sides with thin slices of bread and butter. Fill the dish with apples which have been peeled, cored, and cut into thick slices, sprinkle a little sugar over, and moisten with lemon-juice. Put a lid of buttered bread on the top and bake in a good oven. For this pudding it is necessary to have good falling apples. The bread should be like toffee, crisp-brown, but not at all burnt. The secret of managing it is to butter and sugar the dish well, and to bake in a good oven.

Macaroni Cheese.—Wash a quarter of a pound of Naples macaroni, drain it, throw it into boiling water with a lump of butter in it, and boil for twenty minutes. Throw the water away, pour upon it half a pint of milk, and let it simmer gently till tender without being pulpy. Grate an ounce of dry cheese—Parmesan cheese is the best for the purpose, but this is a convenient way of using the dry portions of other cheeses. Turn half the macaroni, milk and all, on a greased dish, sprinkle pepper and salt and a grain of cayenne on it, together with a portion of the grated cheese, and repeat until the ingredients are used. Sprinkle grated cheese and a spoonful of bread-rasps on the top, and pour over a dessertspoonful of melted butter. Brown in front of the fire, and serve hot.

‘QUELQUES PENSÉES.’

By COMTESSE DE GASPARI.

THE earth reveals its mystery of poesy to those only who clasp it with loving hands.

DEFINITION of the indefinable, explanations of the inexplicable, make my blood boil.

To serve is to reign.

THE plump, sleepy ones; those who are contented with themselves and everything just because they see scarcely anything beyond their peck of oats, are not those who tow the world along.

THOSE who do not succeed in building avenge themselves in demolishing.

It is an unfortunate thing to look at Christians instead of looking at Christ.

THE heart of God exists; the indifference of God exists not.

THE contemplations of the soul become enervated, and sleep, if rocked in the cradle too long.

ARROGANCE and courage are not the same.

HOPE always. Believe me, in no other way can we triumph over destruction.

To submit to what God ordains is the acme of energy; to accommodate oneself to what error commands is the uttermost weakness.

WOMEN, let us fulfil our womanly duties! This is the grandest of our rights, and that which we least demand.

WHEN very young, we imagine everybody has a heart. When no longer young, we discover that a large number of people do not possess one; in its place they carry a railway time-table.

OTHERS may smile at the disproportion of our *desires* to their *realisation*. I discover in it the first step of the ladder by which we mount from darkness to light, emerge from night to day.

THOSE only who seek the hand of God have the right to lean upon it.

THANK God it is with the Ideal as with the Sovereign. “The King is dead! Long live the King!”

CHAPTER IV.



My feelings as I softly knocked, and then opened the door, are indescribable. What I expected to find I hardly know; but my relief was almost more than I could bear when Candy flung herself into my arms with a sob, and exclaimed, "Oh, Molly, I'm so glad you've come! Take me home, dear!"

I soothed and comforted her as well as I could, and when she was calmer led her to a seat and looked at her. She was pale and frightened-looking, but otherwise unchanged, and the horrible fear that had haunted me ever since I left home was happily banished for ever.

Bit by bit she got quiet, and then I gently urged her to tell me how it all happened. At first she was strangely reluctant to do so; but when I told her we thought she had done it on purpose, she lifted her eyes full of tears to my face, and said eagerly, "No, no! I wasn't as wicked as that! How disappointed in me you all must have felt!"

Then I told her of Robert, and her distress deepened.

"I will write to him and say it was quite as much my fault as his," she declared. "It was wrong of me to get so angry, and we must both learn to 'bear and forbear.' The hair only belonged to a girl I knew who died a year ago; and I might just as well have told him so, and then it never would have happened."

"You have told me nothing yet about your journey here," I reminded her.

A strange dreamy look came into her eyes as she replied reluctantly, "You will hardly believe me, perhaps, but I really don't know how I got here."

"Don't know!" I repeated, with an anxious look at her face. "But, darling, surely you must have some recollection of it?"

"I assure you," she answered earnestly, "I have not the least remembrance of coming here at all, and I certainly never intended to do so when I started from home that morning. Since I 'came to myself,' so to speak, I have worried over it a good deal because I feared my brain must be giving way. I recollect going up to town, saying good-bye to Guardian and Mr. Wilfred, taking my lesson, and eating my luncheon. After that all is a blank, though I have proof that I went to that shop your mother told me of, for here is the silk"—and she produced the tiny packet of embroidery silk, with the name of the shop on it—"but I haven't the least idea how I got it."

"What did you have for luncheon?" I asked, fairly puzzled, wondering if she had

taken anything harmful that could account for this curious state of things.

"What I usually have," she answered—"some sandwiches, a glass of lemonade, and a bun. I remember paying for it, and walking out of the place, feeling rather giddy, but after that nothing. I must have been sensible, for I took my ticket for this place, and managed changing from train to boat and back again without making any mistake or exciting remark; but it is a mystery how I did it."

"Have you ever been subject to attacks like this before?" I enquired, quite at a loss myself. She shook her head. "No; but when I was a child I had brain-fever, and have always been delicate since."

Neither of us could suggest any solution of the difficulty; but I remarked that father might help us, and so gradually broke to her the news of his arrival.

She was rather nervous at meeting him; but I slipped away, and prepared him first; so when they met, he was just as usual with her, and she soon regained her old footing.

After a lengthy but satisfactory interview we had luncheon; and then father took us out to see the harbour and the Cathedral of San Lorenzo, after which we took a carriage, and drove right through most of the principal streets. During the drive Candy told us how she woke up on the Friday morning in a state of bewilderment, feeling very tired, but not able to imagine how she came to be in a strange bedroom. She rose and dressed, and made her way out, but could not understand where she was, or what the day of the week or the month might be. She was ashamed to ask, so wandered about until she saw an Italian almanac in a shop; and then slowly the clouds obscuring her brain lifted a little, and she guessed she was in Genoa when she heard some Italians talking. Madame Dobrée must have left, she knew, and a horror of desolation came over her; and she slipped into a church she was passing, which seemed to her most beautiful, and there in a quiet corner she knelt to pray for help and guidance. When she left she returned to the hotel, and wrote the letter which ultimately led to our discovering her; but she had no idea of what she wrote, for her brain still seemed numbed. Since then she had lived in a dream, sleeping most of the time; and it was fortunate she had met with kind people, for she had neither money nor experience. Our doctor, to whom we submitted the case when we got home, said it was the desire to go to Genoa, long brooded over, and intensified by that unlucky quarrel with Robert, acting on a highly sensitive and delicate brain; but though we accepted his definition, we failed to understand it.

Father took me to see the church of

S. Annunziata, which had so taken her fancy; and indeed it was a dream of rich, soft beauty such as only Italy could supply. But we none of us wanted to stay in Genoa, and hastened home as soon as we could, having amply recompensed the hotel proprietors and my dark-eyed Italian Maria for all their care and kindness.

I don't know which of us was most glad to see Blackheath again; and when the dear old home appeared in sight, we were all intensely thankful. A crowd of children were collected on the steps, and danced round us in a sort of war-dance as we dismounted. Janet hugged me, while mother put her arms round Candy as if she would never let her go again, and no one spoke for some time for very joy.

When we had got into the hall, Candy looked round at the group, and said quickly, "Where is Robert? I don't see him."

"He was ashamed to meet you, dear," mother replied quietly, "so did not come down from the hospital."

Candy seemed a little disappointed, and I was slipping away to telegraph to him to come down; but Maurice Elliot did it for me, and took the opportunity to say something to me in the dining-room (where we had gone to write out the telegram), which I had long expected him to say, and which just made my home-coming perfect. Robert came down next day, and I don't think any house in Blackheath was happier than ours that night.

Candy was ill for some time after that, and we never liked her to be long out of our sight, and felt uneasy about her; but we were obliged to be very careful how we expressed it, for she was very sensitive on the subject, and hated to have it alluded to, or to be watched at all. She never went about alone any more, and never had any wish to go abroad again, though as her uncle died the year she came of age, there was no longer anything against it.

After all, it was productive of good; for it sobered Robert as nothing else would have done, and taught Candy herself to be much more forbearing and less hasty. She lived on with us even after her twenty-first birthday, having no relatives or friends she cared to go to.

Wilfred is married, and Janet is engaged; but as for me, I shall never marry, for my home and my duties there are enough interest; and besides, since Maurice Elliot died within a week of our wedding-day, I have never seemed to care for anyone outside my home circle.

Robert is now a handsome young doctor of twenty-five; and from the way he was looking at Candy the other night when she was playing, I fancy a dream of mine may yet be fulfilled; and I think they have both learnt a lesson of mutual forbearance which will make their married life a success.

[THE END.]

MODEL MENU FOR DECEMBER.

MENU.

Tomatoes and Sardines.

Soup Brunoise.

Cutlets of Cod à la Genoese
(or with Genoese Sauce).

Turkey Poul.

Turnips. Potato Snow.

Plum Pudding. Castle Puddings.

Cheese.

is also somewhat festive. In December friends drop in to dinner almost as a matter of course; and it is particularly desirable that we should give them not only a hearty welcome, but acceptable fare. Let us, then, see what can be done; and while studying our menu, let us remember that, concerning a dinner, we may say of the food what a great vocalist once said of the human voice in singing: "It is a detail. The manner of its presentation is everything."

Tomatoes and Sardines.—A very tasty and acceptable appetiser may be made of the fillets of sardines freed from skin and bone, and arranged upon a slice of tomato laid upon a little piece of toasted crumb of bread about two inches in diameter. This savoury can be served either hot or cold. If it were preferred hot, the rounds would need to be put in a hot

oven for two or three minutes. One sardine would furnish fillets for two *hors d'œuvres*. The tomato would have to be cut with a sharp knife into slices a quarter of an inch thick. Little sprigs of parsley might be employed as a garnish.

Soup Brunoise is simply the name given in these days to clear, pale soup, in which are floating vegetables cut either into dice or into small round balls of the size of peas. It is a very pretty soup, especially when the vegetables employed for making the balls are of different colours. Thus, white balls can be composed of turnip, yellow balls of carrot; and if a spoonful of preserved green peas can be added, they will be a valuable addition, although we can do without them if more convenient. The balls are most readily formed

At this time of year we are accustomed to think that we ought to have tolerably substantial dinners to fortify us against the cold and dreariness of winter. The spirit of the season

when there is at hand a vegetable-cutter, or turner, as it is sometimes called; a little instrument, which can be bought at a first-class shop for a few pence. Housekeepers who have never used a vegetable-cutter are apt to think it a costly utensil, difficult to manage. It is really quite a simple affair, very cheap, and with its aid it would be easy to stamp out as many balls as would be needed for a dish of soup in a few minutes. Ladies, therefore, who have resolved to improve the family fare, are advised very early in the proceedings to purchase a plain, round vegetable-turner, the end of which is of the size of a pea. While doing so, they may as well buy also a second one with a cutter about the size of a marble. This will also be most useful. We shall find occasion for it before we have gone through our model menu. The vegetable balls may be cut out and boiled some time before they are wanted. They will then merely need to be put into the tureen, and have the boiling soup poured over them. About six or eight little balls should be given with each plate of soup.

Clear Soup is usually very acceptable at the commencement of dinner. When well flavoured and well made it is very appetising; it is light, and easy of digestion, and yet is sufficiently sustaining to take away the feeling of faintness with which so many busy people sit down to dinner. It is satisfactory also, because by merely altering the garnish it can be presented in many forms, all with a different name. Thus it comes about that the cook who can make clear soup properly has at her disposal a dozen soups. If she likes to have the garnish of vegetables cut in long thin slices, and fried in a little butter, then drained, she has *Julienne Soup*. A garnish of young carrot and turnip cut into flat round pieces produces *Printanier Soup*; another of homely vegetables cut into cylindrical pieces makes *Soupe à la Jardinière*, or *Soupe à la Macedoine*; another of brussels sprouts produces *Flemish Soup*; another of bread cut into fancy shapes and fried till crisp makes *Croûte au Pot*; a garnish with threads of vegetables floating in it is *Soupe Xavier*; *Soupe à la Royale* is soup garnished with savoury custard, and *Soupe à la Princesse* is soup garnished with quenelles; while *Nudeln Soup* and *Profiterolles Soup* are merely clear soups to which the distinctive garnish has been added. Practically, the soups just named are all the same soup, the differences between them lying in the garnish. When once we realise this fact how desirable we feel it to be that our cook should be able to make clear soup readily.

There are two or three ways of making clear soup, and we may as well confess that the orthodox high-class method is both troublesome and expensive, so that we cannot wonder that people are afraid of it. On the other hand, the common "easy" way of making clear soup furnishes a food that is so little tempting in taste that we must sympathise with individuals who consider it objectionable. A great deal of the clear or gravy soup prepared for hungry diners is positively distasteful. Its colour is produced from burnt sugar; its strong taste is a combination of dissolved gelatine and Liebig's Extract. Whatever else it is, it is not agreeable. We read that a well-known authority used to say that, "Soup is to a dinner what a portico is to a palace, or an overture to an opera—it is not only the commencement of the feast, but gives an idea of what is to follow." If this be true, there is no doubt that a person of cultivated taste, having partaken of clear soup as prepared by the majority of cooks, would gain an idea that the dinner was going to be a fraud.

According to the orthodox high-class method of making clear soup, a pound of undressed meat is allowed for each pint and a quarter or so of water. The meat is simmered with vegetables for about five hours; it is then

strained, and clarified with more raw meat and vegetables; and when the recipe for making it is followed exactly it is perfect. It is clear as spring water, bright as sherry, and its taste is excellent. But then, what has it cost? Think of the money and time which have been spent upon it! It must be made on the day it is wanted, for if kept long it goes cloudy. Except as an occasional luxury we cannot afford to make soup thus.

According to the ordinary easy method of making soup, stock made in the usual way, from scraps and odds and ends, and flavoured with vegetables, is clarified with white of egg, which means that the soup is first made boiling hot and skimmed well; then it has white and crushed shell of egg (one white to a quart of stock) which has been whisked with a little water, and stock mixed with it; it is stirred quickly until it nearly boils, when it is put to the side of the fire and allowed to stand until the egg-white, having drawn to it the particles which cloud the stock, separates therefrom, and lies in a mass on the top. This point being reached, the stock can be strained through a cloth, and after once or twice straining, it is almost sure to be clear. Unfortunately, the process which separates from the stock the cloudy particles, separates also the flavouring particles, and thus it comes about that clear soup made of stock clarified with white of egg is too often sadly deficient in flavour. It may be that the cook will discover this before sending it to table, and, by way of mending matters, she adds a little burnt sugar to make the soup look strong of gravy. The effect of her effort is that she entirely destroys any little delicacy and flavour that might still remain, and serves a soup that tastes of nothing but burnt sugar and salt. Let it be understood, therefore, that if we want to make clear soup successfully, burnt sugar should for the time be banished from the kitchen. It is a most dangerous ingredient, and yet it is in constant and daily use. If our clear soup, when ready for the tureen, is not quite all that it ought to be, let us add a quarter of a teaspoonful of Liebig's Extract, and boil a piece of burnt onion in the soup before it is strained. This will impart a flavour that is at least not objectionable. Burnt onion can be bought, or, if there is none at hand, it is easy to make it by putting a small onion in the oven or on the hot-plate, and turning it often until it is browned well, but not charred; if charred, it will spoil the soup.

When, however, there is not time to make clear soup properly, or if fresh meat for making it is not available, it is wise to boil the vegetables that would be used for flavouring in water for an hour and a half or so, then strain the liquid and dissolve a little Liebig's Extract in it until it is pleasantly coloured, and tastes of meat, when salt and pepper can be added. Soup produced by this method is not bad. It is not as good as soup correctly made, but it is by no means to be despised. At any rate, it is far superior to soup clarified with white of egg and coloured with burnt sugar.

The following is the best easy way of making Clear Soup:—Take two pounds of fleshy beef, without fat (silver-side or buttock), and tie the meat into a compact shape. Take also two pounds of bones which have been broken up, and are quite free from marrow. (If any marrow or fat get in, it will be most difficult to make the soup clear.) Put the meat into a saucepan and set it on a moderate fire for about ten minutes, to draw out the juice and brown it. Be careful not to let it burn; to prevent its doing so, shake the pan once or twice, and turn it once during the ten minutes, sticking a large fork well into it to make the gravy flow. When the meat is brown, put the bones under it, pour on three pints of cold water, and add a small tablespoonful of salt. Let it come slowly to the boil, skim it well, and throw in

a wineglassful of cold water; bring to the point of boiling again, and skim once more. Do this three times, or till no more scum rises. The object of throwing in the cold water is to keep the soup from boiling until all the scum has risen. Scum rises to the surface when soup is on the point of boiling. After boiling, the scum melts and sinks, and if not removed the soup is never so clear.

When no more scum forms, but not before, put into the soup two carrots, a turnip, four bay leaves, two onions, one leek, a bunch of parsley, and four cloves. Draw the pan back, and simmer gently for four hours. When wanted, strain the soup through muslin (twice if necessary), and serve. If successfully made, this soup will be clear and bright, and very tasty. It should be served very hot, and to secure its being so, the tureen in which it is sent to table should be made hot beforehand, and should not be over large for the measure of soup that is to be served in it. When soup sufficient only for a small party is put into a large tureen, it is certain to get cold quickly, and lukewarm soup leaves much to be desired.

When soup made according to the recipe just given is not what we should like it to be, the failure is generally attributable to one of three causes. Either the saucepan was in fault, or the soup was boiled quickly, not simmered, or else the cover was left on the pan; whereas the rule should be, that until the soup is quite clear the pan should remain uncovered. The best saucepan for making clear soup is an earthenware one, such as is used by the French for their *pot-au-feu*. Such pans stand well at the side of the close stoves that are now common, but they are not often found in our kitchens. Next best is a copper saucepan tinned inside, and retinned frequently; next in point of excellence is a white enamelled saucepan, provided this is quite whole and perfect. It is, however, just as well to understand that it is hardly possible to make clear soup successfully in an iron saucepan which has been used for making stews and all sorts of things. Good workmen never quarrel with their tools, it is said, but a cook who is expected to make clear soup in a saucepan of this kind is justified in making a protest.

It will have been noticed that to make clear soup in the way described, it was necessary to use undressed meat. There is, however, no occasion for either soup or vegetables to be wasted. The latter may be put into the stock-pot (for they will be full of flavour), or they may be made into a salad. In order to get as much value as may be out of them, it will be well to take them out of the soup as soon as tender. If they are boiled too much they will interfere with the clearness of the soup. The meat may be cut into slices and served cold with salad, or it may be minced, and garnished with poached eggs. If simmered without ceasing it will be excellent food.

When fresh meat is not allowed, soup called "clear" is frequently made of scraps and odds and ends. Even this soup is not to be despised, provided always that the odds and ends are of a varied nature, and sufficient in quantity, and that the soup is made the day before it is wanted. The way to make it is to collect whatever scraps there may be, look them over, cut away everything that is not quite sweet and good, break up the bones, and carefully remove all fat and skin. Now put the material into a stewpan; cover with cold water, add a few rinds of bacon scalded and scraped, an onion stuck with one or two cloves, and a bunch of herbs. Stew well for some hours, leave the pan uncovered, and carefully remove the scum as it rises, throwing in cold water once or twice as in the last recipe, to assist it to rise. When the bones are clear, strain the soup through muslin, and leave it

all night. Next day take the fat from the top, and pour the soup gently into the stewpan, being careful to leave behind any sediment that may have settled at the bottom. Prepare the vegetables used in the last recipes. Boil these in about a pint of water for an hour, then strain the liquor into the soup. Boil up and serve. Soup thus made will be fairly clear. The longer it boils the stronger it will be; but it will probably need to have a little Liebig put with it. When in the soup-tureen it will appear cloudy, but a spoonful in a plate will not look bad. Its excellence will depend very much on the thoroughness with which it is skimmed.

Cutlets of Cod à la Genoise.—In the winter season there is not a great choice of fish. It is true that in large towns—London especially—almost every variety of fish can be had nearly all the year round; but still there are periods when special sorts are specially excellent and abundant, and winter is the period when the finer sorts of fish are expensive. Cod, however, is then at its best, and consequently it is a valuable resource. Yet it needs to be carefully chosen, for there is no fish that comes to market that varies so much in quality. When it is blue and semi-opaque it is to be avoided; it should be white, firm, elastic, and close.

Old-fashioned housekeepers have a great respect for boiled cod. They have the head and shoulders, or a handsome piece from the middle, boiled, with an accompaniment of oyster sauce, and then feel that they have done well for the family. So they have. Boiled cod with oyster sauce is a munificent dish—a dish fit to set before a king. Yet there is a good deal of it. If provided for a small family there would be a large piece left, and this would have either to be warmed up or wasted. Also, it would be a costly dish. We should be fortunate if we obtained fish, sauce, and garnish for less than five or six shillings.

When, therefore, cod is wanted for a small dinner, it is advisable to eschew the head and shoulders and the middle of cod, and modestly to purchase about two pounds of the tail-end of a cod. This is the cheapest part, and generally regarded as inferior; yet a very tasty and inviting dish can be made of it, particularly if it is garnished with potatoes; and it is to be remembered that cod is one of the few fish which may correctly be garnished with potatoes. Here is the recipe:—Divide the cod into neat slices about an inch thick. Sprinkle pepper and salt over these, and let them lie for an hour; then drain them. Put them in a single layer in a saucepan of boiling water slightly salted, and boil gently for about five minutes. Drain well, and have the sauce hot and ready in a small saucepan. Lay the pieces of fish in very carefully, and stew gently for another five minutes, or till the flesh will leave the bone. When sufficiently cooked, dish the cutlets in a circle, coat them with the sauce, and put potato-balls in the centre.

The Genoese Sauce is made as follows:—Melt an ounce of butter in a small stewpan, and fry in it a piece of carrot, a piece of turnip, and a shallot or small onion, all of which have been cut into thin slices. Stir over a sharp fire for five minutes, then add three quarters of an ounce of flour, and fry this also. Pour in half a pint of stock, also a teaspoonful of good mushroom ketchup and half a teaspoonful of anchovy. Stir the sauce till it boils, if not dark enough add a little *pastille charpentier*, strain it, and it is done. It may be made before it is wanted, and kept in a gallipot surrounded with boiling water till the fish can be placed in it. Or an easier way still—the fish can be boiled till done in the water, and the sauce poured over it in the dish. People accustomed to use wine in sauces would think it necessary to add claret to this sauce.

Without wine, however, it is not to be despised.

Potatoes Tossed in Butter.—Peel four large kidney potatoes and cut them into square plugs the length of the little finger. Put them into cold water and let them get half cooked, then drain them. Thus far the potatoes may be made ready beforehand. A few minutes before they are wanted melt two ounces of butter in a small saucepan, season the potatoes slightly with pepper and salt, and throw them into the hot butter. Let them cook gently, and shake the pan every now and again. When sufficiently cooked, serve them in the centre of the cutlets. A little chopped parsley may be sprinkled over them. These potatoes will be excellent if they are cooked as directed. If the butter is stinted, or if they are not half boiled before being thrown into the butter, they will probably prove a disappointment. These are not fried potatoes, it will be understood. Fried potatoes would be very good, but it would disturb the equanimity of the average good plain cook to have a pan of fat on the stove and be called upon to fry potatoes while both sauce and fish had to be looked after. Cooked thus, however, the stewpan containing the potatoes can be set at the side. If shaken now and again they will be all right. Kidney potatoes are preferred to regents for this dish, because kidneys are firmer, and less likely to break with cooking.

Turkey with Turnips and Potato Snow.—Turkey is the dish *par excellence* for Christmas; and as Christmas Day approaches it begins to be exceedingly high in price. About Christmas also, if the truth may be told, turkeys are sometimes more abundant than acceptable. People who are in the way of having them get too much of them, although people who are not in the way of having them consider them a luxury, and buy them when they are at their dearest. Surely this is not good management. Quite early in December small turkeys are often to be had at a very reasonable price, and they are most delicious food. Would it not be an advantage if housekeepers would have the courage to dispense with the large turkey for Christmas Day, and provide a small bird once or twice early in the month, when the dish would be less common and more likely to be enjoyed?

A turkey is all the better for hanging three or four days before being cooked, although it should never be in the least "high." It should be trussed and cooked like a fowl, and have rolls of bacon, or small sausages, or slices of tongue, or a border of watercress, round the dish as a garnish. Bread sauce and good gravy are the usual accompaniment to it. The bird may be stuffed or not—probably the decision on this point will depend on its size. It is, however, not usual to put forcemeat into a small roast turkey; a little onion and a slice of butter placed in the crop are all that are considered necessary. The flesh should be well basted or it will be dry. To prevent dryness, it is an excellent plan to put a slice of bacon over the breast whilst it is being cooked. This should be removed during the last half-hour, or the skin may not be properly browned.

Turnips, when daintily prepared, are quite a delicacy. Unfortunately, they seldom are daintily prepared. They are watery, and rather strong in taste. They need to be carefully cooked. Peel them thickly down to the white part. If the peel is taken off too thinly they are sure to be bitter. Put them into cold water slightly salted, and bring this to the boil; then pour it off and substitute fresh boiling water. Remove the scum as it rises, and boil the turnips until tender enough to pass through a sieve. Let them stand for an hour in a colander or on a sieve, that the water may drain from them. (Some cooks put the pulp into a cloth and wring it, to get the water from it.) Turn the pulp into a stewpan. With each

quart thereof put a good lump of butter, a tablespoonful of milk or cream, and a little pepper and salt. Stir over the fire, and while doing so dredge in a tablespoonful of flour. When hot, smooth, and free from moisture, the turnips are ready. They will be altogether a different thing from turnips as usually served.

Plum Pudding.—Of late years there has arisen a prejudice against plum pudding. It has been pronounced unwholesome and indigestible, and all sorts of charges have been brought against it. For the most part these charges are unfounded. Probably the reason why it is so badly spoken of is, that it is usually served at the end of a heavy Christmas dinner, and thus it happens that it has to bear blame which does not properly belong to it. This much may be said in its favour—that the materials of which it is composed are all valuable and sustaining; raisins, especially, are believed to be as sustaining as wine, without being harmful; and not long ago a physician of high repute said that, far from thinking plum pudding injurious, he had found it to be very excellent food for healthy persons, and that in his own experience, when he had specially exhausting work to do he frequently fortified himself with a slice. Moreover, the dish is very convenient.

Five or six puddings can be mixed together and boiled together in separate moulds, and they can be readily warmed as wanted. Like turkey, plum pudding is generally enjoyed more in the early days of December than at the orthodox time.

It is probably scarcely necessary to give a recipe for plum pudding, for proved recipes are in the possession of every family.

Castle Puddings.—These simple puddings are well known, though they appear under various names. They are generally liked, however, and very easily made, and by exercising a little taste they can be made to look very pretty. They are very much like small sponge cakes in taste, and the only thing we have to be careful about when making them is, not to mix them until just before they are wanted, because if allowed to stand they will be less light than they ought to be. As they can be mixed in a few minutes, this condition is easily met.

To make them, take any number of eggs (let us say, in this instance, two), and their weight, when unbroken, in sugar, butter, and flour. Beat the butter and sugar to a cream, then add the flour gradually, with the addition of a pinch of salt and a few drops of vanilla flavouring, or, if preferred, a little grated lemon rind. Last of all add the eggs, well whisked. Have ready some small tins well greased with butter, half fill with the mixture, and bake in a moderate oven. Ornament in any way that is pretty. If four pennyworth of cream may be allowed, this can be whipped till firm. Then put in large knobs on the top of each pudding, a *glacé* cherry being dropped into each. *Glacé* cherries are to be bought of any high-class grocer. They cost about eighteenpence a pound, and a quarter of a pound will ornament a good many puddings. They will keep for an indefinite period in a box or covered tin. If cream is considered unnecessary, the puddings may have a little desiccated cocoanut sprinkled over them. In this case a little sauce should be served with the pudding, which sauce may be made as follows:—

Pudding Sauce.—Put a quarter of a pint of water, an inch or two of thin lemon rind, and a tablespoonful of white sugar, and boil. Mix half a teaspoonful of arrowroot or cornflour smoothly with a little cold water; stir the boiling water into it; boil up once more, and add the strained juice of a large fresh lemon. By the way, it may be added that if these little puddings can be baked in fluted tins they will look all the prettier. PHYLLIS BROWNE.

MODEL MENU FOR JANUARY.

By PHYLLIS BROWNE.



WE are now in the depth of winter, at the season of the year when, if such a state of things could be, health and comfort are more dependent upon the quality of food supplied, and upon that food being well-cooked, than at any other time. It is most important, therefore, that our meals should be nourishing, warming, and sustaining.

Chicken Giblet Soup.—One of the most nourishing and tasty soups of which we have any knowledge is chicken gilet soup, and it is particularly suitable for this season, because fowls and ducks are cheap just now, and sets of giblets are often to be bought at large poulterers at a very reasonable price. Even while saying this, we have to confess that giblets are not so easily obtained as they were even two or three years ago. Then it was not unusual in certain districts to buy a dish full of fresh giblets, containing an indefinite quantity, for fourpence or sixpence. But with the spread of a knowledge of cookery, housekeepers have learnt to understand the value of giblets, and to realise how many excellent dishes can be made of them; and so, when buying poultry, they ask that the giblets may be sent with the birds. However, in most neighbourhoods it is still possible to buy giblets by speaking for them a day or two beforehand, especially as it does not signify at all whether the giblets bought are goose giblets, duck's giblets, or fowl's giblets, provided only that they are perfectly fresh. As the giblets need to have a little time spent upon them, it is just as well to buy them, clean them, scald them, and put them in a cool place the day before the soup is wanted.

To make three pints of soup, take two sets of goose giblets, or three sets of duck or of fowl giblets; wash them well in two or three waters, and look them over and examine them. If a small dark-green bladder is still attached to the liver, cut it off, and remember to cut a slice of liver with it to avoid breaking it. It is the gall, and its contents would make anything they touched bitter. The probability is, however, that the person who drew the bird removed the gall. If the liver is all right, lay it in cold water.

Now scald the necks and the feet of the birds by pouring boiling water over them to cover them, and letting them lie one minute. The heads should be cut off and thrown away. When scalding material of this sort, never attempt to do the work with water that is not actually boiling, no matter how near the point of boiling it may be. Also, do not think to scald the giblets by putting them on the fire with cold water, and letting them come to a boil. Experiments of the sort are often made, the cook thinking one way is as good as another; whereas, as a matter of fact, the wrong way gives much more trouble in the long run. Skin the necks (which are sometimes very bloody), and divide each one into three pieces. Take up the feet one at a time, peel off the thin outer skin, which will come

away quite easily, and remove the nails by bending them back. The feet will now be quite clean and delicately white. The hard silvery blue lump is the gizzard. It must be freed from all strings and skin, the top skin being cut quite through. There is a sort of pipe leading from one side to the other, and this must be cut from end to end. The heart, like the liver, must be cut in halves.

When the giblets are thus cleansed, put them into a saucepan, cover with cold water, bring this to a boil, and then throw it away. Dry the giblets, and fry them in good butter or dripping with two or three strips of bacon-rind, scalded and scraped, until lightly browned, then throw them into cold water to free them from fat. Put them into a stewpan with a large carrot, a leek, a small onion, a turnip,

far, and it would be rather expensive; but it is easy to make more of it, and at the same time to overcome the *taste of the tin, which is* sometimes found objectionable, by boiling root vegetables (carrots, turnips, and onions) in stock, rubbing them through a sieve when soft, adding the *purée* to the made soup, and making all hot together. When mock-turtle soup is served, cut lemon and cayenne should be handed round with it.

Baked Haddock and Brown Sauce.—Haddock is a fish that is not valued according to its deserts. Many people despise it, and think it very inferior. Some months ago a complaint was made of the diet provided for patients at one of our hospitals, and a grumbler made a special grievance of the fact that haddock was served to the sick folk.

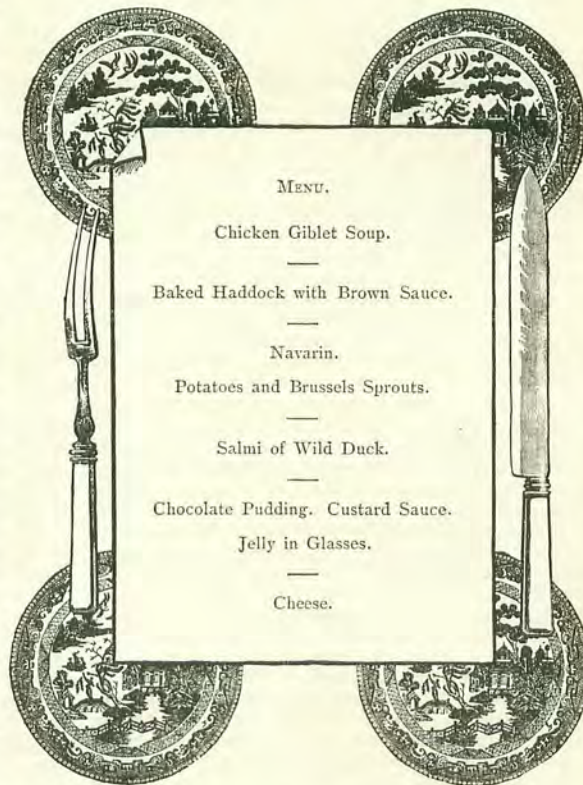
He seemed to think that on this account the patients were much injured. Yet, really, haddock is most excellent food, and it is at its best in winter. It is very delicate, very digestible, and when well cooked it is very delicious. The only fault that can reasonably be found with it is that it is cheap. Cooks ought to feel that they have accomplished something when they have made cheap food inviting.

