



THINGS IN SEASON, IN MARKET, AND KITCHEN.

NOVEMBER.

NOVEMBER is one of our months of plenty, and a walk round the great wholesale provision markets gives us a very bright picture. However gloomy the weather may be outside, there is "good cheer" abounding here. We have game and poultry in abundance and just in their prime; the bag that sportsmen take delight in filling is here emptied for the benefit of those who rarely or never breathe the air of the moors where the birds flourished so happily. Rabbits and hares, once so fleet of foot, hang limply from every available hook, and even the barn-door fowl is a finer specimen than earlier in the season, while geese, turkeys, and Surrey capons tempt their purchase, whether we intended it or not.

Freshwater fish appear among their sea-born brethren, and help in giving us variety. Of fruits and nuts we have large choice, and the ripe grains and pulse foods are all garnered, while most of the root vegetables are ready too. Of a truth at this time of the year there is no lack of food stuffs.

Neither is there any lack of other material wherewith to make our tables gay. Dahlias and chrysanthemums, rich foliage, hedgerow gleanings and late grasses, these will stay with us until close upon Christmas, if we take the precaution of sheltering our plants from frost, and of drying our leaves, giving a touch of gum to either flower or leaf, when we see one that is inclined to fall.

None who are able to cultivate a flowering plant, or to take a walk on to a piece of waste land or in a lane, need ever plead excuse for an ungarnished table, and much pleasure is missed by those who think the table can do as well without garnishing as with it, providing there be plenty of good food upon it. We are not of their opinion. "A table well-set is half spread." Care in pleasing the eye will do a vast deal towards aiding good digestion.

Let us look more particularly at what we might call the distinctive features of the month's provisions. Pike and tench among the freshwater fish, before mentioned; oysters, skate, and gurnet among the ordinary. Grouse, snipe, teal, pheasants, hares, and rabbits, also venison amongst game; while geese and turkeys are rapidly advancing in size and quality.

Celery is fast getting to perfection, Scotch kale is fine, so are savoy and salsify.

Chestnuts, filberts, walnuts, figs, and grapes, in addition to the grand autumn wealth of

pears, apples, quinces, and golden oranges, not to mention the preserved fruits which are just beginning to be shown in the windows.

What we will call our characteristic menu of the month ought, then, to be an easy one to compile. We give an alternative one for those who may find themselves unable to provide the first-named.

MENUS.

Let us take for soup: A *purée* of chestnuts, or cream of celery.

For our fish course: Skate *à la crème*, or baked tench.

For an *entrée*: Baked ham with wine sauce, or curried rabbit.

For a roast: Wild duck and orange sauce, or roast pheasant and fried potatoes.

As an *entremet*: Scalloped salsify, or Jerusalem artichokes.

As a sweet: Apple mirotons and quince jelly.

The recipe for chestnut soup has been given in these columns before. To recapitulate it as briefly as possible is to remind our readers that the chestnuts must be first boiled until the husk and peel can be easily removed, and then to boil them again with minced onion, a few herbs, a carrot, and an ounce or more of butter, and sufficient water to just cover them. This should afterwards be rubbed through a sieve until a *purée* is obtained, a pint of boiling milk added, and a teaspoonful of cornflour (previously wetted) stirred in to thicken it. Boil up once more, then serve at once. It should be of the consistency of cream.

Cream of celery soup is made by stewing a couple of heads of celery, cut fine, with one or two onions and any garden herbs in a little water until thoroughly soft, then rubbing all through a sieve, adding sufficient milk to make up the requisite quantity, a spoonful of cornflour to thicken, seasoning, butter, and after this has boiled add a little cream and a few croutons of fried bread.

Skate is a cheap fish and one that is somewhat despised in our country, abroad it is better understood. Young skate are called ray or maids, and their flesh is very delicate. Skate is improved by being kept for a day or two in cold weather. Cut it into neat pieces and simmer in white sauce until done, then lay the pieces on a hot dish, sprinkle crumbs and a little grated cheese over with a touch of cayenne pepper, and let them slightly brown in the oven, then pour the sauce around the fish. Serve very hot.

Tench, being a pond-fish, and apt to have a slightly muddy flavour, should lie in salt water for a few hours. Rub it all over with lemon-juice, put it into a tin with one or two minced shallots, some parsley, crumbs, and a little dab of butter, and bake for half an hour or more if the fish is large. Serve in the same dish.

A rabbit jointed and cooked slowly in good gravy made from stock thickened and flavoured with a spoonful of curry-paste or powder, onions and any other vegetable liked, seasoning and a *souffon* of vinegar, makes a delicious variation from the more ordinary stew of rabbit. Serve boiled rice in a separate dish.

Orange sauce, or an orange salad, is the correct accompaniment to roast wild duck. For the sauce: Squeeze the juice of three or four oranges and stir in a teaspoonful of arrowroot to thicken; add a little sugar if liked. Wild duck requires a quick hot oven, but should not remain in it more than three-quarters of an hour, as the gravy should run from it as from a rump steak. Serve fried potatoes and browned crumbs with this as with the roast pheasant; the garnish for the duck would be a lemon cut in quarters, for the pheasant the crumbs are sufficient.

Those who possess a few scallop-shells or the little fire-proof chinaware ramequin pans will find no difficulty in making use of salsify, and this, one of our daintiest, is one of our least-known vegetables. The roots require scraping, then boiling in salt water until they are tender enough to mash, adding then pepper, butter, and a beaten egg. Fill the pans and sprinkle crumbs on the top, then bake in a quick oven till slightly browned.

For a miroton of apples: Pare and core without dividing six or eight good-sized apples; cut them in slices to form rings. Place in a saucepan a piece of butter the size of an egg, a quarter of a pound of sugar, some grated lemon-rind and the juice. Simmer the apples in this, and when tender arrange them in the centre of a dish, and when cool garnish with spoonfuls of quince jelly. A little cream might be poured around the base. Or the apples might be left whole and steamed, then coated with the jelly, the place of the core being filled up with whipped cream, and the dish garnished according to fancy.

As in summer-time we arrange our dishes for cool effects, so in winter months we may try to make as much contrast of bright colour as possible. All these things are worth studying, for it is in such details that the hand of the true culinary artist is shown.



NE glance round the markets and shops in any week of December tells us that Christmas is the prominent thought in the minds of all who have anything to sell, and that royal bird, the turkey, is very much *en evidence*. But we cannot eat turkey all the weeks of December, and every day is not Christmas Day. Let us, therefore, take a look round with the object of seeing what else there is that is peculiar to the month, and that will help us in compiling our daily menus, as well as to make variety on extra occasions.

Among fish we have the dory—supposed by some to be the fish blessed by our Lord in the miraculous feeding of the five thousand. It is an unsightly fish, but most excellent for flavour and delicacy, very much resembling turbot, and it should be boiled and served the same as the latter.

Turbot is also in excellent condition now, so is cod; then we have ling, a cheap and nourishing fish, thought much of by dwellers on the northern coasts, and we have smaller fish in abundance.

All meat is, of course, in prime condition—almost too prime for some tastes—and we may even indulge in an occasional little roast pork, for if ever pork may be said to be wholesome it is now. Hams and pickled tongues make a feature in the shops now, also pork pies of every imaginable size, weight and kind. The wise and happy are they who can cure their own hams, pickle their own tongues, make their own sausages and bake their own pies—these have not to be taken on trust.

The list of vegetables and fruits is a long one: what we have not in a fresh state we can purchase dried, and there is no lack of variety either way.

Broccoli, savoy, celery, sea-kale and Scotch kale are all at their best; a touch of frost improves their flavour, but the later severe frosts of January are apt to kill them off entirely. We should make plentiful use of these now, for there will come a time later on when green food will be scarce, and we can then bring out our dishes of carrots, parsnips and the like.

As long as the supply of English apples and pears lasts we should have them frequently, we can have recourse to the cheaper foreign kinds when our own are all gone. Almonds, walnuts, filberts, hazel nuts, and many more, are very plentiful, and this shows us they are the natural food of winter time.

It might be well this month to devote one of our menus to such dishes as are Christmas-like in character, and to make the other festive without being suggestive of this special feast at all.

