

"WHEN WILT THOU COME?"

SONG.

By CLARA THWAITES.

WHEN wilt thou come,
And change my sigh to song,
And be the sunshine of my every day?
Toil will be sweet,
No labour will be long,
Each morrow good, if thou pass not away.
Why should'st thou tarry
Far from Love's own home?
When wilt thou come?

When wilt thou come?
The waves, with rippling feet,
Seek the warm bosom of the golden shore;
The dove flies home
On pinions soft and fleet,
Each to his own is turning evermore,
As fly the swallows
Over ocean's foam.
Come home! come home!



LITTLE-KNOWN FRUITS AND VEGETABLES, AND THE METHODS OF COOKING THEM.

By DORA DE BLAQUIÈRE.

PART I.

THE present influx of new fruits and vegetables into England is a very remarkable sign of the times, and evinces, in the most practical way, how the "ends of the earth" are being brought into communication with each other. The land and ocean highways are made safe and easy, and the means of transporting goods swift and cheap. It will be needful to add many new instructions to our old cookery books, for in some of them we find no mention even of "salsify," called very generally in America the "vegetable oyster," and of the agreeable varieties, now familiar to us, in chestnut cookery they are quite innocent. So when in the window of a Kensington greengrocer's shop we find "cardoons," "mangoes," "alligator pears," and "aubergines," we feel the want of some friendly guide to tell us the uses of these things.

The first article on my list is one that may really be termed a delicacy, in the roll of our table vegetables, but few be the cooks that know its merits, or how easy it is to master the secrets of its cookery. "Salsify" and "Scorzonera" should be mentioned together, for they are very nearly the same thing, the chief difference consisting in the colour, the first-named being white, and the last black. They are in season at the same time, from October to May, and the same methods of preparation will serve for both. Wash and lightly brush the roots, till quite clean, and then scrape them with a knife; cut into pieces of a finger's length; put them into plenty of boiling water with some salt and a little lemon-juice, or a spoonful of vinegar. If old, they will take nearly an hour's boiling before they are tender, and you must try them with a fork, which will easily go through them if they be perfectly done. Drain carefully and serve with white sauce. They may also be served like fritters, by dipping round pieces into a batter and then lightly frying them; or they may be cut into round pieces, and fried without the batter, when they will be found equally good.

In France, I have seen them served as a salad, and dressed only with vinegar and oil when cold. But, to my mind, they are never so good as when served after the manner of the real oyster, i.e., scoloped in a pie dish. For this they are boiled as above, and cut into small-sized rounds. Butter the dish and place the contents in layers, first the salsify, then a layer of bread crumbs and small bits of butter, and repeat the process till the dish is full, the last layer being of the bread-crumbs and the butter. Pour in at the side about a tea-cupful of water in which the roots were boiled: which will be found to have quite a strong flavour, and to be a very good foundation for any vegetable soup. Another method is to beat the roots, when boiled and tender, to a paste, season with salt and pepper, a lump of butter and a little milk; and if too thin, thicken with a little flour. Then to fry in flat round cakes, or fritters; dropping the paste into the hot fat in spoonfuls. These may be served on toast.

A very simple Canadian recipe is as follows. Wash and scrape the roots thoroughly, throw them, when well washed, into a bowl of clean cold water. This is to avoid the possibility of their turning black, which they will do, if no precautions be taken. In England, salt, lemon juice, or vinegar, are all used for the same purpose. Cut them into pieces of about two inches long, and boil for three-quarters of an hour, pour off all the water; add a seasoning of pepper and salt, a lump of butter, and nearly cover with milk. Thicken with flour, and serve in a vegetable dish.

Those of my girl-readers who are students of botany will probably agree with me that "chestnuts," the next name on the printed list, are out of place; and that we should proceed with our culinary vegetables, which belong to the great order *Compositæ*, and which are allied closely in every characteristic one to another. Endive, dandelion, chicory (or succory), and the cardoon, as well as lettuce, all belong to it, and are all to be considered.

So we will proceed with them first. Endive is most generally used as a salad in England, and it is one of our most valued winter supplies. It is thought to be a native of China or Japan, and arrived in England as long ago as the year 1548, when Edward VI. was king. As a vegetable it is delicious when stewed, and to dress it thus you must begin by cutting off the root and the outer leaves, and washing it thoroughly well in several waters, so that all the insects and gravel may be got out. Then throw it into boiling water, and boil it rapidly for a quarter of an hour, drain it off, and press all the water carefully from it. Lastly, put it into a saucepan, and add one ounce of butter, salt and pepper, and a cupful of either new milk or cream. Stir it round quickly, and when thoroughly mixed, serve very hot, garnished with fried bread. In France, both endive, lettuce and sorrel, are rubbed through a coarse wire sieve, after having been boiled, and before being put into the saucepan, and, of course, this is the best way. But it would not be possible, in many houses, to take so much trouble, and by taking a little extra care in cutting them up finely, both before and after boiling, it can be avoided, but the dish will not be a smooth *purée*, as the stalks will remain in.