One reason why haddock is unpopular is that frequently it is not cooked so as to make the most of its good qualities. It is too often boiled, and boiled white fish is very apt to be insipid. If cooked according to the following recipe, haddock will be very savoury.

Take one good-sized fresh haddock or two moderate-sized ones; get the fishmonger to take out the eyes, cut off the fins, and trim the tail neatly with scissors. Wash the fish but do not soak it; dry it and season it inside with pepper and salt. Make a little forcemeat with three tablespoonfuls of breadcrumbs, an ounce of finely-chopped suet, a dessertspoonful of finely-chopped parsley, a teaspoonful of mixed and powdered herbs, pepper and salt, all worked together with a little milk. Do not use too much stuffing for the size of the fish; the forcemeat ought to be put in loosely so that the flavours can permeate the whole. It should not be tightly packed. Put the forcemeal in the fish and sew it up, using as few stitches as possible to make it secure.

Truss the fish in a circle by fastening its tail to its head with twine, put it in a greased baking tin back upwards if it can be made to stand, pour about two ounces of fat over it, cover it with greased paper, and bake it in a moderate oven from half to three-quarters of an hour according to size, basting it occasionally with the fat. Do not let it be overcooked. A few minutes before it is taken from the oven, remove the paper, brush the top of the fish with milk, and sprinkle browned bread-rasps over, especially about the head. Remove the string and the skewers before dishing. Pour a little sauce round the fish, and send the rest to table in a tureen.

Brown Sauce.—The following is an easy and quick way of making good brown sauce. Slice an onion and fry it brown in a little butter. Put with it two cloves, a stick of celery, half a teaspoonful of mixed herbs, a teaspoonful of gelatine, and boil in a pint of stock. When the gelatine is dissolved and the stock well flavoured strain the sauce, and



MENU.

Chicken Giblet Soup.

Baked Haddock with Brown Sauce.

Navarin.

Potatoes and Brussels Sprouts.

Salmi of Wild Duck.

Chocolate Pudding. Custard Sauce.

Jelly in Glasses.

Cheese.

three or four outer sticks of celery, half a teaspoonful of mixed herbs, a blade of mace, and two cloves. Pour over all four pints of stock made from bones. Bring this to a boil, skim it carefully, and simmer gently for two hours. Take out the best pieces of giblet, trim them neatly and put them aside. Throw the rest again into the stock, and simmer another hour. Now add a thickening of flour mixed smoothly with cold water (a tablespoonful of flour may be allowed for every pint of soup). Boil and cook the flour well, and add pepper and salt to taste. Strain the soup into a hot tureen, add the pieces of giblet and a few drops of lemon-juice, and serve very hot.

If giblet soup is not liked—and we know that, notwithstanding all that may be said to recommend it, there are people who cannot overcome their distaste for food of this sort—a tasty, nourishing soup can be made by using tinned mock-turtle soup of a good brand. If tinned soup were used alone, it would not go very

stir into it a little Liebig to colour it. Melt an ounce of butter in a clean saucepan and mix smoothly with it an ounce of flour. Let the paste get brown, stirring it to keep it from burning, add the flavoured stock, and stir over the fire once more till smooth. Season with pepper and salt to taste. The sauce can be made some time before it is wanted, and kept hot at the back of the stove in a gallipot surrounded with boiling water.

Navarin.—This is the fashionable name given to a refined variety of haricot mutton flavoured chiefly with turnips. The ordinary haricot mutton is made of mutton and a collection of other ingredients, turnips, carrots, onions, pickles, herbs, and occasionally haricot beans, and from these beans it gets its name. Appreciators of the navarin are more exclusive; they devote their attention to the turnip, and the dish is supposed to derive its name from the French *navet*, or turnip. Housewives who are acquainted with both think that the navarin is much to be preferred to the haricot.

To make it, get about two pounds and a half of the best end of a neck of mutton with as little fat as may be, and having secured this condition, trim away nearly all the fat that remains. Dishes of the sort now under consideration are nearly always too fat, thus they are made indigestible and rather coarse. The aim should be to get rid of the fat, and to obtain a *delicate, not a strong* flavour. A very effectual way of keeping fat out of a dish is not to put very much fat into it. A little fat there must be of course to make the meat mellow, but it is quite unnecessary to have a large quantity of fat. Yet there is no occasion to waste the fat cut off. Mutton fat rendered down and clarified is very good for frying.

An excellent way of cutting up a neck of mutton for a dish of this kind is to let the butcher saw off the chine-bone entirely, then split the ribs twice, thus dividing the neck into three lengths. This will enable the cook to make pieces rather smaller than an egg, convenient for serving, and which do not consist chiefly of fat and bone.

Having cut up the meat, melt an ounce of butter in a stewpan, and brown the mutton on both sides over a quick fire; the object being to colour the meat, not to cook it. *When the pieces of meat get brown*, sprinkle a tablespoonful of flour over them, mix it with a spoon, and add gradually half a pint of stock and a good-sized onion. Let the stew come gently to a boil, and remove the scum as it rises. Meanwhile peel four or five turnips, and with the larger vegetable scoop which was bought last month, form them into balls about the size of a large marble. If the scoop was not bought, cut the turnips into any pretty fancy shapes, all of the same size, but do not cut them into slices or wedges, or the dish will look vulgar. One way of dealing with material of this sort is, to slice the roots into plugs two inches long and one inch thick. Wash them in salt and water and drain them. Melt an ounce of butter in a clean saucepan, put in the turnips, sprinkle a little sugar over them and toss them over the fire for about five minutes till very lightly coloured. Take them up carefully and put them with the meat, then let all simmer gently together for about an hour. Take up the meat and turnips and keep them hot. Strain the gravy and skim off all the fat. If it is not thick as cream and brown, make it so by mixing in a dessertspoonful of flour made to a paste with water and boiling in it a tiny piece of pastille Carpentier. Add seasoning if necessary. Arrange the meat in a mound, *put the turnips in the crevices, pour a little gravy over all, and send the rest to table in a tureen.* Serve very hot with hot plates.

Potatoes steamed over hot water, and shaken to make them like balls of flour, and brussels

sprouts boiled in the usual way, may be served with the navarin. It is to be remembered that the brussels sprouts will be greatly improved if, after being boiled, they are drained on a clean cloth, then put into a frying-pan with a slice of butter melted, and tossed over the fire for a couple of minutes. A little salt should be sprinkled upon them whilst being thus *sauté*. When done they should be dry and a little crisp, and will be quite superior to the same vegetables turned into a tureen with hot water draining from them.

Salmi of Wild Duck.—The wild duck is esteemed very highly by those who care for it at all. It is like nothing else that comes to table; it is rich and well flavoured; and at this season it is a valuable addition to the daily fare, for it supplies a very decided change and gives piquancy to the menu, and yet it is not expensive. To be enjoyed in perfection, however, wild ducks have to be very carefully chosen. It is often said that they have a fishy flavour, which is very objectionable. True wild ducks, however, seldom have this fault. Very often half-tame or decoy ducks are sold for wild ducks, and they are almost certain to have it. It is, however, difficult for anyone but an expert to recognise them. The only thing we can do is to go to a good shop. It may be remembered that the false "wild ducks" are always cheap, and they frequently have white feathers about the plumage. They are never so tender as the real bird. It is generally said that the drake is superior to the duck, but the latter is usually quite as good as the former.

Before everything wild duck should not be overcooked. There is a saying among sportsmen that a wild duck is sufficiently cooked when it has been carried through a hot kitchen; but this of course is an exaggerated way of saying it should be underdressed. As a rule the breast and pieces of the side only are eaten; the other portions of the bird are stewed for gravy. As one slice of game would be considered enough for one person, it may be calculated that one duck would suffice for a salmi for four or five persons. If this can be served in a silver dish it will look very inviting.

Cleanse and truss the duck for roasting, rub it all over with butter or clean fat, and bake in a brisk oven from fifteen to twenty minutes, so that it shall be well browned outside whilst still underdressed. Let it get cold, then skin it, and reserve the breast and side pieces. Break up the remainder and put the pieces into a stewpan with a pint of stock, a good-sized onion cut into slices and fried, half a saltspoonful of sugar, a little salt, and six peppercorns. Boil gently for a couple of hours till the gravy is strongly flavoured with the game and is considerably reduced in quantity. Strain it, then thicken it with an ounce of flour and a little butter worked to a paste, boil till smooth, and add the strained juice of a Seville orange, a little cayenne, and a grate of orange rind. Put in the pieces of duck and let them get hot through without boiling. Place each one on a square of fried bread, and lay a section of orange freed from skin and pip on each. Pour the sauce round, and serve.

Chocolate Pudding.—Mix half a pound of chocolate-powder to a smooth paste with cold milk; pour on boiling milk, and stir over the fire for ten minutes. Stir in while hot an ounce and a half of butter and an ounce and a half of sugar. Cool, then add the yolks of three eggs. Butter a pudding-mould evenly and thickly, and cover it with two ounces of fine bread-rasps. Beat the whites of the eggs to a firm froth, and add them to the pudding at the last moment. Put the chocolate into the mould gently. Lay a buttered paper on the top of the pudding and steam it for an hour and a quarter. Turn out carefully and serve with custard sauce.

Custard Sauce.—Boil a pint of milk, and pour it, when boiling, very gradually upon a

beaten egg. Stir the milk with the egg slowly. If this is done, and if both egg and milk are good, the milk will not curdle, and the custard will be richer both in taste and look for the milk having been added boiling. Add two tablespoonfuls of sugar, and a few drops of vanilla essence. Turn the custard into a porridge-pan with water under it, and stir without ceasing over the fire till it is as thick as cream.

Jelly in Glasses.—A little bright-coloured jelly served in small glasses is a very great addition to the pudding course. Yet it need cost only a few pence, and it may be very easily made. Soak half an ounce of gelatine in water to cover it. At the same time put a tiny pinch of saffron to soak in a tablespoonful of hot water. When the gelatine is thoroughly swelled, put it in a basin with a quarter of a pound of white sugar, and pour on half a pint of boiling water. Stir till dissolved; add a small nut of citric acid, and stir the jelly again till it clears. Put in the saffron water and two or three drops of cochineal. Let the jelly stand in a cold place till firm, and then pile it by tablespoonfuls in clear white glasses. A small quantity of jelly like this will set at this time of year in a very short time.

Before closing this paper, may I be allowed to say a word or two about the advisability of housewives who wish to improve the family fare having in their store-rooms a few special trifles needed in the preparation of dainty dishes? Good recipes that have been proved and approved are always valuable, and housewives are generally delighted to get them. Yet it is quite usual for individuals who read them to turn away from them with impatience, and to refuse to try them, simply because mention is made in them of materials that are a little out of the way. "How absurd this recipe is!" says the housewife. "Does the person who wrote it think that ordinary folks keep on hand a store of condiments and garnishes such as would be used in the kitchen of a palace? She coolly orders us to 'take a little of this,' or 'a pinch of that,' as if we had the contents of an Italian warehouse at our command."

There is a very simple answer to a remark of this sort. Why should not the housewife lay in a supply of various adjuncts to cookery? They do not cost much. Anyone who was willing to lay out half a sovereign at once, with about a sovereign spread over the rest of the year, might have a stock of garnishes, condiments, and extras which would be the means of imparting delightful refinement and daintiness to the dinner-table. To accomplish this economically, however, the housewife must avoid one mistake—she must not indulge in large quantities. Articles of the kind referred to are generally best when fresh; besides which, the amount required for any one dish is usually very small indeed, so that a little goes a long way. It is wise, therefore, to lay in very little at once, renewing the supply when exhausted. Thus, having obtained a quarter of a pound of this, two ounces of that, a small bottle of something else, and so on, the housekeeper will find herself the possessor of a wealth of resources.

If, therefore, there is a housekeeper who thinks it would be worth while to have on hand certain extras often mentioned in recipes, but which are not often found in ordinary houses, let her commence by procuring the following articles. The list does not include condiments, spices, and garnishes in ordinary use.

1. A little glaze. This material is valuable for enriching soups and sauces, and for decorative purposes. It can be bought by the pound in skins, and looks like thick sausage. Half a pound is enough to get at once.

2. Half a pound of angelica.

3. Half a pound of dried cherries.

4. Half a pound of pistachio kernels.
5. Half a pound of sweet almonds, and two ounces of bitter almonds.
6. Two ounces of saffron. (To be kept in a stoppered bottle.)
7. A jar of Liebig's Extract.
8. A bottle of anchovies in brine.
9. A bottle of olives.
10. A bottle of pickled gherkins.
11. Two or three heads of garlic. (If these are put into an onion bag and hung in a cool, dry place, they will keep a long time. There are few stews flavoured with vegetables which would not be improved by having the inside of the stewpan rubbed quickly with garlic before the meat is put in. English people are accustomed to say they cannot bear garlic, but if a dish were thus flavoured (no more), they would never know garlic had been used, and the probability is that they would wonder what made it so tasty. Mr. Kettner, a great authority,

says, "To English taste, the pronounced flavour of garlic is insupportable; but many people do not know that some of the most successful compounds owe their excellence to an unsuspected undertone of garlic.")

12. A bottle of ketchup.
13. A tin of Pastilles Carpentier.
14. A quarter of a pound of Parmesan cheese. When Parmesan cannot be obtained in a piece, it can be bought ready grated in a bottle. It is, however, to be preferred in a piece, because it is best when freshly grated.
15. A little roux or brown thickening.
16. A little blanc or white thickening. (Roux and blanc are made at home. Readers of the GIRL'S OWN PAPER do not need to be told how to make them.)
17. Mixed savoury herbs.
18. A tin of dried crumbs. (When small articles have to be egged, crumbed, and fried, it is a great hindrance to have to stop the

proceedings to prepare the crumbs; and it is a great convenience to have a few at hand always ready. The cook would do well, therefore, when she is at leisure, to rub light stale bread through a wire sieve, thoroughly dry these in a slow oven; mix a little flour, pepper, and salt with them, and store them in a tin for use. The supply can be renewed from time to time.)

19. A little browned flour.

If the housekeeper, having procured the above articles as a beginning, will avail herself of times and seasons, and make certain preparations as the ingredients come into the market, she will soon have at her disposal a store of odds and ends, which will not only be of the greatest assistance in the preparation of special dishes, but which will also serve as aids to economy and help to make variety. For a well-provided store-room is a great strength. The reason why articles of this sort are so little used is, that not everyone knows their value.

AUNT LU'S LEGACY.

CHAPTER III.



VERY hot summer succeeded to that fair April time, but somehow the teaching seemed less irksome now to Irene than in past hot seasons. For thoughts could fly away from the sultry schoolroom and sleepy little children to the cool low parlour and dreamy garden, where just now Miss Lucinda's tall white lilies and cabbage-roses reigned supreme.

For that garden Nephew Frank showed much affection that summer; and on several Friday evenings he appeared unexpectedly on the scene, believing, possibly, that if his coming had been announced Irene might have broken her weekly compact. Such animated talks they had in those visits touching life on many sides, and enjoying all subjects the more, perhaps, that one, by the stern compulsion of necessity, was left untouched. For Frank was poor, with his way in the great literary world still to make, though he had reason to believe that the first rough steps on the highway to success had been won. But his income even now was large enough for one, with a little to spare; and if his new book, lately published, should prove a success, who could say what bright visions might be changed into realities? So it came to pass that from Fleet Street his thoughts wandered often to Netherleigh; and the thought of a pair of blue eyes there proved more inspiring to him than all the life and impulse of the crowd.

And Irene? She could not be unconscious—what girl ever was or will be?—that a new sweetness had come into her life—that one glimpse of a possible future made the monotonous present aglow with brightness. But she could not let herself dwell on it, or indulge in dreams of personal happiness, while Charlie was still a disgraced wanderer and her pledge to her mother unfulfilled.

In those hot July days a great change passed over Miss Lucinda. She became very feeble, and never ventured now beyond her garden. But as the body failed day by day her mental powers became clearer, and she talked to Irene often of things unseen, as one who knew that they would soon be more real and visible than all the shows of earth. "I shall soon see the King in His beauty," she said quietly one evening; "and Charlie too, and all my dear ones. I know now that he has been there through all

these years while I have been idly watching and waiting for him here. And oh, I might have spent the time till my promotion so differently! I think God has forgiven me, but it is hard to forgive myself!" And then she played the "Glory," and her voice rang out clear and strong over the last "Praise God." "I think and believe you will have the happiness I missed, Irene; and I should like to have lived to see it. But perhaps I may yonder; and if it *doesn't* come, you remember the verse we talked over the other evening:—

'It is better to sit at the water's birth
Than a sea of waves to win;
To live in the love that floweth forth
Than the love that floweth in.'

Whatever comes to your life, the outgoings will be right if you go on loving and blessing others as you have blessed me. Now kiss me, dear, and play me to sleep with my favourite 'Rest.'" And while Irene played the messenger from the Court of the King came swiftly, and Miss Lucinda's long waiting-time was ended. She looked so happy in that dreamless sleep they could not believe for a long time that she was really gone.

Jerusha's grief was loud and uncontrolled; and Irene mourned for her old friend as she would not have thought possible a few short months before.

As her only relative, Frank came down to arrange for the funeral, and to take charge of her affairs, that were so pathetically small.

There was no will; but a letter addressed to him was found in the satin bag she always carried at her side. In that she gave certain articles of furniture and half her small savings to Jerusha, her faithful attendant and friend, commending also Darby and Joan to her care. The sum of £50, all she had besides Jerusha's portion, was to be his, together with the Chippendale furniture and other belongings, which he might sell or keep, as he preferred. But the piano she bequeathed to her dear friend Irene Northam, in memory of all the happy evenings they had spent together. "And I desire," the letter went on, "that one of my Dresden vases may also be given to her, and that you, dear Frank, will keep the other; and I divide them in the hope that they will not be finally separated."

Frank decided to keep that clause to himself for the present, for the ownership even of a Chippendale suite did not make his dream of love and home quite attainable as yet.

After the little funeral, at which he and Jerusha were the only mourners, he went to Irene's dwelling-place, carrying the precious

Dresden vase, and hoping for at least one hour of happy talk together. He had seen her for a few minutes only on his arrival, and then the thoughts of both were busy with her who had been so suddenly called home. But his anticipations were all *extinguished by the almost* incredible news that she had gone away.

"All of a sudden-like," said the voluble little maid. "A tellygram it was that come middle day, and when she read it she just turned white and asked to see missus. Then she sent I with a note to school, and then she was off with scarce a bit o' dinner or anything, and a looking *that* bad!"

"Missus," on being appealed to, could throw no light on the matter, except that she had gone to London, and she believed someone was ill there.

And with this Frank was obliged to be content, though he was greatly perplexed and troubled for Irene's sake. But on his last visit Miss Lucinda had given him a hint of Irene's anxiety concerning her prodigal brother, feeling sure that if he really cared for her no trouble or family disgrace would make any difference. And he guessed at once the cause of Irene's absence now, only longing for the right and power to help her in her hour of need.

The precious vase was left in the landlady's care, to be safely bestowed with her lodger's most cherished possessions; and the piano followed the same evening, with a little note of explanation, which was to be forwarded at the first opportunity.

Then Frank journeyed back to town through the still summer night, feeling that it was a very empty Netherleigh he was leaving behind, and that at present the probabilities of his return there were of the slightest. But hope is buoyant at six and twenty; and who could say how soon he might meet Irene in London, and meet her having now the right to tell her all.

At that same hour Irene was bending over a bed in a close back room in one of the dreariest of narrow Bloomsbury streets—bending over what seemed a wreck of life fast drifting out to the unknown sea. She would scarcely have known her once merry, handsome brother in the emaciated invalid who had recognised her but for a minute, and then relapsed into the state of semi-stupor in which, they said, he had lain for days.

In one of his lucid intervals he had begged them to send for Irene, and so worded the message that no one but herself would understand from whom it came. More than one of her carefully-planned advertisements he had

MODEL MENU FOR FEBRUARY.

By PHYLLIS BROWNE.

Turkish Soup.—If there is any white stock in the house, or the liquor in which chickens, mutton, or bacon have been boiled, a delicious and somewhat uncommon soup can be made of it which is known to the initiated as Turkish Soup. Stock in which rabbits or bacon have been boiled is particularly excellent for this soup, because the flavour imparted by these meats is just what is wanted; though, indeed, rabbit stock and bacon stock are valuable for almost all soups. Should there be no white stock in the house it is allowable to use water for this soup, and the eggs and cream introduced into it will make it sufficiently nutritious without stock. It is always to be remembered that in these days soups that are somewhat of a light character are preferred to soups that constitute a meal in themselves. Water will at least possess the virtue of not spoiling the colour of the soup. It may be added that white soup should be made in an enamelled or an earthenware pan, never in an iron one.

To make the soup put a quart of white stock into a stewpan with two tablespoonfuls of whole rice, and boil for about twenty minutes or till the rice is tender. If the stock is not already flavoured with bacon, stew with the rice some strips of bacon-rind which have been thoroughly well scalded and scraped, and throw them away when done with. Rub the rice through a sieve, mix the stock in which it was boiled smoothly with it, and put it again in the pan. Mix in a basin the yolks of two eggs, and two tablespoonfuls of cream. If the last-named ingredient is not obtainable, a gill of milk may be used. Pour on the boiling stock gradually and stir the soup over the fire for about two minutes, that is till it thickens, but does not boil. If the soup boil after the eggs are put with it, it will curdle. Have ready two ounces of macaroni which has been boiled separately, and cut into inch lengths. Last thing add the macaroni to the soup with a little cayenne and two tablespoonfuls of grated Parmesan. Serve very hot.

John Dory, or Whiting.—By people who are acquainted with it John Dory is considered as delicious in taste as it is ugly in appearance.

Yet if intrinsic worth is of more importance than mere looks, this fish ought to be honoured. Unfortunately it is not often to be had; it is only occasionally brought to market. February, however, is the month when it is in perfection, and is most frequently seen; therefore in February it ought not to be forgotten.

The dory may be readily known by its very ugly head, its yellow-grey colour, and the long filaments on its back. The fish which are thickest across the shoulders are the best. Cleanse it carefully and cut off the fins, then lower it into boiling salted water and simmer gently till cooked. The time required must be determined by the size and thickness of the fish. A dory of average size would need to simmer from twenty to thirty minutes. Drain well, lay on a dish covered with a napkin, and garnish with plenty of parsley and slices of lemon or chili pods. Remember to mass the garnish about the head to hide its shape. The sauce made as follows may be served in a tureen:—

Melt an ounce of butter in a small stewpan, and mix half an ounce of flour smoothly with

it; add half a pint of water and a pinch of salt, and stir the sauce till it boils. Beat an egg in a basin. Let the sauce cool half a minute, then mix it gradually with the egg and stir over the fire once more, just long enough to cook the egg a little without allowing it to boil. When poured into the tureen add a dessertspoonful of chopped capers and a squeeze of lemon juice.

Dories are not always to be had, but whiting are generally available, and in February they are in perfection. They may be made into a very simple and excellent dish if cooked as follows:—

Fillet the fish in the usual way, passing the knife from the tail to the head and lifting the flesh from the bones on both sides. Divide each

at all extraordinary. It sounds rather contradictory, but it is nevertheless true that "when whiting is bad it is pretty sure not to be whiting." Authorities tell us that in England there are hundreds of thousands of small fish sold as whiting which are something else. It is, however, fairly easy to know true whiting when we see it if we are on the look-out for certain marks. Thus codlings and haddock have a barbel, that is a short fleshy cord hanging from the lower jaw; whiting have none. Pollock, which is a fish declared by some to be identical with whiting, but which is of a different taste, has the under jaw projecting beyond the upper jaw. Whiting has the upper jaw projecting beyond the lower jaw. To these remarks we may add that although it is unquestionably true that "white fish boiled is generally insipid," we can still confidently recommend this dish as very good.

Oiled Butter.—When all other sauces fail, oiled butter can be made ready in a minute. It is simply plain fresh butter which has been melted without being browned. The butter when melted ought to be skimmed and poured away from the milky sediment which settles at the bottom. Also it should be salted before being poured over the fish.

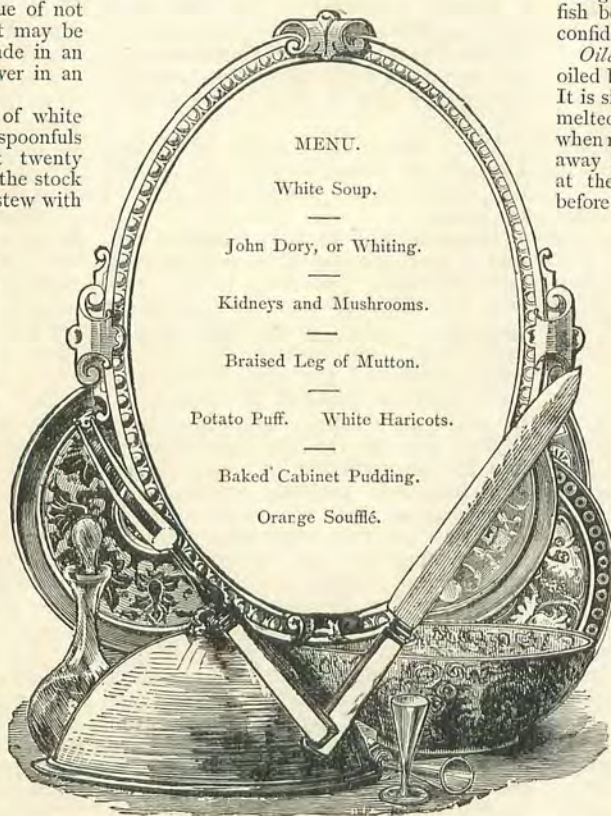
Kidneys and Mushrooms.—

Forced mushrooms are to be had all the year round, but they are believed to be at their best in February. Fresh mutton kidneys and mushrooms daintily cooked together make a very appetising little entrée. The dish is often spoilt because the kidneys are tough. They will be tender if cooked as follows:—

Skin and core three sheep's kidneys and cut into dice. Skin and trim a dozen fresh button mushrooms, or two dozen champignons. Melt a slice of butter in a small stewpan and throw in the mushrooms. Let them simmer, stirring constantly for ten minutes, then add the kidneys, a piece of glaze about the size of a hazel nut, and half a gill of stock. Simmer again, but on no account quite boil, for another eight minutes; add a teaspoonful of flour and half a teaspoonful of chopped parsley, and serve hot. Garnish with fried bread cut into fancy shapes. When preparing this dish the point to remember is to stew the mushrooms in butter longer than the kidneys.

Braised Leg of Mutton.—This dish is very tasty and delicious hot, and it is very good cold; but it will not be satisfactory if warmed up. Therefore when we intend to prepare it, we should do well to buy a small plump leg of Welsh mutton, have the bone removed as far as the first joint, and fill the space with forcemeat strongly flavoured with shalot. If we cannot get a small leg we might buy a larger leg, have about three inches of the shank end cut off, and also a piece cut slantwise from the top of the mutton through the bone. This would give us a piece of mutton shaped like a fillet of veal, and if the bone were taken from it, the forcemeat might be put in quite easily. The pieces cut off might be made into Navarin or Irish stew for dinner another day.

Whether, however, the mutton is cut to form a fillet or whether it is left whole, the process is the same. Sew up the joint and place it in a braising pan or ham-kettle nearly of its own size, with slices of fat bacon bound round it, two or three onions, four or five



side in two, trim the fillets into good shape, pepper and salt them, and boil them in salted water to which a few drops of lemon juice have been added. Let them simmer gently for a few minutes till cooked through, but they must not be over-cooked. Take up carefully with a slice, dish prettily, pour oiled butter over and sprinkle chopped parsley on the top. Treated thus the dish will be so easily made ready, that housewives may be inclined to despise it. It will, however, be excellent if only it is served hot, and if everything about it is hot. If it is half cold it will not be worth eating.

Whiting is an exceedingly delicate fish and very easy to digest. It is called the chicken of the sea. It is not appreciated as it deserves to be, because it so often happens that inexperienced housekeepers buy inferior fish such as codling and pollock under the impression that they are buying the true silver whiting, when they are doing nothing of the kind; then they wonder that so much is said in praise of food which they do not find to be

carrots, two bay leaves, a bunch of savoury herbs, with a few bones or odds and ends—if there are any in the house—to help to make the gravy good. Add also a little salt, two cloves, a teaspoonful of whole pepper, half a blade of mace, a sprig of celery, and about three quarters of a pint of stock. If there is any garlic in the store cupboard it will be well to rub the bottom of the stewpan sharply across once with garlic before putting in the meat. Cover the pan closely, and bring the stock gently to the point of boiling. As soon as it begins to boil draw it quite to the side and let it simmer as softly as possible, but without ceasing, for about four hours, turning it once when about half done. Keep the lid closed and shake the pan now and again. At the end of the time lift the mutton out, strain the gravy, free it from fat (this detail is of importance), brown it a little, pour two tablespoonfuls or so into the dish with the meat, and send the rest to table in a tureen.

As all housewives know, braising proper is carried on in a stewpan which admits of live embers being placed on the lid, and thus cooking is carried on above as well as below. Stewpans of this description, however, are not often found in England. But it is quite possible to obtain nearly as good a result in a stewpan which has a closely-fitting lid, provided always that the simmering is gentle and continuous, and that the vessel is about the size of the joint that is to be cooked in it. To prevent the escape of steam it is advisable to keep a wet cloth round the lid of the pan. Some housewives prefer to lute the edges of the vessel with coarse flour and water paste, but the wet cloth answers the same purpose, and it is less troublesome. The object aimed at is to cook the meat in the vapour of the combined ingredients stewed with it, so that it may become impregnated therewith. Meat braised in this way is really very easily prepared. The one point of importance belonging to it is that it should be gently simmered. If it boils it will be ragged, and if it becomes dry it has boiled too fast; if it stops simmering it will be spoilt, but if successfully managed it will be succulent and exceedingly tender, therefore particularly suited to the needs of individuals whose teeth are not good. It makes a pleasant change from the ordinary roast and boil. The flavouring ingredients after being strained off will make a valuable addition to the stock pot.

Potato Puff.—(An American way of preparing potatoes.) Peel and boil about six large potatoes. When soft and dry, beat them briskly with a little salt and two tablespoonfuls of butter till white and creamy. Now add the yolks of two eggs well beaten, and two tablespoonfuls of cream or milk. About twenty minutes before the potato is wanted, whisk the whites of the two eggs to a firm froth, mix them lightly with the mashed potato, turn into a deep dish, and bake in a quick oven till brown. If successfully managed, the potato will be light, puffy, and delicious.

White Haricots.—White haricots are not appreciated in this country as they deserve to be. They constitute most valuable food, and when well cooked they are very appetising and enjoyable; also they form a most excellent accompaniment to braised leg of mutton. The reason why they are not liked more than they are is that they are frequently not well cooked. They ought to be quite tender, yet whole, when brought to table; yet too often they are either hard, or broken and watery, and the cause of their being a failure is that the time required for cooking

them depends upon their age and condition. When we buy beans we never can tell whether they are over-dry, or more than a year old; therefore we cannot say how long they should be boiled. The only thing we can do is to try a few beforehand, and then we need have no fear of mistake. At any rate, we may be quite sure that unless the beans are quite tender they will not be approved.

Soak a cupful of white haricots over-night. Next day put them to boil in plenty of cold water, and throw in a little salt when the water boils. Boil steadily until they will crush when pressed between the finger and thumb, while still remaining whole. Shake the pan now and then that the beans may be equally cooked. Drain them and take care of their liquor. Put a slice of sweet dripping into a stewpan. When it is melted throw in the beans, add a pinch of salt, a little pepper, and the strained juice of a lemon. Shake the pan over the fire to mix thoroughly, and serve very hot.

It must never be forgotten that most nourishing and valuable soup may be made of the water in which haricot beans are boiled, therefore the liquor should never be thrown away, although it is scarcely advisable to serve the soup and the beans on the same day, because there would be too much similarity between them. To make the soup, melt a slice of butter in a stewpan, and throw in one large onion cut in slices. Cover closely, and let the onion "sweat" for half an hour; then add the bean broth gradually, also one potato, a good-sized piece of stale bread—if there is such a thing in the house—and one or two strips of bacon-rind scalded and scraped. Let the whole simmer for about an hour; press through a sieve, squeezing as much onion through as possible; boil once more, add pepper and salt if necessary, and serve very hot. If too thick, a little boiling milk may be added. The soup should be of the consistency of cream. No one who tasted this soup for the first time, and who did not know what it was made of, would believe, when realising its savouriness and excellence, that it was concocted from such homely and inexpensive material.