No. 1. (CHRISTMAS MENU.)

Clear Gravy Soup.
Boiled Turbot, or Cod, with Anchovy or Oyster Sauce.
Roast Turkey, with Stewed Celery, Sprouts and Potatoes.
Baked Ham and Endive Salad.
Plum Pudding. Apple Soufflee. Meringues.
Stilton Cheese, Biscuits, and Dessert.

MENU No. 2.

Oxtail Soup.
Fried Fillets of Haddock, Genoise Sauce.
Chicken Mayonnaise.
Roast Saddle of Welsh Mutton, Broccoli.
Salmi of Partridge.
Neapolitan Pudding.
Cheese or Anchovy Croustades.

A recipe for *Clear Gravy Soup* may not be unnecessary. A pound of gravy beef, and a small knuckle-bone of veal; simmer these in a glazed earthenware vessel, that will hold about two quarts of water, for several hours, but never allow the liquor to boil. When about half cooked add to it a whole carrot cut in four, two, or three onions and a bunch of savoury herbs, but no turnip. Strain off the liquor when done enough so that the fat may settle on the top, and then carefully remove it all. When about to re-heat it, pour it into a fresh vessel and season it to taste, then add a teaspoonful of cornflour wet with water, and a teaspoonful of Liebig's Extract of Meat, to give a little more "body" to the stock. Any special flavouring liked may be added at this time, but if the liquor has been properly cooked its flavour will be sufficiently good.

When we speak of "boiled" fish of any kind, it must be remembered that it should never by any means actually "boil," but only simmer gently until done. To boil anything is to spoil it, although, as a cookery term, we speak of it so.

Of the sauces, it may be needful to mention one in detail, namely, the Genoise sauce.

For this take half a pint of milk and put it into a saucepan with a few strips of thin rind of fresh lemon; when it boils pour it on to a spoonful of cornflour previously dissolved in a little cold milk, add this to the yolks of two eggs, an ounce of butter, pepper and salt, and stir these carefully over the fire. When the mixture boils, withdraw it, and add gradually the juice of half a fresh lemon. This sauce should be a clear bright yellow and of the consistency of good cream.

It is usual to stuff a turkey with sausage-meat at the breast end and put a veal stuffing in the body of the bird, or a mixture of boiled chestnuts, breadcrumbs and forcemeat is very good, but somewhat rich. The time the bird will take to roast depends entirely upon its

weight, a quarter of an hour to a pound is the correct proportion to allow. Keep well basted, and shield it from the fierce heat.

If intended for eating cold a turkey is never so nice as when "braised," if only a vessel can be found large enough to contain it and keep it covered. A few slices of fat bacon should be put with it, and plenty of good dripping, and rather more time allowed than for roasting; moreover, the cover should be kept tightly closed to keep in the steam. Drain away all the fat, but leave the bird to get cold in the pan. Garnish with its gravy when that has set to a jelly.

The sauce for a salmi should be prepared first, and the joints of the birds just allowed to simmer in it for a little while. Make the gravy from very good strong stock, adding a thickening that shall be transparent, and whatever drops of gravy can be gathered together. A little beef essence may be needed to enrich the stock, also plenty of seasoning. Chopped mushrooms should be added whenever possible, not many will be required. Serve fried potato chips with a salmi, but no other vegetable.

Almost everyone has a recipe for plum pudding; it is one of those possessions about which every woman is more or less conceited, so we will not take up space by giving another here. *Neapolitan Pudding* may, however, be new to some of our readers, and it is one that is well worth being known by all. For it a few macaroons, some sponge cakes, a little apricot jam and a pint or more of rich well-flavoured custard will be needed. Half an ounce of dissolved isinglass should be stirred into the custard, and this should be flavoured with some essence. Arrange the macaroons at the bottom and round the sides of a buttered mould. Spread the sponge cakes with jam, and fit them in, pouring a little juice over all. Pour in the custard while it is hot, and cover the mould tightly, setting it aside to become cold and stiff. When it is turned out, heap some bright jelly around the base and garnish the top with preserved cherries and greengages cut small.

Meringues are more difficult to make, and require practice to do them well. The cases require the frothed whites of the eggs to be whisked until very firm, and the sugar should be beaten in with a light hand. Drop this by small spoonfuls on to greased note-paper; bake to a very pale brown, slip off the paper with a sharp knife, scoop out a little of the inside and fill up with cream whipped very stiffly. Any flavouring that may be liked can be used.

Croustades of various kinds have been given so often in these pages that it is hardly necessary to repeat the recipe here. Fry the bread in butter or lard, and spread with whatever mixture is chosen whilst they are warm, garnish prettily, and serve warm and fresh though not hot.

in, so that when you shift the stencil on to take the next impression, the left side of your stencil is placed over the right-hand side of the impression first taken. In the butterfly referred to in Fig. 1, the tip of the left wing is cut on the right-hand side of stencil, which is a guide for placing the stencil when we shift it for our next impression. In Fig. 4 it will be noticed that the nose of the fish is stencilled on the right-hand side to show you, when you shift the stencil along, exactly where to place it. In stencils requiring two plates to produce them, you draw out the design and then arrange in your mind the portions you will cut out of the first plate. When you have cut them stencil them on to the piece of paper to form the second plate,

and having drawn or transferred the rest of the design to this second piece of paper you cut out the rest of the pattern. By stencilling the first plate on to the second plate you see how far to cut, for it is obvious that the two plates should fit together like a puzzle and form one design. The object of having two plates is that you can obtain an impression in two or more colours. Thus in the butterfly design having stencilled the insects in the first colour you can put on the markings and web-background in much lighter colours. If the sprig is to be put in and you want it against the web-background, you stencil this latter in first, and when dry the sprigs upon it.

By cutting a design out of two plates you can get a much more elaborate design and

scheme of colour. The water in the arrow-head and fish frieze, Fig. 4, is a case in point, for the water lines and flowers can be in light tones of colour, while the fish and foliage are in darker ones, and by this means relief is obtained.

Were the water lines cut out of the same plate as the foliage, it would be impossible to keep them in a distinct colour and the design would look confused. The stencil too would be very weak, as the "ties" would have to be so numerous. This is a practical disadvantage, for if a stencil is very weak it is apt to break all up while you are using it. By the use of the two plates, Figs. 4A and 4B, we get two fairly strong stencils.

(To be continued.)



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JANUARY.

By LE MÉNAGÈRE.

THIS is one of the coldest, if not the coldest, months of the year; the time when we most need to put on our thinking-cap in order to provide such things as will best supply that extra consumption of fuel that goes on in the human engine. Some starchy foods we must have and a goodly proportion of fats and oils—more than at any other time of the year. Now we find both these elements in grains and "pulse," peas, beans, lentils, etc., and we can supply the necessary amount of fats by good wholesome puddings that contain a little suet, and home-made cakes, also in eating a fair amount of nuts.

For breakfast every morning we might begin with a plateful of Quaker oats, "H. O.," or any other kind; these are splendid food, and however small the portion, everybody would be the better for having some. Some people like sugar with their porridge, but it is a fact that sugar does not help the digestion of oatmeal food—rather retards it in fact.

Coffee is better for breakfast on winter mornings than tea, for all who can take it: not because it is more nourishing, but because it possesses staying qualities, and so is more satisfying.

Eggs, bacon, fish, or a well-cooked sausage should be ready to tempt the appetite of the older members of the family, but a little stewed fruit and brown bread and butter would be better than these for children. Say stewed Pears, figs, or prunes, and a cupful of milk or coffee.

Cheese is a good and nourishing food for cold weather, perhaps because it contains so much of that essential oil that we need. Toasted cheese should never be given to anyone of weak digestion, however, for it is one of the most difficult of all things to deal with. As an experiment in the line of "savories," I would recommend the trial of grated cheese with a plate of oats; it is by no means to be despised.

A typical menu for January would be the following—

Chestnut Soup.
Fried Lemon Soles.
Ragout of Mutton.
Creamed Potatoes and Jerusalem Artichokes.
Roast Snipe on Toast.
Chelsea Pudding.
Cheese. Butter. Biscuits. Coffee.

