

RECIPES FOR THE MONTH.

Gravy for Wild-fowl.—To one wine-glassful of port wine add a tablespoonful each of walnut ketchup, mushroom ketchup and lemon-juice, one shallot sliced (or a little of the essence), a small piece of lemon peel and a blade of mace. These should all be scalded, strained, and added to the gravy that comes from the fowl in roasting. The breast of the fowl should be scored in three or four places and the gravy poured boiling hot over it before it is sent to the table.

Patti Veal.—Take a knuckle of veal, cover it with water, and boil it two hours; take out the meat, and chop it coarsely; strain the liquor, and season it with salt, pepper, and sage; pour it over the meat, and let it cool in a jelly.

Soles with Cream Sauce.—Skin, wash, and fillet two soles, and divide each fillet into two pieces; lay them in cold salt-and-water, which bring gradually to a boil. When the water boils, take out the fish, lay it in a delicately-clean stewpan, and cover it with cream. Add the seasoning, simmer very gently for ten minutes, and, just before serving, put in the juice of half a lemon, flavour with salt, cayenne, and pounded mace.

Pigeon Pie.—Take six young pigeons; after they are drawn, trussed, and singed, stuff them with the chopped livers, mixed with parsley, salt, pepper, and a small piece of butter. Cover the bottom of the dish with rather small pieces of beef; on the beef lay a thin layer of chopped parsley and mushrooms; season with pepper and salt. Over this place the pigeons, between each put the yolk of a hard-boiled egg. Add some brown sauce or gravy. Cover with puff-paste, and bake the pie for an hour and a half.

Browning for Gravy.—Put four ounces of sugar in a small frying- or saucepan, set it over a clear fire, add a little butter, mix it well with sugar, when it begins to get frothy hold it higher over the fire. When of a deep brown colour pour in a pint of red wine by degrees, stir it well and add some pepper, cloves, eschalots, mace, catsup, a little salt, the rind of a lemon. Boil slowly for ten minutes, then pour it into a basin, when cold skim and bottle for use.

Vanilla Ice Cream.—Pound a stick of vanilla (or sufficient to flavour it to palate) in a mortar with half-a-pound of sugar; strain through a sieve upon the yolks of two eggs, put it into a stewpan with half-a-pint of milk, simmer over a slow fire, stirring all the time, the same as custard; when cool, add one pint of cream and the juice of one lemon, freeze.

Iceland Moss Jelly.—One handful of moss, well washed; one quart of boiling water, the juice of two lemons, one glass of wine, a quarter of a teaspoonful of cinnamon; stir the moss (after soaking it an hour in a little cold water) into the boiling water, and simmer until it is dissolved; sweeten, flavour, and strain into moulds. Good for colds, and very nourishing.

Fricassee of Parsnips.—Boil in milk till they are soft, then cut them lengthwise into bits two or three inches long, and simmer in a white sauce, made of two spoonfuls of broth, a bit of mace, half a cupful of cream, a bit of butter, and some flour, pepper, and salt.

Veal Cheese.—Take a shoulder of veal, take out the bone, cut it into small pieces, with just water enough to cover it; stew until tender, take out all the pieces of gristle, mince it fine and return to the liquor it was boiled in. Then add one pound of cold boiled pork, chopped fine, one tablespoonful of salt, one teaspoonful each of pepper, some sweet herbs, and two well-beaten eggs; put all into an earthen dish with a plate on the top, and bake one hour. To be eaten cold.

Salad Sauce.—Pound in a mortar the hard-boiled yolk of an egg, mix with it a saltspoonful of mustard, a mashed mealy potato, two dessertspoonfuls each of cream and olive-oil, and a teaspoonful of good vinegar.

Potato Chips.—Wash and pare off the skins of two or three or more large potatoes, and when you have done this go on paring them, cutting them as thin and as evenly as possible in ribbons nearly an inch wide; throw these into boiling fat, let them take a nice colour, drain them well before the fire, and serve immediately (or they lose their crispness), piled high on a napkin.

Chicken and Ham Pie.—Cut two chickens into joints, season them with salt, pepper, and cayenne, a little powdered mace, and a tablespoonful of chopped mushrooms; then make balls of forcemeat and the hard-boiled yolks of eggs, and lay them in the dish between the joints of chicken with a few slices of lean ham in between, and add a little water with a mushroom boiled in it; cover with puff-paste, and bake.

Celery Sauce.—Cut up a large bunch of celery into small pieces, use also that which is blanched. Put it into a pint of water and boil until it is tender, then add a teaspoonful of flour and a lump of butter the size of an egg; mix well together, season with salt and pepper, and stir constantly until taken from the fire. It is very nice with boiled poultry.

Salmon Croquettes.—Carefully pick out the flesh of some remnants of boiled salmon, and mince it finely. Melt a piece of butter in a saucepan, add the smallest quantity of flour and some hot milk. Stir on the fire a minute or so, then add pepper, salt, and a little grated nutmeg, some minced parsley, and lastly the fish; shake it well, and as soon as the fish is hot take the saucepan off the fire, and stir in the yolk of an egg beaten up with the juice of half a lemon. Now spread out the mixture on a plate to get cold, when cold divide it in tablespoonfuls, and fashion them with bread-crumbs into the shape of balls; roll these in beaten-up egg, bread-crumbs them well, and after the lapse of about an hour, fry in very hot lard, serving with fried parsley.

Piquante Sauce for Salads.—Two hard-boiled yolks and two raw ditto, mashed smooth, together with a tablespoonful each of cream and salad oil. Add sufficient vinegar to make it pretty sharp.

Rice Cakes.—Half a pound of ground rice, half a pound of flour, half a pound of soft sugar, eight eggs, a little grated lemon or nutmeg, half a pound of butter melted, and when cool pour into the above; two ounces of candied peel, bake in a flat tin, and cut into squares when wanted for use.

Rock Cakes.—One pound of flour, half a pound of butter, half a pound of sugar, half an ounce of sweet almonds, four eggs, the butter to be rubbed into the flour; then add the sugar and wet with the eggs. Bake twenty minutes in small tins.

Plain Lunch Cake.—One pound and a half of flour, six ounces of butter, six ounces of currants, six ounces of sugar, some citron; beat the butter to a cream, half a cup of sour cream and half of butter-milk. Bake an hour and a half in a quick oven.

Sweet Soda Cake.—Half a pound of flour, two ounces of sugar, two ounces of currants, two ounces of butter, one teaspoonful of carbonate of soda, a little buttermilk (and spice if you wish). Mix it lightly, and bake in a moderate oven until done.

Spice Cake.—Two pounds of flour, one pound of sugar, three quarters of a pound of butter, one ounce and a half of ground ginger, quarter of an ounce of ground cloves, a little grated nutmeg, two drachms of soda, the same of tartaric acid, some citron; all these to be well mixed with the flour, then wet with one pound and a half of treacle, in which put some browning and a glass of lemon-whiskey.

If not wet enough, add a little milk or an egg or two well-beaten. Bake in a moderate oven two hours, or less if required.

Baking Powder.—Rub two ounces of carbonate of soda, two ounces of tartaric acid, two ounces of flour of rice through a hair sieve. Put in a bottle and cork well.

A subscriber sends the following recipe for a sort of cake-biscuit, which she has only met with in the West of England, and which is always spoken of as Easter cakes, and are met with in pastry-cooks' shops before and after Easter:—

Recipe for Easter Cakes.—Half a pound of flour; six ounces of butter; two ounces of sugar; two ounces of currants; a small quantity of carbonate of soda, and half of a beaten egg. Rub in the butter and work all the ingredients together; roll out very thin, cut into shapes with a cutter, place on a greased tin and bake in a brisk oven.



Potato Croquettes.—Season cold potatoes with pepper and salt; beat to a cream with a tablespoonful of melted butter to every cupful of potato; bind with two or three eggs, roll into oval balls, dip in beaten eggs, then in bread-crumbs and fry in hot lard or dripping; pile in a pyramid upon a flat dish and serve.

Stuffing for Ducks.—Two good-sized potatoes, two onions, a slice of bread, about six leaves of sage, the liver and all chopped together for twenty minutes or half an hour; pepper and salt to taste, half an apple is an improvement. A goose can be stuffed in the same way, only put in one large apple, and serve the goose with apple sauce.

Be sure to parboil the onions before putting the stuffing in.

Horse-radish Sauce.—One tablespoonful of mustard, two of vinegar, three of cream, as much horse-radish scraped fine as will make it as thick as onion sauce.

To preserve Vegetable Marrow.—Cut the marrow in strips taking out the pulp and seeds; weigh it and to each pound of marrow allow one pound of lump sugar, lay the marrow and sugar in a pan all night; add to every five pounds of marrow two ounces of whole ginger cut into pieces, and three lemons; the thin peel cut into small strips, and the juice squeezed and strained. Boil all for four hours (very gently or it will crystallise).

American Preserve.—Equal weight of sugar to four pounds of plums, two pounds of apples, two pounds of pears, as much ginger, lemon peel and juice as you wish, boil all together until clear and well done; add some blanched almonds to flavour preserve.

Corn Bread (American).—Take two coffee cups of Indian meal, two coffee cups of flour, with two teaspoonfuls of baking powder rubbed in; two eggs well beaten, one half of a coffee-cup of sugar, one heaped teaspoonful of butter melted, half a teaspoonful of salt, two coffee-cups of milk. It needs to be well beaten.

Icing for Cakes.—The whites of two large eggs beaten and let stand to allow the froth to fall; then with a fork mix in half a pound of sifted sugar and a small spoonful of sifted gum; it should be made the day before to let it harden. A little rose or orange flower water to flavour.

Portugal Cakes.—One pound of flour, one pound of sugar, one pound of butter, twelve eggs, only six whites, four ounces of almonds; beat the butter to a cream, then add the eggs and sugar, and when beaten a few minutes, add the flour. Ten minutes will bake in patties in a pretty hot oven.

Cream Cakes.—One pint of sweet cream, four eggs well beaten; thicken well with flour to the consistency of a thick batter, a little salt, bake in patties for twenty minutes.

Rich Plum Cake.—Take three pounds and a half of currants well washed and picked, mix them on a dish with one pound and a quarter of flour; beat one pound of butter to a cream, add one pound of coarse brown sugar; drop in ten eggs one by one; burn a handful of brown sugar on the fire; when well browned add one glass and a half of whiskey; when the sugar is very well dissolved pour it in, then add the flour and currants by degrees; have the tins well lined with well buttered paper, and when putting in the mixture add one pound of citron cut into small pieces; bake in a moderate oven for nearly three hours.

Almond Frosting.—Take one pound of sweet Jordan almonds; two ounces of bitter pounded in a mortar very fine with a lemon grated on sugar; then add one pound of sifted sugar and the whites of three large eggs; put on the cake when cool, and place in a cool oven.

Prince of Wales' Pudding.—Put cakes in steep; cut in squares, light or plum cake will do; pour sherry over it at night, with a little milk; next day put the cakes in a glass dish, pour more sherry over them; put preserve in, and round, the dish beside the cakes. Pour thick custard over all and put small ratafia biscuits round the dish, and coloured comfits over custard.

Transparent Pudding.—Half a pound of sugar, quarter of a pound of butter, the yolks of eight eggs, the rind of two lemons, and juice of one; put into a shallow dish, with paste under and round it. Eats very well when cold. Bake until a light brown colour.

Marble Cream.—Take a pint of thick cream, sweeten it, and whisk well until it froths, then add half a pint of raspberry juice, dissolve one ounce of isinglass in as little water as possible, and when warm pour it into the cream; when all is well mixed pour it into shapes, and allow them to stand until quite firm.

Lemon Turnovers.—Mix together three dessertspoonfuls of flour, one ounce of powdered sugar, and the rind of a lemon. Add half a pint of milk, and mix smoothly to the consistency of batter, and stir in two well-beaten eggs, and two ounces of butter melted. Butter some tin saucers, pour in the mixture and bake in a quick oven. When ready, turn them out, cut them across, fold them together, and place on a serviette with powdered sugar sprinkled over.

Thickening for Soup.—Put down some butter in a saucepan, when boiling add what you think a sufficient quantity of flour to thicken the soup or sauce, stir it with a fork stuck in an onion, when quite smooth thin it with some of the soup, then add it to the rest. Thickening made in this way prevents the flour having a raw taste.