Baked Cabinet Pudding.—Baked bread and butter pudding is generally considered very humble fare. If prepared as follows, however, it may be dubbed Baked Cabinet Pudding, and will be quite superior. Butter the inside of a shallow dish well—this is important. Three parts fill it with layers of rather thin bread and butter, interspersed with one penny sponge-cake broken up. Make a custard of as much milk as will fill the dish, boiling the milk with either thin lemon-rind or stick cinnamon to flavour it. Sweeten it well, and allow one egg for each half-pint of milk. Pour the custard gradually over the bread, and let it soak for at least half an hour. Bake about an hour in a moderately hot oven, and when it looks done pass a knife between the pudding and the dish to ascertain if it is firm. If it is, take it out, and let it stand three or four minutes that it may shrink, then turn it out carefully; put a little jam made hot on the top, and pile four penny-worth of cream whipped upon this.

Cold Soufflé Pudding.—Soak a quarter of an ounce of gelatine in water. Make a custard with the juice of four oranges, two or three ounces of sugar, according to acidity, and three yolks of eggs. Put the custard in a jug with boiling water, and stir it till it thickens. Let it cool a little, then mix in the gelatine dissolved. Beat the whites of the eggs till

stiff, and dash the foam lightly in. Mould when the preparation is beginning to set. Sprinkle desiccated cocoa-nut and pistachio-kernels on the surface. When a second pudding is wanted, this one will be found convenient because it sets quickly.

It is just possible that after reading the menu for this month the housewife will remark that there are a good many boiled things in it, and she will, perhaps, wonder if her stove will admit of so many stewpans being placed upon it all at one time. If, however, she will cast her eye over it a second time, she will see that the difficulty is more apparent than real. The leg of mutton, for instance, will have to be made ready five hours before it is wanted. When once started it can be put quite at the back of the stove and will very nearly cook itself. So also with the haricots; they must be boiled at least three hours before dinner time. The fish will not need to simmer longer than five or six minutes; and the mushrooms and kidneys will not be to the fire longer than half an hour. Therefore it is believed that with the closed stoves, which are now so usual in our kitchens, there will not really be any awkwardness.

Yet it must never be forgotten that in carrying out this menu, or any menu, the great thing is to begin to make dinner ready in plenty of time and to prepare as much as possible beforehand. Every detail which can be set in order beforehand is so much to the good. It is a good plan for the mistress of a household to plan her dinners one day in advance, so that she may give the order if special material has to be obtained, or if special preparation is required. When such a dish as white haricots is to be served, for example, the one day in advance is not only desirable, it is necessary, in order that the beans may be soaked over-night.

The mistress who forms a habit of planning her dinners in advance will also find it an advantage to make it a practice to write out the menu every day clearly and legibly, with the courses in the order in which they are to be served; and with the et-ceteras, the sauces, and little condiments in a line with the dishes to which they belong, a thick ruled line dividing the courses. A paper of this description should be in the cook's hand quite early every morning when a dinner is to be cooked. Then she can make herself familiar with its details and arrange for them betimes. Especially should she make ready and put close to hand the trifles intended for garnishing the dishes. Many a *faux pas* has been brought about, and many a dinner which would otherwise have been pronounced a success has gone wrong and been called a failure, because the parsley was not chopped beforehand, or the cream was not whipped at leisure. It is never safe to leave the preparation of accompaniments till they are wanted.

In drawing up the order of dinner for the use of the cook, the housewife would do well also to write down in large letters the words Hot or Cold in connection with each course. Already warned, the cook will understand that these words refer to the plates. Even at the most costly dinners it very rarely happens that the plates maintain their condition of perfection all the way through. It is annoying to have to discuss a dainty morsel which ought to be "hot and hot" on a cold plate, or to receive another one which ought to be served cold on a plate which is lukewarm, suggesting the idea that it has been washed in a hurry. Yet mischances of the sort can easily be prevented if the thought of the plates is kept well in the cook's mind.



it in the same group as that magnificent red one?—it is like a caricature of it.” “Go and smell them,” said I. He did, and turned a smiling comprehensive face to me afterwards. Words were needless. The scent of the beauty was positively nasty, but her despised sister was the sweetest in the room. So it was with her prototype. Gladys was always ready to help in trouble, or to exert herself to promote the pleasure of others. She was regarded as a sort of guardian angel by the little girls, and her contemporaries in the school before she left it learned to love and trust her. Never was a spiteful hint or a malicious calumny traced to her lips. Many were pushed forward, but none dragged back in the race for honours by Gladys. When she died, the year after she “came out,” she had not a single enemy; even Leonora was won over in spite of Dryden’s dictum:—

“Forgiveness to the injured does belong,
But they ne’er pardon who have done the wrong.”

And tears, many and bitter, were shed over her early death.

Next to my “Gladys” stands a small and rather blue hyacinth. It is far behind all the others. The top blossoms are still tightly closed, though the lower ones are beginning to fade. I call this Kathleen, for, like Kathleen, my merry blue-eyed Irish niece, it is a most provoking and disappointing possession. In the cold spring days, before even Dorothy’s petals began to open, Kathleen seemed in a great hurry to exhibit her beauties to my impatient eyes. “The blue one will be out first, ma’am,” said my maid day after day; but presently Dorothy passed her in the race; and then there came a long pause, and Jane said, “I wonder what’s come to that blue one, now; it seems blighted like!” It has never made up for lost time, and there is a sort of dusty look about those buds that makes me fear it never will. *Festina lente*—“Make haste slowly”—is not a bad motto after all. Kathleen, my elder brother’s only daughter, would have done well to adopt it. She was the dearest little maid I ever knew, literally brimming over with fun and good nature; but she never would take proper time to do anything, and she always inverted the saying, “Think before you speak.” She lost her mother in childhood, and swayed her fond father completely, so her girlhood was filled with failures and disappointments resulting from her precipitation. She was passionately fond of horses, and rode beautifully. The more spirited her steed the better she liked it. But there was one animal her father refused to let her mount till it had been thoroughly

broken in. He was called away from home in the midst of the process, and Kathleen chose to consider it complete. There was a wild conflict, a terrible downfall. Kathleen escaped with an ugly scar on her face, but the poor horse had to be killed. This might have proved a useful lesson, but alas! it was lost on her. The next year she was engaged, with her father’s reluctant consent, to a young officer of three and twenty, home from India on furlough. He was a handsome, weak young fellow, well-intentioned, empty-headed, and poverty-stricken. His family and Kathleen’s both regretted the engagement but there was no tangible ground for objection if the youthful couple were willing to wait till the young man’s prospects brightened sufficiently to make marriage reasonable. Kathleen was in no hurry as long as her lover was able to remain in her neighbourhood and dance attendance on her; but when his leave was at an end, and his return to India imminent, she declared he must take her with him, and being stronger willed than either her father or himself, succeeded in carrying her point. In vain was she reminded that she was only nineteen; that it was very undesirable, in her husband’s interests, to weigh him down with the cares of a family so early; in vain did her father lament over the loneliness to which she would leave him in the old deserted Hall; in vain did the family doctor warn Kathleen that it was a dangerous time of year to go to India for the first time. Kathleen refused to listen—she hurried her *trousseau*, bade adieu to her friends with a mixture of smiles and tears, and departed, light-hearted and hopeful, for her tropical home. Poor girl! she is in England again now, in a lodging a few streets from here. Her father is dead, she is a fretful sallow-faced invalid, with three sickly, spoiled children. The captain is in India, much too poor to allow himself a holiday except at very rare intervals; and Kathleen cannot live in Madras—the climate proved all but fatal to her at the beginning of her married life. She lost her first child, and seems now the prey of permanent depression. “A fatal mistake that marriage was,” says our old friend the doctor, when he comes to see me now and then. “The child wasn’t fit for that sort of life, physically or mentally. There was not much harm in the captain, but not much good. They might both have done better. If Kathleen had even waited six months instead of going out before the hot season, she might have kept her health, but now she’s a perfect wreck!” And so she is. She comes to tell me her troubles sometimes, and occasionally, when she has had a good rest and a cup of strong tea, a faint glimmer of the old Kathleen is to be seen; but the change is heart-breaking.

leen is to be seen; but the change is heart-breaking.

I have left the best of all my flowers to the last. It is pure white, taller and finer than even the bright-red one, and quite as exquisitely perfect in form. In scent it equals, if it does not surpass, my poor little “Gladys.” I can find positively no fault with it. It stands in my mind for my dearest friend Geraldine. She is old like me now, but I knew her first when we were both young. Lord Tennyson would have described her as “a daughter of the gods, divinely tall, and most divinely fair.” Graces of mind crowned graces of form, while her character and disposition seemed to the human eye absolutely flawless. Her temper was sweet, her manners gentle, her tongue well controlled, her voice low and sweet. “To know her was to love her.” Her affections were warm and faithful, and her love well and wisely bestowed. She shone as a daughter, as a wife, and as a mother; and appears as fascinating to-day, though her golden locks have turned to silver, and her swift step has grown slow, as she was in the pride of her youthful beauty. I never met anyone who failed to admire Geraldine. For myself, I own she is still, as she was in my girlish days, “a bright particular star,” quite beyond my powers to describe, but typified admirably by the pure, stately hyacinth in the middle of the table. Her earthly career has been from first to last what men call a success, mine a failure; but the contrast never strikes me painfully when we are together, for this world, in spite of all it has given her, seems less in her thoughts and estimation than even in mine. “Onward” is her motto; “onward into light.” Geraldine makes me think of an angel with wings unfolding just ready to fly. When she speaks of heaven, earth grows dim. She seems to draw me up with her into a purer atmosphere. When with her I seem to realise what at other times I only believe—

“Thou art the source and centre of all minds,
Their only point of rest; Eternal Word!
From Thee is all that soothes the life of man,
His high endeavour and his glad success,
His strength to suffer and his will to serve.
But oh! Thou bounteous Giver of all good,
Thou art of all Thy gifts Thyself the crown!
Give what Thou canst, without Thee we are poor,
And with Thee rich, take what Thou wilt away.”

MODEL MENU FOR MARCH.

By PHYLLIS BROWNE.

MENU.

Soubise Soup.

Salmon Cutlet, with Capers.

Angels on Horseback.

Rolled Veal and Bacon.

Mashed and Browned Potatoes. Sea-Kale.

Forced Rhubarb and Cream. Victoria Sandwich.

French Pancakes.

Cheese.

Soubise Soup.—A most excellent, tasty, and nourishing soup is soubise soup; and yet it is so easily made and so inexpensive that only those well acquainted with it would believe

that it could be so simple and still so good. As a matter of fact, it is merely a modification of onion soup, and its fine name is given to it by way of disarming criticism. We all know that soubise sauce is a refined variety of onion sauce; so soubise soup is a refined variety of onion soup. When it is called by its English name, however, fastidious people are afraid of it. They think it must necessarily be strong of flavour and indigestible; yet it is nothing of the sort. When the recipe here given is followed, the onions are deprived of their acrid qualities, and the taste is mellowed and softened; consequently, there is nothing objectionable about it.

Peel two good-sized onions, say, half a pound, cut them in halves, and then crosswise in thin shreds; throw them into boiling water

for five minutes, then drain them. Dissolve an ounce and a half of butter in a stewpan, put in the onions, cover closely, and let them sweat for half an hour. They should not take any colour; and if the stewpan is tightly closed, they will remain white. As a matter of course, the saucepan should be shaken now and again to keep the onions from sticking to the bottom of the pan. Add a quart of white stock or water, some strips of bacon rind scalded and scraped, two pinches of salt, two small pinches of pepper, and either two ounces of stale crumb of bread or two peeled potatoes. Bring the soup to a boil, cover the stewpan again, and let it simmer an hour longer; pass it through a sieve, boil it up once more, put a cupful of boiling milk with it, and serve very hot.

It will be understood that the bread and potato are put with the onions in this and similar recipes in order to bring the ingredients together, and to keep them from separating in the tureen. Any starchy material would answer the same purpose; therefore, if more convenient, we might use a little flour or tapioca, or fine sago. Potato and bread are, however, to be preferred for mixing with onions, because they soften the onion flavour and make the soup mild. Milk answers the same purpose.

Salmon Cutlet with Capers.—Irish salmon-fishing begins in February, and we generally understand that salmon is in season from February to September. Early in the season, however, it is scarce and dear, and thrifty housekeepers turn away from it. Curiously, however, it frequently happens that soon after it comes in it is very often cheaper than it is five or six weeks later, and therefore, in places where there is a market, those who know the fact and are on the look-out can occasionally buy a small piece of salmon at a fairly reasonable price. The possibility is very much of a chance, of course, and it is not safe to count upon it; but it is well to remember it, because salmon is exceedingly satisfactory food. It is highly esteemed, especially when it is known to be scarce; and it is very profitable, because it is not only satisfying, so that a little goes a long way, but also it can be used to the last fragment—not a scrap need be wasted.

It is not necessary to buy a large piece of salmon for an occasion of this kind; a very excellent dish can be made from a small piece weighing a pound or a pound and a half. This quantity can be obtained either in one slice of the required size—three-quarters of an inch thick—or it may be taken from a piece of the tail end of the fish and filleted. In either case the fish may be gently boiled; and it will be most successfully managed if cooked in the frying-pan, because it can be readily taken up with an egg-slice without breaking it; also it can be kept flat. The way to deal with it is to boil enough salt and water in the frying-pan to cover the fish, lay it in carefully, and boil it gently. If in one slice, it would have to boil about fifteen minutes; small fillets would not need to be cooked quite as long. The fish should be neatly dished and covered with caper sauce. Fillets might be arranged in a circle, with potato balls or mashed potatoes in the centre.

If preferred, instead of being boiled, a small piece of salmon might be cut into neat rounds a quarter of an inch thick and three inches in diameter, dipped into a mixture of flour and curry powder, then gently *sauté* in a little hot butter till brown.

Angels on Horseback.—This curious name is given to oysters cooked in bacon, a simple dish which provides a dainty entrée when well cooked, and which is very easily managed. A good many housewives are rather afraid of entrées. They say that entrées are nothing unless they are perfect; yet it is difficult to secure their perfection, because they occur at a stage of the dinner when the cook is very busy, and consequently liable to overlook the details which are necessary to their excellence.

These remarks are quite true, and we might enforce them by saying also that the time and labour spent upon elaborate entrées are too often wasted. When a good dinner is provided, very few people care for entrées, and it is quite usual for a dish that represents any amount of skill and energy to be passed from the table and sent away untasted. Ladies, it may be noticed, rarely patronise entrées, although gentlemen, who through experience

have acquired a taste for such things, think a good deal of them. No one, however, would object to a dish of angels on horseback, because it was too troublesome or elaborate; for it is one of the most easily made entrées that can be named.

Take as many oysters as may be required, and an equal number of small slices of bacon cut as thinly as possible, so thin that they can be seen through. Roll each oyster (bearded) in a slice of bacon, and make it secure with a skewer, then cook in a Dutch oven, or even in the ordinary oven, until the bacon is transparent, and place each small roll on a little round of toast. Serve very hot; and be careful not to let the angels be overcooked. Some admirers of this dish instead of cooking the bacon and oysters together, prefer to fry the bacon separately; place each piece on a round of fried bread, and put a bearded oyster which has been made hot in the oven on the top. When this plan is adopted the oysters should be seasoned with white pepper, and a little chopped parsley should be sprinkled over them.

Rolled Veal and Bacon.—Veal is supposed to be at its best from March to July. It is rather expensive, but it is much liked by those who can eat it, although many avoid it on the ground of its being indigestible. It needs to be carefully chosen. Small veal finely grained is the best.

Take about four pounds of the breast of veal, and remove all the bones with a sharp knife; lay it as flat as possible, and spread over the inside, some good veal force-meat intermixed with bacon. The bacon is necessary because it mellows the veal and makes it tasty; and veal is apt to be tasteless unless well-flavoured. Roll it tightly, and bind tape firmly round it. Spread dripping or bacon-fat over it, and wrap it in greased paper, then bake it in a moderate oven. Baste it frequently over the paper. When nearly done, remove the paper, sprinkle salt on the meat and let it brown well. Have ready some good brown gravy, thickened to the consistency of cream, and free from fat. This can be made from the veal bones. Put the meat on a hot dish, remove the tape, strain the gravy over, and garnish with rolls of bacon.

Bacon Rolls.—Cut some bacon into very thin slices about three inches long, and an inch and a half wide. Form these into small rolls, and fasten them with a skewer to keep them in shape. Lay them on a tin, and put them in the oven till sufficiently cooked. They will take five or six minutes. Take out the skewers before using them. If any of the veal is left, it may be cut in slices, fried, and served a second time. As it contains no bone, this will be easily managed.

Potatoes Mashed and Browned.—Critics of English cookery are accustomed to say that an Englishman wants a potato with every dish of meat that comes before him; he cannot do without it; no matter what other vegetables are provided. When inclined to be very severe these critics proceed to remark that the reason why potatoes occupy so important a place at English tables is that all the other vegetables are badly cooked and not worth eating. We will not endorse this comment. We will only say that potatoes are very excellent in themselves, and that we cannot wonder that they are liked. We rather wonder however that the mode of their presentation is not more often varied. There are so many dainty ways of serving potatoes that it seems a pity that they should invariably be plainly boiled. Perhaps it will promote variety if with each of these menus I give a recipe for

a special way of serving potatoes. Here is one of these.

Boil some potatoes and mash them in the usual way with butter and milk. When smooth and rather moist form them into balls by shaking them in a small cup which has been slightly floured, turn them upon a greased baking tin and flatten them. Brush them with milk, sprinkle bread raspings over them, and put them in the oven till hot, and brightly browned. Take up carefully with a slice and serve hot.

Sea-Kale.—Amongst the vegetable dainties now available sea-kale should not be forgotten; it is at present in full season, and it is soon gone. It is generally sold by the basket, and is rather expensive. Housewives who desire to economise, however, should ask for loose sea-kale, which consists of the less handsome roots left after making up the baskets. When to be had loose sea-kale can be bought for fourpence or fivepence per pound, whereas the same quantity if bought in a basket would cost a shilling. Yet it is quite good when carefully prepared and trimmed and well-boiled. It is only occasionally to be bought in this way. The middle-sized sea-kale is the best.

To cook sea-kale cut away the black part near the root, wash well and tie in small bundles of about six sticks. Put these into slightly salted boiling water with a little butter, and boil with the lid off the pan until soft. If young the sea-kale will need to boil about twenty minutes, if large and well grown from half to three-quarters of an hour. When cooked, serve on toast with melted butter or white sauce poured over it. If liked the sea-kale can be boiled in milk which can afterwards be used for making the sauce.

Rhubarb Compôte.—Rhubarb is not universally liked, yet early in the year, when other fruits used in cooking are not to be had, even the most fastidious epicures will not turn from the forced or light pink rhubarb daintily cooked and served with a little cream.

Procure fresh rhubarb, wash without peeling it, and cut the sticks into four-inch lengths. Take as much water as will abundantly cover the fruit, and convert it into a syrup by boiling it till clear with six ounces of sugar to each half pint of water. Put the sticks in the syrup and let them stew gently till they are soft, and take them up carefully one by one while still they are firm, before they have time to fall. Add two or three drops of cochineal to the syrup to make it pink, and pour it over the rhubarb. Three-pennyworth of cream whisked till firm will be an excellent accompaniment to the dish.

Victoria Sandwich.—Equally suitable as an accompaniment to the rhubarb will be the Victoria sandwich. To make it take one egg, and its weight in sugar, butter, and flour. Cream the butter and sugar together and add the other ingredients gradually, including the yolk only of the egg. Beat between every addition. Just before baking add the white of the egg whisked till firm. Pour into a greased baking tin and bake in a quick oven for ten minutes or so till brown and firm. Both the rhubarb and the Victoria sandwich can be served cold, consequently they can be made some time before they are wanted.

French Pancakes.—Should a hot pudding be required as well as a cold one, French pancakes may be supplied. Make a little good batter, and pour it into three shallow flat saucers well buttered. Bake in a good oven till of a pale brown colour like the outside of bread, and the thickness of a finger. Spread different kinds of jam on each, pile one pancake upon another, and cut through.



notice the lad whose courage had saved her from perishing in the streets of London. "Why did you come here?" she asked abruptly.

"I came to see you, Molly."

She laughed contemptuously. "All that long walk to see me?"

Christopher looked at her in a puzzled way. He was slow to understand that he was not welcome. His eyes lingered on her rich dress and the dainty shoes on the tiny feet, and he sighed. "Are you happy, Molly?"

"Yes; why not?" and she laughed again.

Christopher became very grave. "Will you not come and wish mother well sometimes?" said he, suggestively. "She cares for you. I came to say this; only, don't ever tell her."

"Why should I come?" said Molly, opening her eyes. "Is not father coming for me soon? Then I shall see mother every day."

"The squire hath told us he shall keep thee always, Molly dear," said Christopher, his face suddenly lighting up; "you are not to live at the farm any more. You are a lady, dear, and he can give you fine dresses and shoes; he will teach thee, too, how to live amongst your kind. We are only farmers, you know."

"Yes, I know," she replied, smiling as she looked at Christopher's clothes; then without another word she ran away to amuse herself.

The next day she said suddenly,

"Aunt Bathurst, I want to go back to the farm."

"Nay," cried the squire with emphasis, "you are our little maid now; you will live no more at the farm. Come! see the new gelding Rowland is training for a certain little lady."

Molly was willing enough to be amused. Away she went with the squire and enjoyed a ride on the gelding.

Later in the day she overheard Mrs. Bathurst give her maid a new piece of silk to make a dress for "Lady Marjorie." Oh! how Molly loved dress!

She was sent to bed early, and the attendant maid carried away the candle. But very soon the moon rose, shining brightly into the room. Molly sprang out of bed, opened a lavender-scented press, and took therefrom the beautiful rich dresses she loved so well, the dainty slippers with rosettes of ribbon, the velvet pelisse the squire had ordered for his pet, and the wide hat with its drooping plumes. She sat on the oaken floor handling one after another with a loving touch, then at last rose and laid them neatly on the bed. After this, with many a pucker of disgust in her pretty face, she examined the frock Mistress Pierce had made her, hesitating long over the clumsy shoes made by the village cobbler. Very reluctantly she dressed herself in the despised garments, took the hated sun bonnet in her hand (not without a backward look at the

wide hat she was renouncing), then softly opened the window.

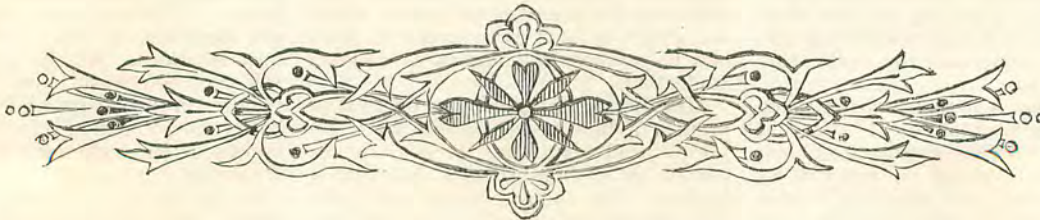
She stood for a moment listening, but her quiet movements had not disturbed her friends in the next room. She crept into the tree and easily swung herself down to the lawn. It was midnight; the clock in the church tower struck the hour. Molly ran swiftly across the park through the dewy grass to the main road. Here she came to the terrace nearest the Heath; the cottagers were all asleep, the village streets were deserted. The child ran faster now everything became more familiar. Away she flew up the lane past the Rectory without a pause, and on to the old farmhouse. She well knew the trick of the latch, and noiselessly opened the garden gate; then came the porch door, which was as skilfully manipulated. The cushioned seats were inviting to the tired little maid; she climbed up to rest in the comfortable corner ere knocking at the door for admittance. In two minutes "My Lady" was asleep.

The surprise and delight of the good farmer when he opened the door at break of day passed all bounds. He carried his darling tenderly in and laid her still sleeping on the kitchen settle.

The family were at breakfast when she woke. Mistress Pierce bent over her smiling.

"I can do without the silk dresses, Mistress Pierce," said Molly sleepily, "so I came back."

(To be continued.)



A MODEL MENU FOR APRIL.

By PHYLLIS BROWNE.

MENU.

Sardine Salad.

—

Clear Soup with Garnish of Custard.

—

Whitebait.

—

Ribs of Lamb. Spinach.

—

Compote of Pigeons.

—

Asparagus.

—

Rice and Apricots.

—

Sardine Salad.—An agreeable and simple *hors d'œuvre* for the commencement of dinner may be made with four sardines, and three or four pennyworth of small salad, American cress, endive or French lettuce, all of which are usually to be had in the spring of the year,

having been grown under glass. The salad can be prepared some hours before it is wanted, and not more than a heaped tablespoonful will be needed for each person. It can be served either in small paper cases (which can be bought at a fancy stationers, or made of stiff writing paper at home), or else placed in a small pile on each plate. It should not, however, be put into the cases till the last thing, or the dressing may sink through the paper, and make it greasy. A square of brown bread and butter can be put by the side of each portion, and a silver fork at the other side. Look the cress or lettuce over carefully, and cleanse it thoroughly; if lettuce or endive be used break the leaves into small pieces, then spread between the folds of a napkin, and be sure that the salad is quite dry. Remove the outside skin from four or five sardines, and lift the fillets from the bones. Put the salad in a basin, sprinkle a little salt over it, and pour on a teaspoonful of vinegar, and a tablespoonful of oil, or cream if oil is not liked. Toss the salad with two forks, and it is ready. Put a portion lightly in the cases or on small plates, arrange the fillets of sardine

on the top, and sprinkle chopped gherkin and crushed capers over them.

If there is some mayonnaise in the store room, the salad will be much improved if a spoonful of mayonnaise be put upon each portion. Should there be no mayonnaise, it will scarcely be worth while to make any for the purpose, as so very little will be required. It is to be remembered, however, that mayonnaise will keep for several days in a cool place, and at the present time it is advisable to have a little in the store-room, because it is useful for dishes of this kind. When sardines are not available the salad may be mixed with remnants of cooked fish, torn into flakes, or with fragments of cooked chicken or game. If it is daintily mixed it will furnish a very tasty appetiser.

Clear Soup with a Garnish of Custard.—The recipe for clear soup has been already given. For the garnish make a small quantity of savoury custard with two beaten eggs, two tablespoonfuls of either milk, cream, or white stock, and a little salt and pepper. Divide it into three parts, and colour each part differently. Red custard may be made by mixing a little lobster

coral, carrot pulp, tomato pulp or cochineal with the eggs and stock; green custard with pounded tarragon or spinach juice; while one portion of custard can be left plain. If approved prepared colourings can be bought ready made, and the plain custard can be flavoured with onion. When the custards are ready put them separately into buttered tins or small gallipots, cover with paper, and gently steam them till firm in the centre. Let them get cold, and cut into fancy shapes, dice, wafers, or peas. Warm these shapes in a small quantity of the soup, place them in the tureen, and pour the rest of the soup gently over them.

Soup thus garnished looks very pretty when it is perfectly clear, and when the shapes are successfully managed. The custards can be prepared some time before they are wanted, and they are not as troublesome as might be thought. It is most important, however, that they should be *gently* steamed; otherwise they will be full of holes or honeycombed, when they ought to be smooth. Also they should not be too much cooked; for though firm they must not be leathery. This soup is generally called *Soup à la Royale*. To us this name does not commend itself, as we are trying as far as possible to give our dishes English names, instead of French ones.

Whitebait.—Inexperienced cooks are generally afraid to try to cook whitebait; they imagine that there is something specially difficult about it, and that it is the sort of thing that cannot be served in private houses. So prevalent is this belief, that if housewives were to hear that whitebait had been served at the table of a neighbour, they would at once conclude that the neighbour was either very pretentious or very wealthy, able to engage a high-class cook, and possessed of mysterious utensils quite beyond the reach of ordinary people.

The truth is, however, that whitebait is not at all difficult to cook in houses where it is customary to collect and render the household fat; prepare it carefully, and keep it in a stewpan ready for frying. Under these circumstances there would be sure to be a frying basket available, and with a frying basket and a stewpan of fat it is exceedingly easy to cook whitebait when once we know how to set about it. Moreover, considering that it is a high-class fish, whitebait is not expensive, and when it can be obtained at all, it is generally cheaper than either turbot or salmon would be if bought at the same time. It is in the market now, and its price varies probably with the locality. Anyhow, if housewives feel inclined to try what they can do with it, they might order it beforehand of the fishmonger. It is a very favourite dish with gentlemen, and there is a distinction belonging to it which belongs to nothing else. Yet when in full season it can generally be bought for from 10d. to 1s. 6d. per pint, and as one pint is abundant for three or four people, it certainly is not extravagant.

The real difficulty about whitebait is that it must be very fresh; it ought properly to be used within twenty-four hours of its being caught, for when kept in ice it loses much of its flavour. The consequence is that it has to be brought to market by special delivery; in London, for instance, it frequently comes into the market in the afternoon. It ought not to be broken and crushed when sent in, and the smaller it is the finer. Whitebait is generally sent home in a jar filled with water, and the first thing we have to do with it is to wash it. This remark is made with full knowledge of the fact that whitebait is not to be handled, and that it is the most delicate of any fish that there is. Still it must be clean, and housewives who have had the experience of sitting down to whitebait that was mixed with doubtful fragments, will see this necessity. The

actual preparation for frying must not be done until the last thing, but it is quite possible to pour the water off gently, spread the fish out in a gingerly and leisurely way with one finger, and pick out any foreign particles, such as seaweed and shells, that may be with it. After this, cold water can be gently poured over it again, and the jar can be put into a cold place until dinner-time.

When the time comes for frying the whitebait put the pan of fat on the fire, and let it get hot. Have ready a clean cloth. Take a small handful of fish between the outstretched fingers, drain the water from them, and spread them on the cloth. In this way they will not be in contact with the fingers more than a second or two. Scatter plenty of flour (a good handful, say) over them, and shake them a little so as to coat them well with flour, being careful to have each small fish thus coated. Keep them separate also, and if they cling together, draw them apart. Transfer them to the frying basket, and shake it to get rid of superfluous flour; then plunge it into the hot fat, let it rest half a minute, then move it backwards and forwards, and in about a minute the fish should be crisp. If not crisp let it stay a few seconds longer. Turn it upon kitchen paper to drain, fry another batch in the same way, and when all the whitebait are fried thus, salt it and serve very hot, with brown bread and butter, sections of lemon and cayenne, as accompaniments.

There are two or three points which have to be remembered when frying whitebait. One is not to attempt to fry too many at once. It is much easier to do only a few at a time, and they cook so quickly that it is not worth while to try to save time by doing anything else. Another point is to have the fat very hot. It needs to be hotter for whitebait than for anything else. Usually we say that fat is ready when it is still and a faint blue fume rises from it, but for whitebait the fume should be distinctly visible. If we could test the fat by a fryometer we should let it reach 400° for whitebait, whereas for other small things we should consider it was hot enough if it reached 385°.

A third point is that ordinary household fat does quite well for whitebait. Cooks often say that for this fish it is necessary to get lard, and a great many recipes mention boiling lard as if it were a matter of course. With this dictum I venture to disagree. I know that whitebait can be fried perfectly in fat; but, if I felt any doubt on the subject, my doubt would disappear when it was found that no less an authority than the late M. Kettner, whose judgment and experience are beyond all question, approves of fat. Speaking of whitebait, M. Kettner says, "When frying this fish use very hot beef fat. This is important. Many of the recipes say lard, which is a mistake. Nothing so good as ox-kidney fat."

Whitebait fried as above is plain whitebait. The preparation of "devilled whitebait" is one of the tricks of the cook's trade, and when the supply of whitebait is limited the trick is a very sensible one. Devilled whitebait is simply whitebait, which having been fried as described is seasoned liberally with black pepper and cayenne, and plunged once more into the hot fat for a few seconds. It is not at all uncommon for a dish of whitebait, plainly fried, to be served and handed round, after which what is left is brought out of the dining-room, popped once more into the frying-basket, peppered, plunged into the very hot fat for a few seconds, peppered once more and served. Devilled whitebait should be dark for gentlemen, light for ladies.

One more hint. Sometimes, when whitebait cannot be obtained, fresh white fish, such as slips, are skinned, filleted, and cut into thin strips about the size of whitebait, cooked

in the same way, and presented as "mock whitebait." The imitation is very obvious, yet the recipe furnishes excellent practice for the frying of whitebait. Sprats fried in the same way are also excellent.

Ribs of Lamb.—Housewives who have conquered the prejudice against New Zealand meat, and who are *fortunate enough to live* near good shops or near a market, may probably begin this month to provide lamb for their families, and a very pleasant change they will feel it to be.

Twenty years ago it used to be understood amongst experienced housewives that "house-lamb"—that is, lamb supposed to be born in-doors and reared chiefly on milk—was to be had immediately after Christmas by those who were willing to pay a high price for it; while "grass lamb"—that is, lamb born in the spring and brought up on grass—would come into season in April in the south, and in May in the north, of England. At that time it was customary for hostesses who wished to set very superior fare before their friends to be on the look-out for early lamb, and they thought themselves very lucky when they could get it.

