

to the end. It is not, as a rule, from the houses where there are sons and daughters both, that the mannish women come, but from the houses where there are no sons, or where the sons are exceptionally weak. The boys in a mixed household beat the girls in all boy's work so easily, so continuously, and so permanently, that rivalry in their pursuits dies away, and the girls turn, without effort and without much disappointment, to their own proper field. Above all, they learn early and without pain the grand art, first perhaps of practical feminine arts, of "putting up with things," including a certain amount of what many women now describe as oppression—the greater expenditure, for instance, on boys, who are destined to maintain households; their greater liberty, which proceeds from unalterable circumstances and cannot be changed; and their much later introduction into the active life and business of the world. The girls with brothers, we think we may assert with confidence, are as wives much less liable to get irritated with their husbands than the girls without them.

The substance of it all, of course, is that the sexes benefit greatly by early knowledge of each other, and the best way to ensure that knowledge without any attendant evil, is the

most permanently pressing of all the social problems. On the whole, perhaps the Americans, who allow almost boundless liberty to their daughters, have succeeded best; but they have the advantage of a feeling of respect for women which spreads through all classes, and protects girls as effectively as the passionate pride which avenges the slightest insult to them at once with the pistol or the knife; and they pay one heavy price for their success. The single drawback to the American girl, who is otherwise a very wonderful product of modern civilisation, is that she is apt to be a spoiled child. American girls, however, really understand their comrades of the other sex, and are seldom unhappy in marriage, failure marking itself in quiet alienation rather than in open quarrels. The British system, too, works well, but it has one imperfection, an absence of sufficient intimacy between persons who in the end will marry. The girls may understand men fairly well, yet hardly meet in any frank converse the men who, as they know, intend to propose to them. That defect in our system is, however, remedying itself slowly with the general increase of social liberty and the better education of women. The Swiss, too, believe in their own

plan, which is, we are told, among the better classes to keep up "circles," composed of friends, often hereditary, whose children are often at least as familiar with each other as cousins are among ourselves, using the Christian name, for example, habitually from the first, and we can readily conceive that the plan, if carefully regulated, works with a good deal of ease. The Continental plan, which is based on a theory of seclusion, the girl really knowing no one except her father until she is married, seems to Englishmen the worst of all; but in country districts it is said to work sufficiently well, and it is hard to believe that great and highly civilised races would persist for centuries in a blunder as to the arrangement of their own family lives. Still, the English principle is far better; and we cannot doubt that, in carrying it out, families in which the sexes are mixed possess, often without the slightest consciousness of it, a very great advantage. Acquaintance with each others' dress does not appear to us quite so important as it does to the writer in the paper we mention; but that the sexes which must for ever live together, should understand from childhood something of each others' characters must surely be beneficial.

## SYRUPS FOR HOME USE.

By DORA DE BLAQUIÈRE.



SYRUPS for home use, or at least, the home-made article, seems to be completely an out-of-date commodity, at all events in England; but judging from ancient cookery books, it was once in vogue in every household, quite as much so as in France, but we English have always shown more liking for

cordials, and cordial waters—in which either wine or spirits form a part—than for the simple syrup, or *sirap* of the Continent. One of our old-fashioned forms of syrup, raspberry vinegar, still remains to us, but the only other form of home-made non-alcoholic beverage is lemonade.

There is no doubt that a return to their use would be an excellent thing; and an immense saving in wines and spirits, and a great gain in promoting health; not to speak of the money we should save. Their preparation is not expensive, nor does it take up much time; but it must be done, I am sure, by the members of the household, and not relegated to the hands of servants. The very best white sugar must be used for their manufacture, and it is to be powdered, and also sifted before use.