Jugged Hare.—Cut the hare in pieces proper to be helped at table; after washing well put them into a stone jar, with sweet herbs, the rind and juice of a lemon, a large onion stuck with cloves, quarter of a pint of port wine or claret; cover the jar closely to keep in the steam, place it in a saucepan nearly filled to the height of the jar with water, let it boil very slowly for three or four hours, according to the size and age of the hare, taking care that it is not over-done; when quite tender strain off the gravy clear from fat, thicken it with flour, and give it a boil. Lay the hare in a deep dish, pour the gravy over it and send to table.

Chocolate Cakes.—Put in a basin a quarter of a pound of grated chocolate, two ounces of flour, one ounce of ground rice, three ounces of white sugar, and half a teaspoonful of baking powder. Mix all well together, and add two well-beaten eggs, yolks and whites together, and a little vanilla flavouring. Bake in buttered patty pans for fifteen or twenty minutes.

Indian Toffee.—Pour into a clean coffee saucepan a breakfast cup of cream, and another of white powdered sugar, and boil slowly over a clear, but not too hot fire. The mixture will first become liquid, and will afterwards gradually thicken. When nearly ready, pour in a dessertspoonful of vanilla essence and one of whisky. When the mixture becomes frothy and leaves the side of the pan clean, pour it out as quickly as possible on a flat buttered dish. Cut it into squares. It should be quite smooth and creamy white, and "short" without being either crisp or crumbly.

Cocoanut Pudding.—Grate a small cocoanut, or three ounces of tinned desiccated cocoanut, and add to it half a teaspoonful of ground ginger, and three ounces of sugar. Beat three yolks of egg and add them to the cocoanut, etc., with half a pint of cold milk. Line a pie dish with puff paste and pour in the mixture, and bake it until it sets, which will be in about half an hour or less; whip three whites of egg to a stiff froth with a little sugar and pile them on the pudding, ornamenting them with rings of angelica and preserved cherries. Put into the oven again for a few minutes to colour the whites a pale golden. Serve cold.

and the way in which, as workers in the world's hive, they are treated.

Perhaps nothing has ever afforded us greater pleasure in our Editorial capacity than the insight we have gained into the honest, straightforward, conscientious daily round of our girls, whether the occupation be of head or hand.

In comparing the professional competitors with the hand-workers, we are struck by one or two points of difference; for example, the hand-worker if she be a good reliable girl, may slip into work at once with a moderate wage without any serious preparation or previous outlay, while the professional girl must spend time and money in procuring a high-class education and in gaining experience in her special branch of art or science, and even when she is fully equipped for the battle and eager to try her powers, she finds herself on the outside fringe of a mighty army with only a remote chance of being enrolled for active service. Even when this difficulty has been overcome, the wage or salary is so small that it is barely sufficient for her daily wants, while help for the home is impossible.

Again, the handworker's hours and labours are strictly defined, and she can arrange her life accordingly; the professional girl, on the contrary, has no such chance; she goes on from morning till night too often at starvation salary.

Again, the hand-worker is shielded by the government, who will allow no mean advantage to be taken of her willingness to work beyond hours; but who, we would ask, takes care of the gently-nurtured girl-governess in a private high-class school, whose hours are from half-past six in the morning till eleven or twelve at night, and even to the small hours of the morning previous to the examinations, and all this for £18 a year; and not an hour she can call her own?

Or who is there to shield a young governess from her lady employer? One was engaged to teach a little boy, take charge of him night and day and mend and make for him,

Gradually the lady has put upon her so many duties that she has drifted into a drudge, till, as she says, she does not know how to describe herself, and this for a salary which no cook or housemaid would accept.

It is pathetic to read some of these competition papers and note how ambition and hope have been almost crushed out of the writers notwithstanding the love of their profession and the desire to help those at home.

Still there is much to be thankful for in the fact that during our Queen's reign many other ways have opened out by which girls may earn an income beside teaching in private schools and private families.

The last fifty years have developed in girls the power and desire to work, and at the same time opportunities have increased for employing their powers in many directions hitherto unknown.

Girls young, bright, full of hope and motherly tenderness find an outlet for all that is best in them in the wards of a hospital or infirmary, and the papers we have received show how successful they are in the work.

Other girls find suitable work as typists or clerks in telephone, telegraph and post offices; or, if they are clever at figures, as clerks in large wholesale houses. Music and painting form the life and daily round of many, although the income is not so reliable as in many other kinds of work.

Extremely touching are some of the references to parental self-sacrifice in order that their children may pursue their career without let or hindrance. We could fill the whole number with interesting matter culled out of these competition papers, which are excellently written; but this is not possible. We congratulate our professional girls on their excellent work.

We hope to print the prize papers next month.

PRIZE WINNERS.

FIRST PRIZE (£2 2s.).

Agnes Eugenie Smith, Hospital Nurse, Sunderland.

SECOND PRIZE (£1 1s.).

St. John's Wort Folk-Lore Collector, Port Charlotte, Islay, N.B.

THIRD PRIZE (£1 1s.).

Pimpernel, Organist, Plumstead.

FOURTH PRIZE (£1 1s.).

Cauliflower, Literary Woman, Brixton Hill.

FIFTH PRIZE (£1 1s.).

Dandelion, Post Office Clerk, Islington.

HONOURABLE MENTION.

Polyanthus Narcissus, Governess in private family, Norwich.

Clover, Nurse, Ickley, Yorkshire.

Lily of the Valley, Clerk in a Wholesale Confectioner's, Hackney.

White Violet, Daily Governess, Stoke Newington.

Shamrock, Governess in private family, Eaton Place.

Tea Rose, Sorter of postal orders in General Post Office, Barnsbury.

Alice Mary Townsend, Lady Principal of Girls' School, Stewarts Town, Jamaica.

Amy Clare, Shorthand-writer and Typist, Goswell Road.

Holly, Typist and Shorthand-writer, Old Broad Street.

Mignonette, Teacher in high class private school, near Baldock, Herts.

Wild Rose, Photographic Retoucher, Manchester.

Heather, Hospital Nurse, Wakefield.

Christmas Rose, Nurse, Guildford.

Emily Archer, Edgeworthstown, E. Longford.

Water-Lily, Typist, Glasgow.

Pansy, Elementary Teacher, Nottingham.

Fuschia, in Fancy Needlework Factory, City Road.

Isabella S. Lyall, Teacher of the Blind, Arbroath, N.B.

Pansy, Postal and Telegraph Clerk, Liverpool.

Marsh Marigold, Teacher, Manchester.

RECIPES FOR THE MONTH.

EGG COOKERY.

EGGS are now cheaper and more plentiful, so we ought to make free use of them.

Fricassee Eggs make an excellent dish. Dissolve two ounces of butter in a stew-pan, then stir in a small tablespoonful of flour; boil six eggs for five minutes, remove their shells and cut them in halves; add them to the butter and with them a good spoonful of minced parsley, a pinch of aromatic herbs, some seasoning, and a grate of nutmeg. Shake well over the fire until the sauce is cooked, place the eggs in a dish, pour the sauce over and garnish with slices of lemon and tufts of parsley.

Eggs with Brown Gravy are another variation of the above, using the eggs in the same way, only making a good rich brown gravy, leaving the eggs uncut, and garnishing the dish with sippets of dry toast.

Baked Eggs.—Take a shallow fire-proof china dish, butter it thickly. Break into it, without damaging the yolks, as many eggs as it will conveniently hold without their overlapping each other. Drop a small pat of butter on the top of each and sprinkle salt and pepper over all. Set them in the oven for a few minutes; as soon as the butter frizzles and the whites are well "set," the eggs are done. Serve at once. Done this way eggs are much more digestible than when fried. Bring to table in the dish in which they were cooked.

Pancakes and Fritters.—Pancake Day will soon be with us. This institution is so faithfully observed that every cook finds it essential to be acquainted with the method of making King Alfred's favourite dish. There is nothing more wholesome than a well-made and light pancake, and few things are more simple in composition.

Pancakes.—According to the number of those who will partake, allow one large egg and a tablespoonful of flour with a quarter of a pint of milk per person. Separate the whites and yolks of the eggs and whisk them until very light. To the yolks add the number of spoonfuls of flour, a pinch of salt, and the milk by degrees, beating the batter until perfectly smooth; then lightly but thoroughly stir in the whites. Make the batter at least an hour before it is needed for frying, it will be all the lighter for so doing. A thin batter makes the lightest pancakes, therefore add more milk or a little water, if necessary. An iron frying-pan is the best to use, and lard is better than butter or dripping. Refined beef suet is excellent for frying purposes of all kinds. Let the fat be very hot—boiling, in fact, then pour in a small teacupful of batter, tilting the pan that it may run equally all over; as soon as the pancake is lightly browned on one side, turn it sharply over on to the other, using a thin broad-bladed knife for the purpose. Slip each pancake on

to a sheet of paper that is well sprinkled with castor sugar; roll them up and arrange neatly on a paper d'oyley. Keep very hot. Send oranges and lemons cut in halves to table with them, also more sugar.

Almost synonymous with pancakes are—

Fritters.—As the same batter makes them, only to the batter is added a little sugar, a few raisins or currants, or the grated rind of a fresh lemon, etc., to give flavour and character. A small pan should be used for frying these, and they should be folded over in half instead of rolling them.

Apple Fritters are differently treated, or, we should say, made. The apples are cored and pared, then sliced through; the slices are dipped into a batter that is made from the white of an egg beaten to a froth, two spoonfuls of salad oil, two of flour, and a little water. The batter must be rather thick. Drop the rings of apple into boiling lard, fry them very quickly to a crisp golden colour, sprinkle with sugar, and pile on a dish.

Oranges sliced make very nice fritters, and apricots and peaches cut in quarters also.

Any remaining batter after pancakes are made may receive the addition of a little fine oatmeal flour and a spoonful of barm, then it makes exceedingly nice flapjacks or oatcakes for tea.

Copper farthings were first issued in the reign of James I., in whose time there seems to have been great difficulty in carrying on the daily traffic for articles of little value in consequence of the want of coins of a small denomination, and tradesmen were driven to strike what were called farthing tokens. The King granted letters patent to Lord Harrington to make farthing tokens of copper, for which he was to be paid £20,000 in the course of three years. The new coin was circulated with difficulty, and it was utterly refused in some counties.

The Saxons had a silver coin of the value of the fourth part of a penny called a feorthing, the coinage of which was discontinued between the dates 1461 and 1483.

There has been a plentiful coinage of farthings during the last fifty or sixty years, much to the satisfaction of small purchasers.

It is our boast that every coin, whether of gold, silver or bronze, that is made in the Royal Mint on Tower Hill is as perfect as human integrity and ingenuity can make it, but if we were asked to prove this, could it be done? Certainly it could.

Have you ever asked yourselves what "the trial of the pyx" signified which year after year figures in the columns of our newspapers?

The object of the trial of the pyx is to satisfy the public that the coins issued during the preceding year from the Mint are accurate. This annual testing of the standard of gold and silver coins is a ceremony of very ancient institution. It is called the Trial of the Pyx,

from the pyx or chest in which the coins are kept that are to be examined.

From each bag of coin delivered to the Mint Office from the Operative Department one piece is taken out and put into a box called the pyx, and one piece from every ten bags is also placed in the pyx. Once every year these gold and silver pieces are tested as to weight and assay with great ceremony, the Goldsmiths' Company assisting the Masters of the Mint in the trial.

The trial took place this year on July 8th in the Board room of the Goldsmiths' Company. The *Times* speaks of it as "of great importance, because it affords a guarantee to the commercial world that our coinage is maintained to the highest pitch of purity and weight and is of great value to the officers of the Mint, showing that they have faithfully fulfilled the important functions intrusted to them."

It took place before the chief officers of the Mint, the clerk of the Goldsmiths' Company, the Superintendent of Weights and Measures of the Board of Trade, who had charge of all the delicate instruments used for weighing the gold and silver coins selected for the tests, some of which are capable of weighing to the ten-thousandth part of a grain, and before representatives of the Queen's Remembrancer and High Court of Justice.

The jurors were selected from the freemen of the Goldsmiths' Company, and their duties consisted first in counting all the coins in the pyx to ascertain that the number agreed with the Mint accounts.

Second, to select a number of the coins and submit them to searching tests as to weight and fineness, either individually or in the form of ingots into which some of them are cast.

These men were sworn* in at ten o'clock in the morning and gave in their verdict at half-past six in the evening. This was in all respects highly satisfactory to the public and very much to the credit of the Mint authorities.