It is true that oftener than not this early lamb was a delusion, and epicures acknowledged the fact. Thus even Dr. Kitchener—that celebrated medical epicure of eighty years ago, who was so thoroughly convinced that health depended to a great extent upon food being properly cooked that he used to experiment personally in cookery in his own house, and then gave dainty lunches and dinners to favoured friends, to which no one was admitted who came late—even he spoke slightly of early lamb. He used to say that experience had warned him to beware of accepting an invitation to dinner on Easter Sunday, through the fear that his incisors, molars, and principal viscera would have to protest against the imprudence of encountering young, tough, stringy mutton, under the misnomer of grass lamb. He also added that the proper name for Easter grass lamb was hay mutton.

There is no denying that Dr. Kitchener was quite right. The best lamb is that which has been grown naturally and been fed naturally; it possesses more flavour and also more nutriment than the other. Very early lamb is unprofitable, too, because *it is so small*. We had better make up our minds, therefore, not to count upon English lamb till June. If we buy it between now and June we shall probably have to pay a high price for an inferior article. Fortunately for us, however, it does not necessarily follow that we are to put lamb entirely on one side. New Zealand lamb comes into the market some weeks earlier than English lamb, and if we judge by past years we may expect that the season is now commencing. Of all meats that are imported lamb is, perhaps, the best, and high-class New Zealand lamb is really most excellent. It costs three-pence or fourpence per pound less than English meat, and housekeepers who will try it may all through the summer have fine lamb of superior quality at a moderate cost.

Of course, we know that in many quarters there is a prejudice against New Zealand meat. We cannot but think, however, that a few at least of those who cherish this prejudice do so because they are not able to discriminate between good lamb and poor lamb; therefore they judge of food by its market name. An old writer tells us that where the judgment is weak the prejudice is strong. If housewives were as careful to choose the best quality of New Zealand lamb as they now are to choose English meat as distinguished from New Zealand meat, they might all through the coming summer provide lamb freely for their households, and save many honest pennies at the same time.

It is specially unfortunate when the distrust

of foreign meats affects lamb because it is perhaps more easy to tell good lamb from inferior lamb than it is to distinguish between good and bad meats of any other sort. The characteristics of good lamb at once strike the eye, and they are readily recognised by the experienced buyer; yet no meat varies so much in flavour and goodness. Good lamb has a very inviting appearance. It is delicate-looking, it is plump without being large, the fat is white and fresh, and is abundant about the kidneys, and the lean is clear and red. In inferior lamb the shoulder is usually lean and shrivelled, and the knuckle of the leg is dark and hard-looking.

Supposing then that the housewife can be induced to buy (and is able to procure) New Zealand lamb, which joint should she prefer? If the family is large I should say the fore-quarter. It is usually cheaper than the hind-quarter, and if roasted whole will be sure to be acceptable when cold. In the early part of the season cold lamb is always regarded as a luxury, and even the fat and the skin are delicious. Even if the family is small I should still be disposed to recommend a fore-quarter weighing about 9 lbs. For one thing, by buying the whole joint we pay less per pound for it. For another, a fore-quarter is easily divided, and at this time of year it will keep for a couple of days if properly cared for, although lamb is not meat that needs to be hung in order to make it tender. The shoulder should be cut off whole; it can be cooked last. The ribs can be divided into two parts; the scrag end of the neck being cut up and gently stewed with vegetables for two hours or more, and the ribs roasted. It must never be forgotten that New Zealand meat is to be gently but thoroughly thawed through before it is cooked, and that it is to be carefully cooked. Both the ribs and the shoulder should be wrapped in buttered paper while in the oven, and they should be basted well until three parts cooked. The paper can then be removed that they may brown. The gravy for roast lamb should be very hot and perfectly free from fat. Mint sauce is the usual accompaniment to this dish.

Potatoes Stewed in Butter.—Cold boiled potatoes which have not been overcooked will do for this dish. If there are none, potatoes must be boiled specially; kidneys are to be preferred, and they should be steamed in their skins, peeled when cooked and allowed to cool before being used. Cut them in slices about an eighth of an inch thick. Make about two ounces of *maitre d'hotel* butter by mixing two tablespoonfuls of fresh butter with two tablespoonfuls of finely-chopped parsley, a teaspoonful of lemon juice and a little pepper and salt. The ingredients should be mixed with the point of a knife on a plate in a cool place till they form a sort of cream. Supposing there is a pound of potatoes, put the butter in a stewpan, when it is melted throw in the potatoes and two tablespoonfuls of stock. Cover the stewpan closely and place it at the side of the fire, shaking it occasionally to keep the slices from sticking to the bottom. When the potatoes are hot through, and coated with the gravy, serve hot. If some of the slices of potato are lightly browned, so much the better.

Spinach.—Spinach is a most excellent vegetable, and housewives who have learnt to appreciate it will rejoice that spring spinach is entering the markets, and that we may expect to have it from now to the end of July or later, getting cheaper as the season goes on. As, however, it is at its best when the leaves are young and tender, it is a pity not to get it early.

Busy people often object to spinach because they say that it needs so much preparation. This is quite true; if the spinach is to be worth having it must have time spent upon it.

It must be washed in several waters, because it has so much grit attached to it, owing to its growing so close to the ground; and to make it perfect it must have the stalk removed from every leaf (if the spinach is fully grown the vein that runs up the leaf will need to be trimmed away also); and it must be finely chopped or else passed through a sieve before it is made hot for dishing. Then, too, it is a disappointing vegetable in another way—it reduces enormously in cooking. It is said that nine-tenths of it are nothing but water; consequently when we have finished cooking it we only have one-tenth of the quantity we put on to boil, and if we want to have a good supply for the table, we must boil ever so much more than seems to be required.

Housewives who object to spinach for the reasons named, have evidently not realised the fact that the vegetable is actually improved by being warmed up again and again, if only it has been properly cooked to begin with. Indeed, there is a story told of a celebrated dignitary of the church, who, in order that he might properly enjoy his dish of spinach on the Friday, had it cooked on the Sunday previous and then warmed every day, a little more butter being added each time. If this story be true, and if his reverence had poached eggs with the spinach, his fast was not a very trying one. Anyhow his method gives us a suggestion, and if people who like spinach were to cook a large supply at one time, as much as the largest saucepan they possess will contain, picking, trimming, and washing it at their leisure, they would have on hand a vegetable that could be served day after day with little trouble, and of which epicures would not be likely to tire, because it would be more appetising on the last occasion of serving than on the first.

One reason why spinach plainly boiled is not esteemed as it deserves to be, is that it is so often served moist, whereas it ought to be dry and very hot. Being so very watery in itself, of course it is not easy to get it dry. All sorts of expedients are adopted to make it so. Some press it and squeeze it, and energetic people wring it dry in a cloth. An advantage associated with cooking a supply beforehand is that the water drains from it with standing. The great aim, however, is to get it dry and hot.

When spinach is young it should be boiled without water, and sufficient water to cook it quickly oozes from it. When spinach is old it should be put into lightly-salted boiling water. In both cases it should be boiled quickly and pressed down occasionally with a spoon to keep the leaves under water. It will very quickly be tender after it has once reached the boiling-point. The liquid should then be drained from it, and it should be rinsed with cold water; it will be less likely to lose its colour if this is done than if it be left to cool by itself. Squeeze and press the water from it, chop it well or rub it through a sieve to make it smooth, and leave it till wanted. A few minutes before the vegetable is to be served, put a good slice of butter into a stewpan, melt it, then mix the spinach with it and add pepper and salt. Turn it about with a spoon until it is hot through and has absorbed the butter. Have ready a hot mould, put the spinach into it, press it to make it take the shape of the mould, turn into a hot tureen and serve. If the spinach provided is not more than will be used in one day, it is allowable to dredge a little flour into the stewpan when the butter is incorporated with it, stirring the *purée* once more over the fire to cook the flour, and putting in a small piece of butter at the last moment. This treatment dries up the moisture wonderfully, and makes the spinach everything that could be desired. But if the spinach is to be warmed with butter day after day, it is best to omit the flour. The addition

of a little cream to the butter is an improvement. When spinach cannot be had, turnip tops are excellent boiled, chopped, and tossed in butter in the same way.

Stewed Pigeons.—Tame pigeons are in season whenever they can be obtained young, and young pigeons are most likely to be in the market, and are the cheapest from March to September, because in comfortable dovecotes they are hatched about February, and they grow very quickly. They should be young and freshly killed, for they very quickly lose their flavour if kept. There is not much meat upon them, but they are very tasty and they look inviting, especially when served in a silver dish.

Truss two or three plump young pigeons, with their legs turned inside. Have ready to cook with them a cupful of carrot-balls and a cupful of turnip-balls, made by stamping carrots and turnips with the vegetable turner; also two good-sized onions cut into dice. An easy way of cutting root vegetables into dice, it may be mentioned, is to peel them, cut them into thin slices, first one way and then the other, but not quite through; leave a small portion uncut to hold them together; then turn the root over and cut quite through, when the dice will fall from the knife. French turnips and carrots are excellent for a dish of this sort.

Melt half an ounce of butter in a stewpan, and put with it four ounces of lean bacon cut into dice. Shake over the fire for half a minute or so, then put in the pigeons breast downwards and let them brown lightly all over. They will need to be turned once or twice to prevent burning and that they may be equally cooked. When brown, put with them the turned vegetables and the onions, a good bunch of parsley, a sprig of thyme and a bay leaf, a little pepper and salt, and about three-quarters of a pint of stock. Simmer gently for three-quarters of an hour. Take up the pigeons and keep them hot, remove the fat from the gravy, thicken it with a little flour, let it boil once more, and dish the birds with the vegetables round them and the sauce poured over all.

Asparagus.—Asparagus is just entering the market, and we may expect that every week for six or seven weeks it will get more abundant; therefore we ought to be on the look-out for it betimes, in order that we may have the full benefit of it. It is quite possible that economical housewives will think it unnecessary to have both pigeons and asparagus. If this be so, they may very well dispense with the pigeons altogether and have asparagus in their place, serving it as a separate course. It is quite usual nowadays to serve asparagus thus. At high-class dinners it is scarcely ever put on the table with the meat. It is served alone with a dainty sauce and eaten with the fingers.

There are three sorts of asparagus at the disposal of the housewife—that which is green from the tip downwards; that which is green and purple at the end, with a white stem; and that which is thick and white from end to end. The one last named is the German variety, and the majority of English housewives will have nothing to do with it, although it is most delicious. It is grown differently from ours, and is soft and eatable to within an inch of the end; whereas our asparagus is soft at the top only and is horny below, so that the larger portion has to be thrown away. It is obvious, therefore, that German asparagus is profitable; it is cheap also, and if English housewives were to realise its excellence the demand for it would increase. As it is, greengrocers say it is no use their buying it because so few care for it.

The green asparagus is more quickly boiled than the other sorts. Asparagus is usually sold in bundles, with thick stalks outside and

thin stalks in the middle. This fact needs to be remembered, because if the stalks are put into the water all at once the small stalks will be broken by the time the large stalks are tender, and thus the dish will be spoilt. The first thing to do, therefore, when dressing the asparagus is to look the sticks over, and put those of the same size together that they may be evenly cooked. It is a good plan to use the large sticks for the table and the small sticks for soup, or to mix with buttered eggs for breakfast. In any case, if the asparagus is to be enjoyed in perfection it must be fresh. Its condition may be known by the stiffness of the heads; if they droop and are limp, the asparagus is stale.

To boil asparagus, scrape the stalks near the roots, cut them into equal lengths, and let them lie in cold water awhile. Put them into boiling salt and water for the first minute or so, place the lid on the saucepan to bring the water quickly again to the boil, then take it off and boil from fifteen to twenty minutes. Take every precaution to keep the tips whole. Some, with this object in view, have them tied in muslin; others put them upright in the saucepan with the tips an inch above the water. When tender at the tip, drain the asparagus well, and dish it neatly on a slice of toast cut to its own size. Send to table with it melted butter, white sauce, Dutch sauce, or oiled butter, whichever is preferred; but be sure to send the sauce to table in a boat—do not pour it over the asparagus. Asparagus should never have sauce poured over it. Many

people in these days prefer to have asparagus served cold with mayonnaise sauce. They say that those who once taste it thus will never consent to have it hot again. This, however, is a matter of taste. Cold asparagus is often served with a simple salad dressing of oil and vinegar, pepper, and salt, instead of mayonnaise.

Dutch Sauce.—A very easy, homely way of making this favourite sauce is to put the yolks of two eggs and a teaspoonful of lemon-juice, pepper and salt, into a quarter of a pint of melted butter. The sauce should cool a minute before the eggs are put in, and it must not boil after they are put in; the lemon-juice should be added last. The orthodox way of making the sauce is to boil a gill of vinegar, with peppercorns and a bay-leaf, till reduced to one-half. Strain it; stir into it off the fire the yolks of two eggs, put it over the fire in a gallipot surrounded with boiling water, and beat it till it thickens, then add gradually a good slice of butter. The difficulty with the orthodox method is that the sauce is very liable to curdle. It needs to be most carefully mixed.

Rice Cream and Apricots.—Fruit puddings are more acceptable than anything else in the spring, but until the fresh fruit appears housewives do not find it easy to supply the demand. There are, however, always available at the grocers a variety of most excellent tinned fruits and bottled fruits. A most dainty dish can be made with rice-cream and any one of these, although apricots are, per-

haps, to be preferred above all. Housewives who have not hitherto bestowed the special pains upon rice suggested in this recipe are recommended to do so at once; they will be delighted with the result. Rice-cream must be prepared the day before it is wanted.

Put a dessertspoonful of gelatine to soak in a tablespoonful of water. Wash two tablespoonfuls of best Carolina rice in one or two waters (this will make it less likely to burn); then cook it, with an inch of stick cinnamon, in a pint of milk. Let it simmer gently and slowly by the side of the fire for two or three hours, and add more milk from time to time until a pint and a half has been used. Take out the cinnamon, stir in two ounces of white sugar and the gelatine melted, and mix well. If allowed, add last of all three pennyworth of cream which has been whipped till firm. The cream is not indispensable, of course, but it makes a wonderful improvement. Take a plain tin mould with straight sides, rinse it in cold water and leave it wet, and set a gallipot, with a weight inside to keep it down, in the middle. Put the rice in the space around the gallipot and leave it to set. Next day remove the gallipot, turn the rice upon a glass dish, put a few of the apricots into the centre and the rest around, and pour the syrup over all. If a second three pennyworth of cream is not considered extravagant, it may be whipped and piled upon the apricots. Damsons stewed in syrup are an excellent substitute for apricots when served in this way.



A LETTER TO THE EDITOR.

SIR,—Although not a born deaf-mute—having become stone-deaf at the age of seven years from fever—yet I have lived with and associated with born mutes all my life, and worked as a missionary among them in America for about fifteen years. My wife and her sister are also born mutes, so I think I know them as well as most people. I have written the enclosed "Reply" to a lady—whose name strangely happens to be the same as my own—not to carp, but in all good and friendly feeling; because I think she, in common with hearing persons in general, takes too gloomy a view of the state of the deaf and dumb. It is, I know, bad enough, but it has its compensations; and their exceptional and often quite extraordinary ability of reading character and feeling from facial expression is altogether under-estimated. I happened once to attend a deaf-mute debate (they often reminded me of the "negro debating club," where the question was, "Am the land or the water the most useful?"); the subject was, "Is hearing speech or seeing the expression of the face the greatest means of happiness?" The voting went strongly for expression. One man, I remember, quoted—

"When Lesbia first I saw so heavenly fair,
Her eyes so bright, and with that awful
air;
I thought my heart, for daring to aspire,
As bold as his that snatched celestial fire.
But soon as e'er the beauteous idiot
spoke,
Forth from her coral lips such folly broke!
Like balm the trickling nonsense healed
my wound;
Her eyes enslavèd, but her tongue un-
bound!"

Of course the last verse is only a bit of fun, not meant for printing. I think I have put nothing that will hurt a kind lady's feelings, and hope you will insert it. Yours faithfully, HENRY B. BEALE.

REPLY TO MISS ANNE BEALE IN THE
"GIRL'S OWN PAPER" FOR OCTOBER.

"Prayer of the Deaf and Dumb" is good and kindly, Miss Anne Beale, Entreating every Christian soul some sympathy to feel
For those who hearing need, and speech;
but really I must say,
I cannot quite agree with *all*, though in a general way.

Too much is made of speech alone; we show the wants we feel,
For signs as well as words can speak, and all the heart reveal.
Our thoughts in words we can't express, but you must be aware
Friends understand our signs at once, so wherefore should we care?

Pray do not think, Miss Beale, that when our troubles on us press,
Friends cannot show their sympathy, and kindness express.
The want of speech is hardly felt, if in another's eye
We see a kind and loving glance, reflecting sympathy.

You know the saying, "Words are used when people seek to hide
Wrong thoughts that in their bosoms dwell," their jealousy, or pride.

But feelings, to the deaf and dumb, upon the face are shown;
The eyes are "windows of the soul," and most folks' thoughts are known.

The born deaf-mutes will closely scan, and read a face as well
As if they from the cradle up had studied Sir Charles Bell.*
They may not know the *words* you use, but they can plainly see
The *spirit* that is moving you, whatever it may be.

'Tis sad to miss a parent's voice, but we've a compensation,
We are not forced to listen to each tiresome relation.
We're left to read our books in peace, and that is better far
Than hearing vain and foolish talk that sets the teeth ajar.

We miss the song of birds, you say, and many hearing pleasures,
The cadence of the human voice, and soft harmonious measures.
But then we're never bothered by Italian organ groans,
And Ethiopian serenades, the banjo, and the bones.

So, after all, it's not so bad as it appears to some,
If, knowing finger-speech and signs, we yet are deaf and dumb.
With gratitude for kindness felt—for such your words reveal—
I beg to superscribe myself, yours truly,
H. B. BEALE.

* Author of *Anatomy of Expression*.

end in consumption. He is sure of it, he tells me. I examine his throat, and have the pleasure of contradicting him flatly very much to his delight. He is suffering from relaxed throat and elongated uvula. I prescribe glycerine and tannin as an application, tonics to pull him together, and exile—inexorable exile. He must go to a bracing seaside, and I tell him that the world around here will wag well enough without either of us. So he laughs and promises to go away for a month.

Debility often goes hand in hand with chronic cough or chronic bronchitis, and the latter will improve if we get rid of the former.

A cough may be of a combined nature. Thus a person who has a relaxed throat or a stomach cough may take cold. In this case the bronchitic cough is generally much more severe, and comes on in paroxysms.

But now we drive on again once more. Here at this house we stop to see a breadwinner, who is clerk at a large mill. He has had to struggle hard to raise a big family, and told me once he had no time to attend to so trifling an ailment as a cough or cold. But

the cough would not be denied, and has pulled him down considerably. He is thin and worn.

He *will* work, though, his aged mother tells us. He is nervous, sir, and full of spirit.

"Does he eat pretty well?"

"Well, he pecks away not so badly; but, dear me, sir, his meals don't show on 'im, does they?"

The cough is a dry cough, and a dry, hacking, difficult cough; he does not sleep well, and is unrefreshed in the morning, and in the morning a good deal of phlegm is brought up.

We prescribe the dilute nitric acid and cod-liver oil, if he can take it. There is small good forcing oil down a patient's throat if the stomach and system are unable to assimilate it. Pancreatic emulsion would do good. If the man could go, I should send him off for a long rest to some mildly bracing climate like that of Torquay, on the hills. But when I propose this, he looks appealing and then at his family, and I repress a sigh.

Let us pay our last visit. This poor girl is suffering from incipient consumption, and none know how dangerous is her condition save

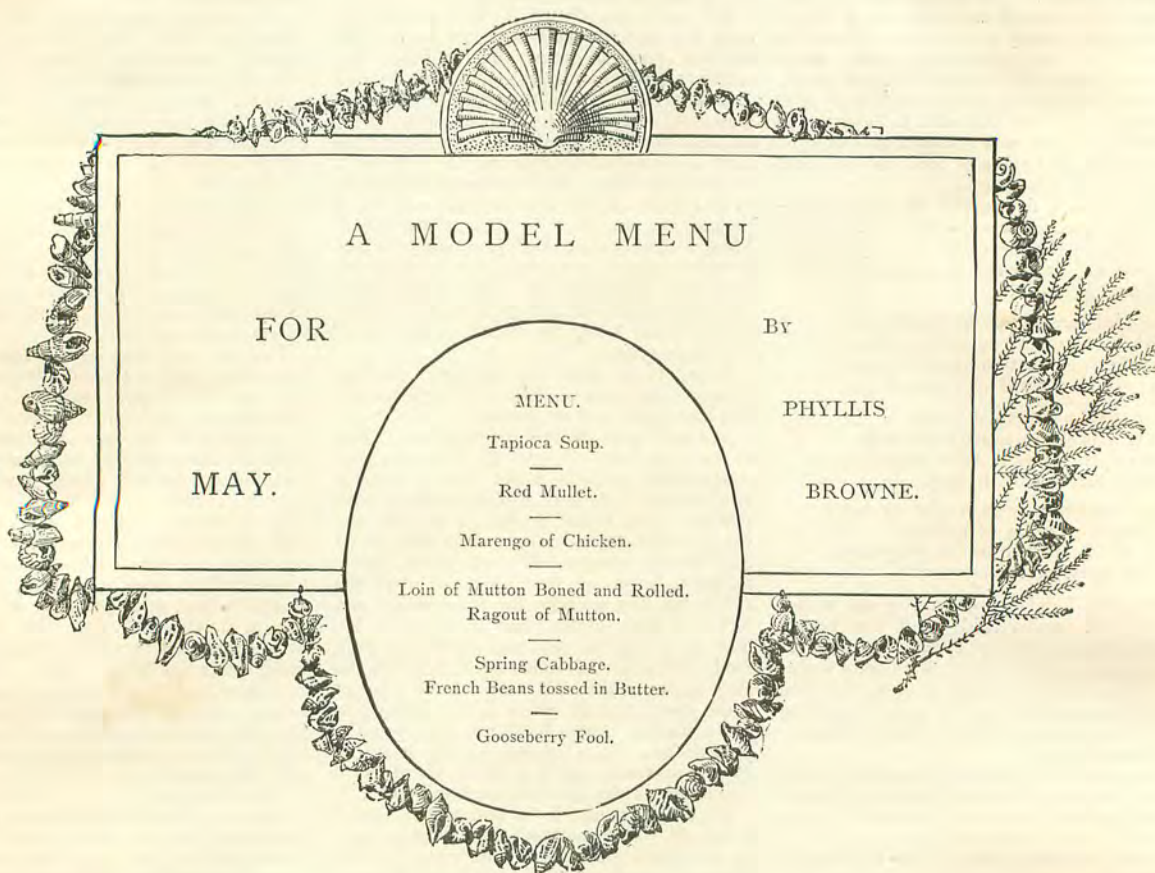
myself. She is a quiet and gentle girl, though weakly, pale and feeble, and she bears her sufferings well, complaining but little except of the difficulty of breathing.

The cough was slight at first, but it lasted off and on for a long, long time, and this is all I want you to know of the case. One should always consult a doctor when there is a protracted cough, especially if it be troublesome at night, and there is much phlegm coughed up.

Poor Lottie, who sits in her chair here so quiet, and smiles feebly when I question her, is, I fear, beyond my skill, and so we let the curtain drop.

We shall drive home now. I always feel sad after seeing a case of phthisis; so home round the hills and woods we go, and along by the sweet banks of the river, for the beauty of such a day as this tends to carry the thoughts to a brighter world far, where there is no sorrow and no sickness.

"Where there is neither could nor care,
For the day is aye fair
In the Land o' the Leal."



Tapioca Soup.—If white stock is not available, this simple and easily prepared, but yet dainty soup, may be made with water. It is especially suitable for this time of year when a light soup is often felt to be more acceptable than a strong soup. The ingredients of which it is composed make it fairly nourishing.

Put on the fire a delicately clean saucepan with three pints of cold water. Peel and slice thinly four large potatoes or six small ones, and two leeks or two small onions. Put the prepared vegetables into the water, with a pinch of celery seed, or a little dried celery; an ounce of butter, and half an ounce of salt. Boil gently for one hour, pour the soup into a sieve, and press the ingredients through with the back of a wooden spoon. Return all to the saucepan; add a pint of milk, and stir the

soup till it boils. Add three ounces of crushed tapioca, sprinkle this in by degrees; boil for about fifteen minutes, and serve hot.

Red Mullet.—This fish is very much sought after, and greatly approved by epicures. It is to be had nearly all the year round, by those who do not object to pay highly for it, and as it is small, and one fish is usually allowed for each person, it is somewhat costly. In May, however, it is generally more easily obtained, and more reasonable in price than at any other time; therefore now is the best time for people who care for it to get it.

The *Red Mullet* is named the woodcock of the sea, and in every recipe for cooking it we are told that like woodcock the trail is to be eaten; therefore the fish is not to be cleaned, it is merely to have its eyes removed, to have

its tail and fins trimmed with the scissors, and to be wiped with a clean cloth, and either boiled, baked, or fried. This method of preparing it may be all very well if the fish can be had quite fresh, otherwise it is not very safe. The truth of the matter is, that the most dainty part of a red mullet is the liver; and so long as the liver is preserved, the fish may be emptied through the gills without any hesitation, and it will be the more enjoyable, because it has gone through this process.

The orthodox way of treating red mullet is to gash the fish across slantwise if small, and to fillet them if large, to lay them for an hour or so in a marinade of pepper, salt, and oil, then to wrap them securely in heart-shaped pieces of strong white paper, which have been oiled outside, and garnished with a spoonful

or two of good sauce. The paper cases thus arranged are laid on a greased baking-tin, and covered with a sheet of oiled paper; the fish is baked in a moderate oven for fifteen or twenty minutes, and served hot in the cases, the livers of course being with the fish.

It often happens that inexperienced cooks are rather afraid of this procedure. Unless the cook is very skilful, paper cases are apt to be a failure. They soon become greasy and untidy, and it is not easy to make them look elegant. When they are used, they should, after being oiled, be baked for a few minutes to harden them. A method much more likely to be generally acceptable than the use of paper cases for mullet, is the following—

Take a white earthenware dish that will stand the fire. (These dishes are most useful. It is well worth while for housewives to provide themselves with two or three of different sizes for cooking.) Butter the dish well, and lay the mullet neatly in it, heads and tails alternating; the liver being in each one. If a white earthenware dish is not available, a well-greased baking-tin must be used. Sprinkle over the fish a savoury mixture made of fine bread crumbs, chopped parsley, pepper and salt; squeeze a lemon over them, and moisten with a little butter melted, or pure salad oil. Cover them with a greased paper, and bake in a moderate oven for about a quarter of an hour. Genoese sauce, a recipe for which was given in the menu for December—melted butter flavoured with any moisture that has drained from the mullet, or a sauce prepared as follows may be furnished as an accompaniment—any one of these sauces will be suitable.

Sauce for Baked Red Mullet.—Melt an ounce of butter in a stewpan, and mix smoothly with it a tablespoonful of flour. Add half a pint of milk, stir the sauce till smooth and thick, and add an ounce of grated Parmesan. The sauce must not boil again after the ingredient last-named is put in.

If red mullet cannot be had, turbot may be substituted for it with advantage. Turbot is the king of flat fish; and the present is the time of year when we may expect that turbot will be at its best and cheapest. Fishmongers always say that turbot is in season all the year round, and the remark is true, if to be in season means that it is to be bought. Mr. Buckland, however, who was the great authority about fish, puts down turbot as out of season in March and April. We generally find that when foods come "in" after being "out" they are at their best; and this is why experienced housewives are always pleased when they get good things early. With regard to turbot, we may say without fear of making a mistake that housekeepers who buy turbot in May and June will find the fish very delicious, very wholesome, and easy of digestion, and very profitable, because it is so solid.

Last but not least among the virtues of turbot may be named that of keeping fairly well. Turbot does not go bad so quickly as do varieties of fish that are more oily and rich, such as salmon, herrings, and mackerel. Indeed, when well cooked, it is one of the most satisfactory viands which can be sent to table.

Excellent though turbot is when in perfection, there is no doubt that its superiority depends very much upon its being wisely chosen and properly dressed. Sometimes this fish attains a great size, and it lends itself very well to division, because dainty dishes may be made of small portions of it. Nevertheless it is at its best when boiled whole, and a moderate sized fish is to be preferred to any other. Very small fish are liable to be deficient in flavour, and very large fish to be deficient in delicacy. Like all flat fish, turbot is best when thick, and the test of its goodness is that it is stiff, and that the flesh feels springy when pressed with the finger. If it must be

cut, slices from the middle and the back are the best.

It is very important that a turbot should be cleaned carefully before it is cooked, because there is a good deal of slime about this fish, and unless the slime is got rid of, the fish will be coarse. One way of removing the slime is to soak the fish for an hour or more in cold salt and water. A better way is to empty it, wash it inside till perfectly clean, then rub a little salt lightly over it, and rinse it in two or three waters, handling it as little as possible. A turbot should not be skinned, and though the fins may be trimmed they should not be cut off, because the skin and the gelatinous parts about the fins are considered the tit-bits of the turbot.

It is probably not necessary to describe in detail how turbot should be boiled, for housewives as a rule know all about boiling it. Incidentally, however, we may say that whereas a few years ago, turbot used to be put into cold water, the modern practice is to lower it gently into boiling water, to which salt and a spoonful of vinegar have been added; bring the water to the boil again, let it boil for less than a minute, draw it back and simmer gently till done.

A good deal of pains should be taken to make a turbot look inviting. It is a luxurious dish, and it ought to be made to look what it is. Fortunately, this task is easily accomplished by means of lobster coral, when lobster sauce is used, or slices of lemon and cut parsley when it is not. Lobster sauce is considered the correct accompaniment to turbot, although any other fish sauce, such as shrimp sauce, anchovy sauce, or Dutch sauce, may be satisfactorily substituted for it. Housewives who are doubtful how to make lobster sauce, are referred to the remarks about lobster coral in the first paper on Our Model Menu. Lobster sauce is simply English melted butter coloured red with coral, and enriched with the flesh of the lobster cut into dice. Many cooks have a notion of putting essence of anchovy into lobster sauce. When lobster is used, however, it is a pity to run a risk of spoiling its delicate flavour.

Marengo of Chicken.—This dish is one of the most famous of the national dishes of France, and its origin is historical. It is said to have been invented by the cook of Napoleon Buonaparte at the battle of Marengo. Not having any butter on hand, he conceived the idea of frying a chicken in oil, and the result was so satisfactory that the dish at once was given a place of honour in the list of French dainties. A Marengo can only be produced in perfection, however, from a young chicken. Nevertheless, as the bird is cut into joints, and made the most of with sauce and garnish, it is quite possible to prepare this dish for four or five people with one chicken. Consequently the dainty is not quite as extravagant as it seems to be, and it would be a pity to omit the recipe.

Spring chickens begin to appear in the month of May. They are expensive, it is true, but they are very delicious, and the season for them is soon past. By the end of August the chickens have become fowls, and they gradually get cheaper till the end of January.

A good chicken may be recognised by its size and by the suppleness of its feet (unprovided with spurs), by its white fat, and by the tenderness of its flesh, which crushes when pressed between the fingers. It should be cut to make ten pieces—that is, two legs, two wings, two pinions, two back pieces, and two breast pieces. It will be understood that the wings will be taken with the muscle belonging to them, cut from the body slantwise. The flesh can then be laid over the bone. The legs too should be cut as long as possible.

When everything is ready pour a quarter of a pint of salad oil into a stewpan, and make it

hot. Throw in a shalot, a little salt, five or six peppercorns, a small blade of mace, and a pinch of herbs, and after stirring these over the fire for a minute or two put in the pieces of chicken and turn them about till they take a good brown all over. Drain away the oil and remove the herbs. Pour a pint of stock over the chicken (in the same stewpan), and simmer three-quarters of an hour. Now add a quarter of a pint of tomato purée, a little piece of glaze about the size of a nut, and if they are to be had, a dozen button mushrooms. Simmer some minutes longer, and serve.

When cooking a dish of this sort it is never to be forgotten that the legs need to be cooked a few minutes longer than the other parts of the bird. When the oil is hot, therefore, put the legs of the bird in first with the skin downwards, and facing each other, the wings may then be placed on each side, and the other parts in the middle. Let the browning be accomplished over a moderate fire without letting the oil boil. Sprinkle salt over it as soon as the chicken is in the stewpan. The wings will be ready first; they may be taken out and put between two plates to keep hot; in a minute or two the breast and the back may be taken out, the legs being left till the last.

A chicken or fowl that has been cut up in the way described above, and cooked in joints, cannot be arranged in a circle in a dish. It should be placed on a very hot dish in the form of a pyramid; the first layer being composed of the inferior parts, and the superior joints on the top. *Mushrooms, when there are any, may be placed in the crevices, and the boiling sauce can be poured over all.* The dish will go further if croûtons, or pieces of stale bread cut into triangles, squares or other fancy shapes, and fried till brown in hot fat, are put round the dish. These croûtons will form a dainty accompaniment to the excellent gravy of the Marengo. They can be prepared some time beforehand, because they should be allowed to rest on kitchen paper for awhile, in order that superfluous fat may drain from them; they are so excellent one wonders very much that they are so seldom seen.