Now this recipe will answer for lettuces, watercresses, nettles, sorrel, spinach, greens, and any kind of kale. With reference to the green kinds, you must not forget to keep the saucepan uncovered, and the more water employed, and the faster they are boiled, the better they will be, and the greener they will look. As a rule, when they sink in the water, they are done, and they must be taken up immediately, or they will lose their colour. Now it is exactly here that English cookery is at fault, and it seems as if the watery messes our cooks send up, under the name of vegetables, were much complained of sixty years ago, so we do not seem to have progressed, in that way, at least. In no country in the world are better vegetables grown, or more pains

taken with them than in England; yet, alas, nowhere is so little knowledge exhibited of how they should be cooked.

The lettuce is one of the most ancient of our vegetables, and is said by some botanists not to exist in a wild state; from which we may gather that it belongs to some species so much changed by cultivation as to be no longer recognisable. We first hear of it in history, in Herodotus, who says it was served at the table of Cambyzes, the son of Cyrus, in its natural state, B.C. 550. Pliny mentions several kinds, as well known and used in Rome, and in the reign of our Henry VIII. the gardener at York Place, was rewarded for introducing lettuces and cherries into the garden at Hampton Court in 1530; while in 1597, the botanist Guard mentions eight kinds of lettuce as being cultivated in England. There are now more than thirty varieties cultivated near London for the market, including the "Cos lettuce," which hails from the island of that name.

The dandelion and the chicory plants are like each other in their uses; the young green leaves of both are used as salad, the older leaves are boiled as a vegetable; the water in both cases should be twice changed during the boiling, and the recipe followed as already given, and in the roots of both great virtue of a medicinal character exists.

Taraxacum, which is a peculiar crystallizable principle, discovered by M. Dollo, and of great value in some liver complaints, was found in the dandelion, and the roasted roots form an excellent substitute for coffee. It is on record that during the last century in the island of Minorca, the locusts having destroyed the harvest, the people subsisted on this root entirely.

The dandelion was formerly planted in gardens, and the leaves blanched in the same manner as endive, in order to be used as salad, but the young leaves are easily procured in the spring, and form a delicious salad, just in the same way as the leaves of the endive and the chicory. Some people, however, do not like the slight bitterness, and it is to reduce this as much as possible that the water must be changed during boiling.

The cardoon is a native of Candia, and it was introduced into England about 1650. It is now beginning to appear again at our tables, and is quite worthy of any attention paid to it. The whiter the cardoon heads the better, and the more delicate they are. Cut off all the stalks that are tough and fibrous, or hollow, and cut the others into pieces about six inches long; cleanse them well from the prickles, throw them into boiling water, and boil for ten minutes. Then throw them into cold water to take off the slime, which should come off easily by rubbing with the fingers. Lastly, put them on to stew with some rich gravy, and thicken it with a little butter and flour mixed together. They should stew for about half an hour till quite tender. They can also be served with white sauce.

I was about to go on to the subject of chestnuts, when it suddenly struck me that it would be better to deal with the aubergine, or "egg-plant," as they are now in season; and

I am sure that all our girls have noticed their purple, egg-like forms in the greengrocer's shops. The "egg-plant" is a native, I believe, of the East Indies; but it is grown in great quantities in America; and much used and liked there, and in Canada likewise, as a vegetable. This fruit may be either of a violet hue, or white; and both are seen in our markets. They belong, like the potato and the tomato, to the family *Solanaceæ*, the nightshades, and to the same belongs the tobacco plant. It seems so strange to owe such a "staff of life" as the potato to such a poisonous class of plants. In addition to its French name, "aubergine," it has been called "mad apple," or "Jew's apple"; but in India it is best known by the natives under the name of "Brinjal," or "Binegun"; and there are, at least, four different varieties, and they form one of the best-known vegetables in the Indian dietary. They are dressed in various ways, and as vegetable-marrows are done—they must be peeled, boiled, and served on toast with drawn butter; or they may be curried, or cut in slices of about half an inch thick, after being peeled for frying. In this case, you must sprinkle a little salt on the slices and press down under a clean plate for an hour; then rinse the salt off in clean cold water; dry each slice in a clean towel; dip them in a well-beaten egg, and then in fine crumbs of bread; fry to a light brown, and season with pepper, either white or red. They are also roasted whole in their skins in the oven, with a little water in the pan, and served with a small piece of butter on each slice.

One of the best ways of cooking them is (I think) as follows:—Take a large-sized fruit and cut it in two, lengthwise. Take out the inside, leaving about half an inch of the peel. Chop the inside finely, and mix with an equal quantity of bread crumbs. Salt and pepper it, and add a little sugar; put the mixture into a hot frying-pan with a little butter, or good oil, and fry for ten minutes, stirring it carefully to keep it from burning. Then fill the shells with it, tie them together with a fine string, bake in the oven for half an hour, and serve very hot.