Chestnut Soup.—Boil a pound of chestnuts until they seem tender, peel off the shell and brown skin; return the white part to the stewpan and cover with water, add a finely-minced onion, an ounce of butter, pepper and salt. Let this simmer for an hour or more, then rub all carefully through a sieve, add a pint or rather more of boiling milk and a dessert-spoonful of cornflour previously mixed smooth with cold water, and stir this again over the fire until it boils. Serve fried croutons with this soup.

Lemon Soles should be filleted before frying them, and they should be dipped in beaten egg and fresh crumbs of bread and sprinkled with seasoning. Fry them to a golden brown in boiling lard or beef dripping, squeeze a little lemon juice over them and serve garnished with fried parsley.

Ragout of Mutton.—A piece of the middle neck, or the shank half of the shoulder, the meat taken from the bones and trimmed into neat pieces, is the best for this. Flour each piece lightly, lay in a stewpan with thinly-sliced onions, sliced turnip, a few sprigs of savoury herbs and seasoning. Pour over all a teacupful of water and cover tightly. Let this simmer in a corner of the oven for about two hours, and then arrange the meat on a dish, add a spoonful of mushroom ketchup to the gravy, with more water if it seems too thick, and pour over the meat.

Mash the potatoes and beat them up with milk till like thick cream; pile this up in

a buttered pie-dish, and put the dish into a quick oven to brown the surface.

Mash the artichokes also and press them into a shallow dish, sprinkling breadcrumbs over the top and a bit of butter, and brown these also.

Snipe require a very quick hot oven for their roasting, and about fifteen minutes is long enough to allow. Place them on a strip of crisp toast, and some tiny frizzles of bacon with them, and sprinkle fried crumbs over. No sauce will be needed.

Chelsea Pudding.—Shred and chop very finely two ounces of suet, add to four ounces of flour into which a teaspoonful of baking powder has been rubbed, also a pinch of salt and two ounces of castor sugar, the grated rind of a fresh lemon or a pinch of spice, mix well, and make into a soft dough with a beaten egg and a teacupful of milk. Grease a shaped pudding-basin and sprinkle the inside with brown sugar, pour in the pudding-mixture and bake until it has risen well and is of a rich brown colour.

The sauce for this pudding is made by placing half-a-pound pot of plum or currant jam in a saucepan, with a few lumps of sugar and an equal amount of water. Let this boil for a little while, then strain it through a tamis and pour over and around the pudding when that has been turned out.

Suitable dishes for the dinner-table in cold weather are the following: Beefsteak pudding, Irish stew, stewed steak, sea pie, camp pie, haricot mutton, liver and bacon, etc.—very homely dishes, it is true, but good and nourishing for all that.

Avoid having large joints that would leave much cold meat on hand in cold weather. Not many families care much about cold meat when the thermometer is near freezing point, and twice-cooked meat is not nearly so nourishing as fresh, however savoury it may be made.

we knew was always shivering with the cold both in summer and winter. And once, when he happened to catch a cough, he was completely prostrate for weeks.

Another strong man told us that he was careful never to read or use his brain in any way because it interfered with the development of his muscles! Yet another who prided himself on the enormous expansion of his chest—we forget how many inches' difference there was in the diameter of his chest in inspiration and expiration, but it was something sensational—caught cold, contracted consumption, and died six weeks later! Yet the exercises for expanding the chest are said to prevent phthisis!

The man with great muscles is not the strong man, but a sickly monster. What good can it do to anyone to lift a horse and cart, or break iron bars? Develop his muscles as far as he can, no man will ever

excel a steam-hammer or an engine in force or weight.

Give us the thin wiry person who has cultivated his mind and body to do that work for which he was made. He is the man who can brave disease, and who, if he by any misfortune happens to be injured, can bear the suffering like a man, and whose body is well capable of recovery from the many vicissitudes to which it is liable.

Exercise is essential in all weathers. Because to-day is wet, are you going to forego your walk? In England about one day in three is rainy. Are you going to suppress one-third of your necessary exercise from this cause? Oh, you are afraid of catching cold! Now English people talk a lot about catching cold, for they of all nations suffer most from this cause. But very few persons indeed really understand what catching cold means or how it is produced. We hope to give an

article on this subject shortly. At present we will merely state that, unless the day is very cold or windy, walking in the rain, if you are sufficiently protected, will not cause you to take cold. We would not, however, advise any invalid to go out on rainy days; but still they must not abandon exercise altogether. Half an hour's dumb-bell exercise or mild gymnastics may be substituted for the day's walk.

Exercise is best if taken in the morning. For very strong people it is preferable to take a walk before breakfast; but people who are not feeling up to the mark should not attempt to walk before having had some food.

You should never take exercise immediately after a meal, and conversely you should never eat till half an hour after a long walk, and you should never go to bed immediately you come home from a walk, but sit down quietly for at least half an hour before retiring.

THINGS IN SEASON, IN MARKET AND KITCHEN.

FEBRUARY.

By LA MÉNAGÈRE.

It might seem a superfluity to be at the trouble of compiling and writing a menu for the small home dinner-table. If anyone thinks this, let them first give the experiment a trial before pronouncing upon it; they will, I venture to think, be gratified by the result.

In every household the dinner, be it early or late, is the important meal of the day, and it merits whatever dignity can be given to it by such accessories as service, care in laying the table, decoration, etc., and not the least of these will be found the menu written for every day. Especially if there be a guest at table is this little mark of attention appreciated.

We must remember that imagination plays a very important part in the human organisation; a good name goes a long way towards bringing a dish into favour, and I have found that the very fact of a name being given to a dish has its influence with the cook, who feels in a way bound to see that its character is "lived up to." Then again it is a help to the caterer if the menus are kept, and those which have been particularly liked marked for future repetition. Much racking of brains is spared, and precious minutes are saved that else would have been spent in answering the puzzling question, "What shall we have for dinner to-day?"

Our market list in February varies little if at all from the previous month in the main things, but as the game season is practically drawing to an end, we find our resources fewer than they were. Guinea-fowl however are excellent, so are woodcock and snipe, also ptarmigan. Turkeys are still to be had, but they are very dear, as all poultry is. Hares and rabbits are very good.

Our supply of vegetables will be apt to run short if the weather is at all severe; savoy's will not have suffered so much, and about this time we usually receive large consignments of cauliflowers from Italy. The South sends us also fresh lettuce, chicory, forced beans, and other "primeurs," but their price is often beyond what a slender purse can afford. Anyone with a garden may at this time have corn-salad growing therein, which will be getting tender and eatable. Celery should still be good, and we ought to have an abundance of Jerusalem artichokes, Swede turnips, parsnips, carrots, onions and suchlike root vegetables.

In fruits we have imported apples and pears, oranges—getting to their best—lemons, citrons, and all dried fruits.

This month, by the way, is the time for making our yearly supply of orange marmalade; if we delay any longer the true Seville oranges will be gone, although bitter oranges are procurable up to April. After we have studied our menu we will consider the subject of marmalade making, for that toothsome sweet has now become one of our necessities of life.

MENU FOR FEBRUARY.

Purée of Haricot Beans.
Fried Smelts.
Boiled Beef, with a "Plat de Carottes."
Roast Ptarmigan. Bread Sauce.
Apple Fritters.
Cheese. Biscuits. Coffee.

Purée of Haricot Beans.—A pint of beans will make a large quantity, say two quarts, of soup, therefore half-a-pint would suffice for one dish of soup for an ordinary family. These beans should always be soaked overnight in cold water; they will dissolve so much more readily. Place them in a stewpan with rather more than sufficient water to cover them, let them simmer for three hours, then rub through a tamis. While the rubbing goes on, cook a finely-minced onion in a little butter, add the bean purée to this, some salt and pepper, and then sufficient hot milk and water to make up the requisite quantity. This might simmer a while longer, and then just before serving a spoonful of cornflour wet with a little milk should be stirred in, and all brought up to the boiling point once more.

Smelts should be wiped with a clean cloth, coated with beaten egg, rolled in bread raspings, and fried in butter. Serve fresh lemon cut in slices and thin brown bread and butter with them.

