

## COOKERY RECIPES FOR NOVEMBER.

*Marrow Toast.*—The butcher will break up the marrow bone, and from it the marrow should be taken in as large pieces as possible; put these into a saucepan of boiling water rather highly salted; when the marrow has boiled for one minute drain it through a strainer. Have ready a slice of crisp, brown toast, place the marrow upon it and put it before the fire for two or three minutes, sprinkle with salt, pepper, and chopped parsley, and serve very hot.



*Italian Meat Cakes.*—Mince finely any kind of cold meat which is free from gristle and skin, add to it a little minced fat of ham or bacon, a teaspoonful of chopped spring onion, parsley and fresh herbs, a few drops of anchovy, pepper and salt to season well, and an egg to bind the whole. Make into small round flat cakes, cover on both sides with beaten egg and bread raspings, fry them in a little good dripping until lightly browned, then drain the cakes and make a garnish of them around a small mound of savoury macaroni, cooked beans, peas or spinach, pouring a little thickened gravy round the base.



*Mutton Pies.*—For breakfast or supper. One or two slices of underdone mutton, and any odd scraps which have no gristly bits about them, should be minced together in a wooden bowl till quite fine, when add to the mince a good tablespoonful of tomato catsup, a liberal pinch of pepper, half a teaspoonful of salt, a few bread-crumbs, and enough good gravy to make the mixture quite moist.

Line some patty-pans with very good short paste, place a spoonful of the mince on the middle, cover with an upper crust, and bake in a rather hot oven until well crisped and brown. These may be eaten either hot or cold, but are most savoury when freshly baked.



*Savoury Sandwiches.*—Cut some slices from a French roll very thinly and evenly, trimming away all hard crust. Fry these lightly on one side only in a little butter, spread one slice with potted shrimp or salmon paste (the bottles or pots may be bought at a small cost), sprinkle with chopped watercress or small garden-cress, cover with another slice of bread pressing the two well together, and keeping the fried side out. Garnish with picked cress or parsley.

The filling of these sandwiches may be varied *ad libitum*, and chopped hard-boiled egg with pepper and salt, or cucumber very thinly sliced may replace the cress with advantage.



*Cauliflower au Gratin.*—Boil a cauliflower in salted water until it is tender through, then break it into sprigs. Have a shallow enamelled dish ready with an ounce of salt butter ready dissolved in it, sprinkle the bottom with a handful of fine bread-crumbs, chopped parsley, and grated cheese (if liked). Place the sprigs of cauliflower on this bed, cover with the same again and pour over all another ounce of dissolved butter, put the dish into the oven for five minutes, then serve at once as it is.

*A Ragout of Veal.*—Take about two pounds of breast of veal, which should be cut into pieces two to three inches long. Dip each piece into seasoned flour, and place in a stewpan with also some inch long pieces of salt bacon. Over the meat lay two or three small onions split in half, two or three young carrots, or in wintertime a slice of parsnip, and add a spoonful of chopped parsley with the same of fresh or dried mint. Cover with lukewarm stock or water, place the lid over and stew gently for a couple of hours. Lift the portions of meat out on to a dish, strain the gravy, and slightly colour it if it seems well to do so, and add to it a tablespoonful of capers with vinegar; pour over the meat and serve at once.



*A Miroton of Beef.*—The scraps that remain from a roast of beef or beefsteak will make a delicious and economical dish treated thus:—Cut them into small, thin pieces, trim them nicely and put them to become hot through, but not to boil, or they will be rendered tough, in a good savoury gravy, slightly thick. This gravy will be delicious if made by stewing together two or three fresh tomatoes, a young onion, and a few fresh leaves of herbs in an ounce of beef dripping, then crushing these through a sieve, add a tablespoonful of dried flour with salt and pepper, which work together until quite smooth: stir in a teacupful of stock made from bones, bring the gravy to a boil, and then it is ready for the meat to be put in.

Have some good potatoes ready boiled, mash them thoroughly with a little milk and pinch of salt. Make a wall of potato around a dish, leaving a "well" in the centre, which fill up with the beef. The surface of the potato may be ornamented with a sprinkling of chopped parsley, but the whole must be kept and served very hot, and then it will be found a most savoury composition.



*Purée of Spinach.*—If the trouble be taken to shred the green part of each leaf from the stalk before throwing into the boiling water, there will be no subsequent need to rub the spinach through a sieve, and thus much waste may be avoided.

Boil in salted water for upwards of ten minutes, drain and press well, then return the spinach to a stewpan with a small lump of fresh butter, and a little pepper; beat and stir it constantly with a wooden spoon, and add gradually a teacupful of milk, allowing it to simmer all the time.

Turn out in a mound on to a dish and garnish with hard-boiled egg, the yellow powdered and the white cut in rings, or poached eggs, or have some rounds of bread with the centre partly scooped out and the shape fried in butter, and fill these with the *purée* of spinach. It should be as smooth as cream and not much thicker.



*To Drain after Frying.*—Most cooks drain fish, rissoles, cutlets, etc., on paper; soft pieces of cotton or thick soft muslin answer the purpose better, they can be so easily folded over on to the top of the articles and absorb all the fat very quickly. Of course, they are washed and used over and over again.

*Scolloped Crab.*—Take the meat out of the shell, cut it in small pieces; to every four tablespoonfuls of meat add one of fine bread-crumbs, a teaspoonful of oiled butter, a little cayenne pepper, salt, a small quantity of finely chopped parsley, and a squeeze of lemon-juice; mix all together, butter some scolloped shells, fill them with the mixture, sift fine bread-crumbs over the top, and put on some little lumps of butter; cook in the oven until lightly browned, then serve. Suitable at lunch, dinner, or supper.



*Rissoles of Macaroni.*—Boil two ounces of macaroni with a little salt, in water, until tender, drain, cut in pieces about one-sixth of an inch long, put in a saucepan with a very small piece of butter, two tablespoonfuls of grated cheese, and a little cayenne pepper; stir until the cheese has melted, then turn on to a plate to cool. Roll some puff paste out very thin, cut into rounds about the size of the top of a large cup, place some of the cheese and macaroni on each piece of paste, double the paste over, pinch the edges together, roll the rissole in broken vermicelli and grated cheese, fry in a basket or in a frying-pan in plenty of boiling fat, serve very hot, garnished with fried parsley, and placed on a serviette or a white paper.



*Beef with Kidney.*—Take a quarter of a pound of ox kidney, cut it lengthwise in four pieces, then cut the pieces in thin slices so that they may resemble sliced sheep's kidneys, dredge flour over, stirring the pieces as you dredge. Put a small lump of butter in a brown jar that is not too big round, add a little pinch of white sugar and a very small onion, whole, then put in the kidney. Cover the jar and put in a moderately hot oven for twenty minutes; remove from the oven, take a pound and a half of beef, flour it all over, put in with the kidney, cover and bake for a quarter of an hour, then add a little pepper and salt and sufficient tepid water to nearly cover the meat, and bake (keeping the cover well on the jar, it is a good plan to put a small weight on the top) in a very moderate oven from two to four hours. Fillet, steak, or even shin of beef will do for this dish, fillet will be quite done enough in two hours, but shin requires four hours. When done, remove the fat from the top. At the moment of serving add a teaspoonful of chopped parsley, do not cook the parsley at all. Cold beef cut in thin slices rolled and put on skewers (which are removed before serving) may very well be used for this dish; but then, the kidneys must have the water added to them after they have been in the oven for half an hour, and must be cooked another hour before the cold meat is put in.



*Macaroni and Tomatoes.*—Take three ounces of Naples macaroni, break it in pieces about an inch long, boil in water with a little salt until tender, then drain on a sieve. Take half the contents of a tin of tomatoes, rub through a sieve and put in a saucepan with the macaroni and a piece of butter the size of a filbert, cook together a few minutes, and serve with roast mutton, round a hash, or alone; or before serving stir in a large tablespoonful of grated cheese, and send to table as a savoury.

## TRIED RECIPES FOR JANUARY.

*Contra Cakes.*—Roll out half a pound of very light puff paste; if not making this paste for other things it is a convenience to buy a small quantity ready-made from a baker's. Line some patty pans with crust, it should be quite a quarter of an inch thick. Drop into the centre of each a teaspoonful of the following mixture, and bake the cakes in a very brisk oven for fifteen minutes. Let them cool on an upturned sieve. Filling:—

Two ounces of butter beaten to a cream with two ounces of castor sugar, two ounces of ground almonds, a drop or two of almond essence, the yolks and whites of two eggs, beaten separately, and a few sultana raisins or strips of thinly-shred candied peel.



*Household Cheesecakes.*—Quarter of a pound of castor sugar, two ounces of butter, two eggs, and two ounces of stale sponge cake crumbs; a few drops of almond essence or half a glass of brandy, or the rind and juice of half a fresh lemon.

Cream the butter and sugar, add the eggs one at a time, stir in the crumbs, the flavouring, etc., and fill patty pans that have been lined with very light, short, or flaky pastry. Bake about twenty-five minutes.



*Breakfast Sausages.*—Nothing is more tempting than a well-browned savoury sausage, but as roasting or baking proves often a wasteful process, and in unpractised hands, a very unsatisfactory one, a better plan will be found to be that of boiling the sausages in water overnight, for about ten minutes, first pricking the skins, leave them in the saucepan until the morning, when drain them, and lay on a grid, and either bake or broil them until brown all over alike, which they will very quickly be. The boiling swells them out, and also ensures their being cooked through, and renders them much easier of digestion



*A Tasty Supper Dish.*—Butter an enamelled plate, cover it with a crust half-an-inch thick, made with boiled potatoes mashed to a smooth paste with milk and an egg. The edges should be crimped as for an open pastry tart, and brushed over with beaten egg. Set the plate in a sharp oven for a few minutes to brown the crust, then fill the centre with a brown mince of any meat which has been cut small and simmered in thick gravy or sauce.



*Broiled Steak (Bifteck aux Pommes).*—Fine juicy rump steak, three quarters of an inch thick, cut into neat squares about three inches across; lay them in a *marinade* of salad oil (two or three tablespoonfuls), a spoonful of tarragon vinegar, teaspoonful of salt, and half one of pepper. Turn the steaks about in this at intervals, letting them lie for a couple of hours, then drain lightly, lay on a gridiron, and broil over a clear hot fire, turning frequently. Ten minutes broiling should be amply sufficient. Have ready some crisp fried potato chips to make a mound in the middle of a hot dish; lay the steaks around this and pour a little tomato gravy between them. Serve very hot and without delay.