Another method is, to make fritters, by boiling the egg-plant till tender, cutting it in two pieces and taking out the pulp. Season with salt and pepper; dip in egg and bread crumbs, and fry in hot lard, using a tablespoon as the measure.

The subject of chestnut cookery is a very large one, and the tree itself, though a native of Asia Minor, seems to have been grown in Europe from time immemorial. There are many wonderful instances of its longevity, and of its great size, notably the great chestnut at Tartworth Park, in Gloucestershire, which was called the "great chestnut" in King Stephen's reign, and was already a large tree in King John's. But our own chestnuts are but small, and we are indebted to the south of Europe for the large specimens that are used for cookery. In their native lands they are used for bread, and take the place of wheat, in mountainous parts, where wheat cannot be grown; as in Auvergne and Limousin, in the

Apennines, and in Naples and Sicily. In France and Italy it is largely used in cookery, and it is very good as forcemeat-stuffing for a turkey, and for stews and hashes.

The following is a Jewish receipt for beef stewed with chestnuts: take a rather lean piece of beef of two or three pounds' weight, and put it in a stew-pan, with pepper, salt, a little nutmeg, and half a pint of water. Simmer it gently for two hours. Boil separately one pound of chestnuts for half an hour, take them out of the water, peel them whole; and half an hour before the meat be done put the chestnuts in with it to finish their cooking. Thicken the beef-gravy by putting into it a teaspoonful of flour, rubbed into the juice of half a lemon; and be very careful not to break the chestnuts when you put in the thickening. Dish the meat up first, and arrange the chestnuts round it, then pour the gravy round the meat.

Chestnut soup is made very easily by boiling half a pound of them till the rinds and skin come off easily. About half an hour should be enough, and then mash them carefully with a "potato-masher" in a bowl, put them in a saucepan with a large stick of celery, and one small onion cut into pieces, and a pint of water; and boil for half an hour, till the onion and celery be soft. Then add half a pint of milk, and a little finely chopped parsley, and season with salt and pepper. Rub through rather a coarse sieve, and serve very hot.

A Dutch cook of ours used to make chestnut cream, or *compôte*, a most delicious supper dish, as follows:—Take off the outer rind and the inner skin of fifty chestnuts, and simmer gently in a quart of milk and water, till done like a flowery potato. Drain them, and bruise in a basin with a little powdered sugar and some vanilla flavouring, and rub through a coarse sieve. Put into the bottom of a glass dish, and cover with half a pint of firmly whipped cream, and strew over the top some "hundreds and thousands," as a finish. Chestnut pudding is very generally made with chestnut flour, or farina, which is a great saving of trouble. Any good recipe for a semolina, or tapioca pudding, made with eggs, will answer for it.

I find the following recipe for a chestnut pudding iced, which is almost "too good to be true!" in an American cookery book, and it has very nearly its duplicate in an English one. So I daresay it really is of French ancestry after all. Boil half a pint of new milk with a quarter of a pound of loaf sugar and some thick vanilla; moisten a quarter of a pound of chestnuts boiled and pounded to flour with a gill of new milk, strain the boiled milk over, and put into a saucepan, and stir till quite smooth, then add the yolks of seven eggs, well beaten, and continue to stir for a few minutes. Take off the fire, and when nearly cold, add half a pint of thick cream. Beat-up for ten minutes, and put into a mould; and stand on ice for two hours till quite firm.

Chestnuts in France are served with coffee-sauce, with thick meat-gravy, with celery sauce, and are often used as a *puree* under pheasants or partridges.

VARIETIES.

A USELESS DISPUTE.

Two men found a book in the street, and began to dispute as to the ownership of it.

A third arrived on the scene and asked—

"Which of you can read?"

"Neither of us."

"Then why do you want the book? Your quarrel reminds me of two men who fought for possession of a comb, when neither had any hair on his head."

RUSSIAN PROVERBS.

Truth is straight, but judges are crooked.
Your elbow is near, but you cannot bite it.
An untried friend is like an uncracked nut.
When money speaks the truth is silent.

INDOLENCE AND LAZINESS.—There is this difference between indolence and laziness:—Indolence is a disease of the soul, laziness of the body.

SHE SMILED AGAIN.

"The biscuits my mother made weren't like these—"

The young wife burst into tears—

"For these are as light as the froth of the seas,
And the best I have tasted for years."

ANSWER TO CHARADE I. (p. 247).

Bedford.

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By DORA DE BLAQUIÈRE.

PART II.



NE of the most delicious of berries is to be seen in large quantities during the autumn and winter in the green-grocers' shops. They seem to be but little known or used, judging from the difficulty in

finding English recipes for cooking them. In fact, all those I have are of either American or Canadian origin; and in the United States "The American Cranberry-Growers' Association" exists for the purpose of cultivating this berry, which is so much esteemed in that country. The association also issues recipes for cooking it in various ways, which are distributed in leaflets, or small tractates, all over the country.

