

A BOOK-EMBLEM SUPPER.



THE spiritual and physical are so affected one by the other, so dependent one on the other, and one so much the outcome of the influence on it of the other, that our daily surroundings should demand a much deeper study than they receive.

Given dirty and degraded surroundings and we expect and do find dirty and degraded minds.

Given monotonous and badly-cooked food and the result proclaims itself in loud voice, defective digestion, diminished nerve and brain power, irritable temper, cruel words, cruel deeds, and the many miseries that invariably spring from it.

When there is an everlasting sameness in our cooking, the same things or the very limited round of things served up with everlastingly the same flavour, and invariably the same appearance, after a little time we get sick to death of its soulless repetition and long to taste some fresh flavour, we long to view a dish with some different appearance.

And then we get desperate, and rush to restaurants, cook-shops, and confectioners, just for the sake of change so necessary for good health and buoyant spirits.

And all because the women who are the heads of houses, and who consequently have the welfare of many dependent on them, have undertaken that responsible position without any adequate practical knowledge, or perhaps do not care to take the trouble of thinking out some fresh ideas or of placing them nicely and artistically on the table.

In thinking over these things it came into my head that, for an exhibition that was to be held in the west part of England, I could illustrate some well-known books by some dishes, the recipes for which, as well as the dishes, would be something new and novel.

These recipes, of course, are for high-class cookery, but simple and inexpensive cooking can be original and pretty in appearance if we only take the trouble to think.

Perhaps in a future article I shall show this.

Our supper will be all cold with the exception of a hot *consommé*, so it can easily be prepared beforehand, and the following will be our menu:—

“Plain Tales from the Hills.”

“Sea Urchins.”

“A Winning Hazard.”

“A Recoiling Vengeance.”

“When Leaves were Green.”

“A House of Hidden Treasure.”

“Ships that Pass in the Night.”

“PLAIN TALES FROM THE HILLS.”

Ingredients.—One ox-tail, two and a half quarts of gravy stock, a few peppercorns, a bunch of herbs.

Method.—Hang the ox-tail for a day or two. Cut into pieces, and cook gently in the stock for three or four hours. When cooked strain off the stock and allow to get cold; this is better prepared the day before. Then remove any fat, strain through a clean towel and clarify. Strain again, and add a lump of sugar. The sugar will give it brilliance and make it sparkle. Garnish with green custard cut in trefoil leaves.

Custard for garnish.—To every three tablespoonfuls of cream or milk take two whole eggs, add a pinch of salt and white pepper and a few drops of Marshall's sap-green colouring. Beat up and strain through a pointed strainer. Pour into a buttered tin and poach in hot water on the side of the stove till firm, being careful that the water does not boil or the custard will be honey-combed. Turn out, cut into thin slices, and stamp out trefoil leaves with a small trefoil cutter. Add at once to the *consommé* and serve immediately.

“SEA URCHINS.”

Ingredients.—One hen lobster, a quarter of a pint of good mayonnaise sauce, one pint of aspic jelly, two tomatoes, one head of celery, one endive, one lettuce.

Method.—Line a basket-shaped tin with aspic jelly about a quarter of an inch thick, decorate this with sprigs of endive and celery cut into small stars and crescents. Set the decorations with a little more aspic.

Cut up the lobster into neat pieces, reserving the claws; break into small pieces some of the celery and lettuce, reserving the best pieces for garnishing. Whisk the mayonnaise sauce and aspic (which should be liquid but nearly cold) together, then stir in the lobster,

celery, and lettuce; fill the prepared tin with the mixture and put it on ice to set.

When firm, dip it for a moment in warm water and turn it out.

Decorate the sides with lobster coral, and pile up the top with chopped aspic, tomato, the lobster claws, and sprigs of endive.

Make a handle to the basket with two thin pieces of celery twisted together, which may be curled by putting them into cold water for about an hour before using.

Dish up the jelly on a green salad, with little clusters of chopped aspic amongst it.

“A RECOILING VENGEANCE.”

