

FRAUDS IN COOKERY.

By EVE, Author of "Little French Dinners."



ALTHOUGH it is most important that a recipe should be strictly adhered to in all its points if success be wished for, there are occasionally circumstances which alter cases, as, for instance, when a certain ingredient is

wanting, and then it is that the cook must use her judgment in knowing what to do. Sometimes also for economy's sake, a recipe will have to be altered and one thing substituted for another, and the art lies in successfully concealing these little deceptions. Cream is used in many recipes, and for those who cannot afford it or who perhaps do not care for it, there are many ways of obviating the necessity for its use. If cream is ordered to be used in a sauce, milk with an extra amount of fresh butter may take its place. In making horseradish sauce, condensed Swiss milk, diluted with a little ordinary milk, may be substituted for cream; in fact, this may be used with anything requiring cream and sugar, the result being exactly similar at a far less cost. In soups, when required for a liaison, the yolks of one or two eggs beaten up with a small quantity of the soup, cold, will be found an excellent substitute, but this will not apply when the cream is required for the express purpose of whitening a soup.

For a cake in which cream is used, butter beaten to a cream may be employed. With regard to whipped cream, when this is deficient in quantity, mix with it the whites of two or three eggs whisked to a stiff froth, and it will answer the purpose equally well.

Perhaps when working from a high-class French recipe one may be told to add a

spoonful or more of *Sauce Espagnol*. This sounds rather alarming, but as this sauce will only be found ready made in large establishments, the difficulty must be obviated by dissolving a piece of glaze in the sauce at the last moment. If this is not possible, use some good make of extract of meat. When glaze is required for ornamenting a piece of cold meat, etc., and there is none at hand, dissolve half an ounce of gelatine and three teaspoonfuls of extract of meat in half a pint of water. Stir well together, add a little colouring, boil till reduced to about a gill, then use.

Both time and expense will be saved by using the following formula for aspic jelly:—Soak one ounce of gelatine in cold water, then dissolve it over the fire in a pint and a half of good clear stock. Add a little tarragon vinegar to taste, and clarify the jelly with the white and shell of an egg. Pass it once or twice through the jelly-bag, and use.

For any dish which requires shallots, onions in much larger quantity must be used when the former are not at hand. For convenience' sake cloves may be substituted in a savoury dish by a tiny bit of mace, and the difference will hardly ever be detected.

Celery seed may be used for flavouring soups when the vegetable itself cannot be procured.

When truffles cannot be afforded for an entrée, an excellent substitute will be found in pickled walnuts. Before being used, they must be soaked in cold water for a couple of hours.

We do not all of us grow parsley, tarragon and chervil in our gardens, and they are not always to be bought, so when all three are to be employed in a sauce or soup, the only thing is to use what you have got. In some cases a little tarragon vinegar—a bottle of which should always be kept in the store cupboard—will take the place of the tarragon leaves; at

any rate this would be quite permissible in a salad.

In savoury dishes wine is usually optional, and can be omitted altogether very often without appreciable deterioration to the dish in question.

With regard to cakes, etc., a good deal of licence is allowed in altering recipes. Very often the number of eggs may be diminished, a little more milk used, and no apparent difference is noted in the result. If milk is required in the recipe, water may be used instead and the quantity of butter or dripping may be decreased or otherwise, leaving a more or less rich cake in proportion.

Orange marmalade cut up may be substituted for candied peel, when there is none of the latter. Almonds chopped finely and coloured green are made to take the place of pistachio nuts, which are, of course, four or five times the price.

Sometimes in recipes one is directed to make use of certain culinary appliances that are not always found in ordinary kitchens. For instance, a salamander for browning the tops of dishes is often necessary. But an equally good effect can be produced by making a shovel very hot and putting a few red cinders in it, although sometimes placing the dish in a very brisk oven will answer the purpose.

Instead of passing a sauce or soup through a tammy, a hair sieve will answer all ordinary purposes.

A double saucepan is a very useful thing in a kitchen, both for making custards and keeping sauces warm; but for those who are denied this convenience a jug placed inside a saucepan full of boiling water will be found an effective substitute. These are only a few examples, but they will serve to show with the aid of experience how to get out of difficulties in the most practical manner.

LIFE'S TRIVIAL ROUND.

By ROSA NOUCHETTE CAREY, Author of "Nellie's Memories," "Mollie's Prince," etc.

CHAPTER XVI.

"WE ARE TO BE SISTERS."

"Conquer your foe by force, and you increase his enmity; conquer by love, and you reap no after-sorrow."—*Chinese axiom.*



HERE is your Aunt Faith?" was the next question, and there was a shade of annoyance on Mr. Mostyn's brow. Then I stepped forward.

"Miss Faith has one of her bad sick headaches, Mr. Mostyn, and is obliged to lie down. She asked me to give her kind love to Miss Ashton"—I wonder what Mr. Campbell would have said to that fib—"and she regrets extremely that she cannot see her; but she is in such pain that she cannot lift her head from the pillow."

"Oh, dear, I am so sorry," returned Miss Ashton kindly. "Will you tell her so, Berrie? I should have liked to have had a nice talk with her. Miss Faith and I are such good friends"—and then she looked at Mr. Mostyn with a happy smile, but he seemed to avoid her eyes, not being so apt at fibbing as other people were, and yet how was he to damp her pleased confidence in Miss Faith's good-will towards her? So he changed the subject abruptly.

"Do you know where my little maid is," he asked, but I had quite forgotten the child. Hope had left her in the orchard and at once started off to find her, but Miss Ashton followed her.

"Will you let me go?" she pleaded. "I know the way to the orchard quite well." And as she seemed bent on it, Hope came back to the terrace.

It was rather a clever move on Miss Ashton's part, for Nina was a whimsical little lady and needed a good deal of humouring, and it was always better to tackle her alone. I saw Mr. Mostyn

watching the tall, grey figure with shaded eyes until it had disappeared into the shrubbery, then he put his hand on Hope's shoulder.

"Tell me the truth, my little girl: is Aunt Faith really too ill to see Brenda?"

"I am afraid so," returned Hope reluctantly. "She looked so bad at luncheon that Mr. Campbell said he was afraid to speak to her. Ah, I forgot!" as her father looked slightly mystified at this. "Mr. Campbell surprised us before luncheon, but when he heard about things he would not stay. He begged me to give you his best wishes and kind congratulations."

"And he would not stay. I am sorry for that. I should like to have shaken hands with him, but under the circumstances he showed good taste. Ah, there they come"—and Mr. Mostyn's face brightened—as a few minutes later Miss Ashton and Nina came up the lawn hand in hand. Nina was chattering to her in quite her usual style, and I thought Miss Ashton looked exceedingly happy.