Formerly we drew our supplies of the cranberry from Sweden and Norway; but now we find the larger and brighter-hued American cranberry in our markets, and the small English cousin is conspicuous by its absence. The cranberry in botany forms an order of its own—the *Vacciniaceæ*, and comprises the bilberry, or blue berry (the huckleberry of America), and the great whortleberry, as well as the red whortleberry, or cowberry of the Scottish moors. In America it grows wild; and, as in northern Europe, it is probably indigenous, growing in marshy places and mountainous regions in the northern hemisphere. The cranberry contains both malic and citric acid, as well as an astringent substance, which exercises a tonic effect. The berries are used for tarts, jam and jelly; and are stewed as a *compôte*, to eat with rice, blancmange, and cream at luncheon and dinner. It is a cheap addition to our list of winter fruits, and is very good for children. The jelly is better than currant jelly for eating with venison or mutton.

The red whortleberry, or cowberry, also makes excellent jelly, and this has a certain medicinal value for colds and sore throats, but the Swedes eat it with roasted meat, and they think it is far superior to currant jelly for venison. The cranberry should not be eaten raw, but cooked, and it is a very valuable article of food, on account of its being so easily kept, for long sea voyages especially.

The first thing to be done with them is to wash them well in cold water, and pick out all the stalks and bad ones, so that the colour may be perfect of whatever we are going to make. The next thing is to remember that cranberries must be stewed in a porcelain-lined saucepan, quite clean and fresh, never in one of iron, tin, or copper. The sooner they are eaten after you have cooked them the better they are, and the more you will like them. They do not keep well after being cooked, though they keep so well before it. Brown sugar cannot be used for cooking them; it must be white, a good preserving sugar will answer. Equal parts of the latter and berries are used in cooking at all times, as it is an extremely tart fruit.

The first recipe I give is used for ordinary occasions, such as the children's dinner or tea. Take one pound of cranberries, one pound of sugar, and one pint of cold water. Boil for ten minutes. Do not stir, but well shake the saucepan to prevent burning.

With the next two recipes special attention should be given to the colour, which should be an exquisite crimson if well done. Take

one pound of berries, one pint of cold water, one pound of sugar; put the water and sugar into the saucepan and bring to a boil; then put in the cranberries, and boil for fifteen or twenty minutes till clear.

The next recipe is less sweet, and with the same amount of fruit and water has only half a pound of sugar with it. Boil the berries and the water together for ten or fifteen minutes, and add the sugar; and then boil for ten minutes more.

What is called "Strained Sauce" in America is a superior thing, and is used for late dinners or "high teas," with blancmange. One pound and a half of berries, one pint of water, one pound (or three-quarters of a pound) of sugar. Boil together the berries and the water from ten to twelve minutes, and then strain through a colander. Return the juice to the fire and add the sugar; and boil for five minutes. Any of the above recipes are used to prepare the cranberries for tarts; but most people like the "strained sauce," the best (I believe) in America.

Cranberry jelly is made with one pound and a half of berries and one pint of water. Boil together for fifteen minutes, strain through a jelly-bag, and return the juice to the fire for fifteen minutes' further boiling; then measure the juice, and add as much sugar as you have juice, and boil again for fifteen minutes; and put into pots for use, as you would currant-jelly. Very small sizes are the best to employ, as they are quickly used, and the jelly does not become dry and hard.

Bananas grow under a far different sky to the cranberry, and form a botanical family of their own, under the name *Musaceæ*. All of them are natives of the tropics, Cape of Good Hope, India, and Japan. It has been called, the "bread of the tropics," and Von Humboldt estimates "three good-sized bananas as containing as much nutriment as a 14 oz. loaf of bread;" and "they give the greatest amount of food from a given piece of ground with the least labour." *Musa paradisiaca*, the "tree of paradise," is the plantain. *Musa sapientium*, the "tree of the wise men," is the name of the banana, a variety of plantain; but the stems have spots on them, with dark-purple stripes, and the fruit is smaller, less curved, and more delicately flavoured than the plantain, the plantain being found in the East Indies, the banana chiefly in the West Indies. The name "tree or plantain of the wise men" was given to the banana because it was supposed that Theophrastus, the Greek naturalist, when he spoke of a fruit which served as food to "the wise men of India," meant the banana. The names, however, of plantain and banana seem to be somewhat interchangeable. The name of *Musa paradisiaca*, or "the tree of paradise," was given to the plantain, because many old writers supposed that our first parents clothed themselves with its leaves after the fall; and also that it was the real "forbidden fruit."

The fruit is never eaten green; but for the purposes of exportation it is cut before it has ripened, as the transmission of the ripe fruit takes too long to reach us in a marketable condition. The main part of our supply comes from Jamaica, where (a recent writer declares) the waste alone mounts up into hundreds of thousands of bunches each year; as the buyers for foreign markets rigorously exclude bunches that are undersized, or that contain a certain proportion of undeveloped "fingers," or too far ripened to stand shipping. These latter may be seen lying on the wharf after the vessel's departure, and may be had for

the asking; but no one seems anxious to carry them away, as nearly all of the community are banana growers, and the supply of rejected fruit is far in advance of the needs of the population. It is said that a large fortune awaits the man who shall invent and perfect some drying or preserving process that could be depended upon, and which would succeed in putting into the banana-flour some of the sustaining and nourishing qualities that make the banana a king of fruits.