Line thinly a bomb-shaped mould with aspic jelly, then prepare a *purée* of hare as follows. Take ten ounces of cooked hare, chop it finely and pound in a mortar, add to it a quarter of a pint of good brown sauce, and half a pint of game jelly. Pass all through a wire sieve, and fill the mould. Put it on ice to set. When quite firm dip in warm water and turn out.

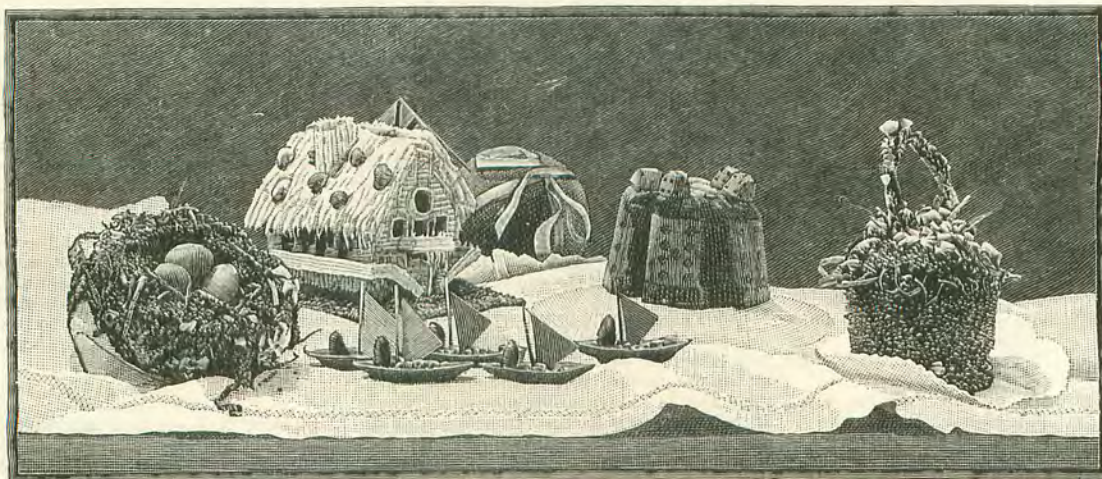
Our illustration shows it decorated with tricolour ribbon and a small flag.

Game jelly for purée.—Cut up one eschalon in small pieces, fry in one ounce of butter, add one bay-leaf and a sprig of thyme, chop up the game bones and put on the top, and fry all about fifteen minutes. Cover with three-quarters of a pint of good stock, and cook gently for one hour.

Remove the fat, and strain. Add half an ounce of glaze, and, just before using, dissolve in it three-quarters of an ounce of Marshall's gelatine.

“A WINNING HAZARD.”

Ingredients.—Pound one pound of chicken with a quarter of a pint of veloute sauce and three-quarters of a pint of liquid aspic jelly; then pass through a fine wire sieve. When it is thickening, add three-quarters of a pint of stiffly-whipped cream, a pinch of cayenne pepper and a pinch of salt. Line some small card-moulds with pale clear aspic jelly, and decorate them like playing-cards, with hearts, diamonds, spades, and clubs, cutting the spades and clubs out of truffle and the hearts and diamonds out of tomato. Set these decorations with a little more jelly. Then nearly fill the little card-moulds with the prepared mixture of chicken, making it quite smooth; fill up the moulds with a little more jelly, and put on ice to set. Now take a shaped mould to hold about a



BOOK TITLES IN SUMMER DISHES.

pint and a half, and line it thinly with aspic jelly. When this is set, turn out the little cards and slip them into the large mould, alternating black and red round the sides; now take three-quarters of a pint of spinach *purée* and add to it a quarter of a pint of stiffly-whipped cream and half a pint of liquid aspic jelly. Line the large mould about one inch thick with this *purée*, and let this set; take the rest of the *purée* of chicken and add to it a small tin of *pâté de foie gras* cut up into small pieces; fill up the mould with the mixture; pour a little more aspic on the top, and place on ice to set. When cold, turn out. Have one playing-card more than you require for the inside of the mould; turn this out, and lay on the top also some small dice, made in square moulds and decorated with truffle. Garnish round the base with a little chopped aspic.