*A Yorkshire Tea-Cake.*—One or two eggs, their weight in butter, sugar, ground rice and flour. Cream the butter and sugar together, and rub a teaspoonful of baking-powder into the flour. Mix all together with the beaten eggs and pour the mixture on two buttered plates. Bake to a light brown, then spread one cake with a nice jam or jelly and cover with the other one, sprinkling castor sugar over.



*Good Beef-Essence for the Sick.*—Cut one pound of steak or gravy beef into small bits, place in a jar and add a whole carrot and a pinch of salt. Close the jar as securely as possible with a tied down cloth, and set it in a saucepan of boiling water; boil for eight or ten hours, renewing the water frequently. This will produce about a tumblerful of what is veritably beef-juce or essence. One tablespoonful at a time is sufficient for an adult and a teaspoonful for a child. A grape or a tamarind should be given afterwards if found needful.



*Apple Chutney, Home-made.*—Boil a pint of brown vinegar with half a pound of brown sugar and a pound and a half of apples (weighed after being pared and cored) that are juicy and of good flavour. When these are reduced to a pulp turn them into a pan, and when cool add a quarter of a pound of sultana raisins, an ounce of salt, half an ounce of ground mustard-seed, quarter of an ounce of ginger, a pinch of cayenne pepper, and a single clove of garlic; these latter should be pounded together. The mixture should be stirred daily for a week, then bottled, tied down with a bladder and kept in a dry, cool place.



*Plain Tea-Cakes.*—Two pounds of flour, quarter of a teaspoonful of salt, quarter of a pound of butter rubbed into the flour, one egg, a morsel of German yeast the size of a walnut mixed with warm milk till dissolved, and sufficient milk to make the whole into a soft dough. Leave to rise in a warm place for a couple of hours, then shape into round cakes, brush over with melted butter and bake in brisk oven for half an hour. Butter while hot.



*Sugar Puffs.*—The same puff paste if rolled only half an inch thick, then cut into very small squares, the squares laid on a greased baking sheet, and baked in a quick oven to a crisp brown, then glazed over with white or pink sugar icing, and sprinkled with dried cocoanut or ground pistachio nuts, makes another variety of very pretty sweets for afternoon tea.



*Cocoanut Pudding.*—Mix three ounces of fine cake or bread crumbs with two ounces of butter, two ounces of castor sugar, and three ounces of desiccated cocoanut, previously soaked in boiling milk. Add the yolks and whites (beaten separately) of two fresh eggs, and half a pint of boiling milk with a pinch of salt. Pour into a buttered pie-dish, place an edge of pastry round and bake in gentle oven until firmly set.

*Lemon Tart.*—Line a tartlet dish with light short paste, rolled to the thickness of half-a-crown. Spread over with a mixture made with half a cup of sugar, the grated rind and juice of a whole lemon, an ounce of sultana raisins, a tablespoonful of sago, and an ounce of butter with half a teacupful of water, all these boiled together for five minutes. Cover the tart with an upper crust and bake for half-an-hour in a brisk oven. Brush over with water or milk, and sprinkle liberally with castor sugar and return to the oven for a moment or two. Serve hot.



*An Excellent Recipe for Baking Powder.*—Equal quantities of tartaric acid and carbonate of soda, say half a pound of each, four ounces of pounded lump sugar, a tablespoonful of dry salt, and half a pound of corn or rice-flour. The ingredients should be thoroughly dried before mixing them together, then they should be rubbed through a sieve and bottled for use.

This quantity can be made at home for a very small cost, and in a dry place will keep for a good length of time.

Some people use cream of tartar in place of half the quantity of tartaric acid; this does not make a lighter powder, but is perhaps rather more wholesome.

While no egg or custard powder is equal to the genuine article when that is good and fresh, yet the substitutes need not be despised when winter prices put fresh eggs out of the question for many cooking purposes.

A pinch of salt will help to make the whites of eggs whisk more easily.

A lump of sugar should be added to green vegetables when boiling, and a lump may also be put into soups and sauces to the great improvement of their flavour.

Sugar should be added to custard after it has boiled, not before. For custards that are baked in the oven, boiled milk should always be used.



*Surprise Sausages.*—Divide each sausage in half and remove the skins, roll in mashed potato, then dip in beaten egg and coat with bread raspings. Fry in boiling fat until crisp and brown, and garnish the dish with fried parsley.

Serve these very hot on a fancy paper *d'oyley*. Although these demand a little patience and trouble, they prove a delicious and dainty breakfast relish.



*A Bachelor's Stew of Veal.*—A small stewpan with well-fitting lid is needed for this, also a slice of veal about an inch thick.

Dissolve a small lump of beef dripping in a frying-pan and brown the veal on both sides.

Dredge with flour, pepper and salt; lay some strips of fat bacon at the bottom of the stewpan, then place the veal upon that, also a few rounds of carrot, a small onion, and a small cupful of chopped celery with two shallots. A few peas or French beans may also be added if liked. A little sauce or ketchup should be added to a teacupful of boiling water and poured over all. Cover very closely and simmer for two hours in a moderate oven. Place the veal on a hot dish and garnish with the vegetables. Clear the gravy from fat.

fellow. There! I know I am not putting things properly, but I don't know how to manage it. He can't bear to think of your slaving, as he calls it, with Azim Bey all day; he wants you to be raised above the necessity of working for your family. He need not stay out here, you know, if it were not that he loves the East so much, he has a good property at home, and he is a generous fellow. I am sure I may say that your little brothers would not suffer from the change. I might talk to you about a good position, and all that sort of thing, but I don't believe it would affect you. All I can say is, Cecil, don't let my blundering way of speaking for him prejudice you against the poor fellow, for he really is head over ears in love with you. Sometimes I think you don't appreciate him properly, but remember, he has waited patiently for two whole years, and only refrained from speaking out of pure consideration for you, lest you should be compromised in your new position. You have never shown him

any special encouragement, always laughing at him and teasing him as you do, but he has never wavered, so if you can find it in your heart to say yes, do be kind to the poor boy."

There was a few minutes' silence, while the clock ticked heavily. Lady Haigh glanced nervously at Cecil, sitting in the deep orange shade of the curtain, but could read nothing from her face. At last the girl spoke, slowly and with some hesitation.

"I am glad you have spoken to me, Lady Haigh, for it seems to make it easier—I mean—yes, it is easier—to see the right course than if Dr. Egerton had asked me himself. I think I am bound in honour to consider my duty to my employer, and to go on with my work. The Pasha has acted most kindly and honourably by me, and he wishes me to carry on Azim Bey's education. I can't feel that it would be right, after all the trouble and expense he has had, to throw up my situation for the sake of a—well, of personal feelings. I think the Pasha

would have a right to say he didn't think much of Christianity if I treated him in that way, and I have tried not to hide my colours in the Palace. I think it is only right for me to go on as I am."

"But you don't mind my having told you, dear? You are not angry with Charlie? What will you say to him?"

"That is scarcely a fair question, Lady Haigh," said Cecil, pausing with her hand upon the door, but keeping very much in the shade of the curtain; "or did Dr. Egerton depute you to receive his answer as well as to plead his cause?"

"Ah, she shan't get off like that," said Lady Haigh to herself, as the door closed behind her young friend. "Charlie shall have his chance when he comes back, and speak for himself, and I am very much mistaken if he doesn't get a little hope to help him through the next three years."

(To be continued.)

RECIPES FOR FEBRUARY.

**STEWED KIDNEY AND MACARONI.**—About a pound of ox kidney will be required for this dish. Cut it into slices and fry until a nice brown on both sides. When done sufficiently take out the meat and fry some sliced onion. Place the kidney and onion in a stewpan, mix a dessertspoonful of flour with the remainder of the dripping in the frying-pan, add to that salt, pepper and a pinch of dried sage, a few drops of soy or caramel, and then half a pint of warmed stock; let this boil, then pour over the kidney in the stewpan; then, keeping the stewpan in a corner of the oven or stove, let it simmer gently for at least an hour and a half. Break a quarter of a pound of macaroni into inch lengths, throw the pieces into a saucepan containing boiling salt and water, boil for ten minutes, then drain and arrange in a circle on a dish. Pour the stew into the centre and garnish with the yolk of a hard-boiled egg passed through a sieve.

**SAVOURY PUFFS.**—Mince half a pound of cold veal freed from skin and gristle, and mix with it three or four ounces of minced ham or lean cooked bacon; season well with pepper, salt, some fine dried herbs and a little freshly grated lemon rind; add to this a little cold gravy or a beaten egg to mix the whole together. Cut some squares of good puff (or very light) pastry, this may be bought from the pastrycook's if not convenient to make at home; cover one half of each square with a little mince, then fold over the other half, trim the edges, then place on a baking tin, and bake in very hot oven for twenty minutes.

**NOTTINGHAM STEAK.**—A good undercut from the sirloin, or a slice of the rump is best for this. Rub it over first with the following mixture. A spoonful of Worcester sauce, same of salad oil, ditto vinegar, a little brown sugar, some salt and pepper. Rub well on both sides, then let the steak lie in this *marinade* for an hour. Wrap it in buttered paper, and toast or bake carefully for about thirty or forty minutes. Serve with thick brown gravy, in which a few tomatoes have been cooked; flavour with horseradish. It should be carved in thick slices across the steak.

**POTATO MOULD.**—Take a small quantity of well-mashed potato, season with pepper and salt, a little butter and a spoonful of milk. Press down into a fancy mould or dish which can appear at table, mark in diamonds with a fork, sprinkle a few raspings over and several bits of butter, place the mould in the oven until the surface has become crisp and brown, then serve as it is. This will accompany the first given recipe very suitably, should potatoes be desired as well as the macaroni.

**GALANTINE OF RABBIT.**—This is a useful way of doing a rabbit for a luncheon or breakfast dish. One or two young rabbits are cut into joints after being well washed. Place in a stewjar with an onion, a stick of celery, a carrot, bunch of herbs and salt and pepper; add water enough to just cover, and then stew gently until the meat will come away from the bones. When done, remove the meat from the bones, and cut it into neat pieces one or two inches square, leaving out all skin, gristle, and bone. Reserve the meat on a dish; strain the liquor through a fine sieve that it may be quite clear, colour it a nice brown and add to it half an ounce of gelatine (previously soaked in cold water), flavour with the juice of half a lemon and a little piquant sauce, boil it slowly until quite clear, then cool it. Arrange the pieces of rabbit, alternating with strips of bacon, slices of hard-boiled egg and minced parsley, in a fluted mould. Add a little liquor by degrees as the mould is being filled. When full place a small piece of wood that will nearly fit the top over all, then put a weight upon it, setting the mould in a cold place to remain until it is solid. When turned out cut into thin slices right down, not across.