The plants of all the *Musææ* attain perfection in about ten months, i.e., from their planting to the ripening of the first crop of fruit. When the stalks are cut down several suckers spring from the root, which in six or eight months will also produce fruit. A tree generally contains three or four clusters, each weighing twelve pounds and upwards. In Canada, where they are imported in very great numbers, a process of making an indelible ink from the skins is said to have been perfected; and there the great danger arising from the empty skins, when thrown down in the streets, is so fully recognised, that some clever person dubbed him a "Bananarchist—the man who drops skins on the sidewalk!" We suffer here from the same kind of careless cruelty to others, in the persons of those who throw orange-peel about our streets; and long ago in these columns I begged our girls to enrol themselves amongst the Orange-peel Brigade—as they might be called—that kindly but anonymous corps that saves our limbs and lives by picking up or kicking away the orange-peel from under our feet.

In America, I think the dish of fruit-salad of which I saw the most was that composed of oranges and bananas peeled and sliced, and laid in a glass dish, with sugar sprinkled over them. Occasionally a little ginger wine is added, but not often. I need not say that the seeds of the oranges should be taken carefully out, and as much of the white skin scraped off the outside as possible. Three oranges and four bananas were the usual proportion for a large dish. This salad is made some little time before it is wanted, so that the juice may run away from the oranges. Apple and orange salad is made from two juicy apples, and three oranges and plenty of sugar, the whole being moistened with some of the juice from a tin of pineapple. Melon salad is made with oil and vinegar, and pepper and salt to taste.

Fried bananas are very delicious. They are peeled first, and then cut in two, lengthways, and are lightly fried in a small quantity of butter. They are sometimes served with a little sherry thrown over them, but are better without it. Banana tarts are very good also, the banana being cut into round slices and put into a custard, round which a lining of pastry is placed, just in the same way as if you were making a baked custard pudding in a pie dish. For banana pudding, the bananas are peeled and rubbed through a colander, mixed with milk and an egg and baked in a pie-dish like an ordinary milk pudding. Banana tart can also be made. The bananas are cut up as you would cut up apples, flavoured with a little lemon and sugar, and a small quantity of water added. A light puff paste is then put on the top, and the tart is baked in a quick oven.

Pumpkins supply another rather novel addition to our *ménus*. I have seen one offered for sale in a West End shop, to be cut in slices, as it would be sold in France, where the *polaron* is a favoured vegetable, and the soup manufactured from it a staple dish.

There are two methods of making pumpkin soup. The first is the French plan, in which the pumpkin is peeled, the seeds and inside taken out, and it is cut into small squares and put on to stew in a weak stock. When quite tender it is rubbed through a sieve, and just before the soup is served half a pint of cream, well warmed, is stirred in, pepper and salt to taste being added. The other method is to stew the pieces of pumpkin in water till it is nearly evaporated, and the pumpkin is quite tender. Then rub through a colander, and add new milk, till of the consistency of thick cream. Return to the fire to heat it, but do not boil it, add pepper and salt to taste, and serve very hot. I have also had pumpkin served as a vegetable dressed exactly as above, only instead of adding the milk, put in a little cream or butter, with pepper and salt, and serve as mashed turnips are served.

Pumpkin pies are one of the national dishes of America. The preparation of the pumpkin is exactly like that of soup. The gourd is cut in pieces, boiled in a very little water till tender, and rubbed through a colander; and then comes the deviation from the preparation of soup; to each small cupful of the pulp you add one egg well beaten up, a cup of milk, sugar to taste, and spice highly with ginger and nutmeg. Beat all well together, line an ordinary dinner plate with paste, and put in about a breakfast-cupful, or enough to fill the dish, leaving a rim of paste to be seen. Serve cold.

Tomatoes are the last vegetable on my list, and they may still be called "novelties," though they have been grown in England for nearly a hundred years. Now that the produce of other countries is brought to our door, they are to be found, not only in our greengrocers' shops, but sold in quantities on the barrows of the costermongers; and they appear to be eaten and enjoyed by the working population. They are eaten much in the same way as apples, and are economical, as requiring neither sauce, nor cookery; where health is concerned, they could certainly have no more desirable addition to their dietary; and I am always full of regret when I think how little our "working women" know of the best manner of cooking them, and of how much enjoyment they lose through their ignorance. So I mean to gather into the space that remains of this article all those recipes that are at once simple and inexpensive, with the earnest desire that they should attract my readers sufficiently to induce them to try them for themselves. I shall begin with tomato soup. Take eight good-sized tomatoes, or one tin of canned tomatoes, and one quart of boiling water. Stew for fifteen minutes, rub through a colander, and add a pinch of carbonate of soda, and stir well. Then return

to the fire, and add one quart of new milk and a small lump of butter, with pepper and salt to taste. After the milk is added, the soup must not be allowed to boil, or it will curdle. If this soup be required thick, rub a piece of butter of the size of a small hen's egg into a tablespoonful of flour, and pour a little of the soup into it, rubbing it till smooth.