A dish of carrots for eating with boiled beef is nice done in the Flemish mode:

Paré the carrots and cut them in strips lengthwise, and then cut them up precisely as you would kidney beans; put them in a stewpan with well-fitting lid, add to them a good spoonful of beef dripping and a little pepper and salt. Cover closely and let them

cook in their own steam for an hour or more, seeing that they do not catch on the bottom. Pour the fat off and add a few drops of vinegar just before dishing up.

Ptarmigan are rather dry birds and they require a thin piece of bacon wrapping round them before roasting, also to be frequently basted. Let them do rather quickly, so as to be nicely browned, but they will take rather less than an hour. Serve good gravy and bread sauce with them.

Apple Fritters.—For frying these a good depth of boiling lard is necessary if they are to be done successfully. Take the cores out of large apples, and pare them thinly. Cut across in slices not too thin. Dip each slice in batter made from the whisked whites of two eggs, a spoonful of flour, a pinch of salt, and enough salad oil to make it like thick cream. When fried drain each ring on kitchen paper and sprinkle with castor sugar. Pile high on a paper doyley.

And now as to the directions for the making of orange marmalade. The following plan is one I have pursued for several years and it has always produced excellent marmalade:

To every twelve Seville oranges allow two lemons; slice them across, rind and pulp, as thinly as ever it is possible to do with the sharpest of knives. Pick out the pips as you go along, but put these in a basin instead of throwing them away, for it is surprising what amount of gluten clings to the pips, which is lost if they are not saved. When all the fruit has been cut up into lined earthenware pans, cover it with water until the vessels have as much as they will hold. Set these aside out of the way of dust, and let them stand so for twenty-four hours. After this boil fruit and water together for perhaps two hours, but gently so that it does not burn; then turn it back again into the vessels and let it stand for another twenty-four hours. After this it should be stirred up and weighed, and to every pound of fruit and liquor allow a pound of lump sugar; when the pulp has boiled for about an hour the second time, the sugar may be put in, and then constant stirring will be necessary and faster boiling. From the time the sugar is added half-an-hour's boiling ought to suffice. Put it into hot jars, but do not tie down until it is cold.

we think gratefully of Mrs. Scott and the cookhouse; for the odd bits she threw from her door in those days, came up very shortly in fruitful vines, and by this time they have distributed themselves all over the ranch.

The barn was not a nice place to be ill in, nor was Liza, the darkey, a nurse any invalid would willingly choose, and during a sharp attack of influenza I had while we were there, I wondered sometimes if she worked evil charms over the poultries, before she brought them to me, with such an angry face. To be ill at all was, I think, in her opinion a piece of fine ladyism, to which I had no right whatever. Fortunately I did not depend upon her nursing, but had my three tenderhearted, helpful menfolk. I lay very ill indeed, the influenza bringing on a bad attack of congestion of the lungs, which nearly killed me, and of course

in addition to the illness, there was the hopeless discomfort of the surroundings, the heat and dust, and when I was at my worst, a spell of desert wind, and oh! the horror of it all. The barn seemed no protection whatsoever. It was swept through and through by that parched, scorching air, like a draught from a red-hot furnace. The cracking and groaning of every wooden thing was like the wrenching and straining of a ship in a storm; the barn and everything inside the barn protested loudly. Fortunately our furniture was not to be housed for long in a building one plank thick, or there would have been but very little use in bringing it so far; soon it would have been lying about us, in disconnected bits, all sprung apart during desert wind spells.

Once we were in the house, by shutting all doors and windows we could keep the fiend

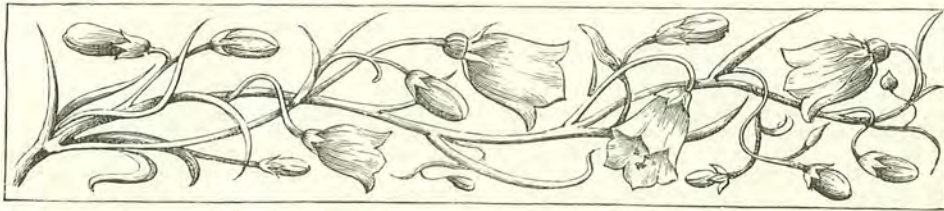
out, sufficiently at least to prevent mischief; though no one can boast of much comfort till our blessed friend the sea breeze returns to us.

However, notwithstanding the desert wind, Liza's illwill, and the influenza, I recovered a little strength and crept out again before long to see how the house was progressing.

I found the plasterers and brickbuilders hard at work, and their different encampments added to the rest. Each man brought at least one horse, often two, with his "rig," and a dog and a gun. The horses were tethered all about the land, and we seemed more "Buffalo Bill" like than ever.

The building of the house went forward splendidly, and it promised to be both very pretty and very convenient.

(To be continued.)



THINGS IN SEASON, IN MARKET AND KITCHEN.

MARCH.

By LA MÉNAGÈRE.

MENU FOR MARCH.

Julienne Soup.
Boiled Cod; Sauce Maître d'Hôtel, and Potatoes.
Roast Guinea-fowl; Chicory Salad.
Savoury Omelette.
Stewed Pears and Rice.

Julienne Soup.—The foundation of this must be strong clear stock, and preferably that which is made from a knuckle of veal, using a little Liebig's Essence to make it a deeper colour at the last. This should be strained and left to keep hot in a lined saucepan, while the vegetables are stewing in a separate pan. There is an art in shredding the vegetables for julienne soup, and they are best done with one of the little tools sold for the purpose, as the beauty of the soup depends on their being cut exactly alike. A fair quantity of vegetables will be required, enough to give the soup a pronounced character. When quite tender, these may be put into the tureen with the seasoning and flavouring, and the hot stock poured over.

Maître d'Hôtel Butter is made by melting about a quarter of a pound of salt butter in a saucepan and adding to it two tablespoonfuls of minced parsley, chervil and tarragon, with a shallot to give flavour. Simmer these well together, and before using add a few drops of vinegar, and some pepper and more salt if required.

Steam the potatoes if possible and garnish the cod with them.

When we speak of boiled fish by the way, we mean simmered fish, for it should never be allowed to actually boil, or it will be tough and flavourless. Very great care is needed in cooking all boiled articles of food.

Chicory Salad, which is, of course, made from the chicory that comes to us from abroad, requires a cream dressing. This should be made by mixing the yolk of an egg with oil and cream, a spoonful of made mustard, and a few drops of tarragon vinegar. Beat these ingredients together until they resemble a thick cream, and pour over the

chicory (which should be cut into convenient lengths) at the last moment.

A guinea-fowl takes about the same time to roast as an ordinary fowl, and requires to be well basted. Serve fried crumbs with it.

Savoury Omelette.—When the art of making a plain omelette has been acquired, it is easy to ring the changes of variety. The additions that transform it into a savoury are, minced chives (or shallots), chervil, tarragon and parsley; in France this is called an *omelette aux fines herbes*. Four eggs would be needed to make one of a sufficient size for a dinner. Beat these on a plate with a knife and add the salt and pepper to them, also a very little milk. Pour into the omelette pan when the butter is beginning to turn colour, as the right point of heat has much to do with the ultimate success. Slip the knife under it a time or two, but as soon as the mixture shows signs of "setting," it should be left alone for a minute longer, then the pan should be put into a very hot oven for another minute, to raise the surface, then folded over and slipped out of the pan on to a very hot dish. The savoury herbs should be added to the eggs at the beginning. Lose not a moment of time in bringing an omelette to table once it is cooked.

To boil rice successfully is not the easiest thing in the world. The water, of which there should be a large pan three parts full, must be boiling to begin with; then, while this is getting ready, the rice, after washing, should be soaking in cold water. Put plenty of salt in the pan. Boil the rice until it is tender enough to crush the grains between the thumb and finger, then pour off into a colander; pour more water through this until every grain is well separated, then return the rice to the saucepan, cover it tightly, and let it steam gently for half an hour. It ought then to be perfectly soft, yet every grain free from the other.

All rice, macaroni, and foods of this kind need to be extremely well cooked, otherwise they are anything but digestible.



ITH March we are in Lent. Now although we may not approve of any restriction being placed on our dietary with regard to Lent, all the same as spring is approaching we shall find that those restrictions have their founda-

tion laid in sound common sense. We do not now need such substantial faring as we did a month or two earlier; we shall be all the better for occasionally substituting fish for meat, for more eggs, and for fewer cakes and puddings.