**AUSTRALIAN STEW OF MUTTON.**—Peel and slice two pounds of potatoes, two onions, four carrots, and boil them for a quarter of an hour, then pour away the water. Add enough stock to cover the vegetables, season highly, and simmer for a good hour. Then take the whole or part of a tin of Australian mutton and add it to the vegetables, let it stand and simmer until the meat is hot through. Serve with chopped capers sprinkled over.

**TURNIP PURÉE.**—Pare thinly four or five large white turnips, cut them into pieces and fry slowly in a stewpan with two ounces of butter. Do not let them brown. When tender add to them a quart of white stock or milk, let all simmer gently for three quarters of an hour. Rub through a strainer, return to the stewpan, add pepper, salt, a pinch of sugar, a grate of nutmeg, and when nearly boiling take off the fire and stir in threepennyworth of cream. Serve very hot, with strips of thin crisp toast.

**HADDOCK TOAST** (for breakfast).—Take the meat from a cooked smoked haddock, and pound it until smooth (overnight). Next morning put it in a saucepan with some pepper, a few drops of lemon-juice, a little anchovy essence, and a few spoonfuls of thick white sauce or melted butter. Stir this until very hot; have ready some small squares of toasted and buttered bread, pile the haddock lightly on these, sprinkle some chopped parsley over, and serve.

**EVERYDAY CHEESECAKES.**—Four ounces of cake or fine breadcrumbs. Two ounces of butter, a quarter of a pound of castor sugar, two eggs, the grated peel and juice of a lemon. Cream the butter and sugar, add the eggs, one at a time; when well mixed, stir in the crumbs, lemon peel, and juice by degrees. Line some patty-pans with puff paste, and half fill with the mixture, then bake to a light brown. A light flakey paste will do equally well for everyday purposes, and is more quickly ready.

**BEEF-SKIRTING PUDDING.**—One pound and a half of beef-skirting, and half a pound of beef steak are needed, and make a much nicer pudding than beef steak alone. Cut the meat into two-inch squares, dip each piece into seasoned flour. Make a light suet crust, roll out to a third of an inch thickness. Line a greased basin with crust, and fill it with the pieces of meat put in lightly, add a little more seasoning, and half fill with cold water. Cover closely with an upper crust, tie down with a buttered paper, and steam the pudding four hours. Take up when ready to serve; turn out on a hot dish.

## RECIPES FOR MARCH.

*Baked Cod.*—A piece of the middle of a large fish is the best for baking, and if liked, it may be stuffed with a veal forcemeat, or it may be plainly baked. Wipe the fish dry after cleansing, and sprinkle it with flour, laying it in a baking tin with small bits of butter or good dripping upon it; bake about half an hour basting it occasionally. Serve with melted butter or shrimp sauce. Or a better way still is to lift the fish on to a dish and to carefully skim the best of the butter into a small saucepan, to which is added a tablespoonful of chopped parsley, the juice of half a lemon, and half a teaspoonful of seasoning, letting this boil up once, then pouring it over the fish. Serve boiled or whipped potatoes with codfish.



*Stewed Rabbit.*—This is much nicer if cooked in an earthenware jar with tight-fitting lid, and narrow bottom, because it allows of very gentle cooking. Pare and wash one carrot, a turnip, a large onion, and small head of celery, cut them up rather small and tie together a bunch of savoury herbs. After skinning and thoroughly washing the rabbit, cut it into joints, and these again into convenient pieces. Put a layer of mixed vegetables at the bottom of the jar, then several pieces of rabbit, each piece having been wiped and rolled in seasoned flour; then another layer of vegetables, and so repeat until the jar is full, or all the materials are used up. On the top place several strips of salt bacon and the bunch of herbs. Add a little more pepper and salt, and sufficient warm water to just cover the meat; replace the lid of the jar, and stand it in a corner of the oven to cook for at least two hours and a half or three hours. If these are prepared overnight, the flavour of the vegetables is imparted to the meat, and the latter is much more savoury. The water however must not be put in until just before it is to be cooked.



*Home-made Potted Beef.*—A piece of the shin of beef, about three or four pounds, should be placed in an earthenware vessel with just sufficient water to cover it. Stand it in a corner of the oven and let it simmer for some six hours. Then take out the meat into a wooden bowl, and carefully removing every bit of skin and gristle, pound it with a pestle until it is reduced almost to a smooth paste. A tablespoonful of salt, half a teaspoonful of pepper, a pinch of ground mace, and a teaspoonful of bloater-paste, should be added to the meat with a little more of the liquor, and the whole pounded in. When fine enough press down into small pots or shapes and cover the surfaces with dissolved butter. The remaining liquor in the vessel is almost as good as beef tea, and will serve for the latter quite as well, or if previously cooked vegetables be added to it, it makes excellent and nourishing soup.



*Braised Beef.*—A piece of the "top-side" is best for the purpose. Place it in a covered stewpan or a shallow earthenware one, with sliced vegetables around it and a little bacon or dripping. Cover closely and cook gently for two or three hours. Lift the meat out on to a dish and strain the gravy over it, having carefully removed all the fat.

*Sultana Pudding.*—Pour a pint of boiling milk on to half a pint of fine white bread-crumbs. Add a tablespoonful of ground rice, an ounce of butter, two ounces of brown sugar, a pinch of salt, the grated rind of a fresh lemon, and four ounces of picked sultanas, and lastly stir in two well-beaten eggs. Pour into a well-buttered shallow dish, and bake for half-an-hour or forty minutes in a moderate oven. Serve with powdered sugar sifted over.



*Chestnut Soup.*—Boil a pound of chestnuts until they are tender, then throw them into cold water. Peel them and put aside all the white part in a basin. In a stewpan dissolve an ounce of butter and slice a small onion into it, let this frizzle until brown; add to it the peeled chestnuts and stir them about to prevent burning. Dredge a tablespoonful of flour over them to absorb the butter, add plenty of pepper and salt, and about a pint of clear stock liquor. Let these boil, stirring all the time. Then pass through a strainer into the tureen rubbing the chestnuts through with a wooden spoon. Have ready also half-a-pint of boiling milk, stir this in at the last.



*Ox-tail Soup.*—Place an ox-tail cut into joints in a stewpan with an onion, a carrot and savoury herbs; add to it a quart of water and simmer very gently for four or five hours. Then strain off the liquor, skim it carefully and season highly, keeping it hot. The best of the meat may be reserved for potting and a few flakes of the remainder with part of the carrot minced small kept for the soup. Dissolve a tablespoonful of potato flour with a little cold water in the stewpan, pour the strained liquor to this and add the meat and vegetable; let all boil up once, then pour into the tureen with strips of very thin dry toast.



*Savoury Meat Pie.*—Pare and slice four large potatoes and one Spanish onion, and mince finely one pound of beef steak. Put a layer of potatoes and onion at the bottom of a pie-dish, then a layer of minced beef; fill up the dish with alternate layers. Sprinkle a tablespoonful of seasoning over the top and pour in sufficient warm water to nearly fill the dish, put a cover over and let the pie cook gently for an hour. Take off the dish cover and replace it with one of short pastry, ornament and brush over with milk, then return the pie to the oven until the crust is baked, by which time it will be thoroughly cooked. Serve hot.



*Spinach and Poached Eggs.*—Spinach is one of our finest spring vegetables, but before it comes in, its place may be taken by turnip or nettle tops. The vegetable must be first boiled until tender in salted water, then thoroughly drained, chopped to get rid of any stringy pieces, seasoned with pepper and salt, and then simmered with an ounce of butter for five minutes longer. Turn on to the middle of a dish and shape it as a mound; upon this arrange poached eggs and surround the base with tiny strips of dry toast or fried potato chips.

*Baked Milk* is very nourishing and makes a good cold pudding for eating with stewed prunes or figs. Put a pint of milk into an earthenware jar, cover the top with stout white paper and place it in a moderate oven, let it bake very gently for five or six hours; when cold the milk will be found as thick as cream.



Stewed figs, like prunes, will be found much richer if the fruit is soaked for several hours previous to stewing it. It should however be stewed in the same water.



*Rhubarb Compôte.*—Make a boiling syrup with a quarter of a pound of lump sugar and a wine-glassful of water. Throw into this the rhubarb cut into inch-long pieces, cook until perfectly tender, then lift them out on to a dish. When all the rhubarb is cooked, boil the syrup a little longer to reduce it, then pour it over the fruit. Make a rice mould by creeling whole rice in sweetened milk until it is all absorbed, flavour this with fresh lemon rind and pour into a fancy shape. When cold turn it out and pour the rhubarb compôte all around the base. Use a pretty crystal dish for this.



*Orange Marmalade.*—A dozen Seville oranges, half a dozen sweet ones and three lemons. Cut these into the finest and thinnest possible slices, taking out the pips but carefully allowing no juice to be lost. Put the fruit into a large lined earthenware pan, and the pips into a basin. To the fruit add water enough to well cover it all, and let the pips also be soaked in water. Let the fruit stand twenty-four hours, then turn it with the water into a preserving pan and let it boil for an hour or more, after which return it to the first vessel for another twenty-four hours' standing. The pips should be strained through a colander and the water drained from them added to the other fruit, as it will be found to be almost a jelly, so much gelatinous matter clinging to the pips which is lost if the latter are thrown away without soaking. The second day the fruit and liquor should be weighed and sugar allowed to it in proportion of a pound of sugar to a pint of fruit and liquor. The latter should be put on to boil in the preserving pan and frequently stirred, as it is very liable to catch at this stage. When the fruit boils put in the sugar, then let the marmalade boil for forty minutes after it starts again, stirring all the time. Pour it into heated jars while hot, and it will be found "set" almost before it is cold.



When a savoury is required, "kidneys à la Milanese" make a very nice dish.

Roll four ounces of butter in flour, and fry a golden colour. Add a pint of stock, in which dissolve two ounces of preserved tomatoes, one dessertspoonful of chopped parsley, one small onion chopped very finely, and a pound of sliced kidney; pepper and salt to taste. Stew this over a slow fire for forty minutes, and add half a tumbler of red wine and a teaspoonful of flour, and stir again for ten or twelve minutes.