Tomato pie is one of the favourite dishes of the vegetarian, and is made with tomatoes skinned and sliced, and laid in a pie dish. Sprinkle with salt and pepper and add a little white sugar, a well-beaten egg, and half a cup of milk or single cream. The mixture to be added to the tomatoes when the pie-dish is full. Bake in a hot oven, covering the top with a rich paste.

Tomato sauce is one of the things few people know how to make. Take (for a small quantity for chops or cutlets) four tomatoes, either fresh or tinned, and cut them up, put them into a jar with either a dried capsicum or a few pepper-corns, and add a small cup of water. Cover the jar, and put it into a hot oven till quite soft. Then rub them through a sieve into a saucepan, and add salt and pepper if needed. Simmer slowly over the fire and serve very hot.

Fried tomatoes are very good. They should be cut in half, transversely, and rolled in flour, then taking one egg and beating it up thoroughly, adding some bread-crumbs and chopped parsley with some pepper and salt. Then roll the tomatoes in the mixture and fry to a light brown in either butter, clarified dripping, or oil.

Scalloped tomatoes, done exactly as oysters are cooked, by cutting in slices and placing them in alternate layers with bread-crumbs, pepper and salt, and little bits of butter. The top layer should be of bread-crumbs, while a sprinkling of grated cheese adds an excellent finish to the top. Bake for twenty minutes or half-an-hour in a quick oven, and serve in the pie-dish in which they have been made. In South Carolina boiled rice is used instead of bread-crumbs, and the seasoning is salt, pepper, and curry powder, with a very little butter. In South Carolina, too, tomatoes are stuffed with rice in the following manner. Take a pint of boiled rice mixed with a quart of veal or beef broth, salt, and half a green pepper pod chopped finely. Cook these ingredients for fifteen minutes, and then add two tablespoonfuls of butter; then simmer a little longer, and when stiff enough take four large tomatoes, cut off a small slice at the tops, and empty them with a spoon of the seeds and pulp, and fill in with the rice stuffing you have made. When each is full, replace the slice at the top and put into a baking dish and cook in a quick oven for ten minutes, basting them during that time with

either butter or oil, and serving, when baked to a light brown, on a hot dish.

Here in England, where our tomatoes do not ripen easily, it will perhaps be a useful addition to give one or two recipes for using up green tomatoes. The first is, green tomato sauce. Take one peck of green tomatoes, wash and slice them very thin, sprinkle with salt, and allow them to drain for twenty-four hours. In the morning press out all the water and lay the tomatoes in a preserving pan in layers with the following mixture:—Six or seven onions sliced, a quarter of a pound of mustard mixed with a quarter of a pound of mustard seed, a tablespoonful of cloves, two tablespoonfuls of black pepper, two tablespoonfuls of allspice, and one tablespoonful of ginger. Pour in enough vinegar to cover the contents of the saucepan, and boil very slowly till the tomatoes look clear.

An American recipe for a green tomato stew is as follows:—Cut off the ends of half a dozen green tomatoes, and then cut in thin slices and put them into a closely-covered saucepan without water, leaving them to stew for half an hour. Season with pepper and salt, mix an egg with half a cup of fine bread-crumbs and stir it in, adding a little piece of butter at the last. Green tomatoes are sometimes fried with onions and served as you would serve fried onions, alone. The tomatoes should be cut in slices, and the onions also.

Tomato preserve is very popular in America, and is made as follows:—Take the medium-sized tomatoes that are just ripe, scald them so as to loosen the skin, and take it off carefully. To each pound of tomatoes allow one pound of sugar, the juice and rind of half a lemon and a little piece of root ginger. Let them cook very slowly for three hours, and then put up in wide-mouthed bottles.

The following is a Canadian recipe for tomato catsup, and is said to keep admirably. Take half a bushel of ripe tomatoes, pour on boiling water till you can peel them, and put them on the fire to stew gently till you can strain them through a sieve, and skim them carefully while stewing. Then add to them a tablespoonful of ginger, two tablespoonfuls of ground cinnamon, one tablespoonful of cloves, half a teaspoonful of red pepper, a teaspoonful of mustard, three ounces of salt, a pint of vinegar, half a dozen of onions. Simmer gently from three and a half to four hours. The slowness of the boiling is essential to the goodness of the catsup. Put it away in corked bottles in a dry cool place. The knowledge of this recipe will prevent the great waste of tomatoes which is so much complained of by greengrocers and others who keep them for sale. And there is always an excellent market for tomato catsup.

VARIETIES.

RULES FOR CONVERSATION.

Avoid company where the conversation is not profitable or necessary, and on such occasions speak little and last.

Silence is wisdom when speaking is folly, and always safe.

Some are so foolish as to interrupt and anticipate those that speak, instead of hearing and thinking before they answer—a practice as uncivil as it is silly.