The amount of gold coinage brought to trial on July 8th this year was £6,492,233, out of which 6,500 sovereigns and 2,761 half-sovereigns were placed in the pyx.

The amount of silver coined was £1,175,526, out of which were deposited in the pyx 292 crowns, 1,016 half-crowns, 1,222 florins, 2,245 shillings, 810 sixpences, 4 fourpences, 354 threepennypieces; and of Maundy money 4 twopences and 12 pennies, making a total of £459 5s. 6d. submitted for trial.

Thus you see that the way from the Mine to the Mint is in every respect honourable and satisfactory, and when once the precious metals are in the charge of the Mint everything is done not only to sustain and build up the credit of the Old Lady of Threadneedle Street, but to enable us to hold up our heads as English people with other nations in the matter of our coinage as in everything else.

* As a rule the Queen's Remembrancer administers the oath to the jury and presides over the proceedings.

WHAT TO COOK, AND HOW TO COOK IT.

AMONG fish that are especially good in February, we have whiting and skate. A very good way of cooking the first-named now that eggs are dear, and to be done without whenever possible, is to turn them round, the tail in the mouth, dip them in dissolved butter, lightly sprinkle with pepper and salt, strew them with pale raspings, put them in a baking-dish with a little butter, and bake in a quick oven for a quarter of an hour. They are also delicious, especially for an invalid, when boiled; for which, place them in a saucepan with hot water and a pinch of salt, or what is better—hot milk; let them simmer gently for five minutes, then serve with a creamy white sauce.

Skate improves with being kept for a day or two, and should always be skinned. It is best cut into fillets and simmered in a white sauce, then laid on a dish. A few fine bread-crumbs sprinkled over and grated Cheddar or Parmesan cheese. Slightly brown before a quick fire, and serve very hot. Or if boiled in water, then drained and served with black butter sauce, i.e., butter that has been allowed to frizzle until it turns colour and spruce sprigs of parsley thrown in—it is also very good. Skate is a somewhat cheap fish and often despised on that account, but there are few that better repay right treatment.

Our vegetables are still sufficiently numerous to give us a fair variety; peculiar to January however, is the mock oyster-plant or—

Salsify.—This, though a somewhat troublesome vegetable to prepare, is most delicious when fried or scalloped. For frying it must be previously boiled until tender, then cut into inch lengths, dipped in a batter, rolled in raspings, and fried in boiling fat. A dish of these, garnished with parsley, finds acceptance on the supper or luncheon table. (Of course the salsify is scraped before boiling.)

Scalloped Salsify.—Boil the roots after scraping and washing in salted water until

tender, then drain and crush them in a colander to a paste. To the paste add a few fine bread-crumbs, a little butter, some pepper, a pinch of celery, salt and the yolk of an egg. Butter some scallop-shells, sprinkle with crumbs, fill with the mixture, sprinkle more crumbs over, and a pat of butter, then bake in a quick oven until the surface is brightly browned.

Some salsify, when scraped and cut into inch lengths is a delicious addition to a stew of mutton or veal.

Cooked celery is a winter vegetable we should profit by, as it is most wholesome and good. Boil it until tender in sufficient water to cover it, after which stir in a little thick white sauce, a spoonful of cream, and season rather highly.

Here is a Dutch way of cooking carrots. Take long well-shaped carrots, split them lengthwise into thin strips and cut across in short lengths. To a vegetable dish full of carrots add one medium-sized onion cut small. Place the vegetable in a saucepan with a good-sized piece of beef dripping or butter, and pepper, salt and half a teacupful of water. Stew until thoroughly tender. Turn out into a vegetable dish when ready for the table.

Brussels-Sprouts if drained when partly boiled, then laid in a stewpan with several little dabs of butter and a sprinkling of salt and pepper, then stewed until quite tender through, are very much nicer than when plainly boiled.

Chestnuts in Brown Sauce make another good winter vegetable dish. Boil the nuts until the husks begin to crack, then throw them into cold water; peel them, removing the brown skin also. Make a little thick brown sauce with stock, a spoonful of soy and potato flour to thicken; season rather highly and make very hot, letting the chestnuts

simmer for a few minutes in the sauce, then pour into a vegetable dish.

Leeks are very good and large this season, and—

Leek Soup is both stimulating and invigorating. Into an iron saucepan put a piece of good beef dripping, when it is hot add to it a bunch of leeks cut up small. Cover the saucepan and stew—stirring occasionally—until the leeks are tender and nicely brown. Dust a little flour over them, pepper and salt them liberally and add a grate of nutmeg. In a stewpan put a pint and a half of water (cold), and add to it a slice of white bread an inch thick, cut into dice and without crust. Boil this, then add the leeks to it and simmer all together until wanted.

Stewed Figs are excellent; the best figs cost but sixpence a pound, and they are by far the best for cooking purposes as well as for dessert. Separate them and place in a stewpan with sufficient water to well cover them; let them stew in a corner of the oven for a couple of hours at a gentle heat. When cold, and with the addition of a little cream, these make a splendid *compôte* for the dinner or nursery table.

A Rice Sweet to eat with stewed figs or prunes. Simmer a quarter of a pound of rice in sufficient milk to well cover it until all the milk is absorbed and the rice is dry and flaky. Whilst it is cooking take a pinch of saffron and stir it into the rice, to which it will give a beautiful golden colour. Add a spoonful or more of golden syrup to sweeten it, then pour on to small plates and sift more sugar over.

Quaker Oats, if boiled as directed on the wrappers, and then poured into scallop-shells or little tin moulds previously wetted with cold water, and turned out after a few minutes, make an excellent nursery sweet to go with baked apples or stewed fruits.

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WHAT TO COOK, AND HOW TO COOK IT IN APRIL.

ALTHOUGH we are fairly in spring now, and are looking forward to the plenty of summer, this is one of the most difficult, if not the most difficult month, of the whole year in which to provide for our tables. Townspeople have a better chance than country dwellers, as a good many *primeurs*, or "early forced" things are on the markets; still for economical purses even these are not available.

Perhaps the best things we have just now, and the most wholesome, are *Salads*. Those who have frames out of doors will have an abundance of small salad ready, and the hardy lettuces that have stood the winter will have well-formed hearts by this time. Then *Mint* is sprouting; London shops have given us pot-grown mint since February, but it was only purchasable by the well-to-do.

Someone has facetiously declared lamb to be "the proper accompaniment to mint-sauce," and truthfully too in the minds of many people, for the lamb loses half its flavour when its particular sauce is absent.

Mint reminds us that *Chervil* and *Fennel* are also with us now, likewise *Chives*. All these are important and essential to salad and soup-making.

Salads have been written upon so frequently in these pages it is scarcely necessary for a further mention of them to be given, only I would urge those housekeepers who are sometimes at a loss for making a variety in the way of sweets and puddings to try the American fashion of substituting a salad instead. For instance we may have a bowl of salad—endive, chicory, or crisp lettuce, well-flavoured with pot-herbs, garnished with hard-boiled egg, etc., and nicely dressed, served with a cream cheese, brown bread-and-butter, and biscuits. This makes a pleasant and wholesome variation, especially if it follows after a substantial joint.

Freshwater fish come in this month, and country dwellers are often very glad to make use of them. We must remember that all freshwater fish are more or less apt to have a muddy flavour, therefore much washing and sometimes a steeping in salted water becomes necessary. Lemons cut in quarters or slices should accompany this fish.

Perhaps the nicest way of cooking all the smaller kinds is to coat them with beaten egg and bread-crumbs, to sprinkle them with salt and pepper, and to fry them in plenty of boiling fat until crisp and brown. The commonest little river fish become palatable when treated thus.

Tench comes next to *Carp* in point of size and importance among freshwater fish; the latter is rare, but the former not so much so. Tench is an example where much washing is required, as being a pond rather than a river fish it has a strong muddy flavour. When nicely dressed it is, however, much liked, and is both good and substantial.

It is perhaps best when baked in the oven; for this it should be well rubbed with lemon-juice and lie so for an hour or more, then be placed in a dripping-tin with two or three shalots or small onions, a good tablespoonful of parsley, some salt and pepper, a liberal sprinkling of bread-crumbs, and several pats of butter—not dripping. Bake for nearly an hour, shielding with buttered paper if the oven is fierce. Serve as it is. A nice sauce to serve with tench is some good melted butter to which chopped gherkins have been added.

We now have *Mackerel* in perfection, also

Herrings. These sea fish are at their best for flavour before the roe is formed, although many people think the contrary.

Mackerel is one of the most beautiful fish, and one that spoils the most readily, therefore perfect freshness must be insisted upon.

There are three sauces *par excellence* for *Boiled Mackerel*, they are—

Fennel Sauce, for which a few sprigs of fennel should be taken and just steeped in boiling water, then chopped. Stir this into sufficient good melted butter.

Parsley Sauce, the chopped parsley being stirred into the melted butter, then boiled for a moment, and

Gooseberry Sauce; this last we cannot of course avail ourselves of until June is upon us. But it makes a most delicious accompaniment to boiled mackerel, roast duck, etc., and to make it about a pint of picked gooseberries are stewed with a very little water, then they are rubbed through a colander, and just sufficient sugar added to take away the excessive sharpness, but not to make the sauce sweet.

Broiled Herrings are delicious. They should be split open, laid flat, and the bones removed, then sprinkled with pepper and salt and placed on the grid. Broil them quickly first on one side then on the other, lay on a hot dish, and pour over them this sauce: an ounce of butter dissolved, a teaspoonful of vinegar, a table-spoonful of parsley, and pinch of salt and pepper.

We have *Cucumbers* now in the market; they are not cheap, yet not excessively dear either—we may obtain a large one for sixpence, sufficient to make a nice vegetable dish.

Pare the cucumber somewhat thinly, leaving very fine strips of green rind on, cut through and across into pieces an inch or so long and as thick as two fingers; boil these in salted water until they are just tender, then drain. Make a little white sauce—it should be just as thick as cream and nicely flavoured. Put in the cucumber to become hot through and then pour into a vegetable dish.

Another thing which we have, or ought to have with us, is *Sorrel*—most valuable to us from a hygienic point of view, and making a very welcome change. It is a wonder we do not grow it in our gardens more frequently than we do, as it gives no trouble in its cultivation, and once it is sown comes up year after year.

Sorrel Soup is perhaps the best way of making use of it, although we may make a *purée* also, just like spinach. For the soup take two or three handfuls of picked and washed sorrel-leaves, chop them rather small, a few spring onions also, and frizzle or stew these in butter until quite tender and cooked. In another stewpan put to boil a pint and a half (or more if required) of water; when it boils throw in a slice of white bread (a large slice) freed from crust and cut small. Then add the sorrel, etc., and simmer all well together for upwards of an hour, but do not let it boil hard. Stir through a colander, rubbing well in order not to waste anything; season well and add the beaten yolks of two eggs. The eggs correct the acidity of the sorrel, and also slightly thicken the soup.

Lobsters, which are in season from the beginning of April until the end of October, come to take the place of oysters, and when eaten in moderation they are not unwholesome.

Lobster Soup.—Pick the meat from a freshly-boiled lobster and set it aside on a plate. Melt two ounces of butter and put with it a small onion, a stick or two of celery, or pinch of celery-seed, a piece of lemon rind and a few sprigs of herbs. Let these frizzle a few minutes, then stir in enough flour to absorb the butter, and add by degrees a pint and a half of clear unflavoured stock (failing the stock use milk instead). Bruise the shell of the lobster and add it also. Boil this up well, stirring all the time, then strain through a colander, and add a quarter of a pint of cream, the picked flesh of the lobster, the bruised spawn and sufficient pepper and salt to taste. Make hot and serve at once.

Lobster Salad is a favourite dish. When making it we must be careful that the lobster is perfectly sweet and fresh, also that the lettuces are both crisp and dry.

Place a layer of lettuce hearts in the bottom of the salad-bowl, then a layer of the picked flesh of the lobster, also a few thin slices of cucumber. Pour a little of the salad dressing over these, then place more lettuces, more lobster, etc., until the bowl is filled. Pour on the remainder of the dressing, then ornament the surface with strips of the whites of two or three hard-boiled eggs, the yolks to be rubbed through a hair-sieve, also the coral of the lobster. Sprinkle these latter upon the surface of the salad. Ornament round the edge by a fringe of mustard-and-cress.

The mention of mustard-and-cress reminds me of two or three delicious little savouries with which we may conclude dinner after the American fashion, or which will come in usefully for afternoon tea.