What the homœopaths would perhaps call a "mother tincture," must be mentioned first. This is called *capillaire* by the French, after the French name of the maiden-hair fern. It was formerly used as a syrup for medicinal purposes. It is somewhat mucilaginous, and the odour and taste aromatic. It was con-

sidered good for rheumatic affections, and slight catarrhs; but its agreeable flavour transferred it to the confectioner's shop, where it is highly esteemed, and much used in France. The true *capillaire* is made from the freshly-gathered fronds, in the proportion of three ounces to the pint of boiling water. Cover the jug, and stand it in a slow oven, where it cannot boil, but only stew; and after infusion for about three hours run it through a jelly bag. Then proceed to make the syrup by putting two pounds of sugar to a pint of water. Stand the saucepan in a pot of boiling water over the fire, and stir it carefully; and the moment the sugar is dissolved, remove it from the fire. Beat up the white of an egg to a froth, with a few ounces of cold water; and stir it into the syrup, which must now be placed over the fire. The instant it begins to boil, and the scum to rise, take it off the fire and let it stand for half-an-hour without being touched. The scum will settle on the top, and when the half hour is up must be taken off the top with a skimmer. Having done this, strain the syrup through a hair sieve, replace it on the fire, and let it boil for a quarter of an hour. After the boiling has once commenced skim it continually, as the scum rises. Now throw in a pinch of saffron to give it an amber hue; and continue to boil it till it adheres to the spoon; by which time it will be reduced to one half. Then pour in the infusion of maidenhair together with a quarter of a pint of good orange-flower water. Mix and stir the whole well together, let it boil for ten minutes longer, and then run the syrup through a jelly-bag into a tin can with a spout, to facilitate the process of bottling. When quite cold, bottle and cork carefully, putting sealing-wax over the corks.

What is called mock, or imitation *capillaire* is made without the maidenhair; using the orange-flower water as the sole flavouring. Of course, by this recipe any amount can be made, according to desire; and this is the general method of manufacturing all syrups, though I shall give the instructions for each

syrup in its place. *Capillaire* may be purchased, I believe, at the first-class Italian warehouses in London, and at some of the foreign grocers, at a very moderate price.

Orange and lemon syrups are the most common, and likewise give the least trouble: so I will begin with them. Take two Seville oranges for every half dozen of sweet ones, and squeeze the juice out into a preserving pan. Then put it over the fire, and skim it till it boils. Directly it does so, take it off the fire, and run it through a jelly-bag. Meanwhile, put six Seville orange rinds into a saucepan with a pint of cold water, and boil them well, covered up, till the pint be reduced to one half. Now take the pan containing the orange-juice, and place in a copper or large pot of boiling water, and to every pint of juice add two pounds of sifted sugar. When this is melted, take the pan from the boiling water. Beat up the white of an egg into a froth with a little water, as I have before instructed you, and stir it into the syrup; skim it, and replace the pan on the fire, and boil it up till it adheres to the spoon. Ten minutes before you take it up stir in one large tablespoonful of the peel decoction you have made to every quart of the syrup; then run through a jelly-bag, and when cold bottle in the usual way.

To make lemon-syrup, you squeeze out the juice in the way directed for making orange-syrup, and boil and strain it, and make a decoction of lemon-peel in the same way as I have already directed. Put two pounds and a half of sugar to each pint of juice, and proceed as before. *Quinaure* is the French word for the marshmallow, and a celebrated syrup is made from this; a good handful of the freshly-gathered plant being put into a quart of water, and boiled slowly in a closely-covered vessel till reduced to half the quantity. Then clarify three quarts of syrup, in the manner already described, and, when boiled, add the decoction, together with a quarter of a pint of orange-flower water, and a little of the decoction of orange-peel. Run these through a jelly-bag. Syrup of violets is



made also of the fresh flowers, carefully picked over, in the proportion of six pints of boiling water to a pound of violets. Keep them closely covered up, and let them macerate, or steep, for forty-eight hours. Then strain off the liquor, and press the flowers to get it all out; and to each pint of it add a pound and a half of sugar. Put over a very slow fire to dissolve, and let it remain, skimming it carefully, but be careful it does not boil, and run it through a jelly-bag before it grows cold.

Syrup of clove-gilliflowers is made in the same manner as the violet-syrup, and in the same proportions; but this flower requires less maceration, and half the time, or twenty-four hours is enough for it.