March does not bring us much that is new in the way of provisions, but imported fruits and vegetables are not quite so dear as they were, and in our gardens we should be beginning to have mustard and cress and radishes. The first shoots of young sorrel—and how good they are—will be coming above ground, and forced rhubarb is plentiful and cheap.

We are now the worst off for the where-withal to make our tables pretty, just before the spring flowers come in. We can supply the deficit by having some of the pretty little green ferns in fancy pottery—pteris, ivy, hart's tongues, and so forth, and few things look nicer. Try, too, for special occasions, the effect of crossed ribbons on the white tablecloth. A table that is well-set with regard to its minor points, namely, salt-cellars, mustard pots, bright knives and forks, clear sparkling glass, and a clean tablecloth, can hardly ever fail to look attractive, even if it has to go without other decoration; just as the most elaborate decoration will never make up for deficiencies in these respects.

At this time of the year we may make plentiful use of such things as rice, macaroni, polenta, and other farinaceous foods; remembering, too, that eggs are at their best as well and fairly reasonable in price.

Then came the last day before the returning day.

"We will go for a long walk inland," said Charlie. "It will be my last sight of English trees for a long while; and if autumn has carried off some of their beauty, it has added more of its own."

That afternoon Mrs. May announced that she was going for a walk up to Walmer Castle, and asked if the little master might go with her. Hugh was delighted—the sea was a perennial joy to him—to whom country lanes did not seem marvellously different from London squares and parks. Lucy gratefully assented. She never knew whether it was an accident, or whether the kind woman realised that she and Charlie would be thankful for a quiet ramble and an undisturbed conversation.

Perhaps they did not talk much during that walk. Hearts were too full and tears too near the surface. But each uttered solemnly those expressions of mutual love and faith which must generally lie half hidden under the little commonplaces of daily life. Each, as it were, rendered back the mutual charge of the other,—Charles promising faithfully to take care of himself, and to remember all the precautions Lucy would insist on, if she were with him,—Lucy pledging herself to keep as free as possible from worrying, to remember that, under all the circumstances, the coming of letters must be more or less uncertain and far between, adding a

voluntary clause that she would do her very best to be brave and wise under any unforeseen conditions which might arise, and under which she could not seek Charlie's counsel and support. That voluntary clause was due to Lucy's tender self-reproach against the household secret that she was keeping, even for her husband's own sake. Charlie received it, with assurances that he knew she would keep her word. Little did either of them then think how that little pledge was to return to their minds, to their common soothing and upholding!

Lucy felt that this quiet hour of spiritual nearness was their true farewell. With its thrilling emotions would be blent for ever the memory of the solemn November afternoon sky—sunless, but with suggestions of sunlight in its delicate opal hues—and the square tower of Muncam church, lifting its grey head from a mass of foliage, glorious with vivid autumn tints.

After that came the bustle of final packing, the farewell to Mrs. May—to whom Lucy felt she owed something which was not included in her modest bill—the railway journey, the return home. The house was in apple-pie order, and at this critical juncture Charlie ceased to wonder at Pollie's unrestrained, fast-flowing tears. The Brands "looked in" late that night in evening dress on their way from a dinner-party. Jem Brand talked loud and fast to Charlie, while Florence patted her

sister's hands and whispered that she had not secured her a servant yet—they would go about that business together—the interest and excitement would be cheering to Lucy's loneliness—there were still three or four days to pass before Pollie left—plenty of time.

"Plenty of time!" Lucy echoed absently. "What did it really matter? Charlie was going away!"

Then it was over. Lucy came back from seeing her husband on board the Scotch steamer for Aberdeen. She felt as if she had died, and had come to life again in an emptied earth. How strange the street noises sounded! How strange the familiar house looked! Even little Hugh seemed somehow different!

Lucy had not experienced enough to know that the worst was not yet. She had still to expect her husband's telegram of his safe arrival in the north. She could look forward to one or two letters from him written from Peterhead. And when these came, full of cheer, of pleasant descriptions of scenery, fellow-passengers, and friendly welcome, together with good accounts of the dear wanderer's own progress towards strength, poor Lucy began to feel as if she had passed the sharpest corner of her woe, and almost to congratulate herself on her own bravery.

Alas, beyond "the strong pull" on one's courage and submission, there comes "the long pull."

(To be continued.)

THINGS IN SEASON, IN MARKET AND KITCHEN.

By LA MÉNAGÈRE.

THERE are several new additions to our list. We have grass-lamb, mackerel, the first salmon, salads, salad-herbs, cucumbers, spinach, spring onions, turnip and nettle-tops, but as yet no additional fruits. However, whilst we have such an abundance of good rhubarb and green salads, we have nothing to complain of, for what can be better for health than these, or more refreshing?—so welcome, too, after the winter. Fresh mint, sorrel, chervil, and water-cress add flavour to the bowl, and spring onions give it piquancy.

People who suffer from sleeplessness should try the effect of a sandwich of spring onions—bread and butter with finely-minced onion spread between—before retiring to rest. It is said to be most soothing and sleep-inviting.

I would specially recommend these "green" sandwiches to all who find a difficulty in eating salad-herbs in any other form—for instance, chopped mustard and cress, thinly-shaved cucumber and onion, chopped parsley, mint and sorrel—all are excellent when spread between thin slices of buttered bread, and very dainty, too, are they.

This is the month when we may begin one of our favourite dishes of spinach and eggs—one of our physic dishes, I might say, for on very good authority we learn that spinach contains more iron than almost anything else that can be mentioned, and when combined with the sulphur of the egg becomes a capital tonic medicine. So by all means let us eat plenty of it.

I have mentioned mackerel as belonging to the month of April. From now until the end of June they will be prime, and are a good fish to eat; but out of their proper season they are not wholesome. Perhaps they are nicest

when carefully boiled and served with parsley sauce; but if baked with butter and accompanied by gooseberry sauce, or split open and broiled, with herb sauce, they are very nearly as good. Also they are excellent for breakfast when pickled and eaten cold.

It is hardly possible this month to lay too much stress on the virtues of salads; and to prepare these well, to make as many varieties of them as possible, and to mix the dressing with due art, is well worth careful study on the part of every housewife.

A perfectly plain dressing of salt, pepper, vinegar and oil, if well beaten together, and then a spoonful of good cream added, becomes almost equal to a mayonnaise, and is not so expensive or troublesome to make ready.

The following would be found a suitable little dinner for this month, and it is easy to vary at will:—

MENU.

Cream of Spinach Soup.
Boiled Mackerel. Parsley Sauce.
Roast Lamb. Boiled Cucumber. Mint Sauce.
Spring Salad.
Rhubarb Fool. Sponge Custard Pudding.
Cheese Aigrettes.

Cream of Spinach Soup.—Pick and wash a quart of spinach, set it on to boil with enough water to cover it, and a spoonful of salt; stew a couple of young onions and a few herbs in a separate vessel, and then rub all together through a sieve until a green *purée* is obtained. To this add a pint of hot milk, a spoonful of cornflour wet with milk and an ounce of butter, also seasoning to taste. Boil up once and serve.

Boiled Cucumber is an agreeable change amongst vegetables, and is very easy to do.

Pare the cucumber and cut it down lengthwise, then across into inch-lengths; throw into salted boiling water and cook ten minutes. Drain well and serve with a little parsley sprinkled over, or in melted butter sauce.

Rhubarb Fool.—Cut up two or three bundles of fresh rhubarb into short lengths, and stew quickly with sugar until quite soft, then rub through a sieve. Whip about a quarter of a pint of thick cream and the whites of two eggs together, with one or two tablespoonfuls of castor sugar, and lightly whisk these up with the fruit. Heap all in a bright glass dish.

Sponge Custard Pudding.—Make a boiled custard with the yolks of the two eggs, a pint of milk, two ounces of castor sugar, grated lemon rind for flavouring, and an ounce of dissolved gelatine stirred in at the last. Half fill a plain mould with sponge biscuits and pour this custard on them whilst hot. Set aside in a cold place until it is solid. The rhubarb fool would also be improved by being set on ice. Serve both together.