The tomato purée spoken of may be bought in bottles or it can be prepared from fresh or tinned tomatoes. It consists simply of the pulp produced by rubbing cooked tomatoes through a sieve. The tomatoes should be boiled with a slice of onion, and a little butter and stock to cover them. If tomato purée is not obtainable, a little lemon juice may be substituted for it.

Loin of Mutton Boned and Rolled.—An excellent joint for a small family can be made with about two and a half or three pounds of the best end of a loin of mutton. Many housekeepers object to this joint because they think it is very wasteful. Served in the usual way this is true without doubt. There is a good deal of fat with the joint, and more than this, few people take the trouble to cut the meat from the chops; they eat the fillet of lean at the top, and leave the rest. Thrifty housewives find this waste very grievous. By the help of a little management, however, a loin of mutton need not be extravagant. Let the butcher bone the joint, and send the bones home with the meat. If long stewed with a couple of lightly fried onions, the bones will make excellent gravy for the meat, and being prepared beforehand this gravy can be free entirely from fat, and thickened with a little arrowroot. When the gravy of loin of mutton is caked with thin hard fat on the surface it is very objectionable.

After being boned a loin of mutton should be neatly trimmed; it should have a good deal of its fat cut away, it should be skilfully rolled and carefully cooked. If liked, a little veal forcemeat can be spread over the inner surface, but this is a matter of taste. The roll

should be wrapped in greased paper when put into the oven, and the paper can be removed during the last half hour, in order that the meat may brown properly. Both the dish on which it is served, and the plates used for it should be very hot.

Ragout of Mutton.—If it is thought unnecessary to provide a Marengo of chicken, the loin of mutton may be cooked another way so as to comprise to some extent the qualities of the entrée and of the roast.

The following recipe is to be strongly recommended. It is thoroughly French, yet it is quite easy to manage, while the dish produced is excellent, being tasty, tender, refined, nourishing, and economical. The method employed can be adopted for various small joints, and it is particularly suitable for a piece of the shoulder of mutton weighing about two pounds, or pieces of the same weight from the neck or loin. In all cases, however, the meat should be neatly trimmed and shaped so that it will stand squarely and firmly on the dish when cooked. The vegetables cooked with it should be served round it.

Take a good slice of butter or sweet dripping, make it hot and put the meat into it, then turn it about until it is lightly browned all over. While the meat is colouring put with it some pepper and salt, about twenty small button onions (when peeling these be careful not to cut into them), and half a dozen young carrots and young turnips cut into fancy shapes or into quarters. When the meat is brown drain away the fat, flour the joint and pour on about a pint of hot water or stock, and stir it till it boils. Put with it a shallot wrapped in parsley, cover closely and simmer for an hour and a half. When half cooked put in a dozen small potatoes of an even size. Before dishing the mutton take out the herbs and serve very hot.

Potatoes cooked thus are very superior.

Spring Cabbage.—It will probably be thought by some people that cabbage is a vegetable not worthy to appear in a dinner of the kind now under consideration, as it is coarse and unpalatable food. When roughly prepared cabbage is objectionable, without doubt; but when carefully prepared it is excellent. Even the homely savoy may be cooked so as to be appetising, and a young, freshly-cut spring cabbage with stalks like marrow is too good to be despised.

Take two firm young cabbages, remove the outer leaves and lay them in salt and water for an hour with the stem uppermost. Drain and divide each one into halves, splitting through the heart down to the stem, which should be left entire till after boiling if the cabbage is of moderate size; if large, it may be cut into quarters. Put it into plenty of fast boiling water to which salt has been added in the proportion of a tablespoonful to every two quarts. Unless the water is exceptionally hard, soda should not be used. Green vegetables are more frequently spoilt with soda than with anything. Boil quickly with the lid off the saucepan till the cabbage is done, and frequently press the vegetable

under the water. Remove the scum as it rises. A small cabbage will need to boil about twenty minutes, a large one from half to three quarters of an hour.

Take the cabbage up and drain it very well, pressing it with the back of a plate to squeeze the water out of it. Do not forget to carry the cabbage-water outside the house before pouring it out, if emptied down the sink it may make an unpleasant smell. Cut out the stalk from the cabbage, and chop the leaves finely, peppering them and salting them while doing so. Melt an ounce of sweet butter in a saucepan, put in the cabbage and let it stand at the side of the stove for six or seven minutes, shaking the pan now and again until the vegetable is dry and inclined to be crisp at the edges. Have ready a very hot basin, press the cabbage into it to make it take a round shape, put it in a hot tureen and serve.

French Beans tossed in Butter (commonly called *French Beans Sauté*).—Amongst the vegetables which are delicious when served alone, kidney beans occupy a prominent place. In Paris they are served every day during the season at the popular restaurants, and a Parisian epicure would consider himself quite defrauded if he could not have French beans as a separate course two or three times a week. French beans tossed in butter are always considered a dainty by those who have learnt to appreciate them, and they are so easily prepared, so nourishing and so easily digested that it is a pity they are not more frequently seen on English tables. Moreover it is to be remembered that they are not at all expensive. Home-grown French beans are not likely to be in the market until near the end of June. But every year earlier and earlier we get French beans from abroad; probably they are grown under glass, for they are small and delicate, and therefore particularly suitable for being served in this way. They usually cost sixpence or eightpence per pound, and English housewives accustomed to pay a penny per pound for beans may consider the price extravagant and prohibitory. Yet as one pound of beans will furnish a liberal supply for four people, the dish will not be a very costly one after all.

Get a pound of beans as fresh as possible, look them over and pick out any that are at all defective, wash the remainder well in cold water and drain them, but do not cut them into strips; they should be cooked whole. At this time of year, also, it will probably not be necessary to string them. Put them into a saucepan with plenty of fast boiling salted water, do not cover the pan, and boil fast till tender. Drain, and if they are not to be used at once, put them into cold water for a few minutes as this will help to preserve their colour. If they can be tossed in butter at once they may be simply drained. Put them into a stewpan and shake them over the fire for a minute or two to make them hot and quite dry, as the butter more readily adheres to them when they are dry, then put with them two ounces of fresh butter, a pinch of

salt and a few drops of strained lemon juice. Shake them again over the fire for two or three minutes so that each bean may be coated with the butter. When this point is reached, and when the beans are hot through, serve at once upon very hot plates. The plates should be placed round the table, and the beans handed round.

If beans cooked thus are to be enjoyed in perfection, they should not be touched with a knife. To make them slightly the round thick little piece at the stalk end may be broken off, and any fibre there may be can be drawn away with it. But beans that are so fully grown, that they need to be stringed with a knife, and cut into strips, are too old to furnish a satisfactory dish of this sort.

Gooseberry Fool.—Green gooseberries are now to be had, and when they are small, young, and freshly gathered, no more delicious dish can be made with them than gooseberry fool. Well known as this dish is, it is not as popular as it deserves to be, because it is so often badly made. It seems as if some cooks were resolved not to make it properly; they will persist in leaving the skins in it, and these skins make the difference between what is super-excellent of its kind, and what is inferior and likely to disagree with people.

To make it as it should be made, top and tail a pound of green gooseberries, and stew them gently till soft and broken in a cupful of water, with half a pound of lump sugar. Rub them through a wire sieve with a silver or wooden spoon, and throw the skins away. Let the pulp go cold, then mix cold milk with it gradually, till it is of the consistency of cream. Many recipes say that cream should be used to thin it, and if liked, a little cream may of course be used, and the fool will be all the richer. I should say, however, that milk was good enough for anybody. Before dishing the fool, taste it, and, if necessary, add a little more sugar. The preparation will be more refreshing and more generally acceptable if a little tart.

There are many housekeepers who acknowledge the excellence of gooseberry fool, who yet hesitate to put it on their tables, because they say that it does not look inviting. This is quite true. It is generally poured into a glass dish, and then it has merely the appearance of a greenish grey sauce, and only those who are acquainted with its virtues care to partake of it. It is, however, easy to make it look pretty, if we will bestow a little pains upon it. Let the cook put a little ground rice, not moulded, in the centre of the dish, pour the gooseberry fool round it, and arrange sponge fingers on the top, and she will have quite a charming-looking dish. Or if she is one of those who think that gooseberry fool requires a little cream to make it perfect, let her put two penny sponge biscuits in the middle of the glass dish, pour thin custard or syrup, thickened with a little gelatine, over them, and the gooseberry fool over all. The cream provided may now be whipped till firm, and piled upon the sponge biscuits. The appearance of the dish will then leave little to desire.

MY LADY MARJORIE.

By ADA M. TROTTER, Author of "The Miner's Hero," etc.

CHAPTER XII.

STEWART'S STORY.

THE squire and the parson strolled slowly across the fields to the Park-House. The moment so long dreaded had come, their right to the fascinating maiden would have to give way before

the claims of kindred. The squire took it sadly to heart, but was none the less anxious to clear up the mystery of his darling's history. Both men, old hunters, felt a certain amount of pleasure in having thus run their fox to earth, and their kind countenances were afire with excitement, as they came on madam in

the grounds, and related the wonderful occurrence of the afternoon.

They were naturally very anxious to interrogate Molly, fully believing that her memory of the past would be quite clear, and that she must have a thrilling narrative to relate.

"Here she comes," cried the squire,

throat with very great ease. But no medicines must be taken that have any tendency to depress. No opiates unless prescribed by a doctor. If any other medicine is deemed necessary the dose must be smaller than that for one in the prime of life. Beware, too, of blisters, strong purgatives, cold applications, narcotics, etc.

Exposure to sudden changes of temperature, and exposure to bad weather must be carefully guarded against.

The comforts of the aged must always be studied, but at the same time this should be

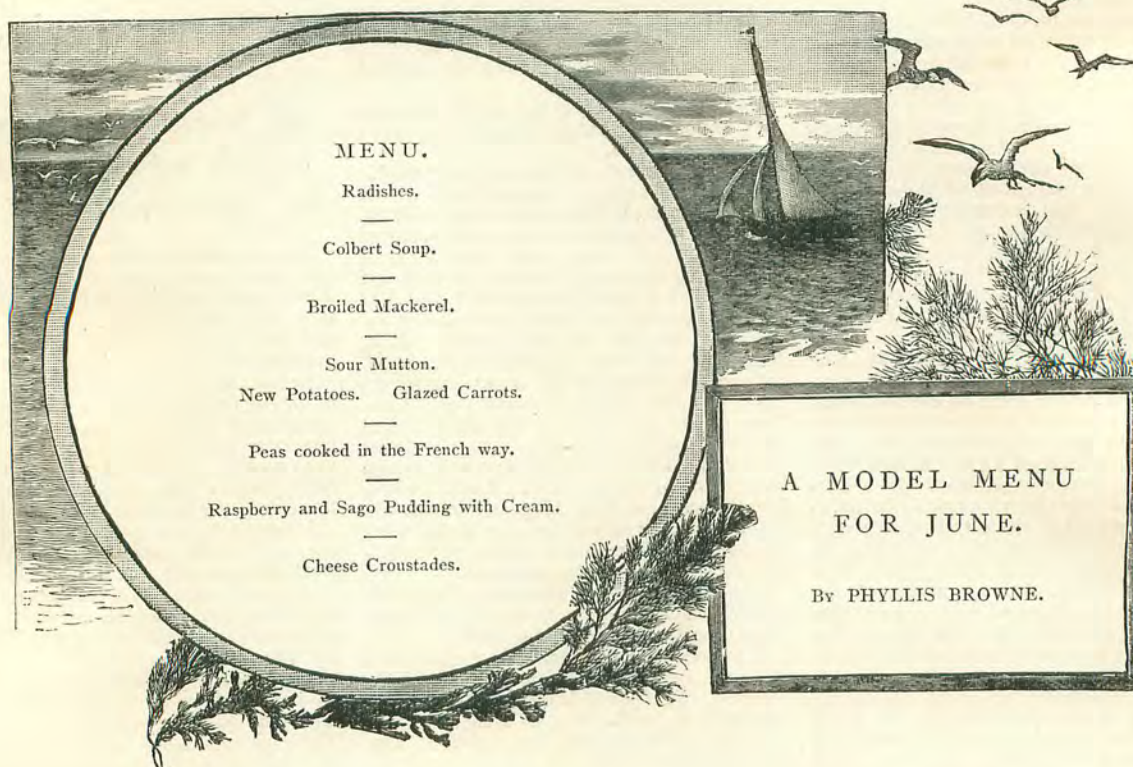
done with tact. It will not do for you to act towards your mother or grandmother in such a way as to constitute yourself a *memento mori*, and remind her constantly of what she had herself better forget, namely, that she is old and feeble, and soon must wear away. But warm slippers, the cosiest corner of the family circle, and some slight assistance in dressing, should always be accorded to the aged, and their tastes should be first consulted at table.

Moderate exercise should be taken every day in the open air. A very old man who died in my own village the other day, he was about

ninety-five, used to walk about a couple of miles every day, rain or shine. He took his time about it, and herein he showed his wisdom.

Plenty of rest, and the avoidance of all harassment and worry, are essential in the latter end of a long life.

Last, but not least, I have to mention recreation. The mind must be amused else it will prey upon itself. But temperance, even in amusement, should be studied, and however cheerily an evening be passed, the old should retire early to bed.



Radishes.—One of the simplest *hors d'œuvres* which can be provided, yet one that is always acceptable where people have learnt to appreciate what is excellent, consists of a supply of young radishes prettily trimmed and arranged. Radishes are to be had, we know, all the year round, but they are usually at their best at this time of year; they are wholesome, they stimulate the appetite, and they are put to their best use when nibbled at the beginning of dinner. They are also very pretty, and when artistically arranged they improve the appearance of the table very much. An easy way of serving them is to have small plates put in readiness round the table, one for each person, and to have the radishes on a glass dish or glass dishes in the centre within reach of everyone.

When radishes are provided it is most important that they should be dished properly. Choose those that are firm and young, small, round, and as red as possible. Pare away all the leaves, but leave the best of the green stalks to the depth of about an inch. Cut away the end of the root, and when doing so pare off a portion of the skin near the end to show a little of the white underneath with a sharp knife; cut the radish down twice across, but not quite through the root; or else with a sharp knife pare the red skin into five or six equal sized leaves. In either case be very careful not to detach the stalks. Put the

trimmed radishes into cold water till wanted. They may be placed on the dish in a circle with the roots to the middle, the green stems outward, and a little chopped ice over all. In Parisian restaurants radishes are frequently served thus as *hors d'œuvres*.

Colbert Soup.—Eggs are now very abundant and very good. It is easy at this season to get eggs that are newly laid, and there is now little fear that they will be stale. Under these circumstances one of the most satisfactory of available soups is clear soup served with poached egg floating in it, one egg being provided for each person. Soup thus garnished is very restorative and very easy of digestion. It is particularly valuable for people who are exhausted with overwork, or who expect to have exceptional demands made upon their strength. It is worth while, therefore, for cooks to learn how to manage in serving the soup, because, apart from everything else, it is an exceedingly useful dish, and much liked.

Clear soup with a garnish of poached egg would be more frequently served than it is but for the difficulty of making it look neat. Whenever the recipe for making it is given we generally find the words added, "care must be given not to break the eggs." But cooks who have attempted to make Colbert soup, and hostesses who have tried to dispense it at table, have discovered that it is not easy to serve an egg without breaking it, and when

one egg yolk is broken in a tureen of clear soup the beauty of the soup is gone. After a disaster of this kind, can we wonder that the soup is set aside?

There are two or three ways of overcoming this difficulty, however. One is to put the poached eggs on a separate dish and have them handed round as soon as the soup is served. This method is fairly safe, although it is not everyone who can take up a poached egg from a dish and convey it to a plate of soup without scattering part of it. Unfortunately, also, it rather destroys the charm of the soup, for a neatly poached egg covered with clear soup has a very attractive appearance. Another way is to break an egg and turn it into each soup-plate without disturbing the yolk, and to pour a cupful of boiling hot soup gently over it. In about two minutes the whole of the egg will be set. Of course the soup-plate must have been warmed in the first instance. The objection to this plan is that the egg does not get trimmed. A third method is to put some water into a frying-pan with some salt and half a wineglassful of vinegar. When it boils break the eggs carefully into it, being most particular to keep the yolks whole, and gently poach the eggs for about two minutes. Have ready a pan containing hot water, take the eggs up one by one with a slice and lay them gently in it; then trim the edges and make the eggs of a neat shape. Now put

them into the soup-plates, pour the boiling soup over them, and place a soup-plate with its contents before each guest.

Mackerel is now in full season. It is a most dainty fish and very nourishing, yet it is rather despised by English housewives. If it were to rise in price it would very likely rise also in popular estimation. Probably because it is cheap it is rarely served at high-class dinners. The prejudice against it, however, is quite unfounded. True epicures do not despise mackerel. This is what a great culinary authority, Grimod de la Reynière has said of the fish:—

"The mackerel has this in common with good women, he is loved by all the world. He is welcomed both by rich and poor with the same eagerness. He is most commonly eaten *à la maître d'hôtel*, but he may be prepared in a hundred ways, and will be as exquisite plain as in the most elaborate dressing."

Valuable and delicious though mackerel is, it possesses its disadvantages. Its flesh is so rich and oily that it is indigestible as salmon is indigestible to people inclined to dyspepsia. Also, it deteriorates in quality very quickly; it is one of the worst fishes for keeping that we have, yet to be of any worth it must be eaten fresh, for when stale it is most unwholesome. Fortunately it is easy to tell when a mackerel is fresh and when it is stale. A fresh mackerel is very bright looking. Its skin shines brilliantly, and its body is stiff and firm. When the skin and eyes of a mackerel look dull, and its body is limp, its glory has departed, and it is worse than worthless. Moderate sized mackerel are to be preferred to those of a large size.

It has been said that the only perfect way of cooking mackerel is to broil it. Yet it is possible that hundreds of housewives in England have never tasted broiled mackerel. The commonest way of cooking the fish, and also the worst way, the method of treatment which makes it most insipid, is to boil it. Mackerel when boiled is less appetising, though more digestible, than when cooked in any other way. The state of the fire, however, is a most important thing in the broiling; unless the fire is clear and bright, successful broiling is out of the question. Yet when a dinner is to be dished it is not always possible to keep the fire quite clear. To prevent disappointment, therefore, I will give recipes both for broiled mackerel and baked mackerel. Both are more tasty than the fish would be if boiled:—

Broiled Mackerel.—Trim off the tail and fins of the fish, remove the gills and inside, and wipe the fish well without washing it, because water will make the skin blister. If there is blood about it, so that it must be washed, cleanse it quickly in salt and water and dry it well. Split it open so that the back-bone will be in the middle, season it with pepper and salt, and pour a little warm butter, bacon fat or salad oil all over it. Grease and make warm the bars of the gridiron, put the fish on it, the cut side first, turn it frequently, and baste it with a little more oil now and again. It must be turned carefully because the flesh breaks readily. A double gridiron is the best. The mackerel will probably need to cook for twelve or fifteen minutes; if the fire is fierce, and it is quickly broiled it will be spoilt. Just before taking it up sprinkle chopped parsley over it, lay it on a hot dish, and butter it well. As the butter should be well melted before the fish is served, it is well to put a hot dish over it as well as under it, and let it stand a minute or two. If instead of being broiled whole the fish is served, it is well to put a hot dish over it as well as under it, and let it stand a minute or two. If instead of being broiled whole the fish can be filleted, so much the better. For this it must be split in half, have the back bone removed, and each side cut slantwise in three pieces. Before being broiled the pieces must be drawn through oiled butter. If sauce

is required for the fish, a very tasty one can be prepared as follows:—Melt an ounce of butter in a small stewpan, mix three quarters of an ounce of flour smoothly with it, and let it become brown. Add a cupful of cold water, stir till it boils, then stir in a tablespoonful of vinegar and a dessertspoonful of bruised capers.

Baked Mackerel.—Carefully cleanse two mackerel, cut off their heads, remove the fins, split them open down the back, and if it has been necessary to wash them, dry them well, either by hanging them in the air, or by dabbing them with a cloth. Take out the back-bone, grease a baking dish, and lay one fish in it skin downwards. Sprinkle upon it a savoury mixture of one dessertspoonful of chopped parsley, a slice of onion the size of a thumb-nail, finely chopped, a small teaspoonful of mixed herbs, a tablespoonful of fine bread-crumbs, and a little pepper and salt. Having distributed the mixture evenly over one fish lay the second fish prepared in the same way upon it, skin upwards, pour about two ounces of melted dripping over it, cover it with an inverted pie dish, and bake it for about half an hour, basting it occasionally. When done, slip a slice under the fish, lay them on a hot dish, garnish with cut lemon and parsley, and serve.

If, after all, housewives prefer to boil the mackerel they may at least cook it in flavoured stock instead of water. Let them have the fish filleted and divided into neat pieces, then laid carefully in warm stock with a carrot and a tiny piece of onion. When it has stewed gently till tender, make sauce of a portion of the stock, by flavouring it with lemon juice and a little mace, and thickening it with roux. Dish the fillets of mackerel in a circle, pour the sauce over them, and sprinkle chopped parsley over all.

Sour Mutton.—A pleasant change from the ordinary roast and boiled is obtained by cooking a leg of mutton according to the following recipe which came from Germany. Select a small plump leg of mutton, and put it into a pickling pan with half a pint of vinegar, a quarter of a pint of water, one good sized onion stuck with six cloves, a dessertspoonful of salt, half a teaspoonful of peppercorns, and two bay leaves. Turn the meat, and rub the pickle into it every day, for ten days, bake in the usual way, and baste it well. During the last half hour of cooking, add a little of the pickling liquid to the bastings, and baste frequently. When they are in the store closet, sour plums (a recipe for making which shall be given in two or three months when the plums are in season), or chutney, or pickled cranberries should be served with this dish.

New Potatoes with Parsley and Butter.—Early new potatoes are always welcomed, and they are sometimes sold in punnets at a high price, and then regarded as a luxury; yet they are nearly always a delusion. Oftener than not they are waxy and not nearly so wholesome as they ought to be, and experts tell us that many of the so-called early potatoes are not new, they are simply small old potatoes that have lain in the ground for some time without sprouting, been taken up when potatoes were planted, dried and kept in sand till spring. The way to test them is to scrape the skin with the nail. When potatoes are new the skin is quite tender, and comes off almost with a touch. By June, however, new potatoes are sure to be worth having; and if we wish to enjoy them in perfection we should see that they are dug out of the ground as short a time as possible before cooking. They will then need only to be washed and brushed; but if they have been dug up for awhile they will have to be scraped to make them clean.

Prepare the potatoes, and put them into boiling water with salt, and let them boil gently for a quarter of an hour, or till nearly tender; then drain them, cover them with a

cloth, and let them steam till done. If they are of a good colour and really young, it would be a pity to do anything with them but sprinkle chopped parsley over them, and serve them hot without cover. If they are dark and of the sort that "taste better than they look," it will be advisable either to *sauter* them or to pour parsley-sauce over them. To make the sauce, wash a sprig or two of picked parsley in two waters, wring it dry, and shred it finely, but do not boil it before chopping it, as is so often done. Melt one ounce of butter in a small saucepan, mix half an ounce of flour smoothly with it, and add half a pint of cold water. Stir the sauce till it boils, and add the parsley last thing. Pour the sauce over the potatoes just before serving.

To *sauter* the new potatoes, wash and brush them and cut them into sections like the quarters of an orange. Only half boil them, drain them, let them dry; then put them into a pan with butter, pepper, and salt, and let them finish cooking over a gentle fire, shaking them occasionally; sprinkle salt over them and serve. An ounce of butter will be needed for one pound of potatoes.

Young Carrots Stewed.—Take a dozen or more young carrots, about the shape and size of a walnut. Wash and brush them well, and, if necessary, lightly scrape them, and trim them to make them all alike. Put them into boiling salted water, and let them boil for about half an hour, then drain them, and put them to stew with stock to cover them, three lumps of sugar and a good slice of butter. Let them boil gently for half an hour, then take them up; boil the stock quickly till it is reduced and begins to thicken. Roll the carrots in the glaze to coat them, and pile them in a tureen. Pour round them a cupful of brown sauce flavoured with lemon-juice.

Peas Cooked in the French Way.—When peas come into the market housewives always rejoice, because, however much we may ill-treat other vegetable treasures, everyone likes green peas, and it is so easy to boil them that they are generally well cooked. There are people, however, who appreciate peas so highly that they declare it to be a shame to serve them with meat because they are worthy to constitute a course by themselves. The French are of this opinion. When they can get garden peas freshly gathered, they cook them carefully, and convert them into a dish so dainty that the authority already mentioned, Grimod de la Reynière, declared peas cooked in the French way to be delectable, and superior to all dishes of summer vegetables.

Now this being the case, would it not be well, while peas are still a novelty amongst us, for English housewives to make an experiment, cook them in the French way, and serve them by themselves as a substitute for game after meat? There is no doubt that people eat too much meat in these days. In summer time, especially, we might with advantage make more use of vegetables than we do, and so benefit both in health and pocket. To cook peas which are to be served as a separate course take, say, a pint of young peas, fine and freshly gathered. Shell them just before cooking them, or, if they must be shelled earlier, cover them with a damp cloth till wanted. They lose their flavour when they are exposed to the air. Take also a fine lettuce. Strip off the outside leaves and cut it down the centre; put within it either a sprig of thyme or a sprig of mint, and tie together again. The herbs may be omitted if their flavour is not liked, and they are not always used; but the lettuce should be cut down and tied together again, because it yields more moisture when cut, and it would fall too much if left open. Some cooks put five or six spring onions into the pan as well as the lettuce, but the addition is a matter of taste. Put the

lettuce into a saucepan with two ounces of butter, a pinch of salt, and about two tablespoonfuls of water to a pint of peas; the lettuce and the peas will themselves yield a good deal of moisture. If the peas are not very young, a teaspoonful of sugar will be an improvement. Cook over a slow fire for about twenty minutes; then take out the lettuce, etc., and simmer the peas gently till they are done and the broth is almost all absorbed. Lift the saucepan from the fire and put with the peas either half an ounce of butter mixed smoothly with a teaspoonful of flour, or the yolk of an egg and a little butter, or a tablespoonful of cream and a little butter, and shake the pan

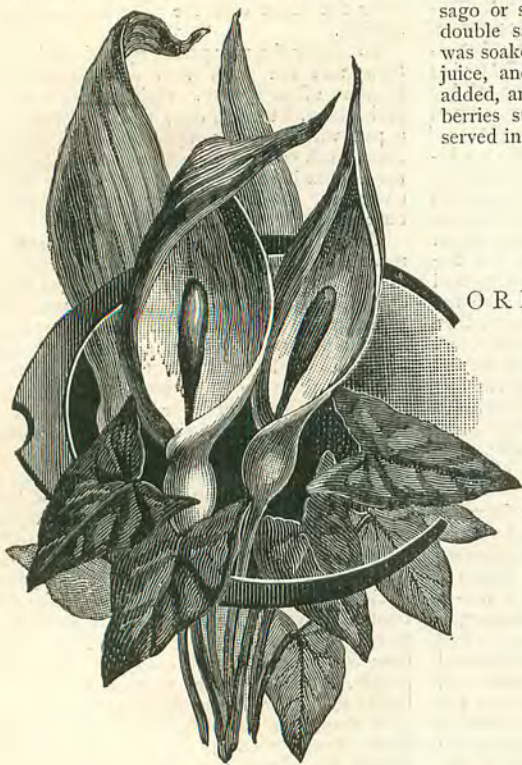
till the sauce is well mixed with the peas. Do not, however, let the peas boil again after they are sauced.

Very frequently fully grown and indeed somewhat old peas are cooked in this way in order to hide their inferiority. It will be understood, however, that the time required for cooking varies with the quality of the vegetable. When done the peas ought to be nicely cooked and coated with sauce.

Tapioca and Strawberry Pudding.—A few months ago the recipe for this pudding was given in an article on strawberries. It is, however, so delicious that it would be a pity for it to be forgotten now when small fresh fruits are with us. It can be made either of soaked sago or soaked tapioca boiled till clear, in a double saucepan, with the water in which it was soaked. When done, a little salt, lemon juice, and plenty of white sugar should be added, and a mixture of raspberries or strawberries stirred in off the fire. It should be served in a glass dish and eaten with cream.

Cheese Croustades.—A very pleasant change in the ordinary cheese course may be made by providing one of the many varieties of fancy preparations of cheese that are available. The following is particularly easy because, as the dainty morsels do not need to **bake more than** about ten minutes, they can be put into the oven when the pudding is sent to table and will be just ready when wanted.

Line some small moulds with good pastry rolled very thin; grate two ounces of parmesan, and mix with it an ounce of warmed butter. Add salt and cayenne, and the yolks of two eggs whisked till firm; if the eggs are small three yolks will be required to the white of one large egg. The white of egg must be put in last thing. Half fill the pastry cases with the mixture, and bake in a moderate oven till the cheese mixture is set and the pastry slightly coloured. Sprinkle grated parmesan and chopped parsley upon each and serve, and dish the croustades on a folded napkin.



MISCELLANEOUS.

CARR.—"Una" is pronounced "You-na," not "Oona."

GERTRUDE.—A stamp snake takes about 3,000 stamps. You had far better keep to this plan and finish your snake.

UNFAITHFUL. like many another, has been grasping the shadow and has lost the substance. Try and get your minister to interest himself in the case, and endeavour to be a friend in need also in every way.

ARABELLA.—We can only advise you to take some lessons in cookery, or to give a certain time to study so as to learn your new business thoroughly.

HARUM SKARUM.—There is no harm in using a knife to either mushrooms or tomatoes; but a fork is generally sufficient. Of course a knife should never be used as a fork or spoon.

LATCHKEY.—The duties of a lady's-maid vary in every house. Dressmaking, hairdressing, and waiting on her mistress, are the usual duties; but in some cases there is no dressmaking required and more personal attention expected. She also repairs her mistress's clothes.

A SUFFERER.—We fear there is no speedy cure for neuralgia. Change of air will sometimes work miracles, but the improvement of the general health and strength is the chief thing to be sought after.

MAUDE.—The only way to cut out a belt is to take a deep bias strip of cotton and fit it carefully to the figure.

A TROUBLED ONE.—The article by "Medicus" on the removal of superfluous hair is called "Beautiful Hands," and is in vol. xiii., p. 358.

MADGE had better go in for some higher examination when she leaves school, such as the St. Andrew's, for the L.L.A. degree; or that of the London University. That will give her plenty to do and think of. It is a pity for girls who are really well off to go into positions of this sort. It interferes with the bread-earning of those with little means who are obliged to undertake such work.

CORRESPONDENCE.

M. MARTIN.—There is a small home for ladies of very limited means on the Worcestershire hills. You had better write, and ascertain whether there be a vacancy, to the Principal, Miss Emily C. Weston, Peth-u-el Lodge, Broadway, Worcestershire. The terms vary from 12s. 6d. to 25s. a week, according to the bedroom occupied and other circumstances, such as making your own bed and dusting your room, and giving a little help in other ways. It is a total abstinence household, air and water good, near the church, and the vicar of Evangelical views.

ONE IN TROUBLE should refer to our articles on "Occupations for Women and Girls."

EGLANTINE.—We can only advise you to see a lawyer, and as we fancy the money cannot be obtained without her signature, she may make some agreement to give up a part in order to buy him off. But as we do not know all the circumstances of the case we can only suggest a plan that a lawyer might assist you to carry out if feasible.

A. W.—We should think that as you grow stronger you would be better. Could you not go to a convalescent home by the sea for a time?

A CONSTANT READER OF THE "G. O. P."—The usual reason why servants do not become valued members of the families where their services are engaged is the simple fact that they enter on their domestic duties perfectly incompetent for their work, not having been thoroughly trained for it. In olden times mothers were often succeeded by their daughters in the same house, and when past their own powers for doing good service they either received a pension on which to retire, or were allowed to remain in the house. Doubtless there are many hard and inconsiderate mistresses, but how many incapable young women expect to be paid for bad work? And how many have no heart in their business, and only care for "gadding about" and change. We are glad to hear you are happy in your place, and that you have found and value a good mistress, and we hope you will be one of those highly respectable people who will merit and obtain a pension.

E. S. W.—You can enlarge the pattern very easily. Find out first the size of the head and make a chain of stitches to fit it.

MARIE OTA.—The word "furlough" is derived from the Danish *forlov*, from which it is found in nearly all the Northern tongues. The common orthography is thought to be corrupt. The true way of writing it should be "furlow." It means "leave of absence," especially leave granted to an officer or soldier to be absent from service for a certain time.

GREEN EYES.—You may begin at once; you need not wait till everyone else is served.

TOTTIE would have to make enquiries for herself as to whether she could get employment at a manufactory.

GRANNY.—Write to the large shipowners and ask for information, stating your qualifications. But we have heard that preference is generally given to the wives of those who have been in their own employment.