The syrup of roses is made with either the red rose or the damask petals, and I find many people seem to use all kinds of rose-leaves. Put them into a large jar, and pack them closely, pressing them as tightly as possible, cover them closely, and let them steep for twenty-four hours. Then strain the liquor, and to every pint of it add a pound and a half of sugar. Dissolve over a slow fire, and skim (as directed), but do not let it boil. Run through a jelly-bag before it is cold.

Syrup of cowslips is made by pouring a quart of boiling water over each gallon of cowslip flowers, cutting the white portion off. Put the saucepan over a slow fire, and let it simmer gently for six hours. Let it stand till next day, when replace it on the fire till it reach the boiling-point, when it must be removed at once. Then squeeze out the flowers as hard as you can, and add the same quantity of fresh flowers. Make it come to the boil, and then remove it to the side of the fire, and let it stew for six hours. Again let it stand till the next day, and, having heated it without boiling, squeeze out the flowers while hot, and to every pint of the expressed juice add two pounds of sugar, and dissolve by standing the pan in boiling water. Now set it on the fire, and stir it till the scum rise; then skim it, and repeat this till no more rise, when give it a single boil-up, and run through a jelly-bag. Bottle when quite cold.

We will now leave the subject of syrups made with flowers, and I am afraid that, with the exception of rose-leaves, it would be difficult to get such a quantity together as is requisite to make even a quart of syrup. With regard to syrups made of fruit, little difficulty will exist; and, if we cannot obtain the fresh, in many cases the tinned fruit—such as apricots, peaches, or pineapples—will answer, cranberries can be had in sufficient quantities, and so can both kinds of currants and raspberries.

Syrup of red currants is made with the juice of the red currant, gathered before they are

perfectly ripe. The juice must be expressed by heating the fruit in a jar, which is placed upright in a saucepan of boiling water over the fire, and then passing them through a sieve. Squeeze the juice through a cotton bag, pressing it out well, and to every pint of juice put two pounds and a quarter of sugar, and then proceed exactly in the same manner as in the recipe given for orange-syrup. When the whole is done, run it through a jelly-bag, and bottle it in pint-bottles. This is the general guide for all kinds of fruit recipes. I have found that what is called "sliced pineapple," sold in tins, is better than that which is whole. One of the chief differences is, that the small bristle-like fibres, which cover the outside of this fruit, are left in, and it takes both time and patience to take them out when wanted.

Before beginning the subject of syrups made from spices, I must describe that of "Orgeat," which is one of the best known in France. The meaning of the word "Orgeat" is barley-water; and formerly it was the custom in France to flavour barley-water with almonds, and hence the name got transferred to the barley water. The right name of Orgeat would probably be syrup of almonds, and the old-fashioned recipe is as follows. Blanch a pound of sweet, and two ounces of bitter almonds; rub them in a mortar into a smooth paste, adding now and then half a tablespoonful of cold water, to prevent them from oiling. Mix this paste gradually with three pints of cold water; strain it through a cotton bag, squeezing the bag well, to express all the juice of the almonds. Then mix with this emulsion a quarter of a pint of orange flower water. Make a gallon of clarified syrup by the recipe already given, pass it through a jelly-bag, and give it a boil-up on the fire; and when it is boiling, stir in the almond emulsion very gradually, so as to check the boiling a little; and let it continue to boil for about twenty minutes steadily. Then put it to cool, and bottle it while still warm, but let it stand till quite cold before you cork it, and fill each bottle quite full, as a drop of olive oil should be put over the surface to make it keep well before the cork is put in. When the bottle is opened, this can be taken out with a bit of cotton, without difficulty.

Syrups are made of all the spices, ginger, cinnamon, cloves, mace, and nutmegs, and they are the easiest to make. Put the whole ginger in to soak in boiling water, in the proportion of an ounce and a half to a quart of water; having broken the ginger up first, in a mortar. Keep it closely covered for two days, then strain off the water, and add a pound and a half of white sugar to each pint, and proceed in the way directed to make the syrup.