## RECIPES FOR APRIL.

## SPRING SOUPS, SALADS, AND VEGETABLE DISHES.

*Potage Printanier* (Spring Soup).—Take a pint of freshly-shelled peas, a lettuce cut into shreds, some cress, parsley, a few leaves of sorrel or spinach, any sweet herbs, and two or three onions; cook these in a small quantity of fresh butter until thoroughly tender. Then rub them through a colander, add a pint and a half of clear stock, let it boil again, then put in the green part of a few heads of cooked asparagus, season the soup well, and just before serving stir in the beaten yolks of two eggs, as these will enrich and thicken it. If the soup is "off the boil" there is no danger of curdling the eggs.



*Watercress Soup*.—The foundation for this may be either a *purée* of white haricots or green split peas—whichever preferred. A pint of either will be required, and they must be boiled until they will rub through a colander, make up to a quart with boiling water. In a separate stewpan place an ounce of fresh butter, add two bunches of picked watercress finely minced, two or three spring-onions, and any green herbs available. Let these cook a few minutes, stirring them frequently. Then dredge with a little flour to absorb the butter, and add gradually the contents of the stewpan to the *purée*; season well with pepper and salt, and when the soup has well boiled, stir in the beaten yolk of an egg, and pour at once into the tureen.



*Sorrel Soup*.—Pick and wash three or four good handfuls of young sorrel, chop it small and stew it with a little butter, an onion and savoury herbs. In a separate vessel have a quart of boiling water, and to that put a thick slice of white bread cut into dice. When the sorrel is cooked stir it into this, season well, and let it boil gently for a few minutes. When ready to serve take the pan off the fire, and stir in gradually the beaten yolks of two eggs and a pennyworth of cream. The eggs thicken the soup and correct the acidity of the sorrel.



*Tomato Soup*.—Dissolve an ounce of clarified beef-dripping in a stewpan, slice into it one or two small onions and a carrot cut small. When these have frizzled pour into them half a tin of canned tomatoes, or half a pound of ripe fresh ones. Let these cook gently for twenty minutes, then rub through a colander until nothing is left. Dissolve an ounce of butter and stir into it a tablespoonful of flour, add seasoning, then the tomato *purée* and boiling milk or stock from bones, and boil up for another minute or two, then pour over fried *croutons*.



For *Cucumber Soup* the required quantity of clear stock made from veal bones will be needed. Strain this, season it well, and let one or two spring-onions (finely minced) be added to it at the same time as a cucumber, which has been pared and sliced tolerably thin. When this has boiled slowly long enough to cook the cucumber, remove it from the fire and stir in a small teacupful of thickened cream already hot. Serve at once with *croutons* of fried bread.

*Carrot Salad*.—An accompaniment to cold salt beef. Slice thinly some carrots, which have been boiled whole and allowed to become cold. Lay them separately on a flat dish, and season with pepper, salt, and a drop of oil on each; squeeze some lemon-juice over them. Carefully lay the slices of carrot over some ready-dressed lettuce or endive, and sprinkle with scraped horseradish.



*Watercress Salad*.—Well wash the cress and swing it in a wire basket until dry, pick it into sprigs and dress simply (and at the moment it is required only) with pepper, salt, vinegar, and oil, tossing it very lightly in the bowl. One of the most delicious and wholesome of our salads, but it very quickly loses its crispness. The same remark applies also to—



*Corn Salad*, the dainty *coquille* which the French gourmet loves. This must be very freshly-picked, well-washed, well-dried, and very lightly dressed, although it requires rather more oil than watercress does, being of a somewhat rough nature. No onion or condiments, other than the simple dressing mentioned, should be used with these two, or with—



*Dandelion Salad*.—Unfortunately blanched dandelion is not so easy to obtain in our country as it is abroad, but we may blanch the leaves by uprooting them and inverting them in the soil, or by covering the roots with flower-pots turned upside down. Green, unblanched dandelion is too rank and bitter to the taste, but after this process it is pleasantly stimulating, and an excellent digestive tonic. Well wash and dry the leaves, pick but do not cut them, and dress as before directed.

Those who like the taste of spring-onions will be wise to add them to all lettuce salads; they add piquancy and flavour, and aid digestion.



*Sardine Salad*.—Prepare some lettuce for a salad, breaking the leaves into rather large pieces. Drain three or four pickled sardines from their oil, cut them across in small pieces, removing the heads and tails; mix lightly in with the lettuce, add a hard-boiled egg shred small, and dress with the usual condiments.



*Boiled Cucumber with Sauce Poulette*.—Pare the cucumbers thinly, cut lengthwise into four, then across into pieces about two inches long. Throw into a saucepan containing boiling salted water, boil for ten minutes, then lift the pieces out and drain on a clean napkin.

Melt an ounce of butter, stir into it a tablespoonful of flour, when smooth dilute with half a pint of lukewarm water, boil until it thickens; then add a pinch of pepper, half a teaspoonful of salt, a squeeze of lemon-juice, and the beaten yolks of two eggs. Stir over the fire a few minutes longer, then put in the cucumber to heat through, and serve hot, with roast or boiled meat or poultry. This is a most delicate vegetable dish.

*Ham Salad*.—Mix together and put into a dredger a small quantity each of celery, salt, cayenne and black pepper, white sugar and allspice. Shave the lean of some cold boiled smoked ham, squeeze lemon-juice over each piece, and dredge lightly with the above seasoning. Shave thinly one or two white onions and a head of white celery, put them in a salad-bowl with two or three lettuce-hearts or a few sprigs of endive, or some chicory. Add the ham next, then pour three or four spoonfuls of oil over, and serve at once.



*Cream Cheese Salads*.—Prepare first a little dressing by mincing together a small shalot, some sprigs of chervil, thyme, parsley, and tarragon; add to them a pinch of salt and pepper, a tablespoonful of lemon-juice and three of salad oil, then mix well together.

Separate the leaves of a crisp well-hearted lettuce, in the hollow of each leaf place a little rocky lump of cream cheese, pour a spoonful of the dressing over and arrange the leaves simply on a glass dish, garnishing with scarlet radishes.



*Potato Salad*.—Slice very evenly some cold boiled potatoes, sprinkle them with some finely-minced parsley and shalots, and strew a little thinly-sliced lemon-peel among them (fresh). Mix a teaspoonful of grated horseradish with an egg-salad dressing, and pour it over. Decorate with sliced beetroot and sprigs of watercress.



*Asparagus on Toast*.—Boil the asparagus until quite tender, drain it, cut off the hard white stalk, arrange neatly on a slice of crisp toast or fried bread.

Dissolve a small lump of butter, stir in a tablespoonful of chopped parsley, add a pinch of salt and pepper and a drop of vinegar, then pour quickly over the asparagus, and serve immediately.



*New Potatoes, Sautés*.—Scrape, and boil them until just tender; then split them down if they are large, if small leave them whole. Place them in a small pan with a little butter, some chopped parsley, and a sprinkling of pepper and salt. Let them frizzle, but not to brown, stirring them about continuously and often.



*Stuffed Cucumbers*.—Prepare a mince from the remains of cold meat, poultry, or fish, season rather highly, and moisten with a little good gravy.

Pare a short, thick cucumber; with a corer remove all the seedy interior, and press the stuffing into its place. Melt a good lump of butter in a stewpan, place the cucumber in it, put with it an onion and a bunch of sweet herbs, and cover to stew gently for an hour or so. Remove to a dish, take out the onion and herbs, thicken the butter with a little flour, season it, add a spoonful of minced parsley and a few drops of vinegar, let it boil, then pour over the cucumber and serve.

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## SEASONABLE RECIPES.

At this time of the year we have recourse to lamb and veal—both in prime condition—forming as they do a most welcome change in our somewhat limited choice of meats.

Ribs of lamb, bought without the shoulder, is the least expensive part of the animal, and in the opinion of most people, it is the sweetest in flavour. It is economical too. From the neck and scrag part an excellent pie may be made for eating hot or cold; and the remaining piece will be a delicious roast.

Lamb requires gentle roasting and a fire not too brisk—in this particular resembling veal and pork.



A delicious stew from breast of veal is the following, and this also is an inexpensive dish.

*Poitrine de veau aux câpres.*—About two pounds of the breast of veal is cut into convenient pieces some two inches in length. Each piece is rolled in seasoned flour, then laid in a stewpan. A slice of unsmoked bacon or salted pork is cut into strips and laid over the meat, also three or four spring onions finely chopped, three or four leaves of fresh sorrel, thyme, etc., with a sprinkling of seasoning; then pour over a teacupful of warm water and set the stewpan in a corner of the oven to cook gently for an hour and a half. When quite tender, take out the meat and arrange neatly on a hot dish. Remove the fat from the gravy, and then add to it half a small bottleful of capers with about a tablespoonful of the vinegar. Make hot and pour over the meat.

A dish of spinach should accompany this, then it becomes true summer faring.



*A Veal Pie* is an excellent reserve or picnic dish. Was it not "Sam Weller" who pronounced it good "for mellering the orgin?"

A slice off the leg near to the knuckle, or piece from the shoulder blade makes up in this way better than the expensive fillet. Shape neat pieces, flour them slightly, and sprinkle in among them strips of unsmoked bacon or ham, a spoonful of minced sweet herbs, slices of hard boiled egg, and fill up spaces with small forcemeat balls. Add just enough clear well-seasoned stock to cover the meat, and covering the pie with a lid, allow it to simmer gently for at least an hour. Make a rather rich "short" or "flakey" crust, roll it out to half an inch in thickness, fit it over the pie, then brush with beaten egg and ornament according to fancy. Let the crust also be well baked.



*Braised Leg of Lamb.*—When the joint is not to be eaten until cold this is a far better way of cooking it than roasting.

To braise properly doubtless requires a braising-pan, but an excellent substitute for this is an earthenware or stone jar (glazed, of course) with well-fitting lid. Whatever the vessel, it must be large enough to take in the whole joint and allow of the lid to fit securely down.

A small teacupful of water, or a little clear dripping is all that is needed in addition to the meat, although a bunch of sweet herbs may be put in for the sake of their flavour.

Very gentle cooking for some three or four hours in a slow oven will be needed according to the weight of the piece. When done let the vessel be put aside in the larder that the meat may cool in its own gravy, only

tilting the lid slightly that the steam may escape. The gravy will be found a solid jelly when cold and may be used for ornamenting the joint. The latter will be proved to be much more juicy and tender than when simply roasted, and its weight not so much lessened.