A stale French roll cut into rounds half an inch thick, then fried on one side only in butter. Spread the slices (on the upper side) with a layer of *Salmon paste*, or the delicious preparation known as *Luxette*, to be bought of most large grocers. Place a round of hard-boiled egg on this, then some picked mustard-and-cress.

Also this savoury: Cut some slices from a Hovis loaf, butter them liberally, then sprinkle thickly with grated cheese. Pepper with cayenne if liked, and a pinch of salt; put picked mustard-and-cress on one slice, place another over it, and cut sharply into small squares.

Here are some delicious biscuits for afternoon tea—

Queen Biscuits.—Beat the whites and yolks separately of six eggs; mix together half a pound of flour and four ounces of castor sugar, with a teaspoonful of crushed coriander (not caraway) seeds. Make into a rather soft paste with the yolks first then the whites of egg; roll out on a board that is sprinkled with castor sugar instead of flour. Bake on buttered paper in a moderate oven to a pale brown.

Queen Cakes.—Beat four ounces of butter and the same quantity of castor sugar together; add a few drops of almond essence and the yolks of two eggs, a few currants if liked. Then lightly beat in two ounces of self-raising flour and two ounces of rice-flour. Pour into small fancy tins, previously buttered, and bake for a few minutes in a quick oven.

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acquire a veneer of polish," sneered Leonora de Smythe.

Beatrice was silent, and, with an uncomfortable laugh, Charlie Vereker asked—

"Serving in a grocer's shop must be awful fun, isn't it?"

"Imagine you weighing sugar and snuff for old women! Oh, Charlie, it is too unutterable!" laughed Clarissa.

"I assure you I should make a jolly grocer. I could nip currants and sand sugar with the best of them," said Charlie.

Unseen by all save Beatrice, a white-haired gentleman had drawn near. He looked at the group curiously, and then, stepping behind a clump of trees, listened to the conversation. More than mere curiosity prompted the action, and, as he heard the remarks of the young fellow a dull red slowly spread over his features. Stepping forward, he asked in stern tones—

"What is this about nipping currants and sanding sugar?"

A dismayed silence fell upon the group, but Beatrice rose to her feet, and, in clear distinct tones answered—

"Sir, my father is a tradesman, some people call him a merchant, while others call him a grocer; it matters not to me. I am proud of him. The remarks that you overheard were uttered at my expense, and, if you are a father, sir, you will understand that the sacred feelings of a daughter can be outraged until that daughter can be silent no longer."

With a bow to the white-haired stranger,

Beatrice turned on her heel and walked away.

There was an awful silence. Then Colonel Vereker, for he it was, broke it by saying—

"Yes, I am a father, and I was never more ashamed of the fact. Charles, how dare you insult this young lady?"

"She is not a young lady; she is merely a common girl, and we were having a little fun at her expense," coaxed Clarissa Greville, with her most insinuating smile.

"Her father is a Socialist as well as a grocer, and you know, Colonel Vereker, we cannot associate with such people," ventured Leonora de Smythe.

"You are a pack of vulgar little snobs!" exclaimed the Colonel irately. "And as for you, young man," turning to his son, "I command you to go home this instant, and if ever I catch you insulting a girl again, I'll horse-whip you! I thought I had trained you to be a gentleman, but I see that you are a cad!"

There was a murmur of dismay from the girls, but to Charlie's honour, be it said, he sprang to his feet and exclaimed—

"My father is right; as soon as I have an opportunity I shall apologise to Miss Merle," and, dashing across the lawn, he disappeared among the trees.

When Beatrice left her tormentors, she made her way to the sheltered nook where Miss Annie was dispensing tea.

"Can I speak to you alone?" she asked in a low voice.

"Have you been annoyed?" returned Miss Annie, looking into the girl's pale face.

"I will tell you if you will give me a moment's conversation."

"Have a cup of tea first?"

"Thank you;" and, seating herself under the trees, Beatrice gulped down some half-cold tea.

"Now I am at liberty. Miss Hildred will relieve me for a little time. Shall we ramble through the plantation?"

"Yes, anywhere away from the people?"

"My child, what is amiss?"

For answer Beatrice related the incident before described. When she concluded, Miss Annie asked—

"Did the white-haired gentleman possess a military bearing?"

"Yes, I fancy he is an officer."

"Then he is Charlie Vereker's father."

"Oh, you don't say so!" exclaimed Beatrice in dismay. "I acted on the impulse of the moment. I never intended to make serious mischief. But really, Miss Annie, sometimes I think I shall break down and run away home."

"Courage, my child! You are under discipline, and if you are patient you will be stronger for it. The oak on the mountain side gains strength from the storm as well as the sunshine."

"I am afraid I am a sad coward, Miss Annie. You seem so patient under difficulties."

"I have a Friend, Beatrice, to whom I can turn under all circumstances. Now, dear, shall we return?"

(To be continued.)

COOKING IN MAY.



THE very mention of May and June brings to our thoughts bright sunshine, open windows, and a table that is appetising only to look at, not alone because it is gay with flowers, but because we know that salmon and

trout, lamb, asparagus, green peas and gooseberries are almost sure to find a place upon it. Then, too, we have cream and butter that taste so rich and sweet, for the cows are all out in the lush meadows; besides cream we have curds, junkets and syllabubs; we have buttermilk-scones, too, oh, and a host of other pleasant things that go with May and June days in the country! But can town-dwellers hope to share in them? Why, assuredly, for does not the best of everything find its way into town? The early potatoes, the first gooseberries, the first asparagus—all these are ready for the townsfolk long before country people dare to venture on their gathering.

Now let us see if we cannot get together a few dishes that shall make ideal faring for these bright days.

Supposing that some kind friend has sent us a couple of *Trout*, or we have been tempted to buy them—how shall we cook them? First empty and cleanse them, then dry them, leaving the heads on; butter a fire-proof china dish, lay the trout on it, sprinkle them with salt and pepper, also chopped green

parsley; lay small pats of butter on the top and squeeze a little lemon-juice over; then bake them in the oven for about twenty minutes. They are a delicate fish and should not be too much cooked. The angler's favourite mode is to split the trout open, lay them on a buttered gridiron and broil them lightly over the red coals, laying small pats of butter on each one; this mode has much to recommend it too.

Here is a delicious way of serving *Salmon* when we cannot afford to purchase a large piece. Take two or three slices from the thick part of the tail, the slices to be nearly an inch in thickness; lay them in a shallow stew-pan, with water enough to well cover, and simmer them until tender through, but do not let them break. Lift the slices out and drain them on a plate; let them become cold. In the meantime prepare a mayonnaise sauce by beating the yolks of two eggs, adding a spoonful of salad oil to them, half a teaspoonful of made mustard, as much salt and pepper mixed, and the juice of half a lemon. Whisk these well for three or four minutes. Chop a few sprigs of fennel or parsley quite finely, then arrange the slices of salmon on a white china dish; spread them evenly with the mayonnaise sauce, but do not let it run over the edges; then sprinkle the chopped green over the surface and garnish with a double ring of sliced cucumber, dredging a little celery salt over the latter.

From the remains of some cold-boiled *Salmon* some very delicious *Breakfast Culetts* may be made, by flaking the fish and mixing with it an equal quantity of fine breadcrumbs, a spoonful of chopped parsley, sufficient seasoning, and using the remainder of the sauce which went with the salmon when it was hot to mix the ingredients together. Shape them into very small culetts, have a beaten egg on a plate, coat each cutlet with

it and cover with bread raspings. Fry them in boiling fat, first on one side, then on the other; arrange them on a fancy paper and garnish with fried parsley. A little piece of macaroni should be inserted in the end of each cutlet to represent bone.

The most economical way of buying *Lamb* is by the quarter, and even for a very small party this is still the best, as so many dishes can be made from it. Say that we have a fore-quarter to deal with; the shoulder we, of course, reserve for roasting whole, as either hot or cold that is equally good, especially if a salad of fresh lettuces and spring onions, also mint sauce, goes with it. Then we may take cutlets from the best end of the neck; the breast, if gently stewed until the bones will slip out, then well-seasoned and pressed into a mould, will make an excellent luncheon or supper-dish for eating cold; and the leaner parts of the neck make an excellent pie. A bay-leaf, a few sprigs of mint, and one or two spring onions should be used to flavour the pie.

It always seems something of a shame to see *Asparagus* served plainly boiled as an accompaniment to roast meat. It makes such a dainty dish by itself. When cooked until tender, then well drained, laid in cross bars (the hard part cut away) on buttered toast and a little creamy *sauce poulet* placed on the top, it becomes worth ever so much more. For the sauce dissolve two ounces of butter in a saucepan, work into them an ounce of flour, half a teaspoonful of mixed pepper and salt, and the yolk of an egg, then sufficient milk to make a quarter of a pint of sauce. Mix well, then stir over the fire until it boils.

The French always serve asparagus as a separate course, and the sauce is sent round in a tureen; very generally this sauce is pure dissolved butter, but a thickened sauce is better.

with dark sea-weed, and the green downs above. She could almost fancy she heard the beautiful sound which the waves made as they fell upon the beach. Then the sound of a firm, steady step on the other side of the street, a step with something unusual about it and strangely unlike the uncertain shuffling tread of those who generally passed that way, roused her from her vision and made her look round.

A gentleman was walking down the street and gazing about him with curious, observant eyes. He was a man between thirty and forty years of age, with dark hair and beard, an earnest, thoughtful face and very kindly though keen eyes. They fell now on the girl, whose head and shoulders were leaning forward from the shadowed doorway, making a picture which relieved the gloomy line of houses and delighted him with its unexpected beauty and grace. His face lit up with pleasure and surprise. Involuntarily he slackened his pace, and all but stood still when he came opposite to Mirabel, while the eyes that met hers expressed such frank admiration, that the girl coloured and shrank back in confusion as she read their glance.

Ashamed of himself, for he was a true gentleman, Bruce Collier walked on; but when he reached the end of the street, the desire to see again the face that had struck him as so beautiful proved irresistible, and he came back, walking now upon the opposite pavement.

Bruce Collier may be forgiven for lingering. He was obeying no mere idle or selfish impulse. He was a painter, and his thoughts were busy with the conception of a picture he wanted to paint. He was hindered in his work for lack of a satisfactory model for the figure in his picture. It was a woman's face and form that he wanted; but he could find none that at all approached the ideal conceived by his imagination. Baffled and baulked by this difficulty, he had been unable to proceed with his work, and he had spent the whole of that day in wandering about London in the hope of coming across a face that should inspire his fancy. His search had been without result. Tired and disappointed he had somehow missed his way as he turned homewards, and wandered into one of those low, squalid districts that lie so near to the fashionable streets and squares. And lo, here, where he could never have expected to find beauty, and where he had ceased to seek for it, he had suddenly come upon the lovely face of which he had dreamed.

But he prepared himself for disappointment as he went back, determined to get another and closer view of the girl, whose appearance had so struck him.

"The features will prove coarse, no doubt," he thought; "and possibly powder and paint will disclose themselves to a keener scrutiny."

Mirabel was still in the doorway as he drew near. It was a sweet, guileless

face that was turned towards him, and frank, childlike eyes that met his. He spoke quickly, fearing lest she should turn away ere he had taken a good look at her.

"Excuse me: Is this Providence Street?"

"Yes, sir."

"Let me see; how do the numbers run. This is—"

"Forty-eight, sir."

"Ah, yes. Thank you. Is this street far from the Addison Road?"

"Oh, no, sir. You could walk there in ten minutes. You turn to the right at the bottom of this street, and then take the first turning to the left, and keep straight on till you come to the main road; then Addison Road is close by."

"Thank you very much. I cannot miss it now. Good evening."

"Good evening, sir."

"She is more beautiful than I could have imagined," he said to himself, as he went on his way, "and a good and modest girl too. Now how can I find out if she would be willing that I should paint her?"

For there had been a quiet, innate dignity in the girl's bearing that had withheld him from rashly proposing that she should sit as his model.

"He is a gentleman," was Mirabel's reflection, as she watched him walk down the street. And then came the thought, "I wonder if my father was such a man as that?"

(To be continued.)

COOKERY IN MAY.

IN some parts of the English Midlands there is a custom of making *Gooseberry Pork Pies* in the season of berries; very good too, are these pies—so-called "pork," because the crust and the shape are identical with the pie of Christmas-time.