"WHEN LEAVES WERE GREEN."

Ingredients.—One sponge-cake baked in a border mould, three ounces of pistachio nuts finely chopped, two ounces of angelica cut in very thin strips, two tablespoonfuls of apricot jam, one tablespoonful of grated chocolate.

Method.—We mean to represent this title by a bird's nest full of eggs, so we must try to make it as natural-looking as possible.

First, then, pare off the mould and cut the parings into thin strips to represent twigs and straws; put them into a warm oven to become brown and crisp. Brush over the cake with a little warm apricot jam and roll it in the chopped pistachio nut till it has the appearance of moss. Fill up the bottom of the cake with any pieces over, and scatter grated chocolate over it inside. This makes it look like the lining of the nest. And now arrange on the twigs and straws of cake and angelica as naturally as possible, making them stick with jam, and rolling some of them in pistachio nut until your nest is quite rough and covered with twigs and grasses.

And now take three or four bantam's eggs, make a hole at each end, and blow them; stand the shells in sawdust, and fill them from the hole at one end with the following mixture. (Standing the eggs in sawdust or bran prevents the mixture running out at the other end.)

Filling for eggs for nest.—Take two yolks of eggs, half a pint of cream, one ounce of loaf sugar, half an ounce of gelatine, one

tablespoonful of curacao. Dissolve the gelatine in a quarter of a pint of milk; add the sugar. Make a custard with the yolks and cream; add the gelatine, and strain. Lastly, stir in the curacao, and a few drops of Marshall's sap green colouring. Fill the egg-shells quite full with the custard, by means of a small funnel, and allow them to set. When they are quite firm, break off the shell; take a little moist chocolate and just fleck the eggs with tiny specks of chocolate. Just before sending to table, pour a wineglassful of sherry over the nest. Put the eggs in the nest, and send to table.

"A HOUSE OF HIDDEN TREASURE."

Make some Genoese pastry thus:—Take six ounces of flour, six ounces of butter, eight ounces of castor sugar, and seven eggs. Melt the butter, and brush over a clean baking-tin; line the tin with paper, and brush over the paper also. Break the eggs into a basin; add the sugar, and whisk for twenty minutes till you have a frothy cream. When sufficiently beaten, stir in the flour and butter melted, very lightly; pour the mixture into the prepared tin, and bake till a golden colour. Then take the pastry, lay it flat on the table, and cut into pieces thus: two oblong pieces for the side-walls of your house, two rather larger oblong pieces for the roof, and two gable ends, and you will require a much larger piece for the floor of your house, as it must come about one inch beyond the walls all round. Cut out three or four windows in each side, and windows and a door at the end. Be very careful that each of your pairs match exactly in size, and that they are quite flat. Then return them to rather a hot oven for a few minutes to get quite crisp; take them out, and allow to get cold, being careful to keep them quite flat.

Then begin to build the little house. Take some Royal icing and cover the floor with it about a quarter of an inch thick; then put some on the ends of the walls, and place them together. When all the four walls are up, allow the icing to get firm. Next cover the walls outside with white Royal icing by means of a plain forcer and bag. Make little balconies with thin strips of angelica, and stick these firmly into the sugar. Make green shutters for the windows, and a door in the same manner. Now spread some warm apricot jam on the ground round the house, and over it sprinkle finely-chopped pistachio

nut and burnt almonds, also finely-chopped, to represent grass and gravel. And now put on half of the roof, and cover it thickly with Royal icing. This must be made a pale straw-colour to represent thatch. Rough it after having put it on with a forcer. Then put on some sugared almonds rubbed in chocolate to represent the large stones on the thatch. Do the other side of your roof in the same manner, but do not fix it on, and your house is ready; and we will give the ingredients for the "treasure" hidden inside.