*Veal Cutlet aux Petits pois.*—Take about a pound and a half of veal cutlet, cut it into pieces two inches square. Dip each one in beaten egg and breadcrumbs and fry on both sides in very clear fat until nicely browned.

Stew the peas by preference, rather than boil them, doing them in a covered stewpan with a little butter, seasoning, a spring onion and half a lettuce. They will take about half an hour to cook them through, and should be ready by the time the cutlet is done. Remove the lettuce and onion and pour the peas into the middle of a round dish, heaping them towards the centre. Place the veal around the outer edge, and pour a small quantity of nicely-made and slightly thickened gravy around also.



*Veal Croquettes.*—The remains of cold roast or boiled veal to be minced finely with a little fat bacon or ham and an ounce or two of sausage meat. Mix with enough nicely flavoured gravy to moisten it well, add seasoning and a few breadcrumbs or a tablespoonful of mashed potato.

Roll out a sheet of very light flakey pastry, not too thin, cut into small rounds and place a teaspoonful of mince in the centre of each; roll up the pastry and close the edges with a touch of egg.

Have ready a saucepan containing some boiling lard. Drop each croquette into this and fry them until slightly browned and crisp. Serve on a d'oyley and garnished with parsley.



*Tomatoes* are plentiful and cheap this month.

An excellent and savoury dish is:—

*Stuffed Tomatoes.*—For this choose them of even size and rather large. Scoop out a piece from the stalk end and take a portion of the inside with it; in place of this put a spoonful of savoury forcemeat highly seasoned, and scatter some breadrasps over the top. Place the tomatoes in a buttered baking-tin and put a few bits of butter among them. Bake in a quick oven about twenty minutes.

*Tomatoes* cut in quarters and frizzled in the fat make a delicious accompaniment to grilled or fried bacon.

A *purée* of tomatoes (cooked until soft in a little nice dripping, then passed through a sieve), well seasoned and slightly thickened, makes an admirable medium for warming-up the remains of cold meat. The meat should be cut into small, neat pieces and slightly frizzled on both sides before putting it into the *purée*.

With a dish of cauliflower and macaroni boiled and dressed in the usual manner—with or without grated cheese, a pleasant change from white sauce is to serve a *purée* of tomatoes in its place.



*Tomato Salad.*—Cut them in slices and place in a glass dish laying morsels of ice among them. Make a fringe of sprigs of watercress around the edge of the dish, and dress with pepper, salt and vinegar, oil if liked.

*Light Scones* (made from sour or "butter"-milk).—Stir a teaspoonful of carbonate of soda into a pint of sour or buttermilk until it froths. Rub a pinch of salt and a teaspoonful of baking-powder into a quart of flour. Make into a dough with the milk, roll out to the thickness of an inch, cut into shapes, and bake either in a quick oven or on a gridle. To be eaten either hot or cold, but whilst fresh.



*Rice Shape* to eat cold with custard or stewed fruit.—A pint and a half of milk and four ounces of best Patna rice; place these in a saucepan with a dozen lumps of sugar, a pinch of salt and a morsel of lemon rind. Let simmer gently for fully an hour or until the rice has absorbed nearly all the milk, stirring occasionally to prevent sticking at the bottom. Pour into a wetted mould, removing the lemon rind. Turn out when cold, pour custard or cream around it.



*A delicious Bread-and-Butter Pudding.*—

The secret of success with this is to make the pudding some two or three hours before it is to be cooked. Butter a mould and sprinkle it inside with desiccated cocoanut and shred lemon peel, then about half fill it with pieces of bread and butter without crust, putting them in lightly and sprinkling more cocoanut between. Pour over this a custard made with two beaten eggs and a pint of sweetened milk made hot; let the pudding stand aside covered with a buttered paper, then bake in gentle oven for thirty or forty minutes. Turn out and serve either with more custard (boiled) or cream, or a little dissolved jelly.



*Raspberry Cream Tart.*—A summer dainty.

Roll out some light short pastry, line a shallow tart tin, put in raspberries and sprinkle castor sugar thickly over them; then roll out an upper crust, place it over but do not fasten the edges closely. Ornament, and glaze if you will, then bake the tart, and when done remove the upper crust, pour in half a pint of custard or sixpennyworth of cream, replace the cover and let it stand till cold before it is sent to table. Gooseberry or currant tart may be made the same way, but will not be so rich as the raspberry.



*Green Gooseberry Jam.*—The berries are best for this purpose when just on the point of turning colour. Pick them on a dry day. Boil the fruit until it is thoroughly cooked before adding the sugar to it, add this in the proportion of three-quarters of a pound to a pint of fruit, and boil for twenty minutes after boiling has once well begun. Pour into hot jars. For gooseberry jelly strain the fruit through a jelly bag; a little water may have been added to the berries while cooking to make more juice when they are intended for this purpose. To the strained juice put sugar in proportion of a pound to a pint, boil this also for twenty minutes after it has come to boiling-point. Jam should be kept well stirred, but not so with jelly, which is best left to boil gently until ready to put into jars.

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## RECIPES FOR AUGUST.

*Nasturtium Seeds.*—The seeds of the nasturtium plant, which we gather this month, are excellent as a substitute for capers, or as an addition to other pickles. Gather them while they are young and green, let them soak in cold water with salt until the next day. Dry them, put them into glass bottles and cover them entirely with boiling vinegar. An ounce of salt, a dozen peppercorns, and a few leaves of tarragon should be put into each pint of vinegar. Cork up tightly at once, and keep in a cool dry place. If the bottles are held in a basin of boiling water while filling them, there is no need to fear their cracking.



*Mushrooms* are ripe for those who can seek them in the fields and on waste lands. They should be eaten whilst fresh, or not at all. The objection urged by many people against mushrooms is that there are so many poisonous ones, but this is not an objection that deters a great number from enjoying those which are good. Dr. Badham, a great authority on fungi, enumerates no less than forty-eight species of mushroom, all of which are good to eat. A great deal depends upon the place in which they grow; those which grow in woods or shady places are generally unwholesome, also those which grow in tufts on the trunks and stumps of trees. If doubtful about them, an easy way of detecting the presence of poisonous fungi is to hold a silver spoon, or drop an onion into the pan while they are stewing. If there are any poisonous ones there the spoon will immediately on being taken out turn a dark or black colour, so will the onion. If, on the contrary, these keep their natural colour and appearance there is nothing to fear.



*Broiled Mushrooms.*—Remove the stalks, peel, and dip each one (the large flap mushrooms are the best for the purpose) into a marinade of oil, pepper and salt, lay them on a gridiron if they are firm enough, and broil over a clear fire. It is easier to set them on a tin and cook in a quick oven, and quite as nice in result. Serve on a hot dish, with a squeeze of lemon-juice and a piece of butter on each one.



*Dried Mushrooms* will be found very useful when fresh ones are not to be had. For drying use the white or button mushrooms, lay them out separately on sheets of white paper, and let them dry in the oven or on the top of the range. They will shrivel up, but only require to be laid in cold gravy or stock, and warmed up slowly to make them swell to their original size.

The large dark mushrooms make a powder, if dried slowly and then rubbed through a sieve. Store in a canister. A pinch of this powder is an immense improvement to stews, hashes, etc.

There are many other ways of using this free harvest of the pastures; while they are in season it is a great pity not to avail ourselves of them.



*Poached Eggs with Mushrooms* make a variation, and also make this dish a little more substantial. Lay the eggs like snowballs lightly on the top of each square of toast that is mushroom-covered.

*Mushrooms on Toast.*—A breakfast dish. Peel, and place them in a stewpan with a little butter, a sprinkling of flour, pepper and salt, and a very little water. Cover up and set in a corner of the oven, and cook for twenty or thirty minutes. Have ready meanwhile a slice of fried bread or buttered toast, pour the mushrooms over it, and serve very hot at once. A spoonful of vinegar will make them more piquant.



*Mushroom Sauce* for boiled fowls.—Use button or white mushrooms for this; scald them, then mince small, and cook in a little butter until tender, but do not let them colour. Turn into half-a-pint (or more) of good white sauce, add lemon-juice to make it piquant, and serve hot, poured over boiled fowls.



*Housewife's Cream.*—Rub the yellow rind of a fresh lemon upon a dozen lumps of sugar. Crush the sugar and stir it into a half-a-pint of thick cream. Strain the juice also carefully into the cream and whisk until it grows thick. Serve in custard-glasses, and keep in a cold place until required. Serve these with a *compôte* of plums or peaches.



*Golden Pudding.*—Shred and chop very finely four ounces of fresh beef-suet, add six ounces of fine white breadcrumbs, three ounces of orange marmalade and the same of castor sugar. Beat three eggs, mix the ingredients with these without milk. Let the mixture remain a few hours, then put into a buttered pudding-basin, tie down with white paper, and boil or steam for three hours. Turn out and serve with custard sauce.



*General Satisfaction Pudding.*—Make a custard by mixing a tablespoonful of cornflour with two of new milk, pour on to this half-a-pint of boiling milk flavoured with lemon-rind; add two spoonfuls of castor sugar and an ounce of sweet butter, also the yolks of two eggs. Line the edge of a pie-dish with light pastry, and ornament. Three-parts fill it with sponge-biscuits spread with jam or jelly. Pour the custard over them, and bake in a moderate oven. When nicely cooked whip the whites of the two eggs to a stiff froth with a little more sugar, pile on the top of the pudding and return it to the oven just to set the *meringue*. Serve either hot or cold.



*Sweet Pickled Plums, Peaches, etc.*—Prick the plums or damsons (or tomatoes), put them in a preserving-pan, with alternate layers of fruit and sugar; add vinegar enough to just barely cover, bring slowly to a boil, boil five minutes. A few cloves and a morsel of stick-cinnamon should be put into the vinegar. Take the plums out with a perforated ladle, spread them on dishes to cool. Boil the syrup a little longer, pack the fruit into glass jars, and pour the syrup on while boiling-hot.

Cherry-tomatoes are particularly good put up in this way—they should not lose their shape.

*Invalid's Cutlet.*—A cutlet should be cut from the loin or best end of neck of well-grown mutton. Trim off all fat, make into a nice shape; lay in a stewpan with just enough water to cover it. Stew gently for at least thirty minutes; remove all fat, and add to the gravy a half-teaspoonful of celery-salt, a good pinch of pepper, a teaspoonful of minced parsley, and pour over the cutlet on a hot plate. Serve a light vegetable with it, or some whipped potato if liked.