Raised pie-crust is moulded into the regulation form, then in place of meat are put gooseberries, picked and washed, and sufficient moist sugar to make the pies fairly sweet is added, a covering crust put on, the edge crimped, the top ornamented, and the pie is set on a baking sheet ready to be consigned to the oven. A baker's oven is the best for these, and they require a full hour's baking.

Gooseberry Charlotte makes another variety. Use small gooseberries rather than large ones, "top and tail" them and wash them well. Butter a plain round mould, sprinkle it with brown sugar. Fit strips of buttered bread, free from crust, so as to line the bottom and sides leaving no spaces between; the bread should not be more than a quarter of an inch thick. Fill up the mould with the gooseberries (leaving them wet), sprinkle sugar freely among them. Cover with more strips of bread, placing little dabs of butter about, then a buttered paper over all and bake in a moderate oven until the crust is crisp, and the berries thoroughly cooked. Let it stand a moment or two, then slip a knife round the sides and turn out on to a dish, pouring cream or custard over it.

Stewed gooseberries if rubbed through a sieve, the pulp sweetened and poured into custard glasses with whipped cream piled

lightly on the top, and sweet biscuits served with them make a pretty sweet.

For *Butter-milk Scones* we require a little good bicarbonate of soda to be briskly stirred into the milk before we mix it with the flour. The milk should have stood long enough to have become loppered or a little sour, and the soda added to it then will cause it to make a rich froth. Rub a little salt into the flour, a little sugar if you like, and mix to a rather stiff dough with the milk. Roll out lightly to an inch thick, cut sharply into triangles, prick them with a fork, and lay them either on a greased baking-sheet to bake in the oven or on a hot girdle-plate; if the latter is used, make the scones not quite so thick and turn them frequently. Serve them hot, or re-heat them as required.

A pinch of borax will prevent milk from turning sour, yet sour milk and cream makes such delicious cakes, one is almost glad to have a little "turn" occasionally. It is well to have a stone jar into which all the drops that, having been left in jugs and gone sour, may be put, so that when a sufficient amount is collected, a cake may be made.

A *Plain Seed Cake*, to cut in slices like bread-and-butter, is always liked. To make it whisk half a teaspoonful of carbonate of soda into half a pint of soured milk until the latter is light. Into a pound of flour rub two ounces of salt butter, half an ounce of bruised caraway seeds, a pinch of grated nutmeg, and three ounces of moist sugar; if you are afraid to rely upon the soda add half a teaspoonful of baking powder to the flour. Mix the dry ingredients first, then make into a dough with

the milk; place this in a buttered cake-tin and bake in an oven that is not too hot. Let the cake be well baked, and when cold wrap it in a cloth and keep until the following day before cutting. This is cheap, wholesome and easy to make.

There are few things more delicious than

Curd Cheesecakes.—Take a piece of curd, well drained from whey, beat it with a fork and add to it two well-whisked eggs, two large spoonfuls of sugar, half a saltspoonful of salt, as much spice, and a little rind of fresh lemon grated; whisk all together, then add a little milk or cream if the mixture is too stiff. Line a shallow pie-dish with good short pastry, crimp the edges, then three parts fill it with the curd mixture, and bake well (quite three-quarters of an hour). This should be eaten cold. Or small cheesecakes may be made if preferred.

The preparation called *Florador* makes such deliciously light puddings and cheesecakes, that I should like to call my readers' attention to it. It is put up in packets of three qualities, fine, medium and coarse. The medium quality is the best for most ordinary purposes.

For a *Soufflée Pudding* boil two ounces of medium Florador in a pint of milk for three or four minutes; add to it two ounces of castor sugar and one ounce of butter: take off the fire, and when cool stir in the beaten yolks of two eggs, a few drops of essence of lemon and then the whisked whites of the eggs. Pour into a buttered pie-dish and bake for a quarter of an hour. Serve as soon as done, with jelly or cream.

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to make friends with Mrs. Simpson's niece when she was out with the children; but her aunt saw us through the window, and the next time we met she seemed afraid to speak, and only gave the most shame-faced little bow. I shouldn't mind if I might pet the children; but I don't like to do that when the parents stand aloof, and the youngest boy is so pretty, just like our little Cecil;" and the dark eyes filled with tears at the mention of the one child who had come to gladden their home for a while and then gone above.

"Never mind, darling," replied Mr. Gilbert. "Our exile will soon be over, for I am feeling nearly myself again, and maybe the quiet has really been the best for both of us. I know I have enjoyed it like another honeymoon, much as we have missed our boy. By-the-way, when is Herstleigh coming to the Hall?"

"For partridge-shooting," answered the wife. "He may be here any day now, and then we are to visit him for a time. Where are you going this afternoon, Cecil?"

"To town to fetch the letters, my dear. What shall you do meanwhile?"

"Go for a quiet stroll by the brook with myself as companion," replied Mrs. Gilbert, smiling. "But make haste back, Cecil. I have a strange foreboding that something will happen."

"Nonsense, little wife. You must not be fanciful. I shall be glad when I get you nearer a doctor, though," he added, looking anxiously at her.

"Cecil!" in affected horror. "And Dr. Drake close at hand."

"A fussy old woman," was the retort, spoken with the contempt of a town man for a village practitioner; and at this point the young couple separated.

The brook which ran through Rushleigh was a great attraction to the villagers, and under its shady willows many a party on a summer evening enjoyed an impromptu picnic. During Mrs. Gilbert's walk she passed several of these merry groups enjoying the cool breeze, the last, some distance from both the village and the rest of the people, consisting of three children whom she recognised as Mrs. Simpson's. If she dare join them. If at least she had a companion in her walk. She was feeling her isolation so keenly just now, when her uncertain health made a lady friend so desirable. She stood and watched the little ones for a few moments, and then, wondering that they should be left in such a dangerous spot, for the bank at this point was very steep, inquired of the eldest child, a girl of about eight, "Are you alone, my dear?"

"Only for a minute," was the reply. "Mother took Ethel back to fetch some tea, and told me to look after the others."

Bobby," pointing to the baby boy Mrs. Gilbert had noticed as like her lost darling, "thinks he is fishing."

"Is he not rather near the edge?" said the lady; and, even as she spoke, the child stooped to reach a stick, and in an instant was struggling in the water. "Run—call for help!" cried Mrs. Gilbert, as, without a pause, she jumped into the brook, with one hand clinging to an overhanging willow branch and with the other seizing the boy.

The other children ran shrieking down the meadow, but no one noticed them at first, and the lady, feeling her strength failing, raised her voice in a despairing cry.

"Help, help!" rang through the still air, and attracted the attention of a horseman passing down the road, who instantly jumped the fence and galloped at full speed to the spot. He was but just in time, for, even as he flung himself from the saddle, the brave woman's grasp relaxed, and she and the child disappeared from view, to be however promptly rescued by the new arrival, who had scarcely laid them on the bank, when a number of people came hurrying up, among them Mrs. Simpson and Ethel Ashton. The almost frantic mother at once pounced upon her boy, who, more frightened than hurt, no sooner got rid of the water he had swallowed, than he set up a loud roar.

"My lamb, my precious one!" exclaimed Mrs. Simpson, pressing him to her breast. "Oh, Lord Herstleigh," as she recognised in the child's preserver the young owner of Rushleigh and the next village, "you saved him! How can I thank you?"

"I could have done nothing for your boy, madam, if my sister, Mrs. Gilbert, had not held him till I came," replied the gentleman from his kneeling position by the still unconscious lady. "But she ought to be at home; will some of you help me to carry her?"

A dozen coats were off in an instant, and, wrapping the drenched form in some, and making a litter of others, the sad procession started. Mrs. Simpson's thoughts as she gazed alternately on that still white face and the rosy boy she bore, being anything but enviable. As they approached the cottage she put her burden into Ethel Ashton's arms with a brief—

"He's all right; take care of him and the rest." Then, turning to Lord Herstleigh, she said imploringly, "I had a hospital training before I was married, and am certificated. Let me nurse her; you would if you knew all."

"Indeed, I shall be most thankful for your help," was the simple reply. "But where is Mr. Gilbert?"

"I saw him walking towards the town more

than an hour ago, my lord," answered a voice from the crowd. "Ought some one to go and meet him?"

"I think not: only watch that he is not told before he reaches home," answered Lord Herstleigh courteously, and several started to obey him.

Then into the little home she had so recently left they bore Mrs. Gilbert's still unconscious form, and a battle for life began, every inch of the way being contested by the doctor and Mrs. Simpson, whom no persuasion could induce to leave the room where the woman whom she had slandered and slighted, and who had saved the child she loved as the apple of her eye, lay, to all appearance, dying.

The short summer night wore away, day dawned, rose into noon, and waned again towards evening, when Cecil Gilbert, wandering restlessly outside, heard the low wail of an infant, and almost immediately Mrs. Simpson's wearied face appeared at the door.

"A tiny boy—all well; you shall come as soon as possible," was all she said; but it was more than enough to bow the young husband's head in devout thanksgiving. And when an hour later he was admitted for "just a peep," he was silent from emotion.

"Another boy; call him Cecil Robert Herstleigh," whispered the pale little mother, and then Mr. Gilbert was unceremoniously turned out, for the patient was still in a critical state, absolute quiet being enjoined.

The professional nurse, who had been hastily summoned, could not arrive before the following morning, so a second night Mrs. Simpson kept watch in the sick-room, and during its long silent hours she saw her gossiping tendency in its true light, and there made a firm resolve, by God's help, to conquer it. A painful duty, however, lay before her, when, on being relieved of her self-imposed charge, she sought Mr. Gilbert, and, with burning cheeks and much stammering, explained to him how the misunderstanding had taken place, and why they, viz., he and his wife, had been so pointedly "sent to Coventry."

"A public-house keeper, was I?" exclaimed the young man, suppressing, with much difficulty, his smile of amusement. "A public school-keeper would be more correct, for I am second master at M—, and this long holiday has been for my health. But pray distress yourself no longer about that little mistake. All's well that ends well. We have both much to be thankful for, and you have won my undying gratitude for all you have done for my dear wife and son. Only," he concluded, "since all gossip does not end so well, I am glad we have learned to guard our tongues, and to strive more for that charity which not only speaketh, but thinketh no evil."

RECIPES FOR JUNE.

Green Pea Soup.—Fresh peas will be at hand shortly, and our soup will be very excellent when made from them. Put a few sprigs of fresh herbs, some young carrots, several young onions, and a small piece of unsmoked bacon with the peas, and sufficient water to make the requisite quantity of soup. When thoroughly cooked (in about two hours' time), rub all through a strainer except the bacon, which can be removed to a plate for other use. Season well, and stir in a large teaspoonful of cornflour wetted with milk. Return to the pan and boil again. A tablespoonful of cream will be an addition just before serving.

Stuffing for Roasted Duck.—The usual potato or sage and onions stuffing is scarcely

available or suitable in the summer-time; instead, we may substitute a well-seasoned forcemeat made by mincing finely a quarter of a pound of lean ham or bacon (cooked), and adding to that its equal quantity of bread-crumbs, with a tablespoonful of parsley, minced onions, herbs of different kinds, and plenty of seasoning. Bind all together with two beaten eggs and stuff the body of the bird with this. Green peas, French beans, or boiled vegetable marrows, are the correct accompaniments to roasted duck.

Green Gooseberry Jelly.—The small hairy gooseberries are the best for jelly-making purposes. Put them into the preserving-pan with a little water to prevent burning at the

bottom. The berries need not be picked. Boil them until they are almost a pulp, when pour into a coarse strainer first and afterwards through a flannel bag. Weigh the juice and return it to the preserving pan, allowing one pound of sugar to every pound or pint of liquid. While the juice is heating place the sugar on trays in the oven to become hot also; if it melts a little it will do no harm. As soon as the juice boils drop the sugar into it, and continue boiling for exactly twenty minutes, stirring occasionally. Pour off into glass jars which have been made quite hot also, then set aside to cool. If carefully followed these directions will be found to produce a jelly that will "jell" before it is cold.

ABSENT-MINDED.—The well-known Archbishop Trench was very absent-minded. Dining at home one evening he found fault with the flavour of the soup. Next evening he dined out at a large dinner-party. Forgetting for the moment that he was not in his own house but a guest, he observed across the table to Mrs. Trench, "This soup, my dear, is again a failure."

CULTIVATE TACT.

Tact is different from unselfishness, for there are persons who, if necessary, would bestow all their goods to feed the poor, and even give their bodies to be burned on the altar of self-sacrifice who yet inflict the keenest wounds by their lack of tact.