If thou thinkest twice before thou speakest once, thou wilt speak twice the better for it.

Better say nothing than not to the purpose; and to speak pertinently, consider both what is fit and when it is fit to speak.

William Penn.

THE RIVER.

The following enigma, which has a river for its subject, is the composition of Mrs. Barbauld, the authoress, in company with her brother, of the well-known "Evening at Home":—

"I always murmur, yet I never weep,
I always lie in bed, yet never sleep;
My mouth is wide, and larger than my head,
And much disgorges, though 'tis never fed;
I have no legs or feet, yet swiftly run,
And the more falls I get, move faster on."

THE END OF LIFE.—The truest end of life is to know the life that never ends. She that makes this her care will find it her crown at last.

ACCOMMODATING.

Mrs. Wells (about to hire a new servant): "Now, in regard to going out visiting. I—"

Servant (interrupting): "Och, go out whiniver yez loikes. You'll not find Bridget O'Murphy harud, mum, or dictatorial loike."

OUR HELP-ONE-ANOTHER FUND.

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LITTLE-KNOWN FRUITS AND VEGETABLES, AND THE METHODS OF COOKING THEM.

By DORA DE BLAQUIÈRE.

PART III.

"SOUP-KROUT" and "roth-kROUT," cold and hot "slaw," and sour and sweet pickles, form a considerable item in the diet of people who live on the other side of the world. All of them are of European origin, the first four in the North of Europe, and sweet pickles, I fancy, in Switzerland—at any rate, that is where I used to see them, and from thence their use has spread to Canada and the United States. Even of this I am not quite sure, for the Swiss recipe I possess for plums done in *aigre-doux* fashion bears, to my mind, unmistakable marks of being a translation from English, and many of the recipes I have got in Switzerland show this. I am speaking of French Switzerland only, which has been a home and resort of English people since and long before the days when Oliver Cromwell ruled, and Charles II. required the regicides at the hands of the Syndic of Vevey.

SAUER-KRAUT

is a word of pure German. Translated, it means sour cabbage, *i.e.*, that which has been allowed to ferment and become sour. An original American recipe is as follows:—Take the solid cabbage-heads, after one or two good frosts in the autumn. Slice as finely as possible, and pack, either in a clean barrel or an earthen jar, and sprinkle in salt as carefully as though it were gold-dust; one pint to a barrel is enough. Add vinegar, one gallon to a barrel, and then pack and pound down as hard as you can. Set it in a warm place, or at the back of the stove for about four weeks, until it has the peculiar *kraut* smell; then put the barrel into a cold place, and if it keep frozen-up for all the winter so much the better. Any firm sweet cabbage will answer for *sauer-kraut*. When you want to cook it, you must squeeze about a quart from the brine, wash it in cold water, drain carefully, and place it in a porcelain saucepan, cover it with cold water, and let it boil for two hours; then pour it into a colander, press out all the water, and put the *kraut* back into the saucepan. Prepare a dressing of one tablespoonful of lard and one of flour, and stir this thoroughly in a frying-pan over the fire until of a light-brown colour; mix this well with the *kraut* and serve. A few caraway-seeds are very often mixed with the *kraut*.

ROTH-KRAUT

is made in the same manner, but we in England more generally prefer what we call "red cabbage pickle." A Swedish way of dressing red cabbage is to slice it thinly, and add to it half a cup of vinegar, a tablespoonful of sugar, a teaspoonful each of whole cloves and whole pepper, and a little salt; place in a flat saucepan, cover closely, and cook slowly till tender. It is generally served with boiled or stewed beef. The following is a very old and excellent recipe for making red cabbage pickle. Take a fine closely-grown cabbage; strip the outside leaves from it, cut it in thin slices, and put them in a large dish, strewing salt equally all over them. Cover with a clean cloth, and let them so remain for twenty hours; then drain the cabbage carefully, and put it into a jar with some allspice, whole pepper, and a little sliced ginger. Pour cold white wine vinegar over it, and cover the jar closely from the air.

COLD AND HOT "SLAW"

are forms of using cabbage that are not seen in England. I think "slaw" is a word which

is from the Dutch *sla* or *slaa*, contracted from *salade*, the old Dutch *salaet*, or *salat*, and it means sliced cabbage, served uncooked as a salad. The word "salad" comes from the Latin *sal*, *salis*, salt; so it means a sort of salted preparation of something. In my latest American cookery-book I find four recipes for "slaw":—"Cold, with celery, with cold dressing, and with hot dressing, and hot 'slaw.'" In all of them it must be remembered that the cabbage is uncooked, and a very hard and firm head is needful, which must be sliced very finely. Indeed, the last is one of the great characteristics requisite.

COLD "SLAW" WITH CELERY

consists of cabbage and celery mixed in equal proportions, very finely sliced, and dressed as a salad, with vinegar, pepper, and salt. Cold "slaw" with cold dressing is made with the finely shredded cabbage, and a dressing made of a teaspoonful of black pepper, and the same of mustard, and half a teaspoonful of salt, two tablespoonfuls of castor sugar, half a teaspoonful of vinegar, and the same of sour cream. Mix all together carefully, and pour over the sliced cabbage cold.