Cheese Aigrettes.—Dissolve an ounce of butter and stir into it a tablespoonful of flour; add half a pint of warm milk, and stir over the fire until a smooth paste is obtained. Add whilst hot salt, cayenne pepper, and grated cheese enough to give a strong flavour. When getting cool mix in carefully the yolk of a large fresh egg. Bring half a pound of lard up to boiling point, and then drop into it small pieces of the paste, and boil rapidly. They should puff out and be a beautiful golden brown. Roll each aigrette in grated cheese when it has drained, and serve on a paper doyley whilst hot. They are not good cold.

THINGS IN SEASON, IN MARKET AND KITCHEN.

By LA MÉNAGÈRE.



GLORIOUS June! Can anyone complain of a lack of the least good thing? Rather we have *unembarras de richesse*; so much so, indeed, that we hardly know what to select for our typical *menu*. Look at the vegetable market, for instance. See the piles of snowy cauliflowers, the crisp cabbages and spinach, the quantities of salad stuffs, cucumbers, spring carrots and turnips, asparagus, artichokes, peas and French beans, while the very potatoes look attractive. Then see the fruit, the ever-welcome green gooseberries, strawberries, early raspberries, and ripe cherries galore. The fruiterers have golden apricots, nectarines, custard apples, and many other luscious things. The fishmongers are showing plovers' eggs in their little nests of moss, the pinkest of prawns and crabs, scarlet lobsters in a garnish of parsley, magnificent salmon, salmon-trout, speckled trout, and beautiful fine soles, with mackerel that glisten like the whitebait.

Game is, of course, of no account now; but young chickens are coming to the fore, and pigeons are excellent, so also are the plovers.

Then look at the wealth of June blossom that is poured into the market. Can anything surpass the beauty of these roses? Lilies and hydrangeas, snowy narcissi, gorgeous tulips, iris, and peonies, and if you can find a sweeter or a more splendid flower than a blush peony of the Dutch variety, you will be clever indeed. Sweet mignonette, sweet peas, and still sweeter pinks, make the air quite heavy with their fragrance. Then we have quantities of beautiful grasses, mosses, ferns, and foliage plants here for all sorts of purposes, for June is the harvest month of the floral decorator. Dinners, balls, receptions, weddings, at homes—all make great demand on the markets this month.

The place of game at fashionable dinners is taken by plovers' eggs, or by an aspic jelly. As the eggs are usually sold ready boiled, and require no accompaniment, we may leave them without further remark; but it might be useful here if we considered the making of a simple aspic jelly such as could be manufactured by the home cook.

Aspic Jelly.—Get a knuckle-bone of veal and one of ham and crack them in pieces. Put with them a large onion, with two cloves, a large carrot, a bunch of savoury herbs, and two quarts of water. Let these simmer gently in a brown stone jar for several hours, then strain off. To a pint of this stock (which should be perfectly clear) add one ounce of Swinborne's isinglass previously soaked in cold water, also a teaspoonful of salt, a little pepper, a tablespoonful of tarragon vinegar; and then a wineglassful of strong sherry. Stir over the fire until it nearly boils, then break into the liquor the whites of two eggs and the shells, stir well, and draw to the side of the fire; let it simmer for a quarter of an hour, then strain through a jelly-bag three or four times until it is perfectly clear. Keep the mould in a very cold place until it is wanted. The quart should make two moulds of jelly. A good jelly will keep for some time, and is often most useful for an invalid.

An aspic of game or poultry makes an excellent luncheon dish, and will prove an easy and dainty way of serving up the remains of cold poultry, etc.

Pour some ready-made aspic jelly into the bottom of a plain round mould which has been wetted with cold water. Next make a layer of stars and diamonds from the white and yellow of a hard-boiled egg, a few fine sprigs of parsley, and the red part of a cold tongue here and there. Let this set, then lay on thin slices of cold fowl and ham, leaving plenty of space to run more jelly in between. Fill the mould up to the top with jelly, then put it away to set. When quite stiff turn it out on to a dish.

Suppose that for our June *menu* we take the following:

Bisque of Crab.
Devised Whitebait.
Grenadines of Veal. *Jardinière Sauce*.
Aspic Jelly.
Saddle of Lamb. French Beans.
Gooseberry Tart.
Cream Cheese. Oaten Wafers. Coffee.

Bisque of Crab.—Wash well in several waters half a pound of the best rice, put it into a saucepan with a quart of the best clear white stock, and add a little milk. Add also an onion, a small piece of cinnamon, a little salt and pepper and a good bit of butter. Let the rice simmer a long while, then add to it the pith from the body of a freshly-boiled

crab, and another pint of milk or stock. Rub all carefully through a sieve, then pour it into a stewpan with the flesh from the claws torn into flakes, add a teaspoonful of the essence of anchovies, a teaspoonful of arrowroot dissolved in a little milk, and a few drops of cochineal to deepen the colour. At the last moment, before serving, after the soup has boiled up once, add a small cupful of hot cream.

Devised Whitebait.—To fry whitebait a good depth of clear frying fat is needed, and a frying basket in which the fish can all be plunged into the fat at once. They should be carefully wiped, then lightly shaken in a well-floured cloth, just so as to coat them sufficiently. Plunge into boiling fat for about three minutes, then withdraw them from the fat, sprinkle them with black and red pepper, return to the pan for another minute, then drain and serve on a napkin with fried parsley as a garnish. Send quarters of lemon and brown bread and butter to table with them.

Grenadines of Veal, Jardinière Sauce.—A slice of the best lean fillet of veal, about two-thirds of an inch thick, should be shaped into small pieces, and then dipped into beaten egg and into a mixture of breadcrumbs, minced ham and seasoning. Fry these carefully on both sides to a light brown, then put between two plates and stand in a hot oven.

For the sauce take a pint of stock, and one onion, a large carrot, a turnip, a few French beans, a few peas, and any other available vegetable. Mince these finely and evenly, fry them in dripping, drain and add to the stock. Thicken this with a spoonful of potato flour, and season highly. Boil gently for a while, then pour in the centre of a hot dish and set the grenadines around the edge. Let boiled potatoes (small ones) accompany this dish.

The saddle of lamb should be simply roasted and served with its own gravy; the French beans boiled first, then sautéed, in butter with chopped parsley, and potatoes, if liked, treated the same way. Pass mint sauce around as well.

Cream should accompany the gooseberry tart, and strawberries with cream might appear at the same time, or in lieu of the tart as preferred.

A roast duck and green peas might take the place of the saddle of lamb, according as means and circumstances permit.

OLD ENGLISH COTTAGE HOMES;

OR,

VILLAGE ARCHITECTURE OF BYGONE TIMES.

PART IX.

THERE is a kind of cottage, chiefly found in the North of England, but also not unfrequently to be seen in the western and central counties; it is constructed entirely of stone or granite. The mullions of the windows, "dressings" of the gables, doorways, and sometimes the walls themselves, are built in "ashlar." "Ashlar," in England, means stone brought to a smooth surface, not only on face but round the sides as well. Now this is rather important for all who are engaged in building operations, because "ashlar" means a different thing in England

from what it does in other parts of the United Kingdom. In Ireland, for instance, "ashlar" means stones brought to a smooth surface in front alone, the edges being left irregular, and if you require them to be cut smooth and squared at the edges, you have to specify that they shall have "even beds and joints."

A curious trial occupied the Irish Law Courts for many weeks some time back. An English architect and an Irish builder were engaged in erecting an important edifice in Ireland. The architect in his specification stipulated "ashlar" for the frontage of the structure. The builder carried it out in the English manner and then sent in a heavy bill

of extras for "beds and joints." This was opposed by the architect on behalf of his clients. At the trial all the Irish witnesses maintained that the builder was right, and all the English that he was wrong. The judge and jury became thoroughly puzzled, and could not understand the disputed point, as evidently both sides were perfectly sincere. At last the judge, perfectly bewildered, appealed to a very eminent counsel who was engaged, and said to him—

"Mr. —, can you explain what all this means? We have been for some days listening to the apparently endless dispute about 'beds and joints.'"

THINGS IN SEASON, IN MARKET AND KITCHEN.

By LA MÉNAGÈRE.