MARUSIA.—Yes; a Russian can be examined at the University of London for degrees, as no residence is required there. We should be pleased to read the article, if you will kindly send it on approval; and we are pleased at your genuine praise of our paper.

A READER OF THE "G. O. P." (Cambridge).—1. Read our articles on "Occupations for Women and Girls."—2. Always name your friends before yourself. Never say, "Me and my two friends."

MUFF.—Your kitten is getting too much food, and inability to digest it, and, therefore, failure to assimilate it may account for her thinness. Of course we can only make a guess.

VELVET PALMS seems to have a governess who has given all her attention to her pupil's hands, and to assisting in the horrible process of distorting her body by artificial and most physically injurious means, and to have utterly neglected her education, so far as we can judge from her unformed, feeble-looking handwriting. Squeezing your growing body into stays by night and by day, which must interfere with both the circulation and digestion, will tell against you sooner or later. The least of the evils will be exemplified in a red nose, in all probability. How unnatural, and how painfully deformed you must look; and the large internal organs still more seriously so.

AILEEN AROON.—1. Emerson, essayist and poet, was born at Boston, May 25th, 1803, graduated at Harvard College in 1821, became a Unitarian minister at Boston; but in 1823 abandoned preaching, and lived in future at Concord in seclusion, devoted to study. He died at Concord, April, 1882, aged seventy-eight. There is an excellent and cheap edition of his essays and poems published in England.—2. Victor Hugo, born at Besançon, February, 1802, is considered to be one of the greatest of French poets and writers. In 1845 Louis Philippe made him a vicomte; in 1848, he became a Red Republican; and in 1852 he was banished from France by Napoleon III., and from that date he lived in Jersey and Guernsey till the fall of the Empire, when he returned to France. He sympathized with the Commune and was driven from Brussels in consequence, and returned to Paris in 1871. He died in 1885.

M. A. O.—1. Velvet is cleaned with a little bacon-rind or butter rubbed lightly over it. This is the way it is cleaned by milliners. The butter is put on a flannel.—2. The crochet bag can be cleaned with flour without wetting it at all.

BAKEWELL.—The bread has too much yeast in it, or you raise it too quickly and too long. Probably the latter.

A LONELY LASSIE has done quite right in refusing a man who has acted a dishonourable part to another; and now she will be wise to think no more of him.

H. C. G.—1. We think that a person of forty or forty-five is middle-aged.—2. The definition of the term "science" may be given as a deep and comprehensive knowledge of truth and facts—**insight into** philosophical questions, and the principles on which truths and facts and motive-powers are based and logically proved.

SYSKEN.—Find out the nearest probable date of the will and then go to Doctor's Commons and make your enquiries. This will save both time and money. The fee is one shilling for each year you hunt through, and will searched for.

A MODEL MENU FOR JULY.

BY PHYLLIS BROWNE.

MENU.

Green Pea Soup.
 —
 Cold Salmon. Tartar Sauce.
 Cucumber.
 —
 Braised Ducklings with Turnips.
 New Potatoes à la Creme.
 —
 Cauliflower au Gratin.
 —
 Caramel Pudding.
 —
 Home-made Cream Cheese.



N the middle of summer, when the weather is very hot, a dinner composed chiefly of cold dishes with daintily prepared vegetable, is often more acceptable, and also more wholesome than is a dinner of hot meats.

Green Pea Soup.—The French call this soup St. Germain's soup. It is not a very common one in England, probably because English housewives think that fresh green peas should be served as a vegetable, and that they are too good to be put into soup. The opinion is a reasonable one, nevertheless green pea soup is very delicious, and a pleasant variety of fare is gained when peas are used in this way.

When making green pea soup the cook should endeavour not only to have the soup of a good colour, but also to bind the ingredients together, so that the pulp of the peas does not separate from the broth, as it is apt to do if the soup is not properly made. In order to make the soup of a good colour, the saucepan used must be most scrupulously and daintily clean, the peas must not be old, and they must be freshly gathered, and the liquid part of the soup must consist either of very light-coloured clear stock or of water. As a matter of fact water is to be preferred, on account of its clearness, and as peas are in themselves almost as nourishing as meat, it is evident that they do not need to be mixed with stock to make them so. Some cooks in order to improve the colour of this soup, boil a few spinach leaves or lettuces with the peas. When this is done the spinach leaves should be young and fresh, and the lettuces should have the stems removed; otherwise the flavour of the soup may be rendered somewhat bitter. The employment of sorrel leaves is sometimes recommended, but to use them would be a mistake; they would be likely to make the soup yellow and sour, when it ought to be green and sweet. For economy's sake many cooks wash the shells of the peas, boil them and rub them on a sieve to obtain the pulp which belongs to them, and which is really very similar to the pulp obtained from the peas themselves.

In order to make well-flavoured green pea soup it is desirable either that onions should be boiled with the peas and passed through the sieve, or else that the stock should be flavoured rather strongly with onions. A little mint and parsley may also be used with advantage, and it will be well to put one or two lumps of sugar with the peas to ensure sweetness. Some people put carrots and turnips with green pea soup. These flavours however not only make no improvement, but they positively spoil the soup.

To make good pea-soup then take two pints of freshly shelled young peas. Put them into three pints of fast boiling salted water with a sprig of parsley, a sprig of mint, a handful of young spinach leaves, a few young onions, two lumps of sugar; and no soda. Boil with the lid off the pan till the peas are quite soft, then pour through a strainer, take care of the water in which they were boiled, and rub them through a fine sieve. If the shells are to be boiled they must be cooked separately, and rubbed through a sieve apart from the peas, the pulp they yield can then be put with the pea pulp. Mix this pulp with the pea broth; and let it boil. Bind the ingredients together with two tablespoonfuls of arrowroot mixed to a smooth paste with cold water, and stirred into the soup. If arrowroot is not available two tablespoonfuls of crushed tapioca can be stirred into the soup, and simmered till transparent, or on an emergency a little cornflour might be used; but milk and flour are to be avoided. They are often used but they are not suitable for the purpose. The soup will be greatly improved however if a cupful of very young peas are reserved, boiled apart, then carefully drained, and thrown into the tureen just before it is sent to table.

Salmon Cutlet and Tartare Sauce.—Cold. Take a neat piece of salmon from the middle of a good-sized fish, and weighing a pound and a half or two pounds. Trim it neatly, wrap it in muslin, put it into a shallow saucepan with boiling salted water to which a little vinegar has been added, and let it simmer gently for about fifteen minutes. Take it up, and let it go cold. Prepare beforehand, to be in readiness for dishing the salmon, some very stiff aspic jelly; a quarter of a pint of Tartare sauce; a cucumber; and a slice of bread a trifle larger than the salmon cutlet but of the same shape. This bread should be fried and equally browned all over, then coated with a little of the aspic jelly made liquid. To dish the salmon, place the fried bread on a dish, put the salmon upon it, spread the sauce on the top, and put a wall of thinly cut cucumber all round the slices resting on the edge of the bread. Fill the outer part of the dish with aspic jelly chopped fine, Batavian endive and beetroot.

Salmon thus prepared will supply an elegant and attractive-looking dish. It will not be an extravagant one as far as the cost in money is concerned; but it will cost something in the time given to preparation. A mayonnaise of salmon for dinner on the following day may be made of any scraps of fish that are left.

Aspic Jelly.—Savoury jelly used for decoration, and intended to be chopped as described must be very stiff. It will be necessary therefore when making it to use an ounce of gelatine for a pint of liquid. Soak the gelatine in a gill of water for an hour, then put it into a stewpan with a very small carrot, an onion, and a tiny piece of turnip, one bay leaf, a quarter of a pint of tarragon vinegar, or the same measure of ordinary vinegar, and three leaves of fresh tarragon, three cloves, a dozen peppercorns, a teaspoonful of salt, the juice of half a lemon, and the whites and shell of an egg, and a pint of water. Whisk these ingredients over the fire until the jelly begins to simmer, then leave off stirring, and let it come to the boil. Draw it to the side of the fire, and let it stand a few minutes, then pass it through a warm jelly bag. Before it sets, brush a portion of the jelly over the toast. Turn the remainder into a damp shallow mould, and chop it when firm.

Tartare Sauce—is simply mayonnaise sauce to which tarragon, chervil or myrrh, parsley, and other ingredients have been added. The proportions usually followed are a dessertspoonful of mixed parsley, chervil, and tarragon, a small pinch of chopped cloves, onion or shallot, a teaspoonful of chopped gherkin, and half a teaspoonful of chopped capers, pepper and salt for half a pint of mayonnaise. Unfortunately tarragon and chervil are not to be had everywhere. When they cannot be obtained tarragon vinegar must be used instead. The chopped herbs and the seasoning should be stirred in just before the sauce is wanted. It is well to remember that tarragon and chervil, though only to be bought at high-class shops, and though often rather expensive, are very easily grown where there is a little piece of garden ground where herbs can be cultivated. Tarragon vinegar is very easily made at home; and July is the month in which it should be made. To prepare it pick fresh tarragon leaves from the stalks, put them into small dry bottles, and fill with vinegar. Cork, and let the vinegar stand for four or five weeks, then strain and bottle it. This vinegar is very pungent, and when it is used, a small quantity goes a long way, therefore it is not necessary to make very much of the extract at one time, especially as it is best when the supply is renewed every year.

Braised Duck with Turnips.—French housewives are as firmly convinced that turnips and duck ought to be served together, as English housewives are that duck and green peas were made for each other. The truth is that when a duck is daintily cooked, it is excellent with either vegetable. On occasion too, a gourmand might even be resigned if he had to dispense with both, and put up with carrots, mushrooms, or olives as substitutes for the same. Yet duck braised with turnips is a dish not to be despised, and housewives not acquainted with it would do well to try it.

Procure a fine young duck of medium size, or if necessary a couple of ducks. Very young ducklings, it is to be noted, are considered a dainty, and they look very inviting before they are cooked, yet too often they prove to be a delusion, for when brought to table they are found to be chiefly skin and bone. Tough ducklings, too, are very unsatisfactory, though not at all uncommon. Therefore the birds need to be carefully chosen with the breast plump and firm, and the skin clear. If they can hang for awhile before being cooked all the better. They should be well cooked, too; they must not be served underdressed, as wild ducks are.

Supposing one duck is to be cooked, stuff it by putting inside it half a teacupful of mild forcemeat, made of two onions chopped fine, two tablespoonfuls of bread crumbs, two fresh sage leaves chopped small, or three dried ones powdered, and plenty of pepper and salt. If liked the onions can be boiled before being chopped. Make the forcemeat secure, and truss the bird compactly with the legs inside. Melt an ounce and a half of butter in a stewpan, add a little pepper and salt, put in the duck, and let it cook gently over a moderate heat, and turn it about until it is browned equally all over. Take the duck out of the stewpan, dredge an ounce of flour into the butter, and mix till smooth, then add three-quarters of a pint of stock, or water if there is no stock, a small bunch of herbs and an onion. Stir the sauce till it boils, and carefully remove the scum as it rises. In about five minutes put the duck in the sauce, cover the saucepan closely, draw it to the side, and let it simmer

gently for three-quarters of an hour, or an hour according to its size.

Meantime take about two dozen small round young turnips trimmed to be of an equal size and shape; or a number of fully-grown turnips prepared in the same way, and turned to the shape of olives, may be used if more convenient. Put them into boiling water for a few minutes to blanch them, dry them, and fry them in a little butter till they are lightly browned. Drain them, and twenty minutes or so before the duck is expected to be ready, put the turnips with it, and let all simmer gently together; do not let the turnips break. Also before putting in the turnips, and at other times when there is opportunity, do not forget to skim the sauce and turn the duck once or twice. These operations are very necessary, and if neglected the dish will not be as dainty as it ought to be.

When the duck is done, take it up and keep it hot. Drain the turnips also, and keep them warm. Skim the gravy, strain it, taste it to be sure that the seasoning is right, and boil it quickly to reduce it. When smooth and thick, put the duck into it again for a few minutes to get hot, and dish it with the turnips round it, and the gravy poured over all.

New Potatoes with Cream.—People who pride themselves on being epicures usually refuse to eat potatoes with duck; they are of opinion that the taste of the vegetable destroys that of the bird. The majority of housewives, however, feel as though they had not dined when they have not partaken of potatoes. A recipe for preparing them is therefore given.

Cut about a pound of recently boiled new potatoes into slices a quarter of an inch thick. Place them in a stewpan with two tablespoonfuls of cream, two ounces of butter, pepper and salt, a little nutmeg, and the juice of half a lemon. Put them on the fire and shake them till they are coated with the sauce, and quite hot, and serve.

Cauliflower au Gratin.—When successfully prepared this dish is always liked, but it is often spoilt through neglect of small details. It ought to be cooked in the dish in which it is served, and served very hot. When the shallow white earthenware dishes of which mention has already been made are available, this is easily done, and the dish can be placed in another, covered with a napkin. Sweet butter must also be used when making the sauce for the cauliflower. If the butter is at all strong, the cauliflower will taste oily, and its daintiness will be lost.

Choose a white sound cauliflower of a good size. Wash it well and let it lie in cold salted water for an hour, then cut the thick end of the stalk across twice, thus, X. Put the vegetable into fast boiling water, and let it boil fast till tender. Throw some salt and a little butter into the water when the cauliflower is boiling. This will help to keep the vegetable from being pulpy. When done take up the flower carefully, drain it well, and cut the sprigs off neatly. Pack these with the stems downwards in a shallow earthenware dish which will stand the fire, and can be sent to table, and which has been well buttered. Have ready some savoury sauce. Lay this in tablespoonfuls over the flower to coat it thickly, and sprinkle brown bread crumbs on the top. Place the dish in a baking tin containing boiling water, and set it in a good oven for about a quarter of an hour, till the cauliflower is hot through and well browned. At the last moment sprinkle a little grated Parmesan on the top, and serve.

To make the sauce melt half an ounce of butter, and mix with it off the fire an ounce of flour. Add a gill of cold water, and stir the mixture till it boils, when two tablespoonfuls of cream and an ounce of grated Parmesan should be added. This sauce will be thick, and so it should be.

Caramel Pudding.—This pudding is a general favourite with those who know it, and it is certainly a dainty pudding, but it requires a little management. Many who would like to have it, are deterred from doing so by hearing that it is necessary to use an extravagant number of eggs for it. If, however, the following directions be followed exactly, the pudding can be made at a fairly reasonable cost.

Take a tin mould with straight sides, and that will hold a pint and a half of custard. It is to be remembered that the smaller the mould, the more easily the pudding can be made to turn out successfully. On this account it is a good plan to make six or eight small caramel puddings instead of one large one. They may be made in exactly the same way in plain tins, each one of which holds about a gill of custard; and when turned out they look extremely pretty. To make one caramel pudding, take a plain tin mould, and put in it two ounces of castor sugar, and the juice of a lemon. Set it on the stove till the sugar is melted, stirring it all the time. In about six minutes it will colour, and it should be allowed to acquire a bright golden tint, like toffee, but not a dark brown tint, and on no account should it be allowed to burn. Take it at once off the stove and turn the mould round and about till it is equally and entirely covered inside with the brown syrup, then set it in cold water to make it quite stiff. Make some custard by pouring a pint of boiling milk upon three whole eggs which have been lightly beaten. Sweeten the mixture, and flavour it agreeably with vanilla, lemon rind, orange rind, or in any way that is acceptable. (Of course the milk must be sweet, and the eggs must be quite good; though they need not be perfectly fresh. If the ingredients are sweet, the boiling milk will not curdle if it is mixed gradually with the eggs, and the eggs are more serviceable when mixed with boiling milk than they are with cold milk.) Strain the custard, and let it go perfectly cold. Just before it is to be cooked, pour it into the prepared mould, and lay a round of buttered paper on the top. Put a saucer or something flat in a stewpan, and boiling water to the depth of an inch. Put the basin containing the pudding upon the saucer, and simmer for about two hours or till the custard is firm in the centre. This length of time is necessary because of the limited number of eggs used. If twice as many eggs were used, the custard would set more quickly and be richer, but it would not taste much better. The taste of this pudding depends very much on the flavouring. It is most important that the steaming should be carried on very gently. If the water is allowed to boil fast the pudding will be spoilt.

When the custard is firm take it up, let it stand for two or three minutes, then carefully invert it upon a dish. It ought to be of a rich brown outside, and a bright yellow colour inside. Caramel pudding can be served either cold or hot. Many people like it best when cold.

Home-made Cream Cheese.—In hot weather milk very often turns sour before it can be used, then it is thrown out and wasted. There is no need for this waste, however. If milk is pure in the first instance, it does not become impure because the curd in it has separated from the whey; and when in this condition it can be used in many ways to advantage. One of these is to make it into cream cheese, and home-made cream cheese is a very satisfactory product. Housewives who feel inclined to make a small quantity should proceed as follows—

Procure one of the light straw punnets in which strawberries and small fresh fruits are sold in these days, and put into it a good sized piece of coarse muslin which has been rinsed out of cold water and left wet. Pour

into it some milk which has turned to curds and whey: draw up the corners of the muslin, and hang the punnet in a cool place, putting something under it to catch the whey that drops from it. It should be allowed to hang thus for a day or two. When it ceases to drip, and the curd is dry, take it from the cloth, squeeze it well and form it into shape, put it into a clean piece of muslin and place it under a weight for some hours. Serve it as cream cheese is served.

While giving this recipe for the utilisation of sour milk, we ought to mention that milk keeps much longer if it is boiled as soon as it is brought into the house; and one of the surest ways of preventing certain forms of illness is to use only milk that has been boiled. Indeed, experts tell us that if we were all to make it the rule to boil not only all liquids, even water, before drinking them, and to eat nothing that had not been heated to the point of boiling, we need have little fear either of cholera or scarlet fever, while diphtheria and typhoid would be much less common than they are.

Perhaps it will be well to remind housewives who wish to keep their store room stocked with useful supplies required in cookery, that early in July walnuts should be pickled, and walnut ketchup should be made. Also that from now to the end of September herbs may be dried and bottled for use. Perhaps I may be allowed to say a word or two about each of these stores.

Pickled Walnuts.—Walnut pickle is exceedingly easy to make, and it is a very useful preparation. It is valuable not only as an accompaniment to cold meat, but if a small portion is put into hashes and stews it improves their flavour, and the black skin can be used for garnishing. It would be made oftener than it is if housekeepers did not forget it until the fruit was too mature for pickling. Only while they are quite young can walnuts be pickled; when the nut is formed within the husk it is too late.

When buying walnuts, housewives may be advised to buy the fruit by weight, that is, if they intend to pickle a small quantity only. Some vendors sell green walnuts by weight, others by the hundred, others by measure. It is, however, unsatisfactory to buy goods by measure, because, if dealers are disposed to be unfair, a quick turn of the hand may place the purchaser at a disadvantage; whereas weight is seldom at fault if quality be good. In my opinion a small buyer would find it more profitable to buy four pounds of walnuts at 3d. per pound than to buy a hundred walnuts for a shilling.

According to the usual method of making pickled walnuts, the nuts are pricked through with a needle before being put in the brine. This is a disagreeable business, because it stains the hands. It may be omitted if despatch is not an object, because it is only done in order to make the brine reach the heart of the walnut quickly. The walnuts must be put in strong brine, which should be changed twice or three times, kept in it for ten or twelve days, and stirred every day, drained, spread out in the sun to turn black, and fastened down with vinegar and spices. As they soak up the vinegar more vinegar should be poured over them, and they should be kept for some months before being used. Brine used for the purpose may be made in the proportion of half a pound of salt to three pints of water. It should be boiled for two or three minutes, skimmed, and allowed to go cold before being used.

Walnut Ketchup is used as a flavourer. It is more troublesome to make than pickled walnuts are. Take any quantity of young green walnuts and put them in layers in an earthenware jar, with a liberal sprinkling of salt between each layer. Let them stand all

night, then bruise them well in a mortar, and do this every day for a week. At the end of the time drain away the liquid; pile the walnuts at one side of the pan, and raise it by putting something under one side so as to make the pan incline from the walnuts, and pour off the juice that flows from them every day until no more can be obtained. Simmer it gently for half an hour, and skim it well. With each quart put half an ounce of whole ginger, half an ounce of peppercorns, a clove of garlic, four shalots sliced, three quarters of an ounce of allspice, and a teaspoonful of anchovy sauce, or two anchovies. Boil gently for half an hour; pour out, and when cold drain the ketchup gently from the sediment into small dry bottles (which must be fully filled), cork securely, and cover the cork with melted resin. The sediment can be kept for flavouring common stews and sauces.

When walnuts have been pickled a year, the vinegar with which they have been covered is often used as a substitute for walnut ketchup. True, it is not quite as delicate in flavour, yet it answers fairly well, especially if it be drained from the nuts and boiled with a little spice and a few shalots.

Herbs.—Rightly used, herbs are most useful in cookery. Fifty years ago if we had been told that so-and-so was a clever housewife, we should have taken it for granted that she was intimately acquainted with herbs of all sorts, knew what each variety looked like, could name it by its scent when several yards away, and was familiar with the quality and flavour of each. Now we have to confess that there are hundreds of housewives who are really skilful, and who yet know nothing of herbs excepting as they buy them in small bottles from the grocer.

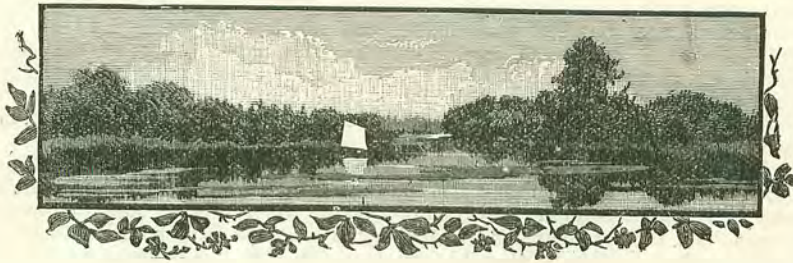
The fact is to be regretted because herbs have the quality of making food tasty without rendering it indigestible; and herbs bought ready bottled are for the most part very inferior to herbs dried at home. If only their cultivation were more generally understood, herbs might be easily grown in patches of garden which now lie idle. When this is not possible they should be bought in bunches and stored for use. The time of year for doing this varies with locality, and also with the time of planting the herbs, from now to the end of September. As a rule it is understood that they are best just before they flower. If left until they begin to seed they will have lost much of their goodness. According to herbalists neither the first nor the last crop have the fine flavour and perfume which characterise those gathered in the height of the season, that is, when the greater part of the crop is ripe.

Herbs should be gathered on a dry day, and they should not be gathered in the noonday heat. They should be carefully freed from dust and dirt before they are dried, and whatever method is employed in drying them, they should be quickly finished off, for so their flavour will be best preserved. The method which is most strongly recommended is that the herbs should be divided into small bundles and hung in a warm dark airy room till dry. When this plan is not practicable they should be dried by artificial heat either in the oven or before a fire, and then caution is necessary to prevent their being burnt. Of this a sufficient test is afforded by the preservation of the colour. When dry the leaves should be picked off the stalks, rubbed to powder, passed through a wire sieve, put into small dry bottles, corked tightly, labelled neatly, and stored for use. A very common practice is to put them

when dry into bags and store them. Thus treated they are sure to lose their flavour more quickly than when powdered and bottled.

There is a saying amongst old-fashioned housewives, when dealing with herbs that "two are company, but three are none." To this dictum, however, no housewife would subscribe who had used Francatelli's famous Aromatic Herbaceous Seasoning. This mixture is most excellent, and a tiny pinch put into stews and hashes imparts a very pleasant taste thereto. The recipe for making this mixture has, I believe, been given in a former number of *THE GIRL'S OWN PAPER*. It is repeated here however, for the benefit of those who have forgotten it. It may be added that one-fourth of the quantities named here would be sufficient for the needs of a moderate-sized household during one year, and that the best results are secured when the seasoning is freshly made every year. It is true that the fragrance of spices remains longer than a year, but that of the herbs is very evanescent. It is most important that the mixture when made should be kept in small bottles and corked tightly, and that when a little seasoning is wanted, the bottle should not be left uncorked a minute longer than is necessary.

Francatelli's Seasoning.—Take of nutmegs and mace one ounce each, of cloves and peppercorns two ounces of each, an ounce of dried bay leaves, three ounces of basil, the same of marjoram, two ounces of winter savory, and three ounces of thyme, half an ounce of cayenne pepper, the same of grated lemon peel, and two cloves of garlic. All these ingredients must be well pulverised in a mortar, first separately, afterwards together, and sifted through a fine wire sieve, then put away in dry corked bottles for use.



NEXT-DOOR NEIGHBOURS.

By EVELYN EVERETT GREEN, Author of "Greyfriars," etc.

CHAPTER XIII.

INNOVATION AND INSUBORDINATION.

"I WOULDN'T mind staying in-doors if Mr. Percival would come and tell me stories," said Ronny, with a pitiful look out of his big dark eyes, as he lay propped up on the sofa in the so-called school-room (though nothing in the way of schooling had at present been carried on there), and gazed out at the sunny world beyond. "Mr. Percival told me lots of jolly stories yesterday, and when he had done he said it was all true and was history. I shouldn't mind learning history if he would teach me like that. It's so dull having nothing to do!"

Wilfrid was in the room too. He had been quieter and more orderly since the shock of Ronny's narrow escape from drowning, which had been caused from first to last by his own wilfulness; first, in

getting upon the raft in defiance of orders and pulling Ronny after him, and then in losing his temper because he could not have everything his own way, and giving his brother that angry push which had precipitated him into the water. He had appeared to be trying to make amends by being unwontedly kind and attentive during the days that Ronny was incapacitated from active exercise. Regina had noted this trait with pleasure and satisfaction, and now, looking up from the finishing touches she was putting to a broken toy she had been mending, she said brightly, "Well, Ronny, if you and Wilfrid would try to be good and orderly, and not give too much trouble, I will try if I can persuade Mr. Percival to come and teach you some history and other things. Big boys like you ought to be learning something, and it would be nicer to learn

from somebody you like than to go to school."

At the word *school* Wilfrid's brows drew themselves together and a suspicious gleam came into his eyes. He had none of the average English boy's ambition to go to school; it was merely a name to him, and the name of an institution to be abhorred and avoided. He had heard his sisters speak disparagingly of their school, and of the strict rule by which they were bound there; and whenever they were cross with him, and he had provoked them by his wilfulness and tyranny, they had always declared that he ought to be sent to school to learn submission and order. Naturally, the young gentleman had mentally resolved that to school he would never be induced to go, and he had great hopes of prevailing upon his mother to let him have his own way.

by-the-bye, the latter flowers are extremely useful to fill up blanks left by faded earlier annuals, but in the name of good taste, I would beg that the three shades of purple, white and magenta be not joined together too nearly; in fact I do not think the pink is pleasant in any combination, but some of the newer tones of claret, grey, blue, and purple, mixed with white, go very well with yellow flowers like calceolarias or foliage plants like coleus and beet.

Even if away from home we need not entirely forget our gardens; indeed, on visits to country friends, the subject must necessarily be often recalled to our minds, and if the superior growth of their flowers sometimes arouse our envy, and tend to discourage our efforts, it may, on the other hand, stimulate to further exertions by giving us a higher ideal. Then, too, it is generally easy to beg seeds or cuttings of anything which strikes one's fancy, and although these will not invariably survive the change, those that do will become in future summers loving reminiscences of pleasant idle rambles on sunny mornings, or cool dewy evenings in some old-fashioned garden, where the soil is rich with centuries of cultivation,

and where all kinds of flowers seem only to need planting to flourish in a luxuriant tangle.

Many of my best plants have been obtained in this way, and I have a fancy for labelling them with the name of the donor or their original home, and thus, as it were, affixing the proper associations to them for their lifetime.

But not only from gardens can such mementoes be gathered; from moor, mountain, or hedgerow, or even the seaside cliffs, seeds and roots brought home to a little London enclosure will sometimes flourish surprisingly.

Thus every year bloom in my greenhouse little purple cyclamen bulbs brought from the Alps; several varieties of ferns recall holidays in Scotland, Wales, Devonshire and Cumberland; and one particular plant of the hybrid horned poppy is blooming now in its London home with even greater freedom than in the sheltered spot where I gathered its seeds on the south coast. That is a triumph of which I am very proud, for the striking plants with their grey leaves, yellow blossoms, and long horn-like seeds fascinated me greatly, growing as they did on a shelving bank of chalk, in shape like a glacier, sheltered on three sides

by the cliffs, and faced on the south by the sea. Certainly the natural circumstances of pure salt air, chalky soil and warm aspect could not be entirely repeated anywhere else, but by dint of mixing a quantity of rough, broken chalk with the soil of a sunny bank, and sowing the seed there when I returned to town in October I succeeded in raising a few little seedlings, one of which showed buds in the following September, but was unfortunately nipped off by the frost before they could come fully out. The ensuing hard winter killed them all off but the one which I have mentioned, which is a truly handsome example of the survival of the fittest, taller by many inches than any I have seen growing wild (thanks, perhaps, to stable manure), and bearing a number of good-sized perfectly-formed flowers.

On the other hand I have little sympathy with those travellers who wish to grub up by the roots everything they admire, or encourage hawkers to do so for them; heedless afterwards of whether the poor things are to live or die, and often throwing them down again to wither and be trodden underfoot. Taking seeds home is a far more interesting and kinder experiment.

A MODEL MENU FOR AUGUST.

By PHYLLIS BROWNE.

MENU.

Italian Salad.

Sole au Gratin.

Braised Fillet of Veal, with Vegetables.
Stewed Potatoes.

Grouse.

Sheldon Pudding.
Plum Tart. Cream.

Cheese.



In the middle of summer, when the weather is very hot, soup is often at a discount, and a well-mixed salad is, with the majority of diners, more acceptable at the commencement of a dinner than any other dish. Under these

circumstances housewives will occasionally do well to venture on a new departure, to dispense with soup altogether, and to put Italian salad or a similar dainty in its place. It must be understood, however, that unless the family has been educated to appreciate salads mixed with oil, this change will most likely not be approved.

Italian Salad.—An Italian salad may be made with almost every kind of vegetable, but this does not mean that all kinds may be put together indiscriminately; on the contrary, those only should be used which go well together. Amongst the vegetables usually used are green peas, heads of asparagus, sprigs of cauliflower, French beans, mushrooms, celery, and *haricot beans*. It is evident that only one or two of these varieties could be used, as they must be cooked beforehand; an Italian salad is frequently made from vegetables that have been left from a previous meal and carefully preserved. In any case

they must be cut into neat fancy shapes of an equal size, and equal proportions of each variety must be taken. If there is in the larder a little cold fowl or game or ham, these can be shred small and added; and hard-boiled eggs cut into quarters, filleted anchovies cut into strips and rolled in parsley, chopped capers, etc., may be used as a garnish.

As general directions are rather vague, it may be well to give a detailed recipe for a typical Italian salad.

Take the bowl or dish in which the salad is to be served and make it as cold as possible by putting ice round it, or in any other way, but it must be made cold. Take two boiled potatoes, half a small beetroot, a cupful of boiled green peas, and a sound firm cos lettuce that has been stripped of the outer leaves. Cleanse the lettuce and make it perfectly dry by tossing it in a napkin, then break it into pieces about the size of a shilling. Cut the beetroot and potatoes also into neat shapes. Boil four eggs hard, and when cold cut them into quarters. Fillet four anchovies, cut them into thin strips and roll these in parsley, chop also a tablespoonful of capers, and stone five or six olives by peeling them round and round close to the stone.

To make the sauce beat the yolk of an egg till it is thick, then add oil very gradually, beating well between every addition until the sauce is very thick. This point being reached, thin it with tarragon vinegar, and add a little salt. The sauce should look like thick yellow cream.

Do not dish the salad until just before dinner.

Arrange the prepared vegetables in separate layers on the cold dish, and sprinkle a little salt and a few drops of tarragon vinegar over them; but they must not be made at all moist, merely flavoured. Pile them in the shape of a dome with a small cavity in the centre, and take great pains to contrast the colours, so as to make the salad look attractive. Garnish with the beetroot, the hard-boiled-eggs, etc., and pour the sauce into the cavity at the last moment. Send the salad to table unmixed, but toss it well with the sauce just before serving it.

Sole au Gratin.—A large thick sole will be wanted for this dish, small soles are not suitable for it. If a good-sized sole cannot be obtained, it will be better to cook the sole another way. It is desirable also to send the sole to table in the same dish in which it is cooked. By rights, therefore, an oval earthenware dish that will stand the fire should be used for cooking it. If this is not at hand an ordinary baking dish will have to be used, and the sole will have to be taken up with a slice, and transferred to a china dish.

Wash the sole and dry it well with a cloth. Cut off the fins with a sharp knife and nick through the skin of the tail and the head. Push the little finger under the white skin and draw it off.