*Pickled Mushrooms.*—Use the smallest white ones or button mushrooms, peel them, removing the stalk, throw them into boiling salted water; as soon as tender lift them out and drain on a cloth. Boil vinegar according to the quantity of mushrooms, allowing enough to well cover them. Add peppercorns and a little spice; pour over the mushrooms while hot, and cover the jars when cold.



*Pickled Cabbage.*—Take off any superfluous leaves and the greater part of the white root. Quarter the cabbage, and then with a sharp knife shred it finely on to a dish with a perforated bottom. Sprinkle alternately handfuls of coarse salt and layers of cabbage. Set in a cold place for twenty-four hours. Drain off the brine and lay the cabbage out in the sun for awhile. In the meantime prepare the vinegar. To every pint of clear brown vinegar allow an ounce of rase ginger, a dozen Jamaica peppercorns, a teaspoonful of black pepper and a few cloves. Boil these together for five minutes, pack the cabbage into jars, pour the vinegar over it whilst boiling hot.

This will be ripe in four weeks' time.



*Poor Man's Galette.*—A nice breakfast-cake. Rub an ounce of clarified beef-dripping into half-a-pound of flour, with also a small teaspoonful of baking-powder and the same of salt. Mix with milk to a dough, roll out to an inch thick, brush over with milk and bake in a quick oven for ten minutes. Split, butter, and eat whilst hot.



*Pickled Cucumber.*—Pare some cucumbers and cut them down and across, then into inch-lengths. To a quart of vinegar allow a tablespoonful of salt, a teaspoonful of ginger, one of celery seed, one of black pepper, a pinch of mace and a few cloves; add a few shallots and two tablespoonfuls of brown sugar. Boil the vinegar well, then strain it, put in the cucumbers and stew gently for two hours. This is ready to eat as soon as it is cold.



*Candied Plums.*—Boil a pound of lump-sugar with a very small teacupful of water until quite a thick syrup. Drop the plums into this after previously pricking them with a fork, let them simmer very gently for at least an hour; lift out carefully and dry them in the sun, then coat each one with powdered sugar, and arrange them on a glass dish.

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## RECIPES FOR THE HOUSEWIFE.

*Beef Olives.*—Cut cold underdone beef in slices half-an-inch thick, and four inches square; cover them with crumbs of bread, a little fat, finely-shred onion, pepper and salt. Roll the slices up and fasten them with a small skewer, then put them into a stewpan with the gravy of the joint and a little water, and stew them till tender. Serve with beef gravy.

*Stuffing for a Turkey or Chicken.*—Take some bread-crumbs and turn on just hot water enough to moisten them; put in a piece of butter, not melted, the size of a hen's egg, add a spoonful of pulverised sage, a teaspoonful of ground pepper, and a teaspoonful of salt; mix thoroughly, and stuff your bird.

*To Fry Chickens.*—Cut up the chickens, and season them with salt and cayenne pepper; roll them in flour, and fry them in hot lard; when the whole are fried, pour off the lard, and put in a quarter of a pound of butter, one teaspoonful of cream, a little flour, and some scalded parsley chopped fine for the sauce.

*Brandy Snaps.*—One pound of treacle, three quarters of a pound of sugar, three quarters of a pound of butter, boil them for about five minutes, then pour it on three quarters of a pound of flour, add ground ginger to taste, then drop the batter on tins. Cut in squares and bake in the usual way.

*Minced Veal and Eggs.*—Take some remnants of roast or braised veal, trim off all browned parts, and mince it very finely; fry a shalot or onion chopped small in plenty of butter; when it is a light straw-colour, add a large pinch of flour and a little stock, then the minced meat, with chopped parsley, salt, pepper, and nutmeg to taste; mix well, add more stock if necessary, and let the mince gradually get hot by the side of the fire; lastly add a few drops of lemon-juice. Serve with sippets of bread fried in butter placed round, and the poached eggs on the top.

*Scalloped Tomatoes.*—Peel some fine ripe tomatoes, cut them up in small pieces, and put in a pan a layer of bread-crumbs, then a layer of tomatoes, with pepper, salt, and some pieces of butter; then put another layer of bread-crumbs and tomatoes, and so on till the dish is full. Spread some beaten egg on the top, and set it in the oven and bake it.

*Sheep's tongues in Savoury Jelly.*—Skin the tongues, lard them, and cook in good veal broth or any white stock until they are quite tender. Take out the tongues, boil down the liquor to a stiff, clear jelly, and pour enough of it over to cover them. To be eaten cold.

*Veal Balls.*—Two ounces of beef suet, two ounces of veal, the yolks of one raw and one boiled egg, one small onion, pepper, salt, mace, nutmeg, and lemon peel to the taste. Beat them all well together, fry, and serve in gravy.

*Calves'-Feet Fricassee.*—Soak them three hours, simmer them in equal proportions of milk and water until they are sufficiently tender to remove the meat from the bones in good-sized pieces. Dip them in yolk of egg, cover with fine bread-crumbs, pepper and salt them, fry a beautiful brown, and serve in white sauce.

*Gingerbread Cake.*—Heat in a stew-pan three-quarters of a pound of treacle, half a pound of moist sugar, quarter of a pound of butter, and half a gill of milk; have in a basin one pound and a quarter of flour, one ounce of ground ginger, half a teaspoonful of soda, and three eggs; pour in the treacle, sugar, and butter from the pan, then add fruit—raisins, almonds, or peel; put the mixture in a greased cake tin, and bake in a slow oven for two hours.

*Cauliflower and Cheese.*—Boil the cauliflower. When done, put on the top a tablespoonful of grated cheese, and an ounce of butter in small pieces. Melt it well into the cauliflower before the fire or in the oven, slightly browning it. As a sauce for it, mix a teaspoonful of flour, two ounces of grated cheese, two ounces of melted butter, two tablespoonfuls of cream or milk, two well beaten eggs. Stir all well together in a saucepan over the fire, and strain through a colander, if not perfectly smooth.

*To roast an Ox Heart.*—Wash it well and clean all the blood carefully from the pipes; parboil it for ten or fifteen minutes in boiling water, drip the water from it, put in a stuffing which has been made of bread-crumbs, minced suet or butter, sweet marjoram, lemon thyme, and parsley, seasoned with salt, pepper, and nutmeg. Put it down to roast while hot, baste it well with butter, froth it up, and serve it with melted butter and vinegar; or with gravy in the dish, and currant jelly in the sauce-tureen. To roast, allow twenty minutes to one pound.

*Citron Pudding.*—Line your dish with puff-paste; slice thin, orange, lemon, and citron peels, of each one ounce, six eggs (leaving out four whites) well beaten, a quarter of a pound of loaf sugar, and a quarter of a pound of butter melted; whisk all well together, and pour into the dish, bake one hour and serve.

*Codfish Cakes.*—Boil a piece of salt cod (take out all the bones), and with it equal quantities of potatoes. Season it with pepper and salt to your taste, then add as much beaten egg as will form it into a paste. Make it into thin cakes, flower them, and fry them of a light brown.

*Cauliflower Salad.*—Boil a cauliflower till about two-thirds done; let it get cold, then break it in branches, lay them neatly in a dish, adding salt, pepper, oil, and vinegar, and serve.

*Rabbit Pie.*—Skin two rabbits, wash them thoroughly, and cut them into small joints. Have some lean bacon and one pound of rump or beef steak; cut both into small pieces; place them all on a large dish, or on a chopping-board; sprinkle them with salt, pepper, chopped parsley, and thyme, mix all well together, and put them into the pie-dish, adding forcemeat balls or the yolks of hard-boiled egg. Fill the dish with water; cover the whole with a light paste; beat up an egg with a pinch of salt, glaze the pie with it, and bake in a moderate oven for two hours.

*Ham Cakes.*—A capital way of disposing of the remains of a ham, and making an excellent dish for breakfast is: take one pound and a half of ham, fat and lean together, put it into a mortar and pound it, or pass it through a sausage-machine; soak a large slice of bread in half-a-pint of milk, and beat it and the ham together; add an egg beaten up. Put the whole into a mould and bake a rich brown.

*Raspberry Vinegar.*—To a quart and a half of ripe raspberries put one pint of the best vinegar. Bruise them well, and let it stand for three days. Strain the juice through a bag, and add its weight of sugar. Boil it, skim well, and bottle it closely.

*Lemon Mince Pies.*—Boil four lemons until quite soft, beat the pulp and rind very fine, add one pound of currants, one pound of loaf sugar, one pound of beef suet, chopped fine. These pies are exceedingly rich; this quantity will make four pies. The currants should be well washed and dried before they are used.

*Almond Puffs.*—Two tablespoonfuls of flour, two ounces of butter, two ounces of pounded sugar, two ounces of sweet almonds, four bitter almonds. Blanch and pound the almonds in a mortar to a smooth paste; melt the butter, dredge in the flour, and add the sugar and pounded almonds. Beat the mixture well, and put it into cups or very thin jelly-pots, which should be well buttered, and bake in a moderate oven for twenty minutes or longer should the puffs be large. Turn them out on a dish, the bottom of the puff uppermost, and serve.

*Savoury Dish.*—Melt a quarter of a pound of good cheese in the oven; when sufficiently melted, add one egg and a wine-glass of milk, beat together till it resembles a custard. Bake in a hot oven a light brown.

*Duck à la Mode.*—Take half-a-pint of rich gravy, a bunch of sweet herbs, two shalots, and an anchovy split; let these stew till the anchovy is dissolved. Take a duck, divide it into four quarters, fry them brown; pour off the fat, strain off the gravy and put to them; let these stew gently till the duck is done enough, adding a little more gravy if it seems too dry; then take it out, let the sauce boil a little, and be sure to skim off all the fat; lay the duck in the dish, and pour the sauce over it.



## RECIPES FOR SEPTEMBER.

MOST of our vegetables have reached perfection at this time, just before they are gathered in for the winter, and we should profit therefore, and make a variety of



*Vegetable Soups.*—Here is one that is most delicious:—

Take three well-washed and scraped carrots, two turnips, a parsnip, a head of celery, a breakfastcupful of shelled peas, a lettuce, half a small cabbage, and some three or four young onions, with a bunch of savoury herbs of all kinds. Cut the vegetables quite small, tying the herbs together; let them all stew in a couple of ounces of good butter until they begin to be tender, then turn into a larger stewpan and cover with two quarts of water, adding a knuckle-bone of ham or bacon if possible, and cook gently for about two hours.

