

as you had no cold morning tub, take a warm sponge bath. And if, while the skin is still hot—in fact, before you come out of the bath—you pour over you two or three spongefuls of cold water from a basin alongside; it will thoroughly brace your nerves, and you will sleep all the sounder.

So passes the Monday, and if you have gone to bed by half-past nine you will feel next morning as if you really had slept.

There are many girls—work-a-day lassies—whom I pity very much, because they are always a-weary. They lack energy. The back aches, they are pale and placid, they go to bed tired, toss about more than they imagine, and wake as weary as when they lay down. If these were to adopt the *regime* I am now laying down, and, moreover, take one of the tabloids called Bland's Ferruginous with alvin, they would be different girls in six weeks' time. A tabloid thrice daily after food.

But this is Tuesday morning. Well, I am not going to deny that there are some girls who have so little reaction that the cold morning tub might not agree with them. But with ninety per cent. of girls it does agree. The others can take a dash of hot water in it. The bath will not be so bracing, but it is better than none at all. The dash of hot water may be reduced every day till the bath can be taken quite cold all summer and all winter also. Don't expect a glow after it, however, for a regular bather has no such glow, but any day he or she would rather want breakfast than the life-giving tub.

Some medical men run it down. They are very much in the minority, and, depend upon it, they themselves don't touch water once a year.

The bath will be doubly refreshing if you have time to wash the whole body lightly over first with hot water and good soap. This should not take a minute. Lave the brow well with cold water before you step in, and do not stay more than a minute or two in the bath, just long enough to sponge—with a big sponge—the whole body well. Then towel

hard. The towelling itself is as good exercise as a spell at the dumb-bells.

Now, Edith, Ida, Annie, or whatever your pretty name is, don't tell me that you haven't time to take a sponge bath every morning. Put the water in the evening before, and seven minutes is ample time to complete washing, bathing, towelling, and all. So don't you talk to me about want of time. Why, you spend more minutes than that nodding and smiling at yourself in the glass before you sally forth. Oh, I know all about it!

But, parenthetically, here is a hint worth having. Many girls are in lodgings and don't want to be a bother or demand too much waiting on. Let working lassies, therefore, save a little money to purchase a nice little oil-stove and fairy kettle, with a coffee-mug—handier than a cup and saucer. The whole outfit won't cost four shillings. And it makes you so independent. You can boil water and make tea when you choose, but coffee is better. When away in the wilds in my caravan, "The Wanderer," I and my secretary drink coffee three or four times a day and tea only in the afternoon. Use two teaspoonfuls, not one, as the directions on the bottle tell you. This is only a trade dodge to make you believe the essence is very economical. In the caravan and in the camp we use the best preserved milk, because it does for milk and sugar both.

Breakfast follows the bath, and the bath aids the appetite.

Cleanliness is next to godliness. Well, out in India I have seen some very dirty saints and so-called prophets, but I don't think anyone can be a real good man or woman who neglects ablution.

After breakfast—if you have not eaten too hurriedly or too anxiously, and have not eaten too much—you will feel in good form and cheery all day.

It will be far better for you, however, and far cheaper also, if you take your forenoon snack with you in a little basket. Do not eat too much meat, but always have a flask of nice milk. Every shop-girl or lady-clerk should

have a neatly arranged luncheon-basket, for the snacks one purchases in coffee-houses or tea-rooms are sometimes vile and often poisonous. As to soups and slops, avoid them. They are as often as not made from the bones and scraps left on the plates of the British public. Don't drink tea in the middle of the day. Some eating-chocolate may be partaken of between meals and a glass of cold water. This is wonderfully wholesome and refreshing.

Well, let all the other days of the week be much the same as your Tuesday, from morn till dewy eve. But changes in diet are essential.

The cheapest and most wholesome breakfast-dish is a handful or two of the best pea-meal, with a teaspoonful of salt, boiling (hard) water poured over, and just made like starch. It should be thick but well stirred. Place a large piece of butter in the centre, and flank this kingly dish with half a pint of beautiful milk, or more if you can take it. Don't drink or eat anything after this. It is a complete breakfast in itself, and, moreover, it is an excellent thing for the blood and complexion. Also its very cheapness enables you to save up for the Saturday till Monday holiday.