Prepare a savoury mixture as follows:

Wash a sprig of parsley, wring it dry, pick off the leaves and chop them finely. Chop also a quarter of a shalot, and four button mushrooms which have been washed and peeled. Mix these ingredients together, and add pepper and salt. Butter the dish well, and sprinkle one-half of the mixture upon it, and add a few drops of lemon juice. Nick the sole on the white side in two or three places, and lay it with the nicked side up upon the dish. Sprinkle the rest of the mixture over it, and add a little more lemon juice. Take a wire sieve, and rub some stale bread through it, put the crumbs on a baking tin, and set them in the oven for a few minutes. When the crumbs are brown, sprinkle them on the fish to cover it, and put half an ounce of butter divided into little pieces on the top, and round it two tablespoonfuls of glaze or of stock that is so strong that it will jelly when cold. Bake in a moderate oven for about twenty minutes. The sole is cooked when a steel knife will go through it quite easily. It should be brown, moist, and tasty. If through any mischance the gravy should boil away, a little more may be put round the fish. The earthenware dish in which it is baked should be placed upon another one covered with a napkin.

Braised Fillet of Veal.—Procure about three pounds of the fillet of veal and a small block of fat bacon an inch and a quarter long,

weighing about six ounces, and cut near the rind. This part is the best because it is the hardest. There will be needed also a pint and a half of second stock; a small onion, a leek, two carrots, two turnips, a bay leaf and some marjoram.

Prepare the vegetables in the usual way, and take from the carrot and the turnip two or three slices an inch thick to garnish the dish. These slices should be stamped with a vegetable cutter into fancy shapes, squares or rounds, and there should be altogether about half a gill of shapes of carrot, and half a gill of shapes of turnip. The red part only of the carrot should be used in this way. The garnishing vegetables will have to be boiled separately in a little salt and water, and put aside till wanted. The carrots will have to boil about ten minutes, the turnips five minutes. The trimmings and the remainder of the vegetables can be put into the stewpan with the veal.

Make a little veal forcemeat by mixing together a tablespoonful and a half of bread-crumbs, one tablespoonful of finely shred suet, a dessertspoonful of chopped parsley, half a teaspoonful of chopped marjoram, pepper, salt, and an egg. Remove the bone from the meat, and with a sharp knife cut off the skin; put the stuffing neatly into the part from which the bone was taken, fasten it securely, and bind the joint together compactly.

Now proceed to lard the top of the fillet. Inexperienced cooks may feel afraid to attempt this operation, but it is not nearly as difficult as appears at first sight, and it very much improves both the taste and the appearance of the meat. In order to accomplish the business, it will be necessary to procure a larding needle (which is a little instrument made for this purpose, and consisting of a piece of wire split at one end), and to cut the fat bacon into narrow strips, the eighth of an inch in width and thickness. Take up these strips, put them one by one into the needle and draw them through the meat in straight rows, letting the ends of the bacon project at each side of the stitch. Place the strips of bacon at equal distances, and let the rows alternate as it were, by making the stitches of one row come between two stitches of the rows above and beneath it. By this means the ends of the bacon which project will cross slightly, and will form a sort of lattice-work; and when the upper surface of the veal is covered thus, the ends of the bacon can be made even with a pair of scissors. It will soon be discovered by those who attempt to lard that it is necessary to be careful to take fairly deep and long stitches, so as not to tear the meat, and also to draw the strips of bacon forward very gently, and manage not to break them when doing so. With a little practice anyone may learn to lard successfully. Those, however, who do not feel sufficiently courageous to make the experiment may leave it, and instead put slices of fat bacon on both sides of the veal whilst it is in the pan. The result will not be quite as satisfactory, but it will be fairly good. Veal is in its nature rather dry and tasteless. It needs to be made mellow and tasty in cooking, or it is a somewhat disappointing dish.

In addition to the ingredients already mentioned, a little "second stock" will be required. Second stock it will be remembered is stock produced by stewing bones and meat a second time with fresh water after the first stock has been poured off. Its chief characteristic is that it jellies when cold, because the long stewing to which the bones have been subjected have extracted the gelatine from them, consequently it is suitable for making the glaze required for the veal. If there is no second stock in the house, ordinary stock which has been mixed with a little gelatine may be used instead.

The materials being now collected, we may proceed to cook the veal. Get a saucepan with a tightly fitting lid which is of the same shape and not very much larger than the veal. Put the vegetables already prepared (omitting those which are to be used for garnish) at the bottom of the pan, place the bones and any scraps and trimmings there may be upon them, with the veal on the top, baste the meat constantly until the stock boils. Pour the stock round, lay a round of greased paper over the veal to keep it moist, and to prevent its getting brown too quickly, put the lid on the pan, and stew gently for an hour and a quarter. Every now and again baste it well over the paper. This is necessary, because the surface of the meat is not to be covered with the gravy. It must be raised above it, so that it will be cooked in the steam and not in the stock.

When the meat has stewed for the time named, remove the lid and the paper, and put the veal on a hot dish in the oven to let it brown. The gravy should be skimmed and strained and allowed to boil down rapidly till reduced to a gill. Meanwhile, the shaped vegetables which are to be used for garnish should be made hot in about a wineglassful of this stock, and a tablespoonful or so of cooked green peas, or French beans cut into lozenges should be put with them. When the meat is well browned and the gravy sufficiently reduced, put the veal on a dish, take away the string used for binding it and keeping in the stuffing, arrange the garnish in little heaps round it, and pour the gravy round. Veal thus dressed will be very appetising. Though it has been necessary to go into a good deal of detail when describing the method of preparation it is much more easily managed than it appears to be.

Stewed Potatoes.—Chop finely two or three shalots or small onions, and mix with them a tablespoonful of chopped parsley and a little pepper and salt. Put the mixture into a saucepan with a tumblerful of good stock, thicken it with flour, and stir it till it boils and is smooth. Put in eight good-sized potatoes which have been partially cooked in their jackets, peeled, and cut into thick slices when nearly cold. Let them simmer gently for a few minutes till hot through, and serve hot.

Roast Grouse.—Epicures tell us that grouse is the finest of all winged game. When the bird is perfectly served, having been properly hung, and well roasted, its flesh is acknowledged to have a taste belonging to it which nothing can approach, and which can never be imitated. Yet the season during which grouse are obtainable is very short. It begins on August 12th, and it ends December 10th. Consequently it behoves housewives who are able to obtain grouse, to make the most of it while they have the opportunity. It is to be remembered also that the birds are at their best early in the season. Moreover sportsmen tell us that young birds do not need to hang as long as older birds do in order to develop their flavour. After they have been in season a few weeks their peculiar taste and aroma is never enjoyed, unless the grouse have been hung in a cool airy place as long as it will remain untainted.

Well-hung grouse are unquestionably at their best when plainly roasted. They should be plucked very carefully so as not to injure the delicate skin, trussed like fowls, without the head, and very liberally basted with hot butter or hot bacon fat whilst they are being roasted. For this purpose the employment of dripping is not allowable. They will take from half to three quarters of an hour according to size. It may be added that when game has been well hung, it ought to be well-cooked. "High" game that is under-dressed is most unwholesome. Ten minutes before they are taken up a piece of buttered toast half an inch thick may be laid under them in the pan, and

upon this toast the birds can be served. Gravy and bread sauce, and if liked fried bread crumbs should be sent to table also. It is a good plan to put a piece of butter about the size of a walnut, and a little pepper and salt inside each bird. This helps to prevent their getting dry; and roast grouse is more frequently spoiled by being too dry than in any other way.

Gravy for Grouse.—The gravy for roast grouse ought not to be overflavoured. The following is a good and easy way of making it. Scald and scrape the rinds of half a dozen rashers of bacon, or if these are not at hand cut a small slice of ham or bacon into dice. Lightly fry them in a little butter, with a slice of onion half a dozen peppercorns and a branch of parsley. Pour over them a tumbler of stock, and stew for about half an hour. Skim well, and strain for use; make the gravy very hot before serving it. For the most part epicures prefer to dispense with gravy when enjoying roast grouse.

Bread Crumbs for game should be made of stale white bread that has been rubbed through a fine wire sieve to make them quite even, then put into a frying-pan with a little butter and stirred with a spoon till they are lightly browned. They may then be spread on kitchen paper to free them from grease, and seasoned with salt and cayenne. They should be sent to table in a sauce tureen.

Bread Sauce.—Boil half a pint of milk with a small onion and six peppercorns. Pour it through a strainer upon two ounces of fine bread crumbs. Let it stand a few minutes, return it to the saucepan, bring it gently to the point of boiling, then add either two tablespoonfuls of cream or half an ounce of butter.

Sheldon Pudding.—This delicious and little known pudding is very easily made if pure double cream, that is cream which has stood on the milk twenty-four hours, be used for it. If single cream be employed it does not thicken properly. It is rather expensive; the cream makes it so, but it is worth adding to the list of dishes to be used for superior occasions. To make it get half a pound of savory finger-biscuits and dip them one by one into hot syrup made with the juice of a lemon, two or three lumps of sugar and a tablespoonful of water. As the biscuits are soaked arrange them in the form of a pyramid on a deep dish. Sweeten and flavour a pint and a half of cream with sugar that has been rubbed on the rind of a large fresh lemon, boil it for five or six minutes, pour it out and let it get lukewarm; then stir into it the strained juice of the lemon. In a short time (if the cream has been all right) it will become thick, and may then be piled roughly over the biscuits.

Plum Tart.—There are few households in which pastry is not used occasionally, and when it is not considered unwholesome, it is generally much liked. Great praise also is given to the member of the family who can make pastry well. It would therefore be an omission if we were to attempt to suggest menus for one day of each month in the year, and make no mention of pastry.

The art of making good pastry can only be acquired by care and practice; it is impossible to give a recipe for making it which shall ensure success. This remark is true of course of all cookery, but it specially applies to pastry. The only help which one can hope to give in this direction, is to set workers in the right way; they must learn to follow it by themselves.

There are several sorts of pastry used for fruit pies—puff paste, rough puff short paste, flaky paste and what not. Short paste is the easiest of all; and every one who professes to know anything at all of cooking can make short paste either well or ill. Its peculiarity is that when making it the shortening is rubbed

into the flour before the latter is made into paste; and the secret of managing it is that it should be rolled and handled as little as possible. Puff paste is the most difficult to make of all varieties of pastry. There are many people who can cook ordinary dishes very well who have no idea how to set about making puff paste, and who would be delighted to learn. Between these two varieties there are many gradations.

It is not possible for me to give here detailed instructions for making the various sorts of pastry. The subject is too large, besides which constant readers of THE GIRL'S OWN PAPER have had it discussed more than once for their benefit in this Journal. Some years ago I tried to tell what I knew about it in two or three articles, and the said articles reappeared in a small book entitled *The Girl's Own Cookery Book* published by the Religious Tract Society. This volume may still be had. But without going once more into full particulars about pastry generally, I may perhaps be allowed to describe an easy ready way of making, not true puff pastry, but a sort of imitation thereof, which answers exceedingly well for family pies and tarts, and which is neither as troublesome to make nor as expensive as the real product. True puff pastry, it will be remembered, needs to be rolled and put on ice between the turns; it needs to be most carefully manipulated, and a trifling mistake causes failure. The following method is much simpler, and the result, though not equal to the other, is not to be despised.

Simple Way of Making Household Puff Paste.—Be sure and have all the materials used good and fine of their kind. Vienna flour is the best for the purpose. It is more expensive than other sorts, and it is less nourishing, but it makes the daintiest pastry. If Vienna flour cannot be had, the best English flour must be employed, and it must be dry and quite free from lumps. The butter too must be sweet, well-made, and free from butter-milk or salt. Though cold it must be soft or it will not spread. If very hard, therefore, it may be pressed before the pastry is made, otherwise it will not be workable; but if warm and oily it will be enough to spoil any pastry. If preferred half butter and half lard can be used instead of butter only. All the utensils used must be cold, the hand must be cool, and the pastry must be made in the coolest part of the house. In hot weather clever cooks often go down into the cellar to make pastry, because they know that it is so very important to secure coolness in everything.

The proportions of butter and flour used must depend upon the degree of richness required. The best puff paste we know is made with equal weights of butter and flour; but this is not necessary here. Very excellent pastry can be made with three quarters of a pound of butter to the pound of flour; and even a smaller proportion of butter will yield good results.

When the materials are all ready, put the

flour on a board, mix a small pinch of salt with it, and make it into a stiff paste with cold water, then work in more flour till it ceases to be sticky. Roll it out and spread butter upon it as if it were a slice of bread and you had to butter it. Dredge the board lightly with flour, and fold over the corners of pastry to cover the butter entirely with a single layer of paste. Roll again and butter again, and repeat this process three or four times. Now fold the pastry as before, and let it rest for awhile, again roll it, and then spread butter on it once or twice and it is ready. Old-fashioned cooks acquainted with this recipe usually commence making the pastry over night and finish it next day.

Even when pastry is made skilfully, a plum tart will not have a good appearance unless it is made up properly. It is astonishing what a difference the adoption of the right method makes in this respect. The well-known chef, M. Soyer, once published two portraits, one of a fruit pie "as it ought to be," the other of a fruit pie "in a fit," as fruit pies often are. He declared that both these pies were made with the same materials, at the same cost, baked at the same baker's, at the same time, in the same oven, but executed by two different feminine artists. It is quite possible that these portraits were real, and therefore it is worth while to gain a clear idea of the right way of making a fruit pie.

The chief point to remember is to avoid flattening the cover, especially the border, and to aim at keeping the pastry as light as possible. It is a good plan after rolling out the pastry to hold the dish to be covered over the paste to get the size of the cover. The portion outside this can be used to line the edge, and with pastry of this particular sort which is intended to be in layers when cooked, it is well to roll the piece intended for the edge as thinly as possible, then lay two or three strips, one above the other, not into the side of the dish but on the edge, putting the cover over all. Of course the edge of the dish and the strips must be moistened slightly to make the pastry adhere; but in every instance it must be touched very gently. If it is necessary to trim the pastry, hold the pie up on the palm of the left hand, slanting the knife outwardly to make the paste project a little to allow for shrinkage. When pulling on the cover be careful not to drag down the border, and never in any case decorate the edges. The top of the border may be ornamented if liked, but to decorate the edge of the border will be to hinder the pastry rising in the oven. Many a pie that would otherwise have been excellent has been inferior through neglect of this trifling detail.

Great difference of opinion exists among cooks as to whether or not a slit should be made with a knife in the centre of the cover to let out the steam. The slit is nearly always made in home-made pies, and the consequence is that when the fruit is very juicy, the juice makes its way through the slit

and flows over the cover, and this makes the pie look tempting although the portion of pastry over which the juice flows is apt to be heavy. On this account the best cooks never make a slit in the centre of the cover. If the fruit is very soft and juicy they make a small hole with a skewer on each side of the pie. The truth is that the method which should be adopted when finishing a pie must vary with the nature of the fruit. The juice of fruits that cook slowly, such as cherries and plums, will be less likely to flow over the pie if they are partially stewed with a very little water before being put into the dish. The juice should then be sweetened, boiled, and poured over them just before the cover is put on. If they are boiled to pulp they will lose flavour, if they are partially cooked they will be enriched. They should be piled high in the centre of the dish, and the more fruit that can be put in the better, because it generally happens with fruit of this sort that there is not a due proportion of fruit for each piece of pastry. It may be added that meat pies should always have a slit in the cover. If the steam does not escape the meat will be likely to be unwholesome.

The excellence of a fruit pie depends very much upon its being well baked. If the oven is not hot enough the pastry will sink away from the edges of the dish; if it is too hot the pastry will be burnt or will stiffen without rising. The surest way of getting the oven right is to test it by baking a little piece of pastry in it before putting in the pie. Another way is to sprinkle a little flour on the oven shelf. If the flour turns black in a few seconds the oven is too hot; if it remains pale the oven is too slow, if it browns well the oven is right. A tart should be put in the hot part of the oven first, and when it has risen properly it may be turned and removed to the cooler part that it may be cooked through. Every one knows how disappointing it is to cut into a pie which is beautifully brown and well-baked outside, but which is doughy on the under part. To prevent this a piece of paper should be laid over the pie very early in the proceedings if there is any sign that it is browning too quickly. It must not be forgotten also that large pies need to have the oven cooler than small ones, that fruit pies should not be in the oven at the same time as meat pies, that most people prefer to have fruit pies cold, especially at this time of year, and that all fruit pies are daintier for being glazed before they are baked. The easiest way of doing this is to sprinkle a few drops of cold water on the pastry (without wetting the edge of course), and dredge castor sugar on it.

When people fail in pie-making it is nearly always the case that they have neglected one of the simple details mentioned above. Of course the hints given are obvious to skilled workers, but that proves nothing. "Knowing how" is one of the best machines for making work easy. The people we want to help are the people who do not possess it.

MOTHER'S DEPUTY.

By RUTH LAMB.

"I AM afraid, mother dear. Mrs. Everard is such a grand lady, with her fine house, and carriages, and beautiful horses to draw them. When I saw her driving out on Monday, I said to myself, 'Can it be true that mother once nursed that lady?'"

"I surely did, Alice. A pretty baby she was, but not prettier than you and my other

own darlings, though you wore woollen hoods knitted by my own hands, and she! There was nothing in satin and lace and the finest cambric and embroidery too good for her. When I was nursing you, Alice, I often thought what a good thing it is for the babies, that, whatever else they are short of, a poor mother can give them as much love and care

as the richest lady in the land can bestow on hers."

The speaker, Mrs. Ransome, was a wan and weary-looking woman, only just recovering from a serious illness.

"Mother's deputy," as she called her eldest child, had been obliged to take almost a woman's place in the cottage home for some

MODEL MENU FOR SEPTEMBER.

By PHYLLIS BROWNE.

Oysters on the Shell.—Oysters come into season in August, after which they are generally understood to be available so long as there is the letter R in the name of the month. During this time there is no *hors d'œuvre* that can be supplied that is more universally appreciated at the beginning of dinner than three or four oysters placed before each guest with a quarter of lemon and a slice of thin brown bread and butter as accompaniments, and one or two sprigs of parsley by way of garnish.

The reason why oysters are so rarely served thus is that thrifty housewives regard the price as prohibitory. They think it is no use having oysters if they cannot supply the best natives, the cost of which is usually high. If, however, they would be content now and then with seconds, and take special pains to have them opened just before being served, then laid in the deep shell, and neatly bearded, they might frequently allow their families to indulge in the dainty, and yet not feel that they must reproach themselves with being unduly extravagant. The difference between natives and seconds is not so great as is the difference between oysters opened at the moment, and oysters which have been opened for an hour, and exposed to the air. The reason why oysters are enjoyed in their highest perfection at the oyster shops is that there they are freshly opened for every comer. Because they deteriorate in flavour and excellence every minute that they remain open on the shell, it is most desirable that they should be opened at home with a proper oyster knife, and with a little practice anyone can soon get into the way of opening oysters quickly, and skill in this direction is well worth acquiring.

One advantage associated with opening oysters at home is that the shells can be scrubbed and laid in clean salt and water for some hours before being used. Real oyster broth is excellent and full of flavour; it is a valuable addition to oyster soup and oyster sauce, and housewives are very sensible who take care of it and make the most of it by putting the fish when opened in the deep shell instead of the flat one. But to make the most of water in which fish have been rinsed, and to call it oyster broth simply because oysters have lain in it for awhile is a great mistake. Yet it is impossible to escape from the suspicion that this is what occurs occasionally. There is no fear of a mischance of this kind when oysters have been cleaned at home and opened at home.

Barley Soup.—There is no soup more universally approved than the homely comfortable preparation known to everyone as barley soup. In Scotland, the country to which this broth belongs, it is usual to make it of the best end of the neck of mutton divided into small cutlets, which are served in the soup, and not long ago a north-country critic was heard to complain that when English people made barley soup they always forgot to put in the mutton. It is, however, quite possible to avoid this error without stewing a prime part of the animal for making the soup. It is believed that if the hints here given are acted upon, the soup will be good, and not extravagant.

When using barley for making soup, we

have to remember that barley burns very easily, and also that broth which contains it very quickly turns sour. Therefore it ought to be watched very carefully while on the fire, and it ought also to be freshly made. The scrag end of a neck of mutton answers excellently for mutton broth so long as it is fresh, and its juice has not dried up. The shank bones of a leg or shoulder of mutton may be used as well, and any scraps and bones there may be in the house should be added. For every pound of fresh mutton a pint of water, and for every pound of bones half a pint of water should be allowed.

An ounce and a half of barley, two large carrots, a large turnip, an onion, and a leek should be allowed for each quart of water.

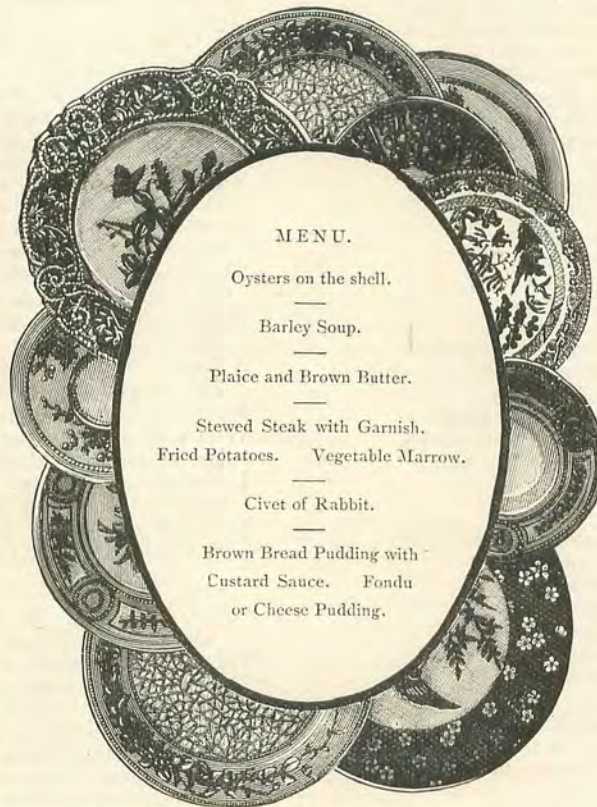
Remove the meat, bones and herbs, and pour the broth into a bowl, let it stand a few minutes, then free it from fat. Put it again into the pan, add salt and pepper to taste, and stir it frequently, as it will be very liable to burn at this stage of the proceedings. Put it into a tureen, sprinkle freshly-chopped parsley on the top, and serve. This broth, it will be understood, is to be thickened or lithered with vegetables and barley; when it is wanted specially good, small neck of mutton cutlets can be served in it. If approved the meat can be picked from the scrag of mutton and put into the soup.

Plaice and Brown Butter.—Plaice is always in the market (though it falls off in quality in the early spring), and it is always cheap. Yet a great many housewives have a deep contempt for it, and if they know it, they will not have it at any price, yet fishmongers say that inexperienced people often eat it, thinking it is sole, having no knowledge of the difference between the two sorts of fish. The statement is not easily believed, because undoubtedly plaice is inferior to sole. But we have to remember that it is much less costly than sole; it can almost always be bought for fourpence per pound, and in the open market it is often to be had at this time of year for even a smaller sum. Also without question it does not merit the scorn that is heaped upon it by experts. M. Kettner is one of the most sensible culinary authorities of whom we have any knowledge, and yet even he says, "The worst cookery cannot do plaice wrong, the best cannot do them good." This opinion is very discouraging.

Let us confess at once that when small thin plaice are boiled and served with sauce they are most unsatisfactory. The mistake, however, is, firstly, to buy plaice of this description, and secondly, to treat it in this way. With plaice the choice and method of treatment are everything. Let housewives therefore who have hitherto despised this cheap and always to be obtained fish try the following simple plan, and see if they do not like it.

Get the thickest and firmest fish which is to be had, and be sure that it is very stiff and fresh. Fillet it, and divide the fillets into pieces the size of the palm of the hand; trim them neatly and flatten them with a wet knife. Put them in a single layer into a well-greased baking-tin, salt and pepper them, squeeze the juice of a large lemon over them, cover them with a sheet of kitchen paper well buttered, and set them in the oven for about ten minutes, when they will be ready. Dish them in a circle, pour brown butter sauce over them, and serve hot. The recipe for making brown butter sauce was given with the model menu for March. If liked three or four chives can be chopped small, and sprinkled over the fish before it is sauced.

A still more excellent but a little more troublesome way of preparing plaice is the following. Fillet the fish and cut it into neat pieces, dry these well, cover them with egg and bread crumbs, and fry them in a good depth of hot fat till brown. Drain on kitchen paper, dish in a circle, and garnish with fried parsley. Send a good fish sauce to table in a tureen.



The barley should be soaked for two hours before being boiled. The vegetables should be cleansed and cut either into thin strips or into small dice, and they should be kept separate because they ought not all to be boiled the same length of time. The tenderest should be put in last.

To make Scotch barley soup then take two pounds of the scrag end of a neck of mutton, one or two shanks of the leg or shoulders, and any bones there may be. Divide the meat into small pieces, and trim away nearly all the fat. Put it into a saucepan with three pints of stock or cold water, and a teaspoonful of salt, if the stock is not already salted. Bring it gently to the boil, and remove the scum as it rises; then put in the barley, and simmer for two hours, and skim the broth from time to time. Now put in the carrots and onions, a bay leaf and a small sprig of parsley and thyme. Simmer again, and at the end of an hour throw in the turnip, and simmer another half hour. The broth will now be ready.

Stewed Steak with Garnish.—Have the steak taken from a rump of beef which has been well hung, but do not let it be cut until it is wanted. Let it be taken off in one even slice about an inch and a quarter thick. Trim it neatly, and cut away the outside skin, and all the fat. The skin will contract with the heat, and draw the steak out of shape. The fat should be cooked separately. If stewed with the steak it will make the gravy greasy. This result it is desirable to avoid.

Having trimmed the steak, take a frying-pan, make it hot, and melt a little butter in it, and let it brown, not burn; when one side is done, turn it to the other. Put it in an enamelled saucepan, and with it a carrot, a small turnip, a stick of celery, or a few celery leaves, a small bunch of herbs, pepper and salt, and enough stock or water to cover the meat. A good-sized onion should also be added, but this should be sliced and lightly browned in the frying-pan before being set with the meat. Put the lid on the saucepan, and set it at the side of the stove, where it will gently simmer till the meat is done. Steak of this quality will take about an hour; if it were of coarser quality it would need to stew longer. The chief point to be observed is that it must be very gently stewed all the time. A quarter of an hour before it is taken up mix a tablespoonful of flour to a smooth paste with a little cold water and a teaspoonful of home-made ketchup, put a little of the gravy with it and mix it with the rest, stirring it till the flour is cooked. The fat which was cut off the meat should be cut into small dice and cooked on a baking-tin in the oven or in the frying-pan.

While the steak is being stewed, its garnish should be prepared. This should consist of as many small balls about the size of a marble of carrot, turnip, and cucumber as will form a ring of each round the steak. They should be boiled separately in salt and water. For convenience sake they may be cooked betimes, then made hot at the last moment by being shaken over the fire in a little butter mixed with lemon juice. The time required will depend on the age and quality of the vegetables. Probably the cucumber balls will need to boil half-an-hour, the carrot balls ten minutes, the turnips five minutes. The vegetables boiled with the steak will not do for this purpose, they will have yielded most of their goodness, and will be suitable for putting into the stock pot.

When all is ready, put the steak on a hot dish with a little mound of its own fat on the top. Place around it first a ring of cucumber balls, then a ring of carrot balls, and last a ring of turnip balls, and sprinkle a little chopped parsley over the various rings. The gravy in which the steak was stewed should not be poured over the meat, it would disturb the rings. It should be sent to table in a tureen. If neatly arranged this dish will look exceedingly inviting, and it is not as troublesome as appears at first sight.

Fried Potatoes.—Rump steak and fried potatoes go very well together, so well indeed that if the garnish of vegetable balls described above is considered unnecessary, the steak may be surrounded with fried potatoes as a garnish, and it will constitute a very dainty dish.

Fried potatoes are very easily managed when once the cook has got into the way of doing them. It is extraordinary and rather unfortunate that English cooks are so afraid of attempting them, for they are considered quite a dainty; they make a good show at little cost, and they are always appreciated. When a pan with a good depth of fat in it is kept ready for frying, and when there is a frying basket in use, there need be no difficulty at all about preparing them, although it is granted that where fat is not thus kept in

readiness, and where there is not a frying basket the case will be very much altered.

Kidney potatoes should be chosen for this mode of cookery. They should be peeled, and may either be cut into thin round slices about the thickness of a penny (in which case they will be called chips); into square plugs about the thickness of a finger and two inches long; into ribands (in which case the tuber must be pared round and round as one would pare an apple, being careful to break the ribands as little as possible); into wedges in shape and size like the quarters of an orange; or they may be cut thin and puffed out like small balloons. In the latter case they will be called potato *soufflés*. The variations here named will depend chiefly on the way in which they are cut. For the particular dish now under consideration they will perhaps be best cut into plugs, and they should be prepared as follows—

Peel the potatoes and cut as many shapes as are needed to make a dish, then throw them in cold water and let them lie for awhile. This will free them from the potato flour which clings to them, the presence of which does not assist matters. After undergoing this operation, however, it is important that they should be spread between the folds of a doubled cloth and dried perfectly. The rule nothing fries crisp that is wet applies here. Put an iron stewpan filled to one-third of its depth with frying fat on the stove, and let it remain until it is still and a blue fume rises from it. It is necessary to have a sufficient depth of fat to receive the frying basket and cover the potatoes freely; yet there must not be over much for fear of accident. Potatoes contain a good deal of water, and are very cold. Directly they are put into it the fat will rise and fizz, and if there were too much fat it would go over the sides and cause quite a disturbance. It is no advantage, therefore, to have too great a depth of fat.

Neither is it an advantage to put too many potatoes at once into the frying basket. There should be a single layer and no more, and even in this layer there should be room to shake the potato plugs about and turn them over. When frying potatoes it does not save time at all to put too many plugs or slices into the basket at once, because the shapes crowded thus do not brown properly. I have known inexperienced cooks to have potatoes in the fat for half an hour, and at the end of the time they were not brown, but pale and greasy, whereas by rights they ought to have been brown, crisp, and dry enough to take between the fingers, in seven or eight minutes, not counting the time of course that the fat takes to get hot. We shall have to calculate if the pan is of a good size, as it must be if the frying basket can go into it, that the fat will take about twenty minutes to get hot the first time, and five or six minutes to be heated the second time. Of the second heating, however, we have as yet said nothing, so let us return to the potatoes.

The fat being properly heated therefore, and the potatoes ready, we must plunge the basket into the fat and shake it backwards and forwards now and again until the potatoes are soft enough for eating, though still pale. We now lift the basket out and let the fat get hot once more, rather hotter than it was in the first instance; the blue fume must be distinctly visible; we plunge the basket in a second time, and in a couple of minutes the potatoes will turn crisp and brown. They can be thrown upon kitchen paper while a second layer is fried in the same way, and they will keep hot a long time. When all are ready they should be put into a tureen, a little salt may be sprinkled over them, and they are ready to be served. They will be most excellent. They must be left uncovered however. If the lid is put on the tureen they will turn soft.

When potatoes instead of being cut into plugs are cut into thin slices and cooked as just described, the second frying causes them to inflate and look as if they were blown out with air. Potatoes thus prepared look very pretty, in fact some people think they look better than they taste.

Boiled Vegetable Marrow.—Vegetable marrow too often comes to table with water draining from it, and in this condition it is anything but inviting. The fact is that marrows are of a watery nature, and it requires a little management to get rid of the water. If they are cooked in the usual way, that is skinned, cut into pieces and boiled, then sent to table, water will ooze from them freely. It may be that by way of overcoming the difficulty the slices will be put on toast and sauce will be poured over them. Yet in some cases the water will be too much even for the toast; it will continue to flow, will go cold and mix with the sauce, and the result will be anything but agreeable. Let housewives who have come to the conclusion that they do not care for marrows because they are watery, try the following method and see if it is not an improvement.

Boil the marrow some time before it is wanted, and cook it before skinning it, either whole or in large pieces. When tender, peel it, cut it into neat pieces, put it on a dish raised at one end and let the water drain from it till it is nearly cold. Melt a good slice of butter in a saucepan; when it boils put in the pieces of marrow, sprinkle salt and pepper over them and shake them gently till hot through. Pile them on toast and pour sauce over them or not as liked.

Civet of Rabbit.—An appetising and economical dish of game may be made with a young rabbit cooked as follows. Wash and dry a young rabbit, and cut it into pieces about the size of a small egg. Cut up also a quarter of a pound of bacon into dice, and fry it until it is brown. Take it up with a slice and put it aside, then fry the pieces of rabbit in the fat which the bacon has yielded. The rabbit being browned in its turn take it up, put back the bacon, and add an onion, a shallot, a small carrot, a small turnip, and a small bunch of herbs or half a teaspoonful of mixed herbs. Turn these ingredients over the fire for a minute or two to bring out their flavour, put the fried rabbit with them with a pint of second stock and a dozen small mushrooms. Stir in a tablespoonful of flour which has been mixed to a smooth paste with water, and season the gravy with pepper and salt if necessary. Cover the pan closely, draw it back and simmer gently for about an hour. The exact time allowed must depend on the age of the rabbit. Dish the pieces of rabbit on a slice of toast cut into four with the gravy poured over, or some fried sippets by way of garnish. The gravy should be thick and very hot, and there should be enough to give a little with each helping. If when the rabbit is tender the gravy is thin, the meat should be taken out, the gravy should be reduced by rapid boiling, then made hot again before serving. Should mushrooms not be available a little mushroom ketchup may be substituted for them. It must however be used with discretion.