Place a colander in a large basin, and rub all the contents carefully through this with the liquor. When all has been passed, dissolve another ounce of butter in the stewpan, stir into it a tablespoonful of potato or rice-flour, add the vegetable *purée* next, stirring well all the time. Stir over the fire until it boils up again, then add salt and pepper to the taste and a small cupful of cream or new milk. Serve very hot.



*A Purée of Peas.*—Frizzle a small white onion that has been thinly sliced into an ounce of fresh butter, until it begins to brown; place a pint of shelled peas in a stewpan, add the fried onion to them with a bunch of sweet-herbs, then two quarts of water. Let these boil gently until the peas dissolve. Rub the whole through a colander into a basin, then pour the *purée* back into the stewpan, season it well, and add the beaten yolks of two eggs; when it almost boils again remove quickly from the fire, and pour over some toast sippets in the tureen.

In winter, when dried peas are used, they should have been previously soaked for a few hours in cold water.



*A Purée of Haricot Beans* would be made in precisely the same way as the above, only substituting a tablespoonful of cornflour wetted with milk, and half a pint of the latter in place of the egg-yolk.



*Bonne Femme Soup.*—Take a handful of sorrel leaves, nearly as much chervil or cress, a lettuce, two spring onions, a sprig of tarragon, fresh thyme and parsley, and chop all these on a board. Dissolve a quarter of a pound of butter in a stewpan, place the shred herbs in it to cook for ten minutes. Add a pint and a half of clear stock from mutton or veal bones; cut up the crumb of a slice of white bread, and let all simmer together for half an hour, then season with salt and pepper, draw the stewpan aside, and stir in carefully a *liaison* made of the beaten yolk of an egg and a very small cupful of cream. Strain the soup on to a few *croûtons* of fried bread. Serve very hot.

*Vegetable Marrow Soup.*—Pare a ripe marrow, split it down lengthwise, removing all the seedy part; cut across into small pieces, and place them in a stewpan, with sufficient water to well cover them, and a small piece of butter. Stew until the marrow is perfectly tender, then rub it through a colander, season with pepper and celery-salt, return to the stewpan and add the yolks of two eggs beaten with a pint of milk. Stir until it reaches boiling-point, then at once pour into a tureen. This should be like a smooth custard.

Large cucumbers treated in the same way make a soup that is very similar in appearance and flavour.



*A Simple White Soup.*—Three large potatoes, two turnips, a parsnip, and two white onions, all to be boiled together until tender enough to rub through a colander. To the *purée* obtained from these add a seasoning of pepper, celery-salt and pinch of mace, a teacupful of fine white bread-crumbs, and a pint and a half of boiling milk. Stir over the fire until this boils, and if too thick add a little boiling water.



*Blackberry Charlotte.*—Stew a pint of ripe blackberries with a quarter of a pound of sugar, and two or three juicy apples (pared and sliced) for half an hour. Butter a round cake-tin or plain mould, have a little dissolved butter in a saucer, cut a round of bread half-an-inch thick free from crust, and dip it into the butter, then fit it at the bottom of the mould; cut some strips of bread long enough to reach up to the top of the mould, dip them into the butter and fit them around the sides, letting them overlap each other a little. Fill up the mould with the stewed fruit, place more bread over the top, then a buttered paper, and bake in the oven for half an hour. The oven should be hot. Turn out of the mould on to a dish, and pour a custard over the top.



*Blackberry Jelly.*—Put two quarts of ripe blackberries into a glazed earthenware jar with lid, add a very little water to them, and set the jar in a corner of the oven to cook very slowly for some hours. This is to draw out all the fruit-juice.

Pour the fruit and juice into a stout muslin bag, straining it over a clean basin. Measure the clear juice thus obtained and put it into the preserving-pan, then place it over the fire. Allow a pound of lump sugar to each pint of juice; place the sugar on a dish or tray in the oven, that it may become hot through by the time the juice boils. When this has reached boiling-point, put the sugar into it; let the jelly boil for ten minutes longer, stirring very occasionally. Pour at once into small jars that have been made very hot. Thus made, the jelly will set almost before it is cold.



*A Blackberry and Apple Tart.*—Stew the blackberries first with a little sugar. Place them at the bottom of the dish with their juice, then cover with sliced juicy apples and more sugar. Place a nice light crust over the top and bake, giving sufficient time to ensure the apples being cooked through.

*Another Blackberry Pudding.*—Make a light batter with two eggs, two large spoonfuls of flour, a pinch of salt, and half a pint of milk. Pour into a well-buttered baking-tin, then sprinkle thickly with ripe blackberries and castor sugar; bake in the oven until crisp and brown, when slip out of the tin on to a dish, sprinkle with more sugar and serve at once.



*Danish "Grod."*—Stew currants, raspberries or blackberries, and rub the fruit through a sieve. To the pulp and juice add sugar enough to sweeten well, and to a pint of juice add three dessertspoonfuls of ground rice. Boil all together over the fire for ten minutes; if too stiff add a little water. Remove and stir in a teacupful of cream, pour into a wetted mould, and turn out when quite cold, serving cream or custard with it.

When fresh fruit is not to be had, a jar of jam, dissolved with a little water and then strained, may be substituted for it.

This, like the pudding which precedes it, is an excellent sweet for the nursery-table.



*An Apple Salad.*—Pare and core, then slice thinly and evenly some ripe, juicy apples; let the salad-bowl be quite half filled. Cut very finely some candied ginger and sprinkle it over the apples. Let a small pot of red-currant jelly stand in a warm place until it is melted, add to it the juice of half a fresh lemon, or a whole one if small, pour this over the fruit and stir well about, then leave it to settle. Three-pennyworth of cream poured over the top just before serving is a great improvement to the salad.



*A Pretty Dish.*—Choose some large even-sized apples, wipe them, and remove the core, but not the skin. Lay them in a steamer and steam them until they are tender through. Lift them out carefully and arrange on a glass dish. Frost them with sugar several times; pile red currant jelly around them, and place a little dab on the top of each. Serve cold. Custard may be used instead of the currant jelly, but always drop a tiny morsel of something bright-coloured on the top of the apples.

The Chelsea table-jellies will, when made according to the directions on the packets, furnish a jelly that is very well suited to the purpose.



*Blackberry and Apple Jam*, excellent and wholesome.—Boil the blackberries with just sufficient water to cover them for a long time, then strain them through a coarse colander, rubbing the pulp through with a spoon, in order that nothing but the seeds and unripe berries may be left behind. Half fill the preserving-pan with apples sliced thinly, after they have been pared and cored. Pour over them the blackberry juice and pulp; when the whole has boiled for some thirty minutes, being stirred all the while, put in the sugar in proportion of half a pound to a pound of fruit. Boil for twenty minutes after it has reached boiling-point. Pour into jars and tie down securely. This jam may not keep very long, but is most delicious while it lasts.

LUCY H. YATES.

## RECIPES FOR OCTOBER.

THE "kindly fruits of the earth" have nearly all been gathered in by the time October is fairly with us; chief among those fruits we rank the potato, and it will be by no means inappropriate if we study some of the many and various ways of cooking and using this most excellent of earth's gifts.



*Potatoes à la Duchesse.*—Very mealy potatoes are the best for this dish; peel four of them, and boil or steam till thoroughly tender, drain and mash finely. Add to the mashed potato two tablespoonfuls of potato-flour, a teaspoonful of salt, half one of pepper, a spoonful of finely-minced or dried and sifted parsley, and a beaten egg. Mix well, then take up a teaspoonful at a time, shape into little rolls and dip first in beaten egg, then in fine breadcrumbs or raspings, and fry to a golden-brown in boiling fat. Drain and arrange either on a dish by themselves garnished with parsley, or make a garnish of them around a stew of meat or roasted steak. Delicious also to serve with cutlets.



*Potatoes Soufflée.*—This is a French *chef's* recipe. Peel, wash and dry some nice potatoes, cut them in slices half the thickness of a finger. In a saucepan place some clarified frying-fat, as soon as it is melted put the potatoes into it; as soon as the skin begins to blister lift the potatoes out with a strainer and drop them at once into another pan containing more fat that is boiling hot. They will then become *soufflée* directly, or puffed. Take them out into a strainer, dust them with salt, and serve immediately, as they very quickly fall.



*Potatoes Sautées.*—Peel, slice in rounds not more than a quarter of an inch thick, in a wide but shallow frying-pan place about two ounces of cooking-butter or dripping; let it frizzle, then put in the potatoes (not more than enough to just cover the bottom of the pan), turn them over several times that both sides may be equally coloured. When lightly browned sprinkle them with pepper and salt and chopped parsley.



*Fried Potatoes* are best cut in finger-lengths, and about the thickness of a little finger. Drop them into boiling fat, and let them cook very quickly. They should be crisp and well-browned, but not burnt.



*Potato Pudding.*—Butter a plain mould, slice some potatoes and put a layer at the bottom, and fit them neatly round the sides; sprinkle with seasoning and a spoonful of sago. Then put another layer of potatoes, more seasoning and sago until the mould is

full. Pour in milk to just cover the potatoes, place a plate at the top and set the mould in a corner of the oven to cook gently for an hour and a half. Turn out. Very good for the nursery-table.



A *Pie* may be made very similarly, using a pie-dish and covering with a nice flaky pastry crust. Cook the potatoes before putting on the crust.



A delicious *Potato Tea-Cake* may be made from the remains of cold mashed potato by rubbing them with an equal quantity of flour, a quarter as much butter, and a good pinch of salt and baking-powder. Mix to a rather stiff paste with one or two beaten eggs, roll out to an inch thick, cut in rounds or triangles; brush over with egg and milk, and bake in a brisk but not too hot oven.



*Potage Parmentier.*—Whether this soup was known before Parmentier's day we cannot tell, but he claims to be the first to bring it to perfection.

The potatoes must be of a dry, flowery kind and white colour.

Peel and boil until tender four or five large ones, crush them down in the same water, then rub all through a sieve; frizzle a spoonful of finely-minced onion in a little butter, but do not let it brown; when done add it to the potato *purée*, and with it a tablespoonful of potato-flour wetted with milk. Season with pepper and salt. Add sufficient clear veal-stock to bring up to the required quantity of soup, or failing that use new milk. Let the soup boil for a minute, stirring constantly; just before pouring into the tureen stir in very carefully the beaten yolk of an egg and a spoonful of thick cream mixed together.