SEPTEMBER, the hunter's moon, brings us such an abundance in our markets that it is difficult to say just what is peculiar to the month. Undoubtedly the most prominent feature is moor game, and now is the time when even moderate purses may safely indulge in this. Hares, rabbits, grouse, partridges, and wild duck give an excellent choice, and poultry also is prime and not dear.

Fresh-water fish come in this month, and are often most useful to country hostesses, as well as affording sport to her guests. The orchards are laden now with fast-ripening fruit, and if this harvest is a fairly plentiful one we may indeed be glad. Nuts will find an excuse for many delightful nutting parties among the children, and the storing of fruits and vegetables from the garden will keep the housekeeper busy. Damsons should be plentiful towards the end of this month, and will want making into jam and cheese, and we expect also to gather blackberries—another excuse for picnicking—nor must we leave mushrooms out of the list. Indeed, September is the harvest-month in many senses, for we have the wild crops ready for garnering, as well as the cultivated ones of garden and field.

The poorest country-dweller may make a profit now who has the wit and the energy to seek for nature's bounty, as these wild things invariably meet with a ready sale in towns.

Besides these we have other things provided by a bountiful providence which we ought to appreciate better than we do. See the glorious colouring that the leaves of the hedgerow trees take on; note the rushes swaying in the brook, the berries of the mountain-ash, as well as of the dog-rose; all these are profitable to town florists, who will generally pay a fair price for such things. To the home decorator all these are very valuable—or will be in the days that will come all too soon, when no flowers are to be had for the table. If slightly dried and brushed over with a very weak solution of gum arabic, then dried again, these will keep for a long time without losing their colour. Some of the very prettiest table decorations ever seen have been made with coloured leaves and berries. For tall jars in the corners of rooms, purple thistles, white honesty, brown bulrushes, copper beech boughs, and scarlet ash-berries combined, make a truly lovely show.

In the garden we have dahlias and sunflowers defying the wane that seems to make everything else look dreary, and by and by we shall have chrysanthemums in all their brave glory to brighten house and greenhouse. What a glory do these give to the last days of the dying year.

But the year is far from ending in September; we have many things yet to enjoy, and possibly many guests to entertain, and always much to see to, as prudent housewives.

A plentiful crop of wild mushrooms proves a great help to us now, and we are glad to

remind ourselves of different ways of using them. For instance, with bacon or eggs at breakfast, *au gratin* at dinner, on toast at all times, they are acceptable. With field mushrooms we have need to be very careful lest we inadvertently give ourselves some that are poisonous and unfit for food. Dr. Badham, author of the *Esculent Funguses of England*, enumerates no less than forty-eight species of edible fungi, all of which are good to eat. According to him the majority of fungi are harmless, but his account of the effects of the poisonous minority is enough to alarm the most trustful.

The easiest way to detect whether fungi are wholesome or not is to insert a silver spoon into the stew in which they are present, and if poisonous it will quickly turn black; a peeled onion will also turn blue or bluish-black, and is an even easier test. If either of these on being withdrawn shows their own natural colour, the mushrooms may be regarded as harmless.

Mushroom ketchup is regarded by all housewives as one of the treasures of the store-cupboard, and that which is home-made is generally better than any that can be bought.

It is best when made of the large flap mushrooms, fresh, but fully ripe. They must be gathered during very dry weather, if the ketchup is to keep properly. Do not wash or peel them but wipe them clean, and remove all decayed pieces and part of the stalks. Put them into a gallon stone jar, and strew salt liberally over them. Let them remain a night, and the next day stir them up, and repeat this for two or three days. At the end of the third day put the jar into the oven and let them stew a short time, then gently pour off the liquid, but do not squeeze them at all. To every quart put an ounce of Jamaica and black peppercorns, two or three pieces of rase ginger, and a blade of mace. Boil again for perhaps half an hour, let it stand aside until cold, then put into dry bottles, and cork it up tightly. It is well to use small bottles, so that when one has been opened it may be used up before it has time to lose its virtues.

MENU FOR SEPTEMBER.

Rabbit Pie.
Cold Roast Goose.
Salmi of Partridges (hot).
Fillet of Beef with Mushrooms (also hot).
Cold Pressed Beef.
Potato, Beetroot, Tomato and Endive Salads.
Hot Potatoes.
Quince Jelly. Damson Cheese.
Apple and Blackberry Tart. Cream.
Cheddar and Gorgonzola Cheese.
Oatcake and Butter.

Our menu this month might be one suited for a luncheon party, where the chief dishes would be required cold, with two or three hot ones as a set-off, and all others placed on the

table at the same time. Luncheon parties are generally very common during this month in the country, and the guests who come to partake of them are not noted for their small appetites.

Salmi of Partridges.—Put the birds into the oven as for roasting, and partially cook them. When about half done cut them into neat pieces, and remove the skin and sinews, and place them in a clean saucepan. In another pan put a quarter of a pound of uncooked ham minced finely, with a good piece of butter; add a dozen small mushrooms, three or four minced shallots, a grated carrot, a spoonful of chopped parsley, a few sprigs of savoury herbs and some pepper and salt. Cover closely and let them cook on the top of the stove, shaking the pan to prevent burning; when cooked dredge a little flour over them, let it brown a little, and pour in about a pint of good brown stock. Add also a glassful of sherry. Stir until the gravy has thickened nicely, then put in the pieces of the birds, and let them slowly simmer, but not boil, for at least half an hour. Dish the game in a pile on a hot dish, strain the sauce, and see that it is well seasoned and of a nice brown colour, then pour over all. Garnish with fried sippets of bread.

Fillet of Beef with Mushrooms.—These should be cut from the undercut or fillet of beef, and be neatly shaped. Fry them quickly on both sides, but only enough to slightly brown them, then place in a stewpan and cover with peeled mushrooms, one or two shallots, some pepper and a glassful of red wine with also a small lump of butter. Stew these for quite an hour in a rather slow oven, then lift out the meat and the mushrooms, and thicken the gravy with *féculé*, also add salt and a tablespoonful of sharp sauce, then pour boiling hot over the dish.

Quince Jelly and Damson Cheese are both preserves that should be found in readiness in the store cupboard. For the first, take a quart of quince juice obtained by boiling the fruit with a very little water and then straining it through a bag; add a pound of lump sugar to every quart, and then an ounce of gum arabic previously soaked in water. Boil well for quite half an hour, then put into moulds.

Damson Cheese.—Put several pounds of freshly-gathered damsons into a stone jar with a very little water. Stand this on the top of the stove to stew gently for some hours, or until the fruit is perfectly soft. While still warm turn out the damsons into a wide-meshed sieve or colander, rub until nothing but skins and stones are left. Put half a pound of loaf sugar to every pound of pulp, and boil together into a stiff paste. Some of the stones should be cracked and the kernels taken out, as these give a very pleasant flavour to the cheese. Put into shallow dishes or moulds, and cover with brandied papers. This cheese is usually cut into fancy shapes and put into glass dishes to serve at dessert.

ANSWERS TO CORRESPONDENTS.

STUDY AND STUDIO.

IRENE FOY, 32, Osborne Terrace, Clapham Road, wishes to see "Onyx," a Greek grammar, written by IRENE's father in English and Greek. Will "ONYX" please write?

LEM.—You will find the poem from which you quote an extract in *Ezekiel and Other Poems*, by B. M. (Nelson and Sons). It is there entitled "The Sea of Sorrow."

CONSTANCE.—1. "Auf Wiedersehn," means "till we meet again," like the French "Au revoir."—2. We always recommend Dr. Lemmi's Italian Grammar, published at 5s. by Messrs. Oliver & Boyd, Edinburgh; and Messrs. Simpkin, Marshall & Co., London. It is quite simple enough to be studied alone.

SOROR.—We are sorry you have had to wait so long for a reply, but owing to the time at which we go to press, we cannot promise an answer speedily.

NURSE PETRA.—The *Jugend-Gartenlaube*, 5s. a year, might suit you; but we advise you to write for a full list of German periodicals to Hachette & Co., 18, King William Street, Charing Cross, London.