A beautiful answer was once given to a young girl who asked how she could cultivate this charm of character.

"Look at everything through kind eyes," was the reply.

The effort to look with kindlier eyes will temper the speech and soften the judgment and lead us insensibly to call on those with whom we come in contact for their highest and best.

ALL THERE IS.

Bank clerk: "This cheque, madam, isn't filled in."

Madam: "Isn't what?"

Bank clerk: "It has your husband's name signed to it, but it does not state how much money you want."

Madam: "Oh, is that it. Well, I'll take all there is."

DUTY.—"I submit that duty is a power which riseth with us in the morning and goes to rest with us at night. It is co-extensive with the action of our intelligence. It is the shadow which cleaves to us wherever we go and which only leaves us when we leave the light of life."—*W. E. Gladstone.*

THE WOMEN OF JAPAN.

The Japanese women as a rule are small in stature. Their average height has been given as four feet three inches; and though they hardly appear quite so tiny as that, it is not unlikely that they are really smaller than they seem, because in so many instances they are raised two or three inches from the ground by their remarkable clogs and pattens.

The ordinary dress of the fair ones in Japan is too familiar to need description. In the usual Japanese costume the outer garment is commonly known as a Kimono. Underneath, a somewhat similar article of apparel, made of red crape, is worn by young people of the fair sex. The custom of laying aside this under garment after marriage has given rise to a rather bitter proverb, expressive of the contrast between the ardent lover and the cold, unappreciative husband, "Love leaves with the red petticoat."

HIS TACT SAVED HIM.

"Oh," she said, "your conduct is enough to make an angel weep!"

"I don't see you shedding any tears," he replied, and his tact saved the day.

CHEER UP!—When we meet with what appears a misfortune it is a mistake to be downcast. It is impossible for us to know what are calamities and what are blessings. How many accidents have passed for misfortunes which have turned to the welfare and prosperity of the persons to whose lot they have fallen. How many disappointments have, in the long run, saved people from ruin.

THE HAPPIEST HEART.

"Who drives the horses of the sun
Shall lord it but a day;
Better the lowly deed were done,
And kept the humble way.
The rust will find the sword of fame;
The dust will hide the crown;
Aye, none shall nail so high his name
Time will not tear it down.
The happiest heart that ever beat
Was in some quiet breast
That found the common daylight sweet
And left to Heaven the rest."

J. V. Cheney.

WHY THEY QUARRELLED.

Maud: "What is the trouble between Alice and Kate?"

Ethel: "Why, you see, Alice asked Kate to tell her just what she thought of her."

Maud: "Yes?"

Ethel: "Kate told her."

ENEMIES HELP US.—Many a woman owes her success in life to the hisses of her enemies rather than to the praises of her friends.

SEASONABLE FARE.

Clear Julienne Soup.—Some clear stock, freed from fat and well-strained, should be at hand in readiness, but this stock may be made from bones and trimmings. One carrot, cut into long thin strips, then across again into fine shreds, likewise a turnip, the white part of two leeks also shred finely, and a few cooked green beans also cut small. These must be stewed in a small pan with sufficient butter until they are perfectly tender, then season well, add the stock and skim off the fat. If a little additional strength is required add a teaspoonful of bovril or meat essence to the stock. The beauty of this soup is in the careful and exact cutting of all the vegetables.

Fish Cutlets with Cream Sauce.—A fresh haddock cut into fillets an inch and a half square, or slices of cod cut into pieces of the same size; take the cutlets and simply scald them by placing in a basin of boiling water for a few minutes. Make about half a pint of good white sauce flavoured with lemon rind and juice, cook the fillets in this sauce by gently simmering them for ten minutes. Then lift them out and pile them prettily on a dish. To the sauce add the beaten yolks of two eggs and half an ounce of butter, adding also a little more pepper to the seasoning. Pour it around the base of the fillets and sprinkle powdered parsley lightly over all.

Peas à la Crème.—Parboil a pint of freshly-shelled peas in salted water; when nearly done strain and place them in a stewpan with an ounce of butter, a sprig of mint, one or two of chervil, a peeled onion and a lettuce cut in half and laid on the top. Let these simmer gently for half an hour, when remove the lettuce and pour into the pan the yolks of two eggs beaten and mixed with a teacupful of milk. As soon as this appears to have begun to "set" pour all into a dish and serve at once.

Braised Veal with Jardinière Sauce.—Take a thick piece of the leg, about three pounds weight, tie it in a firm shape. A large brown covered stewing-jar is the best to use for this; lay at the bottom two or three slices of unsmoked bacon, then place the veal upon it and cover with the same. Around the meat place carrots scraped and cut in half, turnips and a few young onions, also a bunch of sweet herbs. A little sweet dripping to give moisture to the whole. Then place the jar in the oven and cook briskly for two or three hours. Lift the meat out and remove the bacon, setting the meat in a dripping tin to brown the surface a little. Remove the carrots and strain the gravy, taking off all the fat; if there does not appear to be enough add a cupful of clear stock and a teaspoonful of meat essence; add to it also a teaspoonful of potato flour (not ordinary flour), and a little mixed seasoning. Make this sauce ready for pouring around the meat when dished, and meanwhile have a few French beans boiling. Place the meat in the centre of the dish, pour the gravy around it and garnish with small heaps of carrots and beans alternately round the edge.

When young onions have attained a fair size they make a delicious accompaniment to boiled or roast mutton if served thus:

Onions à la Crème.—Peel and boil some onions in salted water until they are tender, drain them on a sieve. Make a white sauce by dissolving an ounce of butter and mixing it smoothly with as much flour, a little salt and pepper, then adding half a pint of milk. Boil until quite smooth, and put the onions in this to simmer a few minutes.

Good Short Pastry for Fruit Tarts.—Instead of using baking powder for short pastry mix a little Paisley or self-raising flour with the ordinary flour in the proportion of one part to eight. Rub in with the tips of the fingers eight ounces of clarified sweet dripping

or salt butter to a pound of flour. Mix to a rather stiff paste with cold water and take care to roll the pastry very lightly; much rolling makes it heavy.

Salad of French Beans.—Remove the strings from the beans and break them in half, boil in salted water until tender. Drain them thoroughly, and when cold place them in a salad bowl with quite two tablespoonfuls of finely minced parsley and a few leaves of tarragon. Dress with the usual salad dressing of salt and pepper, mustard, vinegar and oil.

Flaky Pastry (which some people prefer) is made by rubbing a small proportion of the shortening into the flour, and then after rolling the pastry out once, spreading the remainder of the shortening over, with a sprinkling of lemon juice, and folding into a square, rolling it out to the required thickness.

Savoury Sandwiches.—Mince very finely any remains of cold chicken, ham or tongue, season highly and make into a paste with a little good gravy. Roll out a sheet of short pastry a quarter of an inch thick, spread the mince over it (rather thickly also) and lay another sheet of pastry over this. Bake in a quick oven, taking care that both the upper and under sides should be brown. When done cut into squares and serve on a d'oyley.

Picnic Pasties.—Roll out the same pastry and cut into rounds the size of a small saucer. Cut up quite small an ounce of onions, two or three ounces of cooked ham, as much cooked beef, and season with pepper, salt, aromatic herbs, etc., and mix with gravy. Place a little of this mixture on one half of the round of paste, moisten the edges and fold the other half over. Brush over with egg and bake until crisp and well-browned.

L. H. YATES.

RECIPES FOR JULY.

WHAT we delight in in July are the soft fruits, *i.e.*, the luscious raspberries, currants red, black and white, ripe gooseberries, and especially strawberries and cherries. But we cannot live on fruit entirely, and it will be well for us to consider a few ways of serving our ordinary dishes of meat, fish, or poultry, that will make these more palatable while we are being sun-baked.

We may introduce a few cold dishes with advantage. Cold meat and fish, nicely garnished, with the accompaniment of crisp, well-dressed salad is really more wholesome than the same dishes served hot at this time.

Salmon is good and cheap; it is more digestible when eaten cold, and it is very tempting if garnished with a carefully made sauce wherein the yolks of one or two eggs having been added to a little good "melted butter" have given colour to it; this sauce should rightly be flavoured with lemon juice and have sufficient pepper in it to be piquant. Mask the fish with this and make a ring all round it with sliced cucumber. Lightly sprinkle the surface with finely-minced fennel, and place crisp tufts of parsley alternating with tomatoes cut into quarters around the outer edge of the dish. Hand round a lettuce salad, or one made of sliced potatoes dressed, with this dish of salmon.

A fish that is much less expensive than salmon and equally good eaten cold is *Bream*. It should be washed and cleaned, but not scaled, then simmered in water until thoroughly tender, after which drain it, remove the skin and garnish with parsley. Serve new potatoes (hot) and a *sauce tartare* with this fish.

Brill is a fish that is in this month's list and very delicious it is, being nearly if not quite equal to turbot in flavour. Let it boil or simmer exactly as you do turbot; garnish and serve with the same accompaniments of sauce and potatoes. Brill would not be good cold.

Those who like *crabs* may indulge their taste this month also; but crabs are too rich for more than occasional eating.

Those who go a-fishing for pleasure while out holiday-making, may be glad to know how the small fish they catch, generally dace or dabs, flounders, etc., are best cooked.

Of the two the *dab* is much to be preferred, as after soaking for an hour or two in salt water, then dipping in beaten egg and frying in hot fat, serving with a sauce, the dab becomes a very respectable fish indeed.

Dace scarcely repays the trouble spent over it. It is best fried as soon after it is caught as possible. The sauce to go with it should be highly flavoured with cayenne and lemon juice.

Now that we have Windsor and kidney beans coming in, we must remember that these when boiled and cold make a salad almost equal to one of French beans. Add plenty of chopped parsley to a *Salad of French Beans*, but no onion, and dress it at the last moment before it is served. N.B., do not spare the oil when dressing a salad of this kind.

A *Peas Salad* should have fresh mint chopped added to it, and a few lettuce hearts as well.

With vegetables so abundant we ought to make use of them and dispense with meat; and though it has been said before, it is not out of place to remind our readers again that

a dish of spinach, a "*Purée of Spinach*," with poached eggs on the top, contains more real value medicinally than a combined dose of meat extract and iron pills. Spinach is the vegetable where enrichment of the blood is concerned.

Tomatoes, again most valuable, make a most satisfying and dainty dish served as follows:

Scoop out the core and replace it with a fine mince of meat or poultry highly seasoned. Butter a baking-dish, lay the tomatoes in it, sprinkling them with breadcrumbs, bake for a quarter of an hour in a quick oven, then lift each tomato out on to a piece of buttered toast its own size. Pile cooked green peas around them and lay a lightly-poached fresh egg on the top.

A salad of tomatoes in slices, dressed with pepper, salt, vinegar and oil, is delicious with cold meat, fish or poultry.

The young vegetables make *boiled meat* or *poultry* especially good at this season, and give a flavour to the broth that is quite unattainable in winter-time. A few green peas, cooked asparagus tops and sprigs of cauliflower may be added with the usual carrots, turnips and leeks. Forget not the bunch of savoury herbs, oh cook!

We must not forget that we shall have young *walnuts* ready for pickling very soon. These should be gathered while a needle will pass easily through them. Pierce each one several times and lay them in a brine of salt and water for three days, changing the brine every day. Then drain them, spreading them out on trays in the sun that its heat may turn them black. When black all over, pack them into glass bottles and pour over them sufficient boiling vinegar to well cover them, into which some rase ginger should have been put, with also black and Jamaica peppercorns. The proportions to be used depend chiefly on individual taste; but, as a rule, to every quart of vinegar allow two ounces of bruised ginger and one ounce of peppercorns.

For jelly-making purposes, currants should not be too ripe; but, for making jam, they must have reached full maturity and sweetness. A mixture of currants and raspberries make a delicious jam for fine eating, while cherries and currants boiled together and the juice strained make a beautiful jelly.

White currants with a few *raspberries* combined also make a delicate preserve either as jelly or jam; so do the small hairy gooseberries when fully ripe with raspberries.

Strawberries for preserving purposes are much improved by having currant juice added in the proportion of a pint of juice to two pounds of berries; without this addition the jam will be too sweet for the majority of tastes.

Cherry Jam is much liked, but it is apt to be somewhat liquid and therefore does not keep so long as other makes. The sour or "cooking" cherry is the best for the purpose. Morellas are more suited for bottling.

