

be cruel to you, dear, but I have been so worried and distressed that I have hardly known what I was about. You must forgive me, dear, and I will help you in every way I can. I do indeed see that you are miserable, poor child, but that I cannot help. It is only right that you should understand—"

"Father, I don't think you or anyone else can realise how intensely I feel it all. You know I have been a coward all my life—afraid to grieve anyone, always trying to avoid disagreeable things, and now to feel that I have ruined his life—wrecked his happiness! It goes through my heart like a knife whenever I think of it. And his poor, poor face! Father, I am too miserable and ashamed to be sure of

anything, but I do believe it will be a lesson to me all my life. I can never, never be so cruel again! I will never marry now; but I will try to be a comfort to you, father dear, and do everything I can to make up for all the misery I have caused, only do, do love me a little bit. Don't everybody stop loving me!"

Mr. Bertrand smiled to himself as he stroked the girl's soft hair. Small fear that he or anyone else would cease caring for lovely, lovable Lettice; but all the same his smile was more sad than bright.

"I shall always love you, dear," he said, "but, Lettice, try to think less of people's love for you, and more of your own love for them. That is the secret

of happiness! This constant craving to receive love is not far removed from selfishness, when you go down to the root of things. Try to think of other people first—"

"I will, father, I really will; but don't lecture me to-day, please! I feel so low and wretched that I can't stand anything more. I am not—all—all—altogether bad, am I?"

Mr. Bertrand laughed despite himself. "No, indeed. Very well, then, no more lectures! We understand each other now, and there are to be no more clouds between us. Off with you into the hotel! Put on your hat and cloak, and we will go for a row on the lake before lunch."

(To be concluded.)



## SAUCES, AND HOW TO MAKE THEM.

SAUCES must be mixed smoothly, stirred after the thickening is added and allowed to boil well in order to cook thoroughly the flour or cornflour with which they are thickened.

### WHITE SAUCE.

*Ingredients.*—Half a pint of milk, one ounce of flour, half an ounce of butter, pepper and salt.

*Method.*—Put the milk and butter on to boil in a small saucepan, saving a little to mix with the flour. Mix the flour, pepper and salt with the rest of the milk and stir this into the saucepan when boiling; stir until it boils again. This sauce can be made with half milk and half stock.

### PARSLEY SAUCE.

*Method.*—Make half a pint of plain white sauce and stir in a tablespoonful of chopped and blanched parsley. Do not let it cook after the parsley is added.

### ONION SAUCE.

*Ingredients.*—Two good-sized onions, one ounce of flour, half an ounce of butter, pepper and salt, half a pint of milk or stock.

*Method.*—Blanch the onions and then boil in fresh water till tender; drain and chop them; make half a pint of white sauce with the butter, the milk or stock and the flour, and stir in the chopped onions.

### BROWN VEGETABLE SAUCE.

*Ingredients.*—A piece each of carrot and turnip, one onion, half an ounce of dripping, one ounce of brown thickening, three gills of water or stock, pepper and salt.

*Method.*—Prepare the vegetables and cut them in dice; fry them in the dripping; pour on the water or stock, add pepper and salt, put on the lid and let all simmer three quarters of an hour. Add the brown thickening, stir until it melts and the sauce boils.

### LEMON SAUCE.

*Ingredients.*—One ounce of arrowroot, three ounces of castor sugar, the thin rind of a lemon, one pint of water.

*Method.*—Let the water and lemon rind simmer for fifteen minutes; add the sugar, take out the rind and add the arrowroot mixed smoothly with a little cold water. Stir until it boils.

### CURRY SAUCE.

*Ingredients.*—One apple, one onion, half an ounce of flour, one dessertspoonful of curry powder, one ounce of butter or dripping, half a pint of milk or stock, a few drops of lemon juice, a teaspoonful of chutney, salt.

*Method.*—Pare the apple and onion and chop them small; melt the butter in a saucepan, put in the apple and onion, put on the lid and let them cook very gently for fifteen minutes; add the curry powder, flour and salt and let them cook in the same way for twenty minutes. Stir in the stock or milk and let the sauce boil well, add the chutney and lemon juice and serve.

### TOMATO SAUCE.

*Ingredients.*—One pound of tomatoes, two onions, one ounce of cooked ham, one ounce of butter or dripping, one blade of mace, one bay leaf, pepper and salt.

*Method.*—Slice the tomatoes and onions and put them in a saucepan with the other ingredients. Put on the lid and let them cook gently until the onions are tender. Rub through a sieve, or colander, re-heat and serve.

### JAM SAUCE

*Ingredients.*—Three tablespoonfuls of jam, quarter of a pound of lump sugar, one pint of water, a little lemon juice, cochineal.

*Method.*—Boil the sugar and the water together and let them reduce to half, add the jam, lemon juice, cochineal and strain.

### BROWN SAUCE.

*Ingredients.*—One pint of stock, two ounces of flour, two ounces of butter, a piece each of carrot, turnip, onion and celery salt, a little mushroom ketchup, a blade of mace, a bay leaf, six peppercorns.

*Method.*—Melt the butter in a frying-pan, and fry the vegetables in it for ten minutes; take them out and stir in the flour, let this fry a bright brown, taking great care not to let it burn, and stirring often over a rather slow fire; stir in the stock by degrees, keeping it very smooth, pour into a saucepan, add the bayleaf, mace, peppercorns and salt, and put in the fried vegetables; put on the lid and simmer for half an hour, skimming any grease off as it rises; lastly add the mushroom ketchup and strain the sauce.

### SHRIMP SAUCE.

*Ingredients.*—Half a pint of shrimps, half a pint of water, one gill of milk, a teaspoonful of shrimp paste, one ounce of flour.

*Method.*—Shell the shrimps, and put the shells in a small saucepan with the water; put on the lid and let them simmer for half-an-hour, and then let the water boil until it is reduced to half. Mix the flour smoothly with a little of the milk; strain the water in which the shells have been cooked and mix it with the rest of the milk, bring this to the boil and stir in the flour; cook well and then add the picked shrimps and the shrimp paste; let the latter dissolve and serve.

### OYSTER SAUCE.

*Ingredients.*—One dozen oysters, half a pint of milk, one ounce of butter, one ounce of flour, pepper, salt, a few drops of lemon juice, one tablespoonful of cream.

*Method.*—Take away the beards and the hard white part from the oysters and cut each oyster in two. Strain the oyster liquor from the shells, put it in a small saucepan and put the oysters in it; bring them to the boil and then remove the saucepan from the fire, or they will become leathery. Mix the flour with a little of the milk, simmer the rest of the milk with the hard white parts and then strain them away; boil this milk with the butter and stir in the flour; when it boils and is thick add the oyster liquor, the oysters, lemon juice, pepper and sauce and cream. Do not let it boil after the oysters are added.

### LOBSTER SAUCE.

*Ingredients.*—A small lobster, or three ounces of tinned lobster, half a pint of milk, one ounce of flour, one ounce of butter, a little spawn or cochineal, a tablespoonful of cream, pepper and salt.

*Method.*—Chop the lobster in half and pick the flesh out of the body and claws; simmer the claws and shells in the milk for twenty minutes; rub the spawn through a hair sieve with a little butter; mix the flour with a little cold milk; strain the claws and shells away from the milk, put back the milk in the saucepan and stir in flour; chop the flesh of the lobster into pieces and add it to the sauce, then stir in the spawn and lastly the cream.