COLD "SLAW" WITH HOT DRESSING

is made with the sliced cabbage, and the dressing is made with a teaspoonful of vinegar, one teaspoonful of flour, one tablespoonful of butter, and two tablespoonfuls of castor-sugar, and pepper and salt to taste. Put these ingredients on all together in a small saucepan, rubbing the flour into the butter, and boil for a moment, then pour over the cold sliced cabbage while hot, cover-up closely, and serve cold. Hot "slaw" is frequently seen in the Western States of America. Take half a pint of vinegar for it, butter the size of an egg, one egg, two teaspoonfuls of castor-sugar, and one each of mustard, salt, and pepper. Boil the vinegar and then add all the other ingredients quickly, and pour over the sliced cabbage. Cover up closely and serve in ten minutes, keeping very hot.

Most of the American cookery-books divide the pickle department into sweet pickles and sour ones; the latter recipes would be found in any English book, and do not materially differ from ours. Some of the resemblances are odd; for instance, in Francatelli's book, the recipe for "Ladies' Delight," is "Cold slaw with hot dressing," or what the Americans call "chopped pickles." In these the materials, such as cabbages, apples, or onions, are uncooked, while the hot and prepared pickle is poured over them, and then the mixture is eaten cold.

Every kind of fruit is sweet-pickled in America, from raspberries and peaches to crab apples. In Switzerland the plums treated in this manner are most delicious, and make even cold mutton agreeable. But as I am often told that the fancy for sweet pickles with meat is an acquired taste, and I had better mention it here, as well as the fact that some people do not acquire it, and prefer those pickles which are quite sour, probably these people would not like chutney, which is usually sweet, sour, and hot as well. The first process in making sour-sweet pickles is to steam the fruit till tender, and make the sweet pickle separately. Then, for pickled plums (the blue plum being generally selected) take eight pounds of plums, not overripe, four pounds of white sugar, one pint of vinegar, two ounces of stick-cinnamon, one ounce of cloves; put the vinegar, sugar, and spices on to boil in a

preserving pan, with enamel lining, and heat very gently, stirring the mixture to prevent its burning. Put the plums into a strainer, and when quite tender lift each plum gently into the hot syrup, and simmer all together for five minutes. Put into glass preserving-bottles and seal up while hot. Pickled apples are very good, and are preserved as follows. Take seven pounds of apples, peeled, halved, and carefully cored, and steam them till a straw can run through them. Boil together a pint and a half of vinegar, three pounds and a half of sugar, a stick of cinnamon, and a teaspoonful of cloves. When the apples are tender move them carefully in the preserving-pan, and pour over them the boiling vinegar, sugar, and spices. Simmer very slowly during five minutes, then take out the apples carefully and place them in jars, pour the pickle on them hot, and close up tightly.

The following recipe for pickling either the ordinary blue plum or damsons is one I have tried and found good. In it the fruit is not boiled, and this forms the difference between German and American recipes. To my mind it is best not to steam nor cook the fruit when it is too ripe. Wipe and prick the damsons with a large needle and put them carefully into an earthenware jar. Then take a quart of good vinegar, three pounds of sugar, a large stick of cinnamon, and half a teaspoonful of cloves, and boil together in an enamelled saucepan for a quarter of an hour. Pour it over the fruit when boiling, and cover the jar with a saucer when hot. Every second day pour this off the plums and boil up again, pouring over the plums once more at boiling-point. In my recipe it says you are to do this every second day for three weeks, and in that case the pickle will be perfection. More modern recipes, however, only give directions for once or twice boiling, and I do not myself think this is enough, but there may be a desirable medium adopted between three times a week for three weeks, which makes nine or ten times, and twice or three times, which is too little. In all cases be guided by the condition of the plums and their becoming tender or not.

SWEET CUCUMBER PICKLES

may be made in the same manner; the cucumbers being used when they are ripe, peeled and the seeds taken out, cut them lengthways, and then once across, and steam till quite tender, or else soak in salt and water for twenty-four hours, and drain and then soak in vinegar and water (half and half) for another twenty-four hours; drain and put into a jar. Boil one quart of vinegar, two pounds of sugar, a stick of cinnamon, and half a teaspoonful of cloves together, and pour it over when boiling, treating the cucumbers in every respect as you did the plums in the previous recipe. In America melons and watermelons, crab-apples, grapes, tomatoes, pears, pineapples, quinces, peaches, raisins, strawberries, beetroot and rhubarb, are all sweet-pickled in the same manner, and they are usually so good that I almost think you might give your husband cold mutton, provided you could also supply some sweet pickles at the same repast. I need not tell you that they are intended mainly to eat with cold meat, but where you would serve red currant jelly—with hot venison, hare, or mutton—there you may safely serve your sweet pickles. To my mind they are in every way superior to the ordinary pickle, and I do not think you will differ from me when you try them.