Eat all the ripe fruit you can afford and as little meat of any kind as possible.

As little medicine, too. Be careful to avoid any syrup, or pills you notice advertised and puffied in weekly papers. Some are cruelly deceitful. I am sorry to say that some so-called Christian journals admit advertisements of these stuffs into their columns. Tens of thousands of people in these islands are injured or killed by such patent medicines every year, and thousands on thousands of poor infants are killed by opiated "soothing powders." So pray be warned.

I have little more to tell you, but if you only take the advice I give, and act up to it bravely, at the end of even one month you will be better and stronger far than the other lassie who has been down at the seaside for the same length of time. Yes, and happier too.

## OUR GIRLS IN SWITZERLAND.

By JOSEPHA CRANE.



ANY a girl who reads of the beauty of Switzerland and sees views of that glorious country wishes with all her heart that it were in her power to visit it personally. Very often she could go if she only exerted herself to discover ways and means, the cost, taking it all

round, being perhaps not so very much greater than that to which her annual English holiday comes. It is worth making an effort to go, as the pleasure of travelling of the kind is by no means over when the traveller is at home again. New impressions have been made, and the mind if possessed by an observant lover of nature, is stored with a gallery of lovely pictures which the memory can recall at will, and which serve to colour many dreary days.

The question of route is not one I purpose to enter into. Any tourist agency will supply

a book of routes or give information when demanded regarding the different ways of reaching Switzerland, circular tours, etc., and the expense of boat and railway fares, etc.

Suffice to say that in journeying out it is a good plan to take second-class through tickets and procure a ticket which enables you to go first on the steamer. This is always desirable on channel steamers, though on Swiss lake steamers second is quite as good as first, and in some respects preferable, as you escape the smoke from the funnel and get finer views.

For short journeys in Switzerland you can quite well go third if economy is an object.

If several are travelling together—two or four are the most convenient numbers—then you can often charter a carriage in Switzerland to carry you all and a small amount of luggage at not much greater cost than your train fares would come to.

The latest edition of Baedeker's guide to Switzerland should be taken with you. It costs eight shillings, but is well worth the money, and to be without a good guide-book is to run the chance of very great inconvenience, waste of time and discomfort. This done you

have next to decide the important question of luggage.

If you are wise you will take as little as you can. This is advisable, whether your purse be long or short, for much luggage is extremely inconvenient and often causes you endless delay and trouble. In some Alpine resorts everything has to be carried to your destination, consequently large and heavy trunks can only arrive there at the cost of great trouble, not to say expense. In some instances men have been injured most seriously by carrying great weights to these high regions, therefore it is for every reason desirable to do with as little as you can.

Unless you are going to very grand hotels you do not want a variety of elaborate costumes, and unless you travel with a maid, who by the way is a great *impedimenta* in other respects, you will find packing and unpacking your finery very troublesome and not by any means improving to its appearance. On the other hand there are girls who have by study of the question reduced the amount they take with them for several weeks' tour to the very smallest amount. In some rare, very rare cases it answers, but with the generality this plan is





A BONNY SWISS GIRL.



not satisfactory, as insufficient things are taken to keep the traveller's wardrobe in good order, and she often presents a peculiarly untidy and unseemly appearance in consequence.

What then is the golden mean between these two extremes?

There are two ways of arranging your luggage, and that must be decided first of all.

The first plan is to take only that amount which you can carry in your hand.

For this purpose a hold-all is necessary, and a Gladstone bag as well, if you are equal to carrying both, for unless you are accompanied by one of your brothers or have some man of your party who is able and willing to act as porter to you all you will most assuredly very often be obliged to carry your things yourself, and that a considerable number of yards. Frequently on the continent porters are rare, sometimes they are not to be found at all. Even granting that you have found one to carry about your possessions he cannot put them into the carriage for you, as he is not allowed to go into the latter at all. Therefore you must lift them yourself up the steps into the carriage and get them on the rack as you best can.