F. E. BARTRAM.—Books on entomology appear rather costly; but you might begin with *British Butterflies, Moths and Beetles*, by W. F. Kirby, published at 1s.; or Sir John Lubbock's *Origin and Metamorphoses of Insects*, 3s. 6d. Order at any bookseller's.

Ada's face had fallen.
"Will you do it?" Madame Maude said.
"It will be money easily earned; my saleswoman is leaving next week."

"I am to make money by my face," Ada cried, with a choking voice; "it's so horrible." But something was saying to her, "You must have money; you have spent your last dollar, except what will pay for your bare board. The children must go to school, and Sadie wants a tonic. She has a cough because she has been denied the luxuries she has been used to, and has had to walk to school in all sorts of weather."

"Yes, I will come," she said; "but what if I do not sell them as you expect?"

"I will risk that," the woman said kindly, "for I know the value of a pretty face below a forty-dollar hat."

When Ada found herself once again on Fifth Avenue, she could scarcely believe she was the same girl who had lived in the magnificent mansion at the other end of the town a few months ago, and had spent all her days in light-hearted amusement. She felt tired

and depressed, and afraid of the position she had undertaken to fill.

When she reached home she found that Sadie and Marjorie had not yet come back from school. She was anxious about their delay, and stood on the doorstep looking up the street to try and catch a sight of them.

"Why do you fret yourself about those two children, bless your dear heart. They're a deal better able to look after themselves than you are."

One of the boarders was addressing Ada from the hall.

"They're so young to be out alone," Ada said. "They've always had someone to bring and take them from school."

"Time they learnt to come and go alone, I guess. How long do you suppose you can go on working yourself to pieces, anyhow? If you want to do the best you can for these two young 'uns, bring them up to look after themselves. You were brought up like a sugar-plum, and you're feeling it mighty bad now, I reckon, to be treated like pig-iron."

"I know you mean kindly," Ada said, "but

at least I have had the benefit of refined surroundings in my youth. I can't let little Sadie knock about like a street child."

"Much like a street child she is, with her white starched petticoats, and dainty pinafores. It's just killing you, child, that's what it is, and coloured things are just as comfortable."

"But we have only white things," Ada said apologetically, "and I'm afraid I can't buy any more just yet."

"To be sure. I never thought of that," the fat, good-natured boarder said laughingly. "What's going to happen to you, child, when these fine things wear out. It does me good to look at your pretty figure in these well-cut gowns. But they won't stand rough wear."

Then Ada told her she was going to earn fifteen dollars a week at Madame Maude's.

"You'll have all the young men in the town coming to choose their sisters' hats," the boarder said, "and men are a deal more easily taken in than women folk. Madame Maude is a clever woman."

(To be continued.)

THINGS IN SEASON, IN MARKET AND KITCHEN.

OCTOBER.

By LA MÉNAGÈRE.

VENISON and pork are the "novelties" that we note in the markets this month, and also a splendid show of brocoli. It is also a grand time for cheeses, as many old-fashioned country fairs testify. This month dairy farmers will be busy bringing their cheeses into the right markets ready for the Christmas sales, and where cheeses are shown we usually see sausages and pork pies, also gingerbread. All these things are toothsome in October—the month of mellow days and frosty nights. We begin to get ready walnuts and chestnuts for Hallowe'en festivities, and we sort out our apples, some for cider, some for "biffins," and some for preserving. We must now pickle our red cabbages, too, also onions, and see that potatoes are stored. Those who have good keeping places, even in town, may now invest in sacks of potatoes, and bushels of apples, as this is the time for getting these at a cheaper rate than will be possible later on. Housewives in the country who have piggies to dispose of for bacon will be thinking of turning the poor animals into that useful commodity.

There is also the harvesting of the flower-seeds and roots, and much work is done in the flower garden preparatory for the next spring. Indeed, this is altogether one of the busiest months of all the year. Nature has not yet gone to sleep, although she is preparing for her winter's rest.

We may now begin to bring into use some of our dishes of heat-giving foods such as we keep for winter days, not as a regular thing, perhaps, but occasionally. For instance, we may commence having porridge for breakfast, warm puddings, good vegetable soups, honey and treacle to our bread. Roast goose and apple sauce will be a favourite dish with many now, and, indeed, geese are better at this time than later, as they are neither so rich nor so fat.

So will also game pie be. Indeed, ever since Friar Tuck feasted the disguised Cœur de Lion upon this dish (which then was called game pasty) in the heart of Sherwood Forest, it has been a dish beloved of all Englishmen. Perhaps it may not be amiss to give it here in detail.

Game Pie.—A very good short or raised

crust is used to line the bottom and sides of the mould. For the upper crust it is usual to use puff pastry, although the raised crust is quite good enough. Place first a layer of small pieces of rump steak, then of venison steaks, trimmed and rubbed with spice, salt and pepper. Next some joints of hare, partridge, or other game, and fill up all spaces with highly-flavoured forcemeat. Add a little gravy, and cover the dish closely, but not with the crust; this should be put on when the pie is rather more than half cooked. Glaze this and ornament it when nearly finished cooking.

A very good imitation of a game pie may be made entirely without game, by using veal and steak together, and adding plenty of well-made forcemeat. As the gaminess will depend on this forcemeat, it will be well to show what this is composed of.

Half-a-pound of calf's liver and as much good ham should be baked in the oven in a covered vessel until perfectly tender. Pound these together in a mortar to a smooth paste. Add a large tablespoonful of finely-powdered herbs—thyme, marjoram, sage, savoury, and tarragon—all these, or as many of them as possible. Add also cayenne pepper, salt, and a few chopped mushrooms. Mix very thoroughly, and place little balls of this and quarters of hard-boiled eggs at intervals with the meat, then put in a little strong gravy, place the top crust on, and bake the pie in a baker's oven until of a good deep brown. When eaten cold this is uncommonly good.

A breakfast dish met with in Yorkshire, but not, I believe, elsewhere, is a *Covered Apple Tart*, and very good it is, either hot or cold. The crust would be ordinary short or flaky paste rolled out to about a quarter of an inch thick. On the lower crust a thick layer of stewed, sweetened, and spiced apple is placed, the top crust put on, the edges crimped together, and melted butter brushed over all, then well baked.

Hominy cakes with honey, and oatmeal batter-cakes, are delicious for breakfast also.

We should not omit also to have plenty of roasted apples at all times while they are so good, and the smaller pears and apples will be

very good eating indeed if they are baked in a stone jar in a baker's oven.

A good dinner menu for October would be the following:—

Potato Soup, with Grated Cheese.

Gurnet, Baked and Stuffed.

Roast Loin of Pork. Apple Sauce.

Brocoli and Baked Potatoes.

Wild Duck. Orange Salad. Cranberry Jelly.

Cabinet Pudding.

Cheese. Biscuits. Butter.

Potato Soup.—Peel, boil and mash half-a-dozen potatoes, and slice up a small Spanish onion into a little butter, which should cook while the potatoes are boiling. Put all together, and add a pint of boiling milk, a spoonful of flour mixed smooth with milk, and boil together. Season with pepper and salt, and if not already too thick add a little cream. Serve very hot with grated cheese in a separate dish.

The *Gurnet* are stuffed with a mixture of chopped shallot, parsley, herbs, breadcrumbs, butter, seasoning, and an egg. Grate breadcrumbs over, and pour on them a little oiled butter, and bake in a fairly quick oven for about twenty minutes or half an hour. Serve in the same dish if it is a nice one.

Wild Duck require very quick roasting and frequent basting. Garnish them with a lemon cut in quarters, and serve any gravy that may have run from them in a tureen.

Orange Salad is made by slicing peeled oranges, freeing them from pips, and covering the slices with a little sugar.

Cabinet Pudding.—Put a pint of new milk on to boil with two spoonfuls of sugar and the rind of a fresh lemon; then add it to three well-beaten eggs. Butter a mould, and decorate the bottom and sides with strips of candied peel, stoned raisins, etc. Fill with alternate layers of sliced sponge cake and raisins. Pour the custard over, and let it soak for an hour or so, then cover with buttered paper, and steam the pudding gently for an hour and a half.

If this pudding were for eating cold (and it is quite as good so), a little dissolved gelatine should be added to the custard before pouring it over the cake. A few macaroons give a nice flavour to a cold pudding.