Brown Bread Pudding.—Take a stale brown loaf, remove the crust, and rub the crumb through a wire sieve to make five ounces of bread-crums. Put these into a bowl with three tablespoonfuls of sugar and the grated rind of a fresh lemon, and pour over all a quarter of a pint of boiling milk. Flavour the pudding with twenty-five drops of essence of vanilla. Stir in one at a time the yolks of three eggs which have been lightly beaten, and just before the pudding is to be cooked add the whites of the eggs whisked till firm, and also a quarter of a pint of cream

which has been whipped till thick. Butter a pint mould rather thickly, turn the mixture into it, lay a round of buttered paper on the top, and set it in a saucepan containing boiling water two and a half inches deep. Let it steam gently for an hour and a quarter. The pudding will be sufficiently cooked when the centre is firm under light pressure. It is to be remembered that if by any chance the water should touch the paper placed on the top of the pudding it will absorb the moisture all through. The round of buttered paper is intended to prevent the condensed steam from falling into the pudding. Turn the pudding carefully on a hot dish, and pour custard sauce round it.

Custard Sauce.—Break the yolk of an egg into a basin, beat it, and pour on it gradually half a pint of boiling milk. Sweeten it and flavour it with a few drops of vanilla essence, strain it into a jug, and set this in a saucepan of hot water to come half way up the vessel. Stir the sauce over the fire till it thickens and it is ready. The white of the egg can be used for the cheese pudding.

Fondue.—This dish is often spoken of as if to make it were a triumph of the culinary art, and inexperienced housewives sometimes conclude that it is quite beyond the powers of the average cook. Yet if only a little attention be given to one or two simple details, it is quite easy to make, and there is no reason why it should not be served frequently if it is wanted. It is a very savoury preparation, and gentlemen nearly always like it. Moreover when eggs are abundant it is not a particularly costly dish. True it may be made to be expensive, as when cream is largely used in its composition. Yet though an extravagantly made fondue may be richer, it is not necessarily more agreeable than a simply made one, while the less expensive preparation will certainly be the more wholesome of the two.

The chief difficulty associated with a fondue is that it must be served as soon as it is ready. If too much cooked or too little cooked its excellence is gone, and it deteriorates very quickly when once it is taken from the oven. Consequently there is a saying amongst those who are accustomed to make fondus that though the guests may wait for the pudding, the pudding must never wait for the guests. A fondue requires a quick oven, and it ought to be sent to table in the tin in which it is baked. When a silver *soufflé* dish is available, it is usual for this tin to be slipped inside the silver dish. If there is no silver dish, a

hot napkin has to be fastened quickly round the ordinary tin. But whatever the arrangement is, it must be accomplished as expeditiously as possible.

To make a fondue or cheese pudding then, take a small-sized cake tin. Butter it well inside with fresh butter, and roll round the outside a band of kitchen paper about three inches deep which has also been well buttered. This band is intended to be a support to the pudding, should it rise above the rim of the tin. It should be taken off before the tin is sent to table.

When everything is ready melt an ounce of butter in a stew-pan, and mix half an ounce of flour smoothly with it. Beat the panade over the fire until the flour is thoroughly cooked, so that the sauce leaves the sides of the saucepan with the spoon. The success of the fondue depends very much on this part of the business being successfully done. Stir in one by one off the fire the yolks of two eggs, a little salt and cayenne and three ounces of freshly grated Parmesan cheese. Just before the fondue is put into the oven, add the whites of three eggs which have been whisked till firm. (The unused yolk in this case can be used for making the custard sauce. A fondue is always lighter when a larger number of whisked whites than yolks of eggs are used for them.) Put the preparation into the mould, and set it in a hot oven. Do not look at it for a few minutes; the mere opening of the oven door would let in a current of air which might check the rising of the fondue, and when it must be looked at be careful to open and shut the oven door gently. The pudding ought to rise high in the pan, and it will be enough when it feels firm in the centre. It will probably take about twenty minutes, although it is impossible to give the exact time. Anyhow, it is better to put it to bake a minute too late rather than a minute too soon, because if it is not quite ready, the company can wait for it, but if it is too much done it will be spoilt. It should be of a golden brown colour and quite light and savoury.

September is a busy month for housewives, who wish to keep the store-closet well filled. Then it is that blackberries and the later plums have to be preserved. Of the methods of making ordinary jams, it will not be necessary to speak here, but a reminder may be given about Sour Plums, a most delicious accompaniment to hot roast mutton and hare, and a substitute for red currant jelly served with meats. The time during which this

dainty can be made is so very limited that it is necessary to be on the alert concerning it, and not miss the opportunity of making it.

Sour plums are of German origin, but every one likes them who has tasted them. They are made of *Zwetchen* plums, the large, long, pinky purple and rather hard plum which comes into the market when English plums are past. In some years these plums are very plentiful and cheap; sometimes they are very scarce. Last year only one consignment reached England; and people who wanted the plums looked for them in vain. When true *Zwetchens* fail, however, late damsons, which are rather larger and longer than early damsons, may be used instead. They are not quite the same thing, but they are nearly so. It is necessary to remember, however, when we have to put up with plums of this sort that because they are softer than *Zwetchens*, they need to be cooked a shorter time and watched carefully for fear they should fall. When the dainty is finished the plums should be whole yet tender, and the syrup should have penetrated through them. If they are in a mash, as the saying is, they are spoilt.

To make sour plums then, take three pounds of *Zwetchens* and prick each one with a needle. (When damsons are used they should not be pricked.) Boil a pint of best vinegar for a quarter of an hour with a pound and a half of sugar, a teaspoonful of cloves, three blades of mace, a stick of cinnamon, and half a teaspoonful of allspice. (These spices should be tied in a muslin bag, and soaked with the plums. The preparation should taste very decidedly of spice, but it will not taste so strongly when it is cold, as it does when it is hot.) Put the plums into a large bowl, and pour the hot syrup over them. Let them stand for twenty-four hours, then boil the syrup again, and again pour it over the plums. Then simmer syrup and plums together for a few minutes, bottle, and tie down while hot.

In September also filberts can be stored for dessert. If put into a jar with hay at the top and the bottom they will keep all the winter. During this month too, potatoes may be laid down for the winter. If they are put in a box or barrel in a cool dry place where the frost cannot get to them, and covered to exclude the light, they will be excellent. Yet the probability is that they will get dearer as time goes on. With a little forethought much economy may be effected in these ways.

THE CHILD OF THE CLIFF.

By RUTH LAMB.

CHAPTER III.



appetite. Then the baby, generally so good-tempered, was quite fretful, and wanted to be with his mother all the time.

The change in the child was so sudden that Pearl had turned on Mary more sharply than her wont with the question, "Have you done anything to hurt the boy?"

Mary's face went red and white in turns and tears came as she answered, "No, mother. I would not hurt him for the world. You know I wouldn't."

Pearl was not given to doubting the word of her children. She always said, "Treat them as if you could not believe them, and they will soon deserve to be doubted. Trust them and they will be ashamed to deceive you."

Mary had always been true. Pearl knew how she worshipped the boy of the family, and at once settled that the girl was in no way accountable for his fretfulness, and herself gave him all the attention she could.

"It must be his teeth coming," said Lady Halstead, when the infant turned from her

extended arms and hid his face on his mother's breast.

Pearl's finger detected an ivory corner just through the gum, and there was enough of redness and swelling to indicate more teeth nearly ready to cut. So her fears vanished, and in time the coaxing of my Lady Sunshine brought the child to her arms.

It was sweet to hear her soft voice crooning to him, and to see her pacing gently up and down with the babe, relieving at the same time the hands of his busy mother, and indulging her own maternal longings by caring for the cottage child.

Mary went to-and-fro, active and helpful, doubly attentive to every command of her mother and anxious to save her steps. But her heart was heavy. She had told the truth, but not the whole truth. She had not hurt the boy. She would not hurt him for the world. She believed the fall had produced no ill-effects,

A MODEL MENU FOR OCTOBER.

By PHYLLIS BROWNE.

Mulligatawny Soup is not as popular as it deserves to be, for it need not be expensive, and yet when well made it is both wholesome and excellent. It should be chosen when there is in the larder the liquor in which rabbits, a couple of fowls, or even a leg of mutton have been boiled. Rabbit liquor is however particularly suitable for the purpose, because it possesses a flavour which improves almost every sort of soup. There are people who think that the chief virtue belonging to boiled rabbit is the soup which can be made from the broth the day after it has been served.

To make mulligatawny soup, skim the rabbit or mutton stock, and take two quarts free from sediment. Melt two ounces of butter or sweet dripping in a stewpan, and slice into it two onions and two sour apples cut into quarters; a small turnip and two or three sticks of celery, a few strips of bacon rind scalded and scraped may be added with advantage. Cover the stewpan closely and let the vegetables sweat over the fire for ten minutes; then drain away the fat, add pepper and salt, a bunch of parsley, a small sprig of thyme and a bay leaf tied together, and pour on the two quarts of stock. Let all boil together until the vegetables are soft, when they must be passed through a sieve. Mix the pulp with the soup and let it boil again. Put a large tablespoonful of flour, a tablespoonful of curry powder and a teaspoonful of curry paste into a basin, and mix it with a little cold stock to a smooth paste. Stir this thickening into the soup, and boil a few minutes longer, when the soup will be ready. Just before serving add a few drops of lemon juice. It will be a great improvement if a gill of cream is also added to the soup. It should be stirred in just before serving.

Rice boiled as for curry should be put on a dish and handed round with mulligatawny soup. To prepare it, wash a small teacupful of Patna rice in two or three waters, throw it into plenty of fast-boiling salted water, and let it boil quickly until a grain feels tender when pressed between the thumb and finger. It will take about a quarter of an hour, but the time will vary slightly according to the quality of the rice. It must on no account boil to pulp. When done throw it on a sieve, set it before the fire for a minute or two that it may dry well, and stir it with a fork. Serve it very hot.

If there are in the house any choice remains of fowl, rabbit, or veal, they may be cut into neat shapes and thrown into the soup-tureen with the soup.

Normandy Sole.—This is a very superlative dish; when prepared in the orthodox way, it is also very extravagant, and no one with the least respect for economy would think of having it. A modification of it however on a simple scale is excellent, and is to be recommended. On the whole it is profitable also, because the sauce makes the fish go a long way.

For the benefit of those who would care to know what real Normandy sole is like I give first the genuine recipe as furnished by M. Gouffé who had it from Langlais, the *chef* of the Rocher de Cancale, where it was first

prepared, and afterwards the modest modification of it which is recommended here.

Sole à la Normande.—Clean a large sole, strip off the black skin, and make an incision: a quarter of an inch deep on the skinned part all along each side of the bones so as to detach the flesh from the bone. Butter a silver dish, strew over it some onions chopped very finely and previously blanched, season the sole with salt and pepper, put it on the dish, moisten it with French white wine, and cook it in the oven. Prepare some oysters, mussels, mushrooms, smelts, and croûtons for garnish. Make some Velouté sauce maigre, add to it the liquor from the sole and that in which the mussels have been cooked; reduce it and

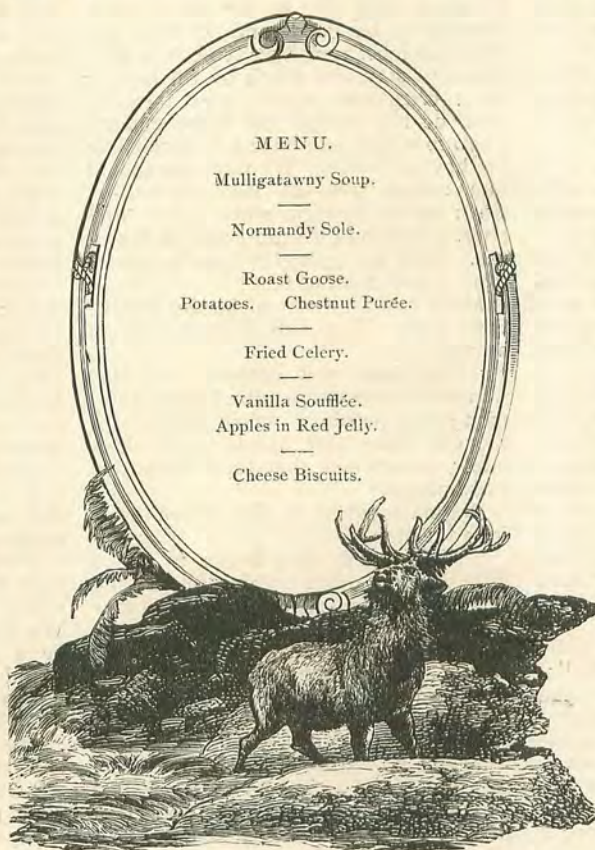
of their shells, examine each one separately, and remove and throw away the little piece of weed which lies under the black tongue, also the small shellfish which will be found in some of the shells. Set the mussels aside, and strain the broth which will have come from them. Clean the sole, draw off the black skin and take up the fillets of flesh; stew the bones in salted water to cover them to make fish stock, then strain it. Thus far the dish can be prepared some time before it is wanted.

Trim the fillets neatly, and make them smooth by pressing them with the broad side of a knife which is dipped from time to time in cold water; put them into a well-greased baking tin, season them with pepper and salt, squeeze the juice of half a lemon over them, pour two table-spoonfuls of the stock in which the fish bones were stewed round them, cover them with a sheet of buttered paper, and bake them in a moderate oven till they are cooked through. They will need to bake about ten minutes. Whilst they are baking make a little melted butter, and use for it the fish stock and the mussel broth instead of water. Stir the sauce till it boils, and add a gill of cream and the mussels. Arrange the fillets of sole on a dish, garnish with the mussels, and pour the sauce over all.

If allowed, this dish will be greatly improved by the addition to the garnish of about a dozen button mushrooms and six or eight croûtons. The mushrooms should be washed quickly and drained, then stewed beforehand with the juice of a lemon and a little butter. When tender they may be stirred with their gravy into the sauce. To make the croûtons, rasp the crust of a French roll, and cut it in strips two inches long and one inch wide. Dip the strips in butter and put them on a baking tin in a hot oven for three minutes. Another way of making croûtons is to cut stale crumb of bread into fancy shapes, fry them in butter to a golden brown tinge, and drain them on kitchen paper.

Although it is correct to use mussels for this dish, we have to confess that many people are afraid of these fish, and some find them very indigestible. Under these circumstances it is advisable to substitute oysters for mussels. The oysters must of course be bearded and blanched, and stirred into the sauce. When calculating what number will be required it will be well to allow two or three oysters for each person. Oysters are much more expensive than mussels: thrifty people are inclined to use them sparingly. Mussels are very cheap, and therefore we feel justified in being rather liberal with them, especially as we shall discover that in two quarts of mussels there is a good deal more shell than there is fish.

Roast Goose.—Dainty eaters are accustomed to consider roast goose a vulgar dish; yet it is to be noted that when it is set before them they usually succeed in conquering their distaste for it and appear to relish it. The truth is that a goose wisely chosen and well roasted is a most excellent dish, especially when it is served with purée of chestnuts as a vegetable. As the last-named preparation is



thicken it with yolk of egg. Place the oysters, mussels, and mushrooms on the sole; pour over some sauce, and put the dish in the oven for five minutes, being careful not to colour the sauce; garnish the top with the fried smelts and croûtons, and serve with the remaining sauce in a boat. The croûtons for sole à la Normande are cut from some rasped crust of French rolls, buttered on each side and coloured in the oven.

The modified recipe is as follows.—Procure one large thick sole and two quarts of mussels; the smallest are the best. Wash and scrub the mussels thoroughly, and let them lie in salt and water for two or three hours that they may cleanse themselves. Put them into a stewpan with two slices of onion, a small bunch of herbs, six or eight peppercorns, a dessertspoonful of salt, an inch of thin lemon rind and one clove (but no water), and shake the pan over the fire till the mussels open. If overdone they will be hard. Take them out

not so well known as it deserves to be, we shall be wise if we put up with the goose for the sake of trying the garnish.

Geese are understood to come into season about the middle of September. At first they command a high price, but they gradually become cheaper; they are at their best during the last three months of the year; but after Christmas they are liable to deteriorate in quality. At all times they vary very much in quality. Experienced housewives always say that a goose should not be eaten after it is a year old, for an old bird is sure to be tough; yet veteran geese very often find their way into the market. It is desirable, therefore, that the person whose duty it is to purchase the bird should know how to choose it. The following are the points to be remembered: A goose which weighs six or eight pounds is to be preferred to one of a large size. The breast of a goose should be plump, the skin white, fine and free from hairs, and the bill and feet yellow, not red, and pliable. If the feet are red and stiff, the bird is certain to be old, and its flesh hard. When the goose is bought in the country it is well to remember that birds fed on uplands are the best. Birds fed on lowlands are very likely to be greasy.

A goose ought to hang for some days after it is killed. It is scarcely possible to say how long, because the time must depend on the state of the weather. If this be favourable a week will probably be sufficient.

Geese bought after September are almost always stuffed with sage and onions, and it is this savoury accompaniment which makes people of fastidious taste and delicate digestion afraid of the dish. It is, however, astonishing how much may be done by the cook to lessen the disagreeables which attend the employment of onions. For one thing, Spanish onions may be used to make the stuffing, and they are milder than English onions. The vegetable also may be boiled in one or two waters, and the core, which is the most pungent part, may be left out altogether. Last but not least a smaller or larger proportion of bread crumbs may be mixed with the stuffing. If after all these precautions there still remains a fear that the stuffing will be either indigestible or too powerful, the following plan may be tried:—For at least thirty years I have adopted it. I may perhaps be allowed to add that I learnt it from my mother, who had great faith in it. It is published also in Miss Acton's well-known cookery book.

Pare from a lemon all the yellow rind, taking care not to bruise the fruit, nor to cut so deeply as to let out the juice, and leaving as much of the white pith as possible. Place this lemon in the middle of the seasoning within the bird. Before serving make an opening in the skin, open the flap gently, remove the lemon, and throw it at once into the fire without letting it touch anything. Its thick skin will have absorbed nearly all the impurities which would otherwise have been objectionable.

When the flavour and smell of onions in stuffing is not disliked, the bulbs can simply be chopped raw, mixed with sage leaves, pepper and salt, and put in the body of the goose. The number of onions used will of course be determined by the size of the bird. For a moderate-sized goose two Spanish onions will be abundant. In preparing forcemeat it is well to make onions the basis, and add the other ingredients in their due proportion. It is a safe rule to allow two fresh sage leaves, or four dried ones, and one ounce of bread crumbs, with pepper and salt, for each large Spanish onion. Forcemeat thus made will probably suit the taste of the majority, although it will be too mild for those who like highly-seasoned preparations. It must not be forgotten that forcemeat is put into the body of a goose, whereas in turkeys and fowls it is

put in the crop. It must be fastened in very securely. The bird must be well cooked, for underdressed goose is both unwholesome and distasteful. A small goose will need to be baked about an hour and a half.

Both gravy and apple-sauce are served with roast goose. To make gravy, cut up an onion first in thin slices from the crown to the root, and then across, and fry in a little butter for a minute or two. Pour on a pint of unflavoured stock made from scraps and free from fat, and add a bunch of parsley, six or eight peppercorns, half a blade of mace, and a little salt. Stew gently till the stock is pleasantly flavoured, then mix a dessertspoonful of flour smoothly with a little cold water; stir this into the gravy, and simmer again until it is as thick as cream. Then, before using it, a few drops of liquid browning will probably be required to give it the proper tint. If there is any gravy left from a joint, it may of course be added.

Apple Sauce.—Pare, core and cut into quarters two pounds of good cooking apples. Put these into a stewpan with a spoonful or two of water; cover them closely and stew or bake them gently till they fall. Beat them to pulp, stir in a spoonful of sugar, and a very little butter, and serve hot.

Potato Galettes.—Peel two pounds of potatoes, and steam or boil them in the usual way. Turn them into a hot basin, and beat them with a spoon till smooth; then put with them two tablespoonfuls of salt, two ounces of butter, and two tablespoonfuls of hot milk or cream. Add also the yolk of an egg well beaten; set the basin containing the mixture over a saucepan of boiling water, and beat them for five minutes. Last thing, add the white of the egg which has been whisked till firm. Drop the mixture in spoonfuls upon a greased baking tin; brush these over with milk, and brown either in a quick oven or before the fire.

Mashed Chestnuts.—Chestnuts are not used as a vegetable in England nearly as much as they ought to be; although in France they are much appreciated. It is true that soup is occasionally made from them, that they are made now and again into stuffing, and that marrons glacés, perhaps the most delicious of sweetmeats, are obtained from them; but as a substitute for ordinary vegetables they are rarely seen. Yet chestnuts are highly nutritious, and very abundant and cheap. Those who have once tried them are as a rule very enthusiastic about them. The following recipe is of French origin, and it has been highly approved:

Take the outer skin off fifty chestnuts and throw them into boiling water for five minutes; then take off the inner skin. Put the nuts back into boiling water, and see that they are well covered, and boil them gently till they are quite soft. Drain them well, mash them with a wooden spoon and rub them through a sieve. Put the purée thus obtained into a saucepan, with a pinch of salt, butter about the size of a walnut, pepper and salt and about a wineglassful of cream, or of milk if cream is not available. Stir the preparation over the fire for three or four minutes to make it hot without letting it boil, and serve. Mashed chestnuts are particularly good with geese, ducks, and turkeys.

Fried Celery.—Celery is a most excellent and wholesome vegetable, and it can be served in many ways. As M. Kettner has said, "it makes a soup of itself; it makes a sauce of itself; it is excellent plain-boiled as sea-kale; it will stew to perfection, and it makes a salad which is not only good in itself, but doubly good because it can be had when other salads fail." Yet though celery can be served in so many ways, it is unquestionably at its best when eaten raw. The pity of it is that when in this condition a great many people are

obliged to turn away from it because their teeth are not strong. It is quite melancholy to notice that when young fresh celery, crisp through having stood in water for awhile, and daintily curled, is passed round with the cheese at the conclusion of dinner, at least half the company refuse it. We guess at once that they are afraid of it. They would like it well enough if they could masticate it; but necessity compels them to deny themselves.

Daintily-fried celery ranks nearly as high as raw celery in excellence; and those who cannot eat the uncooked vegetable should be induced to try it. Fried celery may be served in the place of game, and when the meat course has been of a fairly substantial character, it will probably be preferred to game. Vegetables daintily cooked, and which form a course by themselves, are becoming more and more popular amongst those who study the art of good living, and celery may with advantage be enjoyed in this way.

To prepare the celery, proceed thus—Take two or three heads of celery, wash them well, and set aside the outer sticks, which may be reserved for flavouring. Cut the rest first into quarters, then into lengths of equal size and thickness. Lay them in cold water for a little while, afterwards throw them into boiling water to which a tablespoonful of vinegar has been added, and boil them till tender. Let them drain well, and flatten each piece with the flat side of a knife which has been dipped into cold water, and spread them on a napkin till dry. Roll each piece in flour, then in even white bread crumbs; dip in beaten egg and roll again in bread crumbs, mixed with grated parmesan and seasoned with pepper and salt. Thus far the celery may be prepared some time before it is required. A minute or two before it is to be served, place the celery carefully in a single layer in a wire frying basket, have ready a pan of hot fat, plunge the basket into it, and when the crumbs are brown the vegetable is ready. Let it drain, dish it in a pile like bricks and serve.

Lemon Soufflée.—Soufflés are much liked, and very wholesome; it is a pity, therefore, that they are not served more frequently than they are in private houses. The reason cannot be that they are expensive, because they are on the whole rather economical. It is true that it is necessary to use a sufficient number of eggs when making them, but when eggs are cheap this is not very ruinous, because little else besides eggs is necessary. Probably they are rarely seen because cooks are afraid to make them. This is unfortunate, because they may be easily managed if only attention be paid to one or two points. Moreover they admit of much variety; they are made of all sorts of farinaceous substances, and the person who comprehends the method employed, and can make one sort of soufflée, can make several sorts. Consequently it is well worth while to give a little attention to the subject.

There are two ways of cooking soufflés, steaming and baking. The *Fondou*, a recipe for making which was given last month, was in reality a baked soufflée; this month the recipe is for a steamed soufflée. Of these two varieties the baked soufflés are the more easily prepared; they are not quite equal to the others, however, because they are less digestible and they fall more quickly. It is necessary to be very careful when steaming soufflés, for this is the point where disaster is most likely to occur.

If a soufflée is to be successfully steamed, the heat must be equally maintained all the time. It must be sufficient, and yet it must not be too great. What is wanted is that the soufflée should be kept gently and steadily simmering till done. To accomplish this there should be about an inch of boiling water in a pan; the

tin containing the soufflée should be put in, covered, then drawn to the side of the stove. Yet it will not do to keep taking the lid off the pan to ascertain whether the pudding is going on all right, for this would let in the cold air and might retard the rising of the soufflée. The safer plan is to lay the hand on the lid of the pan on the side nearest to the heat. If a sort of constant quiet throb, such as would be caused by a gentle simmer, is felt, the pudding is going on well. After it has had time to rise properly it may be inspected without harm being done; but at first it should be left alone.

The tin for a steamed soufflée should be prepared in the way described for a baked soufflée, that is, it should be buttered well inside, a round of buttered paper should be placed at the bottom, and a band of doubled paper well-buttered should be bound round it on the outside to support the soufflée as it rises. In steamed soufflés, also, a round of paper must be laid on the top to prevent the condensed steam from falling in drops into the pudding. Another detail requiring close attention is that the panada or farinaceous preparation which forms the basis of the soufflée should be thoroughly cooked. If it is *not the soufflée is sure to be spoiled*. It should be stirred over the fire until, whilst it is being stirred, it leaves the sides of the saucepan with the spoon. The yolks of eggs too should be added one at a time, and the white should be whisked till quite solid, and should be dashed in at the last moment before cooking.

So much for preliminaries; we now come to the recipe. Put a saucepan on the fire of a size that will hold the soufflée tin, and pour water in it to the depth of an inch. Choose an oval tin with straight sides, and prepare it by greasing it and binding paper round it in the way already described. Clean a large lemon, peel it as thinly as possible, put the peel in half a pint of warm milk, and let it soak till it has yielded its flavour. Melt an ounce of butter in a small saucepan. Mix smoothly with it two dessertspoonfuls of flour and one dessertspoonful of arrowroot; cook the mixture well. Strain the milk and mix it gradually with the paste, sweeten with a dessertspoonful of castor sugar, and add one at a time the yolks of three eggs. Beat the whites to a stiff froth, and just before the soufflée is to be cooked stir them in lightly.

Put the preparation into the tin, cover it with a greased round of paper and steam as directed from thirty to forty minutes. It will be done when firm in the middle. Turn it

quickly upon a hot dish, and pour the sauce round it. A little custard flavoured with lemon makes an excellent sauce for this soufflée, or if preferred a sauce may be made as follows: Put half a pint of water, a piece of lemon rind and two tablespoonfuls of sugar into a saucepan, and boil. Mix a teaspoonful of arrowroot with a little cold water; when the water in the saucepan boils, pour the arrowroot into it, and stir until the sauce thickens. Strain and add the juice of the lemon.

Apples in Red Jelly is an old-fashioned dish, but very pretty, very easily managed, and generally liked. To make it, take five or six apples of a firm white sort, peel them whole, and push out the cores with a scoop. Place the fruit in a pie dish and fill the hollows from which the cores were taken with white sugar and grated lemon rind or powdered cinnamon; pour on about a pint of water, cover closely, and bake through till the apples are cooked without having fallen. Arrange them carefully in a glass or silver dish, dissolve a dessertspoonful of gelatine in the syrup in which they were cooked, sweeten it if necessary, put a little lemon-juice with it, colour it with a few drops of cochineal, pour it over the apples, and let it stiffen. Before serving, a little knob of whipped cream may be placed on the top of each apple.

Cheese Biscuits.—Put two ounces of Vienna flour on a board, and mix a pinch of salt and a grain of cayenne with it. Rub into it two ounces of butter and add two ounces of grated parmesan; mix with the yolk of an egg and a squeeze of lemon juice to a smooth stiff paste. Roll the pastry out very thinly. If it is too short to roll, a little water may be worked in, but the less the better. Stamp into small round biscuits and bake for a few minutes in a cool oven. Before serving place in the centre of each biscuit a little pyramid of whipped cream flavoured with parmesan.

In October tomato jam and tomato sauce should be prepared. Quinces, too, come into the market during the month, and are excellent for mixing with apples. October is the time also for making apple jelly and Siberian crab jelly.

Tomato Jam.—Allow a pound of sugar and a small cupful of water for each pound of tomatoes. Skin the tomatoes, cut them across, and take out as many seeds as can be extracted without waste. Put the skin, seeds, and the juice that has run from the fruit in the allotted measure of water, and boil gently for half-an-hour, then strain the liquid. Put it

with the sugar, and stir it till the sugar is dissolved, but not afterwards until it bubbles all over the surface. Now put in the tomato pulp and boil the jam till it jellies. Tie it down in the usual way. This jam is not common; it is generally much liked by people who like tomatoes, and it is very brilliant in colour.

Tomato Store Sauce.—Cut eight pounds of tomatoes in slices, and pour over them a quart of vinegar. Add half a pound of salt, two ounces of whole black pepper, half an ounce of cayenne, a quarter of a pound of whole allspice, six large onions sliced, one ounce of cloves, and two pounds of brown sugar. Boil three hours and stir well. Rub through a sieve, bottle as soon as cold and cork securely.

Quinces are in the market only a very little time. It is sometimes said that they have gone out of fashion, but still people who like them at all like them very much, and they are generally regarded as a dainty when served. Speaking of them, so great an authority as M. Kettner says: "Quinces have this curious virtue, that being of little value themselves they improve an apple pie beyond the power of words to describe." The following is M. Kettner's recipe for preparing quinces to be served thus:

Quinces for addition to Apple Pie.—Peel the quinces and cut them in quarters. To five pounds of fruit put three of sugar and a wineglassful of water. Put them in pint jars, cover them, place them in boiling water, and simmer then very gently for three hours. Put the peels in with them and take them out when done. Bottle what is not wanted for immediate use.

We have now come to the end of the Model Menu. At the commencement the promise was made that the dinners described should be possible. Naturally this did not mean that they could be cooked by an ignorant, careless person, but rather by one who is intelligent and willing. It is believed that the promise then made has been fulfilled. Mistresses of households should be warned, however, that it would be unwise to expect any girl to cook one of these dinners for "company" without having tried the dishes beforehand separately, thus being prepared for the difficulties likely to occur.

It is, however, confidently hoped that if even the veriest novice in cookery will patiently go through these menus month by month, following closely the directions given, she will be a very much better cook when she comes to the end of them than she was at the beginning.

MY GODFATHER'S PRESENT.

By C. N. CARVALHO, Author of "Our Conny," etc.

CHAPTER II.

In the afternoon we made our way down to the beach. That Paramé could boast of a bold, rocky, shore, I had seen from the steamer; but I was not prepared for such a noble stretch of firm smooth sand. What a paradise for Dot, I thought regretfully, and how Chris would enjoy a run with his tricycle were he here. St. Malo lay on our left, a couple of miles away, its graceful cathedral spire towering to the sky. In front were a number of rocky islets, whose names we had yet to learn, and on the right two or three promontories ran out to sea, dividing the shore into little bays most inviting to the explorer. Nothing of that kind, however, could be attempted to-day, for we were both tired, and found it pleasanter to sit and gaze at the wonderful colours of the sea and wander among the rocks left bare by the tide till the

sound of a distant dinner-bell warned us it was time to go indoors.

The next morning we roamed about the village, but as that did not prove very attractive even to my unaccustomed eyes, we took the tramcar to St. Malo and spent some hours there, strolling about its dark, narrow streets, and along the ramparts; coming at every turn on such picturesque nooks and corners that I felt more than ever grateful to Dr. Egerton for his promise of that camera. It was a most delightful ramble. That I was never so happy as when I had Godfrey entirely to myself, I am willing to confess, and I believe I look back upon that day with peculiar pleasure because I was first in my brother's thoughts then, and I never was again.

Paramé is an excellent centre for excursions, but the chief attraction of the place itself lies in its beach. The air is wonderfully pure and

invigorating, and however hot the sun, there is always a refreshing breeze to be found by the sea. Consequently we spent most of our time on the sands, and there a few days later we were suddenly accosted by Dr. Egerton.

"I thought I should find you here," he exclaimed as he shook hands with us. "The ladies are busy looking over a villa. I have recommended my sister to come out here for a bit. I find she requires change: Dinan is a little relaxing. They will be some time yet, so suppose you come with me and have a look at the camera. We brought it with us and left it at the hotel as we came along. I may be able to put you up to a thing or two."

Godfrey followed without demur. He appeared to have forgotten his objection to borrowing the instrument. We were both accustomed to handling photographic apparatus, and the doctor, finding this was the case,