*Stuffed Potatoes.*—Peel and wash some smooth, rather large potatoes; scoop out quite a third of them from the middle. Fill up the hollow with a savoury mince of meat in thick gravy. Sprinkle breadcrumbs over the top. Lay them in a baking-pan with a little nice dripping, and bake for upwards of an hour.



*Turnips in White Sauce.*—Pare them, boil in salted water until quite tender, then drain and cover with a white sauce made with milk and a little butter, season it rather highly, and sprinkle minced parsley over the top of the dish.



*Chelsea Pudding and Sauce.*—Chop very finely two ounces of best beef-suet, rub it into four ounces of flour with half a teaspoonful of

good baking-powder, a pinch of salt, and two ounces of castor sugar. Mix all together, then make into a thick batter with one egg (whisked), a teacupful of milk, and a drop or two of almond or lemon flavouring. Dissolve some butter in a tin pudding-mould, coat the sides well with it, then sprinkle the bottom and sides with Demerara sugar. Pour in the pudding mixture; bake in a moderate oven for upwards of an hour. Turn out.

For the sauce: Dissolve two or three tablespoonfuls of plum or currant jam, with an equal quantity of water and a few lumps of sugar, let it boil well, then strain through a strainer and pour over and around the pudding.



*Pastry Sandwiches.*—Roll out very thinly some light short pastry, lay one sheet on a greased baking-tin, spread it with nice jam without stones, then lay another sheet of pastry over this; cut the edges evenly. Brush over with a little dissolved butter and sprinkle with castor sugar before the tin goes into the oven. Bake quickly to a bright brown. Cut in finger lengths or squares.



*King John's Dumplings.*—Roll pastry out in a sheet, but not too thinly. Pare and core some good cooking-apples, place them on the pastry at equal distances, fill the centre cavities with brown sugar, cut a round of pastry large enough to wrap the apples in, fold them up, making neat balls, and bake on a tin in a quick oven. Grate sugar over them.



*Cintra Cakes, for Tea.*—A little good puff-paste is needed for these, and if too troublesome to make at home it is not more expensive to buy half a pound at the baker's. Roll out to half an inch thick, cut in small rounds and press a hollow in the centre. Put a small teaspoonful of the following mixture in the middle and bake in a moderate oven for twenty minutes, taking care they do not brown too quickly.

For the mixture take an ounce of fresh butter, two dessertspoonfuls of ground almonds, a drop of the essence, the beaten yolks of two eggs, and a dessertspoonful of castor sugar. Mix thoroughly together.



*To Dry Autumn Leaves, etc.*—Hang them with the cut stalks uppermost, and after two days take them down and dip them in a solution of size and water, then hang them up again to get perfectly dry.



Bramble and beech leaves make a beautiful winter decoration for table and flower-vases. All grasses and rushes should be dried with the heads downwards, as this sends the sap into the leaves and flowers.

L. H. YATES.

as floors, are all wood, everything is heard, and every sound reverberates. Consequently it comes under the head of your duty to your neighbour to be as quiet as possible.

In some hotels there is a placard requesting you if you rise very early for some mountain expedition to make as little noise as possible. Many people, however, disregard this entirely, and it was after much irritation from this cause that some lines were written in a visitors' book at Mürren, where I copied them last summer, and will give them here—

“To Climbers.

You find, no doubt, delightful fun,

In rising just before the sun,

To climb the summits that unfold

The glories of this Alpine world.

But when you don your hob-nailed shoes,

Please think of those who wish to snooze.

And when before the house you meet,

Do not proclaim what you will eat

On Schilthorn's crest, or on the way,

Or shout the chances for the day,

Nor talk with guides, in broken tongues,

With all the power of your strong lungs.

But please remember there are those

Who're on these heights to find repose,

And care not when or where you go,

To climb the rocks, or glide the snow.

Their open windows are for air,

And not to hear you shout or swear.”

And as the subject of consideration for

others has been touched upon, I must add a few hints.

When you are near foreigners at table or anywhere about the hotel, be amiable and courteous, replying civilly to passing remarks, and not looking offended or chilly, as if impertinence was intended. Of course, you will find rude, pushing people everywhere, and in self-defence you can quite well show by your manner that you do not care for conversation. But these are very much the exception, and it is better for every reason to talk to your neighbours foreign or not and make yourselves agreeable. It is not only courteous, but you will gain a great deal of information very often about routes, hotels, customs, and things of local interest.

If you are in the proximity of foreigners, do not then criticise them and their ways as if they did not comprehend you. Many who cannot speak English understand it, and even if they do not it is inadvisable.

Never make fun of customs, religious or other, at the risk of offending some one near you who respects and values what you think a good target for ridicule.

If you are unacquainted with either French or German, the two languages which obtain in Switzerland, you will lose a great deal of pleasure, for you will be deprived of much pleasant intercourse with the foreigners you may meet; but you will find it very dull never to be able to have a little talk with your guide on a mountain expedition, or with the villagers

and people of the country you may chance to meet. A great many do speak English, but still there are a greater number who do not, and in the Bernese Oberland even a smattering of German is often found extremely convenient in village shops, with railway porters, etc., who do not speak or understand English or French. Do not be shy about speaking if you only know a little. The only way to add to your stock of knowledge is to air the amount that you have. I cannot conscientiously advise you to try and acquire the Swiss accent in French, or to study the Oberland German; but still you may learn a good deal in one way and another.

In conclusion, one word of warning. To the girl of average strength and fair health Switzerland is a country where she can have full play for her walking and mountaineering powers, and in thus exercising them lay up an increased store of health. But on the other hand, many a girl who is not very strong does herself incalculable harm by trying to walk, and climb, and keep pace generally with her stronger friends, and this is very foolish. Better give up an expedition you know is beyond your strength, and hard though it may be, resign yourself if you can only a little, rather than by overdoing it run the chance of the power of that little being taken away from you. You can see a great deal without necessarily climbing as if qualifying for the Alpine Club, and there are few parts of Switzerland where beauty of scenery is if not actually under your eyes, yet is not within easy reach.



## USEFUL RECIPES.

“WHAT shall we do with our cold meat?” is a question frequently on the lips of a mistress of a household, so the following method of using it may possibly bring relief to her mind.

**Maccaroni Pie.**—Chop finely any odds and ends of cold cooked meat. Boil some maccaroni in milk, or half milk and half water; a good deal of liquid is required for this, and the maccaroni must be tender. The quantity depends upon the size of the dish required, but a pound is usually sufficient. When the maccaroni is boiled, place it in a buttered pie-dish with alternate layers of the meat, and sprinkle grated parmesan cheese, small bits of butter, and a pinch of salt and pepper over each layer.

Boil some potatoes, about seven or eight, and mash them through a sieve. Then make into a paste with two unbeaten yolks of eggs and a little flour. Roll out, not too thin, and cover the maccaroni with it. Put it in the oven for ten or fifteen minutes till it is of a pale-brown colour, and serve at once. This potato paste should not be made until the moment it is required for use.

Curry also is a favourite disguise for cold meat, but the following manner of preparing it, which is much in vogue in India, is not, I believe, generally known.

Chop some onions in slices, add a suspicion of garlic (this can be omitted if objected to), and fry a dark-brown in an ounce or a little over of butter. Then put in small pieces of meat, chicken, or rabbit, or whatever it may be. Mix in a basin three teaspoonfuls or a little more, according to taste, of curry-powder with an ounce of butter and half a pint of milk. Add this to the meat and onions, mix

well, cover the saucepan, and let it simmer on a slow fire for an hour and a half. This mixture can be made the day before it is required, if necessary, and re-warmed. The best curry-powder for the purpose is that which is sent direct from India, but the ordinary kind will serve. When the curry is made of uncooked meat, it should boil with the fried onions for half an hour or so before the curry mixture is added. With regard to the rice, great care must be taken to have it perfectly dry, and each grain separate.

Here is an easy and economical way of preparing a “Spanish Cream,” which is certain to find favour with those who try it. Soak one ounce of gelatine in half a pint of milk for two hours. Put one pint and a half of milk (no cream is required) into an enamel saucepan, with sugar to taste; add the gelatine and the milk it has been soaking in, and boil all together. When it is just off the boil stir in two yolks of eggs, beaten with a little white sugar, and two whites beaten with a little brown sugar. Add a teaspoonful of vanilla, or any other flavouring, and stir till it is getting cold before putting it into the mould, which should have been previously filled with cold water and then emptied. This cream presents a rocky appearance, which need not alarm the maker with fears of curdling!

From “sunny Italy” comes a nice recipe for soup, which may prove useful to my readers.

**Soup alla Napolitana.**—Cut into small pieces the heart of a small cabbage, half a beetroot, two turnips, two carrots, half a lettuce, quarter of a stick of celery, a bunch of parsley, and salt to taste. Add a quart of

stock; stew over a slow fire for an hour, strain, and serve with sippets of fried bread.

Tripe is a dish which usually comes under the category of things impossible, but prepared as it is by the Florentines, there is no reason why it should not figure at the most exclusive board.

**Tripe alla Fiorentina.**—Cut a pound and a half of tripe into squares. Dry it in a cloth and put it in a pan with two pints of stock or water, the juice of one lemon, a tablespoonful of chopped parsley, and a pinch of salt. Stew over a slow fire for an hour and a half. Make a sauce with half a pint of the liquid, two ounces of butter rolled in flour, the juice of half a lemon and the grated rind of one, a pinch of nutmeg, and three well-beaten yolks of eggs. Stir this over a slow fire until it is nearly thick. Put the tripe on a dish, sprinkle grated cheese upon it, and pour the sauce over. Serve very hot.

The following sauce proves a piquant addition to steaks, chops, or cutlets.

**Sauce alla Genoese.**—Melt two ounces of butter over a slow fire, add the juice of a lemon, the grated rind of half a lemon, the yolks of two well-whisked eggs, salt and pepper to taste, and a suspicion of garlic, if liked. Stir over a slow fire until it thickens.

For a sauce to eat with plum-pudding, or indeed almost any variety of pudding, the following, called by the Italians Savioni, can be highly recommended.

Beat well the yolks of four eggs, and mix with them four tablespoonfuls of sugar and eight tablespoonfuls of sherry or marsala. Simmer over a slow fire, stirring constantly.

G. C.