Black Currants—the "iron fruit" according to doctors and chemists—require to be fully ripe for jelly and jam making use; indeed, it is long before this kind of currant becomes too ripe for use.

An addition that can be made with much advantage and without its being in the least detected, is that of one or two pounds of green rhubarb (peeled and cut small) to every ten of black currants. The effect is to keep the jam softer and more juicy.

Stewed Black Currants ought to appear on our tables very frequently once this fruit is in season, because, as before said, this is one of Nature's grand tonics. With a plate of cooked cereals ("oats" of some kind), a dish of stewed currants, some cream and a cup of milk, we have one of the daintiest nursery breakfasts imaginable.

Red currants are the best corrective against the troublesome nettlerash and heat spots which trouble young people so much in hot weather.

With stewed fruits we may make use of our old friend the custard powder, for it is not only harmless but at small expense of time and trouble gives us an elegant dish at a minimum cost.

A *blancmange* made of rice flour turned out and smothered in custard, then served with a *compôte* of cherries, raspberries, or currants, makes a sweet dish of which we do not easily tire.

By way of a change, however, try this:

A Fruit Charlotte with Meringue.—Line a plain round mould with strips of white bread trimmed from all crust and laid each one slightly overlapping the other. Stew with sufficient sugar to well sweeten them, some raspberries and picked currants. If there be much juice, drain away a part. Fill the mould quite full while the fruit is boiling hot, then cover it with a plate and set it aside until cold. Turn out on to a glass dish, pour a little good cream round the base, then whip a little more cream with a spoonful of white sugar and the whisked white of an egg and pile it on the top of the shape.

Raspberry Solide.—Strain the juice from two pounds of stewed raspberries, add to it (if as much as half a pint) three tablepoonfuls of castor sugar, the juice of half a fresh lemon and a quarter of a pint of thick cream, the latter added when the juice is nearly cold. Stir well, then add half an ounce of isinglass that has been previously dissolved in warm water. Stir again, and pour into a china or glass mould that has been previously wetted, and set aside in a refrigerator for twelve hours or more, then turn out and serve with sweet biscuits.

Spanish Pudding.—To serve cold. Cut half-a-dozen penny sponge-cakes into long slices, butter a plain pint mould and arrange slices of cake all around it neatly. Sprinkle a few crushed ratafias at the bottom and then fill the mould three parts full of sliced sponge-cake spread with apricot jam. Whisk two eggs, slightly sweeten, and add to them half a pint of hot milk. Pour this custard over the cakes and cover the mould with a plate. Let the pudding stand for an hour, then steam it for another hour. Turn out when cold and pour a little dissolved jelly or fruit juice around the base, covering the top with whipped cream.

Stale bread may be made like new again by damping the loaf with milk and placing it in a slow oven to heat through gradually, and slices or pieces of bread should be laid on a tin and very gently re-heated.

Stale cake can be freshened by covering it tightly with another tin or basin, and letting it gradually heat through in the oven, its own steam will renew its moisture.

Very dry pieces of bread should be baked crisp and brown and ground down to furnish rasping for frying purposes.

LUCY H. YATES.



RECIPES FOR AUGUST.

Cyclist's Sandwiches.—Fresh Hovis bread, or a wholemeal loaf that is a day old is the best for these. Cut in slices and butter rather sparingly, trimming off all the crust. Spread the slices with potted meat (preferably home-made) then sprinkle them with the powdered yolk of hard-boiled eggs, adding a pinch of salt and pepper. Cut into neat squares and pack in cardboard boxes if you do not possess sandwich cases. Slices of hard-boiled egg, well-seasoned, make good and sustaining sandwiches; but the slight sulphury smell of the egg makes them objected to by some people.

Sandwiches made from cold meat should have the meat cut very small and mixed with a few spoonfuls of strong gravy that has jellied. A little pickled walnut or gherkin will add a piquancy to these. Very nice for this purpose will be found collared veal which can be bought ready dressed. Chopped watercress mixed with a little butter and spread on the bread, then a few thin flakes of cold salmon placed between, makes another variety.

A very delicious preparation called *Tomato Chutnee* is now to be bought at most green-grocer's, and this is delightful when spread between bread and butter.

Vegetable Marrow Soup.—Pare, cut open, and remove all the seeds from a ripe marrow. Cut it into squares and place in a stewpan with about two ounces of clarified beef-dripping or butter. Let it cook for upwards of an hour, then rub faithfully through a colander and return to the stewpan. Chop up very finely either a small white onion or a few fresh chives, also a handful of picked chervil; throw these into the *purée*, also a teaspoonful of salt and half one of pepper. Mix a teaspoonful of cornflour with a tablespoonful of milk, then add about a pint more milk and stir all over the fire until it boils again.

Or instead of milk, for a more delicate soup, add veal stock, and when it has boiled, draw away from the fire, and stir in—very gradually—the beaten yolks of two eggs.

Lobster Soup.—Scrape all the meat from a freshly-boiled lobster, and pound it in a mortar, reserving the coral.

Dissolve two ounces or butter in a stewpan, slice finely a white onion and let it frizzle, but not brown. When tender add to it a pint of white stock and the pounded flesh of the lobster, and the bones as well. Let all simmer together for an hour, then rub through a sieve. Thicken with cornflour wet with milk, season to taste, and add at the last half a pint of hot cream and the lobster coral.

Scotch Broth.—Two pounds of trimmed neck of mutton, a bunch of spring carrots, one of turnips, and half a dozen spring onions, a thick leek or two, a bunch of savoury herbs. Place three pints of water in a pan and let it nearly boil before putting in the meat, then add the vegetables at the same time, bringing all to boiling-point again, then let it simmer gently for two hours. Take out the meat and a few vegetables; cut the remainder rather smaller, and return them to the pan with a teacupful of pearl barley, previously washed and soaked. Let the broth simmer for a little longer to cook the barley, when season it and add a tablespoonful of chopped parsley. Use a little of the broth to make about a quarter of a pint of caper or parsley sauce to serve with the mutton.

An Economical Dish for a Family Dinner.—Purchase a good ox-tail and have it ready jointed; trim away superfluous fat and take an earthen stewjar that will hold rather more than a quart. Peel half a dozen small onions, and place them at the bottom with as many round carrots and a few sprigs of young celery. Lay the pieces of ox-tail on these, then cover the meat with the same quantity of vegetables again. Sprinkle with a teaspoonful of salt and half a teaspoonful of pepper. Cover with water, enough to indeed to pretty well fill the jar, then set it in the corner of the oven where it may cook gently, but not too slowly, for three or four hours. When done, remove the pieces of tail on to a hot dish, and make a ring of the onions round the edge; cover this to keep hot, while to half a pint of the liquor you add a tablespoonful of flour, previously wetted with cold water, a tablespoonful of tomato ketchup, half a teaspoonful of extract of beef and a few drops of browning. Boil this and pour over the meat in the dish. Serve with boiled potatoes.

Remove the carrots and split them into two or four pieces, according to their size; place them in the soup tureen. Skim all fat from the liquor, add a little more seasoning if required, or a little colouring, make thoroughly hot, then pour it also into the tureen, adding fried *croutons* of bread. If the tail is not sufficient by itself, a pound or two of shin of beef can be put with it, as the long slow cooking will make this as tender as steak.

Beef à la Mode.—A piece of the flank rolled into shape will do quite as well for this as the regulation round. Rub the piece with salt, pepper and a pinch of spice. Place it in a braising-pan or glazed earthenware pan, surround it with small carrots, turnips, onions, a few sprigs of celery and fresh herbs, add also a little shred bacon. Pour over about a

breakfastcupful of water and cover tightly, letting it cook in the oven for about four hours. If intended for eating cold do not remove from the pan until required, when garnish with the jelly that will be found at the bottom. For eating whilst hot remove all superfluous fat, but serve the vegetables around the meat. A large piece of meat cooked in this way, then allowed to remain until cold before cutting, will be found an excellent standby for a country house party.

A Dainty Dish for a Supper-Party.—Pluck and draw one or two fairly large fowls, they need not be chickens for this purpose. Place them in a pan of hot but not quite boiling water, bring them rather quickly to boiling-point, then draw the pan aside and let them simmer for an hour and a half. Place with the fowls a couple of white onions, a carrot or two and a few sweet herbs. In a separate pan boil a piece of unsmoked gammon or ham. When the fowls are cooked lift them out and gently remove the skin, but do not joint them until they are cold; the ham also should be allowed to get cold in the water in which it is boiled.

Cut the fowls into small joints and slice the breasts, arrange them neatly on a dish and cover them with about half a pint of white sauce (cold), made with milk and flavoured with lemon rind. Make a ring of very thin slices of ham (curled) around the pile of fowl, garnish with sliced fresh lemon, and place tufts of crisp parsley around the outer edge.

The liquor in which the fowls were boiled will make a delicious foundation for white or vegetable soups.

Some Fruit Compôtes: Greengage.—Make a syrup by boiling half a pound of lump sugar with a little water, let it boil for five minutes before putting in the greengages. Let these cook in the syrup until they are perfectly tender, but take care they do not break. Set them aside in the syrup until cold, when dish, sprinkling powdered sugar lightly over and serving with them unsweetened curd or clotted cream.

Victoria Plums also should be put into a boiling syrup, but they take less cooking than greengages and require more watching. Let them also grow cool in the syrup, when, if the latter is not sufficiently covered, add a few drops of cochineal to it.

Damsons do not require putting into a syrup, but the sugar may be placed with the fruit and then stewed until thoroughly cooked.

RECIPES FOR SEPTEMBER.

Mushroom Soup.—While mushrooms are plentiful we may be glad of one or two suggestions for using them profitably. Pare both large and small mushrooms with also one small onion; put them into a stewpan with two ounces of butter. Let them stew gently until quite tender, then lift out all the smallest ones and continue to stew the larger ones a few minutes longer; rub these through a sieve, adding a little water to them by degrees. Pour the *purée* thus obtained back into the pan, add to it enough water to make about a pint and a half of soup. Mix a tablespoonful of flour with a little water, then stir it into the liquor; add a large teaspoonful of meat extract, the small mushrooms, a teaspoonful of salt, half one of pepper and a pinch of dried herbs. Boil altogether for a moment, then take off the fire and stir in threepennyworth of good cream.



Mushroom Omelette.—Make a plain omelette with either two, four or six eggs, according to the size required. Beat the eggs on a plate with the blade of a knife, add to them salt, pepper, and a tablespoonful of milk. Pour this into an omelette-pan that has two ounces of butter already in it just at boiling point. Use the blade of a knife to slip round the edges and to lift up the middle; when the mixture appears to be setting leave it alone for a few moments, then set the pan in a hot oven or under the toasting grill for just a minute in order to raise the surface, after which slip it on to a hot dish, pour a few mushrooms previously stewed, thickened and seasoned, into the middle, fold the other half over, and serve at once.



Fillets of Beef with Mushrooms.—Pare and cook some mushrooms in the oven with a little butter and seasoning; they will make their own gravy. Prepare some fillets of beef in the same manner as above, and when done add the gravy which comes from the mushrooms to that which is in the stewpan; serve the mushrooms in the centre, the fillets and gravy around them.



Fillets of Beef with Cucumber.—Fillets taken from the undercut are best; they should be nearly an inch thick and two inches square; trim them neatly, as the trimmings can all be utilised afterwards for a stew or pie. Have some nice dripping at boiling-point, fry the fillets in this, first on one side then on the other, turning them every few seconds. Fry them for about five minutes, not longer, for they should be juicy, though brown outside. Lay them in a stewpan, then pour away all but a tablespoonful of the fat in which they were fried; to the rest add a spoonful of flour, one of Harvey's or Worcester sauce, a pinch of red pepper, a teaspoonful of salt, a pinch of dried sage, and sufficient stock to make about half a pint of gravy. Stir this over the fire until it boils and is thick, then pour it over the fillets, cover

the stewpan and set it in a corner of the oven to simmer gently while the cucumber is cooked. Pare the latter and split down into four, cut the strips across again into pieces about two inches long, then boil in salted water until they are tender; they will take about twenty minutes. When done, drain them through a colander and pile in the middle of a hot dish, laying the fillets around the base, the gravy with them. This makes a very good *entrée*.