For this, take three apricots, two pears, two ounces of cherries, two ounces of strawberries, two bananas, one wineglassful of curacao, one pint of whipped cream, one tablespoonful of sugar. Cut up the larger fruit, with a silver knife, into small pieces, removing the core; stone the stoned fruit; now make all into a *macédoine*, and add the curacao. Now fill the little house with alternate layers of the *macédoine* and the whipped cream, and put on the other side of the roof.

The side of the roof is removed for serving. In winter, crystallised fruits may be used, when they must be first cooked in a syrup and allowed to get cold.

"SHIPS THAT PASS IN THE NIGHT."

Take some small boat-shaped moulds and line them with cheese pastry made thus:—Two ounces of butter, two ounces of flour, two ounces of grated Parmesan cheese, yolk of one egg, salt and cayenne. Mix all well together into a stiff dough; roll out very thinly. Make some small triangular pieces of pastry as thin as note-paper, for sails. Also cut some small strips for masts. Place all these in a cool oven until they are a pale brown. Remove carefully from the moulds and allow to get cold.

For the filling of the boats we shall require:—One olive to each boat, a small tin of *foie gras*, a quarter of a pint of stiffly-whipped cream, a pinch of cayenne pepper. Stone the olives carefully, and force them with *foie gras*. Place a little *foie gras* in the bottom of the boats; stand up the olive at the bow of the boat, and the sail and mast in the middle. Flavour the whipped cream with cayenne pepper, put into a small bag with a rose forcer, and fill the boat with little roses of cream over the *foie gras* to represent bales of cotton. Garnish with a little pale-green jelly chopped round.

TRAVELLING.

By ELIZABETH A. S. DAWES, M.A., D.Litt.

There is a pleasure in the pathless woods,
There is a rapture on the lonely shore,
There is society, where none intrudes,

By the deep sea, and music in its roar:
I love not man the less, but Nature more;

From these our interviews, in which I steal
From all I may be, or have been before,

To mingle with the Universe, and feel
What I can ne'er express, yet cannot all
conceal.—Byron—"Childe Harold."

Every great man is always being helped by everybody, for his gift is to get good out of all things and all persons.—Ruskin—"Frondees Agrestes," p. 146.

SPRING has gone, and summer is here, and with its arrival our thoughts turn to the summer holidays and the pleasant trip at home or abroad that will await many of us then. Now, because it has become such a universal custom in England for every

family that possibly can do so to go away for a change and rest for a few weeks in the summer, I should like to give a few hints which might enable the girls who read this paper to gain perhaps more real enjoyment and also real profit from their holiday than they have done hitherto. Travelling is made so easy now, and the facilities for it are so immense, that hundreds of people who, fifty years ago, would rarely, if ever, have quitted their native town or village, can now enjoy the inestimable privilege of visiting spots of beauty and interest in their own and foreign countries. But please notice that fifty years ago a "travelled" person would be expected to have learnt a good deal from his travels, to be able to tell of the natural beauties, the habits, manners, and industries of the strange lands he had seen, as well as having gained a wider knowledge of matters literary, or artistic, or scientific; therefore we of to-day must, in proportion as we have more opportunities,

also benefit thereby and grow in spirit, mind, and soul by our intercourse with Nature and our fellow-creatures.

Firstly, our wandering about ought to teach us to appreciate Nature in her different moods and aspects, and to feel the wonder and grandeur of these voiceless witnesses to God's greatness. Gleaming snow-clad mountains in their dazzling whiteness speak of the unattainable purity and serene immovability of God, and the unchangeableness of His purposes. They inspire one with a longing after far-seen ideals, of which in our busy everyday life we lose sight.

Then the ever-moving, ever-changing sea and the wild rushing waterfalls roaring down and cutting a path for themselves, perhaps, between towering rocks—how they speak on one hand of man's littleness and weakness, and yet on the other cause us to reverence his divine intelligence, which can bend and subdue even such mighty forces to his own use!