Syrup of cloves is made by pouring boiling water over powdered cloves, in the proportion of a pint to two ounces. Place it over the fire, and let it boil for one hour; then strain the liquor through a sieve, and to every pint, add a pound and a half of sugar. Clarify with white-of-egg, beaten-up with a little orange-flower water, and then let it boil up to a certain thickness, and three minutes before you take it from the fire, stir in a little lemon-peel, finely chopped, and run it through a sieve, or a flannel bag.

Syrup of cinnamon is made in the same manner as the syrup of cloves, except that two ounces and a half of the spice is used to each pint of boiling water, and the orange flower water and the lemon peel is omitted.

Syrup of nutmegs is made by boiling (for four hours) pounded nutmegs in water. The proportion being two ounces of nutmeg to the pint of boiling water, which is poured boiling hot upon the nutmeg. Strain the liquor, and to each pint put a pound and three-quarters of sugar. Beat up the white of an egg with a little rose water, and proceed as with the other syrups.

Syrup of mace is made like the clove syrup, except that, instead of orange-flower water, beat up a little rose-water with the white of an egg, and use no orange peel.

The number of what may be called "medicinal syrups" is very large, and they are much in use on the continent, and seem most efficacious, especially for colds and coughs. One of the best-known is, I think, "syrup of red cabbage," which is for bad coughs; and it may be taken to any extent without harm. The red cabbage selected should be large and firm, and should be well washed, cut in thin shavings as for pickle, and put into a white enamel saucepan, cover it with cold water, set it over the fire, and let it simmer for some hours very slowly, till the liquor be reduced to one pint. Then strain through a sieve, and press the cabbage well, to get out the juice; and then run it through a jelly-bag. Put into a saucepan a pound of clarified honey, with a quarter of a pint of water, let it come to a boil, and skim it till clear. Then add the cabbage-juice, and boil down the whole, till of the proper consistence. Bottle when cold, and cork very tightly. The dose to be taken of this syrup is about a dessertspoonful every hour or so.

"Syrup of angelica root" is quite a cough specific. The dose is two teaspoonfuls, when the cough is troublesome. In one quart of water boil gently (for three hours) a large handful of "angelica root," strain off, and add—while over the fire—a sufficient amount of clarified honey to make it into a syrup.

## VARIETIES.

## WHERE TREES KEEP THEIR SUMMER CLOTHES.

A teacher was explaining to a little girl how the trees developed their foliage in the spring-time.

"Ah, yes," said the wee lassie, "I understand; they keep their summer clothes in their trunks."

BE CONTENTED.—We should always try to be contented with the inevitable. Probably more than half the discontent in the world is uselessly expended on things and conditions that cannot possibly be changed. Nerves are shaken, tempers tried, dispositions soured, happiness poisoned, by futile murmurings and complaints that lead to no action.

## SHE PASSED.

She had been studying medicine.  
*Examining Medical Professor:* "Now, Miss Jones, tell me how you would treat a case of typhoid fever."

*Miss Jones:* "Well, sir, I should first—I should first—I—"

*E. M. P. (impatiently):* "Yes, yes; go on."

*Miss Jones (seized with a brilliant idea):* "I should call you in for consultation!"

Passes with honours.

SABBATH REST.—The Sabbath, as a political institution, is of inestimable value, independently of its claim to Divine authority.—*Adam Smith.*

## THE SHOPPER'S WEAKNESS.

*Lady Shopper:* "What? you ask 3s. a yard for this cloth? Why, I can get it at Dreigh-goods' for 2s."

*Assistant:* "Yes, madam; but we're offering this on our bargain counter."

*Lady Shopper (taking out her purse):* "Oh! Let me have ten yards, please."

CALCULATE.—The word "calculate" comes from a word meaning a pebble, and recalls the primitive times, when men used small stones in counting.

TRIALS ARE BLESSINGS.—The trial that God sends is always a blessing, whether we know it at the time or not.