The other way is to have only a light and easily carried amount in your hand, and to have a small trunk which goes in the luggage van. For that, if it exceeds a certain weight, you must pay; in France and in Switzerland it is always charged for, no luggage being allowed free, save what you can take with you into the carriage.

The expense is very small after all, and for many reasons it is the plan I greatly prefer. The trunk can too be sent by post for long distances in the country. Choose a light strong trunk; basket-work, covered with canvas, and with strong leather edges and straps is the best kind.

Now for its contents.

Some people seem to think that it is quite immaterial what is worn when travelling, and that they put their thoughts into practice cannot be doubted by those who have travelled much and seen the untidy, badly dressed women who frequent the Continent. This is a great mistake. To begin with, many people see more of their fellow-creatures in one day's travelling than they do in three weeks at their country village home, and why should they not be presentable and well dressed? Foreigners too criticise our girls when they meet them, and certainly they must often think them very queer specimens of the "English Rosebuds" they have heard and read about.

To be well dressed is to be suitably dressed, and for Switzerland, although much variety of costume is quite unnecessary and finery is very unsuitable, yet a girl should always be smart and "taut" as the sailors say.

For much walking and all mountaineering expeditions serge or merino knickerbockers made full with washable separate lining to take out and be buttoned in are better than ordinary petticoats.

The skirt worn should be of tweed or serge, as both materials can stand rain and not be the worse for it. The skirt should be short, clearing the ground by several inches and showing the neatly shod feet. Have two comfortable pockets in your skirt, and with it wear cotton blouses if warm, and the bodice to match when cold. A woollen bodice or blouse is quite indispensable on wet or cold days. Let your dress be well cut, your bodice fit you well and your blouses at peace with your skirt. If girls would but remember that as someone has said "half the world sees your back" they would be more careful about this very important matter.

To ensure neatness always without any exception have a patent hook and eye sewn on to the placket-hole of your dress and keep it fastened. Few things are so unsightly as a

placket-hole gaping open and revealing the under-skirt, etc.

If, by the way you do not like woollen knickers then wear a light short petticoat of silk, alpaca or cotton and have an unlined skirt above it. The latter should have only about a quarter of a yard of lining at the bottom.

Have a running string in your blouses or else a waistband secured at the back to hook inside in front.

To keep the outer waistband in its place and quite over the band of the skirt this I have found the best plan. Sew a safety pin inside your waistband about half an inch from the lower edge; pin this securely to the band of your dress before attempting to clasp it and you will find it answers admirably, if I may say that of a method of my own invention. At least I never saw it done before, and of the safety pins placed outside I do not like the appearance. Besides two or at the most three skirts, some blouses are all you need besides the aforementioned woollen bodice.

Cotton blouses for everyday wear are the best, but pray do not economise in your washing and wear them when soiled or much tumbled. For dinner and any occasion when you wish to be more dressed, some pretty silk blouses made high are the best, they pack well, do not crease and take little room. Excepting at very fashionable hotels it is unusual to wear open-necked bodices and short sleeves for dinner, high silk blouses with the addition of lace collarettes are all that is necessary. These however should be pretty and fresh; and changing your dress for dinner always be done. To sit down for the evening meal, be it dinner or supper, in your dusty walking toilette is unseemly and not courteous to others. Dresses with light and fancy trimming, chiffon and hats trimmed with lace, feathers, and flowers are eminently unsuitable for ordinary Swiss travelling. Rain comes on sometimes when you least expect it, and quickly takes the glory from a smart costume, while mountain mists make havoc with flowers and render your ostrich feathers limp, and give a *cachet* of shabbiness and general draggledness—if there is such a word. Can anything equal shabby flowers and limp feathers for unsightliness?