Epigrammes of Veal with Peas.—A slice from the fillet of veal cut into pieces about two inches square, also two or three slices of streaky bacon cut very thin and three or four inches long. Dip each fillet into beaten egg, roll in raspings, and fry quickly in boiling fat, until crisp and nicely browned on both sides. Sprinkle them lightly with red pepper and celery salt, lay in a covered stewpan with a little clear tomato gravy, while the bacon is being cooked. Cut the slices across and either fry or grill them very quickly so that they roll up. Boil some fresh green peas until they are quite tender, drain them, shake them over the fire (in a saucepan) with a pat of butter, a spoonful of minced herbs and a little pepper and salt; then pour into the middle of a dish and place the fillets with their gravy round the edge, the curled bacon on the top of each fillet.



A Savoury Mince of Beef.—To make a "hash" that shall be not only palatable but welcome, we should first make the gravy or sauce, then having the cold meat cut small and freed from skin or gristle, stir it into the gravy, letting it simmer gently for sufficient time to make it hot through, but it must never boil, or the meat becomes at once tough and flavourless. For a beef hash a gravy made as follows is most suitable:—Either a pound of fresh tomatoes, or half a tin of preserved ones should be stewed, with one or two onions cut small, a little clear stock and a pat of butter. When they have cooked sufficiently, rub through a sieve, and thicken the gravy with a spoonful of flour previously wetted with cold water, add a spoonful of sharp sauce or ketchup, one of seasoning, half a teaspoonful of curry paste (if liked), or one or two pickled walnuts cut small, then boil up once more and stir in the minced beef. Serve with strips of dried toast around.



Haricot Mutton.—Take about two pounds of middle neck of mutton, two or three onions, a few young carrots (split in two if large), a turnip cut into six, a bunch of sweet herbs, and some mixed seasoning.

Divide the meat into small joints, fry each one lightly, then fry also the vegetables—this is to give a savour to the stew. Lay all in a stewpan, sprinkle the seasoning over, and add sufficient water to barely cover; stew gently for upwards of two hours. Lift out the meat

and vegetables on to a dish and arrange them neatly; thicken the gravy by adding some flour that has been previously wetted, add also a few drops of brown colouring and a teaspoonful of ketchup, boil up again and pour over the rest.



A Savoury Mince of Veal.—Chop a small onion very finely, frizzle it in butter, but do not brown it. Stir in flour enough to absorb the butter, then dilute with a little clear broth or white stock, add salt and a little pepper. Boil up once to ensure its being smooth and somewhat thick; stir in the minced cold veal, add a teaspoonful of chopped parsley or mixed herbs, a teaspoonful of minced ham (also cooked), and, just before dishing up, stir in a small teacupful of cream. Garnish with croutons of fried bread. A few "button" mushrooms skinned and stewed in a little water added to this mince are an improvement.



A Shepherd's Pie.—Cut up small any cold meat, removing nearly all the fat, as well as all gristle and skin. Place in a pie-dish which should be about half-full of meat. Pour over all the gravy that can be found, adding a little stock and a flavouring of ketchup to make more. Season well. Boil and mash three or four potatoes, moisten them with milk and season with salt. Lay these lightly over the meat to form a crust, mark the surface with a fork, placing little pats of salt butter on the top. Set the dish in a rather quick oven; cook for upwards of an hour, or until the crust is nicely browned.



Apricots will be ripe on country garden walls this month; let us spare a few from our dessert or rescue a few from the preserving-pan for the filling of an *Apricot Cake*. There are few things more delicious than this for afternoon tea.

For the cake, beat together three ounces of fresh butter and the same quantity of castor sugar; add the beaten yolks of four eggs. Then sift in lightly four tablespoonfuls of fine dry flour, into which one spoonful of Brown and Polson's Paisley flour has been rubbed. Butter a cake-tin about six inches in diameter and three or four deep. Pour into it the cake mixture and set the tin in a rather quick oven. It should rise until it nearly fills the tin. Bake about three-quarters of an hour. When the cake has cooled, cut it into three layers, spread between each layer some stoned apricots which have been gently stewed in a syrup of sugar until thoroughly tender; pour some of the syrup over the outside of the cake; when it has been absorbed lift the cake carefully on to a clean glass-dish and sprinkle the outside with the chopped and blanched kernels. A ring of leaves and flowers make a pretty decoration for this cake.

The same cake might be filled with whipped and sweetened cream, then be cut into triangular pieces and eaten with a *compôte* of apricots or peaches.

RECIPES FOR OCTOBER.

OCTOBER brings us apples; we hardly wish for anything better than an apple in October. But it also brings us pears of many kinds; nuts too—cobnuts, walnuts, and chestnuts galore. Some young people fancy that all these good things are in readiness for Hallow e'en frolics, but older heads know that October's wealth must be stored in preparation for wintry days that will surely follow soon.

French people grow more pears in their gardens than we English think of doing, partly because it is their habit to eat more fruit in its natural state, while we prefer ours to be cooked. I remember our old French garden of years ago; there were more pears than apples there, and pears of such varied shapes and flavours, as made it quite a marvel to our English friends. I remember that it was our custom to bake all the pears that would submit to being cooked; we had a deep glazed earthenware pan with a lid; this we filled twice a week and it was sent to the baker to be put in his oven when bread-baking was finished, there to stay until he fired his oven for the next day's bread. He brought that pan back with him on his round the next day, and the contents of it were invariably done to perfection. We could never bake the pears half as well in our own oven at home. Doubtless the charcoal firing had something to do with it.

Baked pears and cream! What a delight. Try it, you who know not how good all those hard, unripe things can become by proper slow cooking.

We sometimes added a stick of cinnamon or one or two cloves to our jar of pears, but no sugar is ever needed, only water enough to well cover them.

By way of a variation, when "company" was expected, we used to make a more elegant dish of our pears, by removing the rind and the cores, slicing them rather thickly and adding a few lumps of sugar, then pouring on enough common claret to cover them, and stewing them in our own oven for quite two hours. This was a toothsome dish when eaten with small moulds of custard, turned out and smothered in cream. Or the same dish of pears might appear at dinner with a mould of blancmange or ground rice.

Our time for making *Apple Jelly* comes when the apples have attained a rich red colour, but while they are still young and full of juice. It is not possible to make jelly from old or kept apples. After wiping each apple place it in a deep gallon jar, but do not peel, cut or quarter it. Pour in enough water to half fill the jar and replace the lid tightly. Let the jar stand in the corner of a slow oven for some five or six hours, then strain, first through a coarse sieve, when a light pressure may be put on the fruit, then strain a second time through a suspended jelly bag. Measure the juice thus obtained, and to every pint allow a pound of the best cane sugar. Put the juice on to boil and lay the sugar out on trays that it may heat in the oven.

When the juice boils fast throw in the sugar, and at the same time one or two pieces of rase ginger. When the sugar has dissolved begin to stir the liquid and continue stirring for twenty minutes exactly. Lift out the ginger and pour the liquid at once into small glass jars that have been made thoroughly hot so that they shall not crack.

If carefully made in this fashion, the jelly will be found to be solid after twenty-four hours. Keep in a dry but even temperature.

Blackberry Jelly would be made very similarly to the above, giving plenty of time

for the juice to "run" from the fruit in the first instance.

Quince Jelly the same, only more water must be allowed to quinces, as they are naturally a dry fruit. A few tart apples are a great addition to quince marmalade or jelly. The colour of quince jelly is so good that it becomes valuable for decorative purposes, if not as a dessert. Many people do not care for the peculiar flavour of the fruit, but its brilliant colour is universally admired.

An Apple Salad is delicious with roast pork or goose, only for this purpose the apples must be very ripe and rather juicy. Pare them, remove the cores and pips, and slice them very thinly into a salad bowl. Sprinkle with a little salt, a spoonful of castor sugar, a pinch of cayenne pepper, then pour on one dessertspoonful of chili vinegar, and two or three of finest Lucca oil. Toss very lightly, and do not let it have to wait long before serving, as the colour spoils readily.

Apple Beignets; the genuinely true fritter. Choose large firm apples; remove the cores without breaking them, then pare the rind off. Make a batter with the whisked whites of two eggs, a teaspoonful of castor sugar, two large tablespoonfuls of flour and enough salad oil to make a batter of the consistency of thick cream. Dip each round of apple into this, then drop at once into a saucepan containing boiling lard; let them boil until crisp and brown: drain and sprinkle liberally with sugar.

Apples en Croustades.—Pare, core and slice a couple of pounds of good cooking apples, stew them until they can be beaten to a froth with a fork. Do this, then sweeten sufficiently with sugar, add a pinch of spice and a little butter.

Cut some rounds from a stale roll about an inch thick. Scoop out a part of the middle but leave a thin bottom. Fry these croustades in lard until they are a pale brown; fill them with the frothed apple and pile on the top the whisked whites of one or two eggs, with sugar to sweeten. Allow one croustade to each person.

Apple Fool.—Pare, core and stew (without water) several tart apples. Sweeten well and beat the pulp until perfectly light. When cold whisk it with an equal quantity of thick custard or sweetened cream, and pour into a glass dish. Serve with sponge rusks.

Friar's Omelette.—Make a pulp of several cooked apples, sweeten it with sugar, and when cold add to it two well-beaten eggs. Butter a shallow tart-dish, strew it thickly with bread-crumbs, pour in the apple pulp and cover with more crumbs to the depth of an inch. Pour a little dissolved butter over the top, and bake in the oven for upwards of an hour. When cool turn it out on to a dish and sift sugar over.

Here is a hint that is worth noting with regard to apples, and that is, when baking apples in the oven, after scooping out a little at the top, to make an incision with a sharp knife all round, through the skin. Place a morsel of butter in the hollow at the top of each apple and a clove, if the flavour is liked. When baked the apples will have risen up, appearing twice as large as at first, while the cutting of the skin prevents the inside from boiling out.

Cheese is prime in October; witness the old custom of holding cheese fairs; it is excellent food too.

One of our American contemporaries has it that if we would be healthy we ought to eat cheese at least once a day. Many people hold to the idea that cheese will digest everything but itself, but that, it is hardly needful to say, is a fallacy. Ripe cheese is about one of the most nutritive and easily digested of all our foods. Where it is thought to be indigestible, however, a corrective would be found in adding as much bicarbonate of potash as would lie on a sixpence to a fair-sized cheese pudding, or sprinkle the potash between bread and butter and eating this with the cheese. The insufficiency of potash salt is the reason why some cheeses are difficult of digestion.

Grated Cheese is much liked by many who are prejudiced against eating it in the ordinary way. All dry pieces should be kept for grating.

Grated cheese should accompany potato soup, then it becomes true Potage Parmentier.

Roast Goose with its time-honoured accompaniment of apple sauce is a favourite dish at this time. Geese are indeed more wholesome faring now than later in the year; they have not had time to grow so fat and oily. A goose requires to be very thoroughly cooked, and as it browns quickly it should be well protected with stout papers until within half-an-hour of serving it, when these may be removed and the skin allowed to brown.

A stuffing of cooked and finely minced onions with sage is greatly improved by having half its bulk of mashed potatoes added; let it be highly seasoned also.

The apple sauce should be very little sweetened, not at all unless the apples are very tart.

At one of our well-known military schools for boys, where roast pork and apple sauce is the regular Sunday dish in winter, the sauce—ostensibly an accompaniment—is thought to be far too great a delicacy to be relegated to such a secondary place. Instead, the sauce tureens are left untouched until the meat has been consumed, then it is passed round as a separate course to the great delight of the appreciative diners.

Ginger Bread Nuts.—Rub half-a-pound of fresh butter into a pound and a half of flour, add nearly an ounce of ground ginger and sprinkle a very little cayenne pepper in. Warm a pound of treacle and half a pound of brown sugar together, then work in with the flour. Roll out to a thin paste and cut into biscuits with a sharp tin cutter. Bake on a buttered tin in a moderately quick oven for about twenty-five minutes.

Cocoanut Drops.—Rub four ounces of butter with an equal quantity of desiccated cocoanut, then add the whisked whites of four eggs. Beat all well together, then sift in sufficient cornflour to make a light paste, and work in half a teaspoonful of carbonate of soda dissolved in lemon juice. Drop by teaspoonfuls on to a buttered tin and bake very quickly.

Sugar Cakes.—Rub with the fingers half a pound of fresh butter into a pound of flour, with the grated rind of half a lemon, also half-a-pound of castor sugar. Mix with yolks of three eggs only, no other moisture. Roll out very thinly, using castor sugar with which to sprinkle the board instead of flour. Cut with a sharp cutter and bake in a moderate oven to a very pale brown.

These are delicious for afternoon tea.