Sailor hats or woollen caps are the best, and for those whom they do not become any pretty straw hat trimmed with good ribbon—cheap soon becomes shabby—last and look well. If you are going into regions remote from shops take a few yards of good ribbon with you so that you can refresh your head-gear when necessary.

Broad-soled boots with nails are the best for long walks and mountain expeditions. For indoor wear ordinary walking-shoes are the most convenient, as the dainty house shoes you wear at home soon get ruined on the gravel or road outside the hotel. And who, excepting when there is a downpour, does not elect to be out of doors as much as possible when in Switzerland in preference to sitting in the salon?

It is a good plan to clean your own foot-gear. This can be done very easily with a hard brush and a bottle of some sort of varnish or revive. The object of doing this is to avoid the sticky stuff which is usually put on by the "boots," and which is very nasty if it comes off on your skirt, and often extremely detrimental to the leather.

Whatever boots you take with you should not be new. To take long walks or mountain expeditions in new boots is to cause you great pain, and probably so to hurt your feet that you are *hors de combat* for days afterwards. Good foot-gear is quite indispensable for comfort, and a sensible plan is to have thick soles put on boots which you have worn long enough to be quite easy.

I lately saw it recommended to travellers to take a cake of common kitchen-soap with

them, and to soap round the inside of the foot of the stockings to be worn before any long walk. This prevents soreness and blistering.

For a blistered heel, it was also recommended to scrape a little of the soap, and to mix it with enough water to make it pulpy, and then apply to the blistered heel.

A wrap of some sort is very necessary, as well as a macintosh, and a good umbrella. A long leather strap with swivel for carrying your wraps over your shoulder in expeditions is useful.

If you are delicate, it is advisable to take whatever medicines you are likely to need with you. Many can be had in tabloids, and are thus very portable. If, however, you must take a bottle, wrap it round well with something soft, and place it in the middle of your trunk safe from the blows which the sides or top are sure to receive.

A small bottle of ammonia should be taken for insect bites, and you will do well to provide yourself with soap, seldom found in any hotel. A private box of matches often comes in handy, and with your own spirit lamp and some light aluminium cups and saucers to be had at the stores, and which do not break, you will be able to make your own afternoon tea. Take some tea with you, and in most villages you can get sugar and buy milk and biscuits. A flat tin bottle for carrying the methylated spirit is the best. It has a screw top, and when this is closed and some wash leather secured round it, its contents are unlikely to make their way to your clothes.

A tea infuser is a good thing for making your tea, unless there are two or three of you, and no girl is likely even in these days to go off by herself on a Swiss tour—and then a small tea-pot is the best.

Of course, if you are quite regardless of what you spend, you can order tea at the hotels, and find it sometimes good and often the reverse. But many a girl has the necessity for not spending more than she can help, and will in this case do well to avoid meals of any kind at odd times and which are not included in what your *pension* terms are for. It is these small things which run away with so much money, and yet they are very necessary, for in mountain air people often feel very hungry. A cup of meat extract can be easily made with your spirit lamp, and that with some bread does not make a bad lunch if you are hungry, and so are chocolate and biscuits.

As I alluded to *pension* terms just now, I had better say to those who are new to Swiss travelling that at most hotels during the season or out of it you can get taken *en pension* at so much a day; but only if you stay four, five days or more. Each hotel has its own regulations, and you do well to inquire and make all arrangements when taking your room. Before July there is generally a good chance of rooms, but after that it is better to write beforehand and secure them.

It is well to provide yourself with some small piece of fancy work or knitting—something that does not take much room, and which you can fall back upon when the down-pour of rain prevents even the most venturesome from going out. Hotel libraries do not generally offer a good collection of books, and time is apt to hang heavily on your hands if you have nothing to do.

It is a good thing to take with you some screw-hooks, which can be had at any ironmonger's, for when you get into a bedroom in which wardrobe accommodation is limited, they are very handy for hanging your things on. They go in easily, and are as easily removed.

Soft slippers to wear in your room are a great comfort to your tired feet, and also are necessary for preventing noise. In many Alpine hotels where the walls, ceiling as well



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.