

A YELLOW BREAKFAST.

MONOCHROME MEALS.—PART I.



FEW general remarks may be made upon all these coloured meals, and the first is, that the invitations should announce the colour chosen, and be written upon suitable stationery. Pale tinted paper is very pretty for this purpose, and pink, green, and yellow are easily obtainable; or you may use white paper with a flower or monogram of the colour of the repast. As so many girls in the present day can handle a brush, it would be a delightful occupation to paint a flower or a fern on the paper and envelope, and it would enhance the value of the invitation.

The guests should, if possible, appear in the colour of the feast, and the hostess, or any other lady of the house party, must of course wear the colour chosen, if only a bunch of ribbons. Then attention must be paid to the linen and china used, and the general decoration of the table; suitable forms for folding the serviettes will be given for each occasion, also some hints on decorating the table. But as most people have their own ideas, which fit in with their resources, they need not feel tied to the forms we suggest; but still, as there are some who like to have all things settled for them, and have not time to think out the small conveniences of life, we will give minute directions and enter into details, to be followed or not at pleasure. Our first scheme will be for a "Yellow Breakfast," and as on many occasions of out-door festivities it is convenient for the party to gather together early at some stated place of meeting, it will be a pleasant way of beginning the day.

Always remember that for breakfast simplicity is the rule, therefore use a fine white damask tablecloth of a small pattern, without any centre piece of other material. We fear we must ask you to put aside your revolving breakfast centre for this occasion, but you may place a small yellow flowered plant in a brass or yellow pottery jar in the middle if you like. Then round this place your flowers, arranged in white china or pottery tubs or shells, or any other device you prefer, provided they are not too large, and are suitable for the small, delicate flowers that a breakfast-table demands. You will require four for a fair-sized table; arrange your flowers low and do not have too many, for few are needed for breakfast. Buttercups and grass are the prettiest for the purpose, but if these are not in season you may use coreopsis, or small yellow marguerites, or any other flower of that kind, with small delicate ferns; do not arrange your flowers stiffly or in a cushion, but have a few upstanding ones amongst them to give lightness to the bunch. You will find it best to tie the grass in little bunches, and use as many of these bunches as you require, to steady the flowers, taking care that they are prettily feathered out. A few tall flower heads of grass will give a very light effect, but don't make your arrangement too high. Between each of your flower vases, place a white china or pottery shell, containing orange or Tangerine marmalade, apricot jam or honey, and balls or small pats of butter. If you do not possess these pretty little receptacles, you may use small glass dishes or scallop shells placed on small plates, with a tiny white fringed napkin underneath to prevent the shell from rolling about.

Your china should be white with a yellow pattern of flowers, or self-coloured yellow lined

with white, but if these are not obtainable, gold and white will be quite suitable. Your table kettle and stand should be of brass, as also the tray for holding the tea and coffee pots and hot milk jugs. Fold the serviettes plainly thus. Unfold once the square as it is usually laundered, then fold under the two ends and cross them underneath till you get a sharp point like a shoe-toe; this, if properly done, will turn up the front edge in a fold, and underneath this fold place a small compact bunch of the same kind of flowers and foliage as the table flowers; use smaller serviettes for breakfast than for luncheon or dinner. Your table by this time ought to have a very pretty yellow effect, so we will proceed to place the food upon it, and this shall be the menu—

Fried Sole Fillets. Dried Haddock.
Raised Game (or Chicken) Pie. Veal Gâteau.
Omelette (or Buttered Eggs). Croquettes of Sweetbread (or Veal or Fowl).
Hot Buttered Saffron Buns. Hot Buttered Rolls.

Half a "Vienna bread" should be placed in each serviette and a home-made loaf on the side table. Toast may also be served, and fruit and salad if approved of. The former may be yellow apples and bananas; oranges would give a pretty bit of colour, but are hardly a breakfast fruit. For the salad nothing could be prettier than blanched endive with a wreath of yellow nasturtiums round, and a small cluster of the same flowers in the centre, only be careful to see that earwigs do not lurk amongst the flowers, or in the long trumpet-shaped appendage. Nasturtiums are some of the nicest of our edible flowers, and give a delicious flavour to all salads, but few avail themselves of the dainty. Yellow tomatoes would make a pretty second salad if one is required.

You will probably know how all the viands recommended should be cooked, but as they all have to appear in the proper tint, we will give a few hints as to the "dishing-up." The sole fillets must, of course, be fried in egg and fine breadcrumbs—not dried raspings, as that would give a brown colour. Garnish with some tiny sprigs of parsley, in which place some pieces of cut lemon. The best way is to cut a lemon in half, then cut each half longitudinally in four pieces; place this garnish in a wreath all round the dish. The haddock will be quite yellow enough, if nicely cooked with butter, without any aid from art. The raised pie can either be made in a crust, which must be well brushed over with yolk of egg once or twice, till a nice bright yellow is the result, or else made in a yellow crockery mould, such as is often used for raised pies; in either case the garnishing must be the same. Make a clear savoury jelly, seasoned with Nepal pepper, which will give a better colour than white or cayenne. If it is not of a nice bright yellow shade, put a pinch of saffron in a cup with a little of the jelly, and set in the oven till quite hot and the colour is well drawn out, then strain and mix with the rest. When cold, chop it up into small pieces, and cover the top of the pie thickly with it; it ought to look very bright and sparkling. Slice a lemon in very thin rounds, cut each round in half and lay round the top, just at the edge of the jelly, one round overwrapping the other, so that the inner edge just rests on the meat, and the outer edge on the pastry or mould. If this is very neatly done it will look very pretty. Garnish with little piles of the chopped jelly round the dish, alternated with sprigs of parsley, with a yellow pansy or marigold on each sprig.

An omelette of any description will be a pretty bit of bright yellow, and needs no garnish, only remember to lay a clean white folded napkin on the dish before turning it

on, as it looks well and keeps the omelette dry. Buttered eggs also need no garnish.

We will append a recipe for croquettes, which will be a nice yellow if made accordingly. The veal gâteau is a pretty dish if carefully made, and the proper tone of colour is given to it by making an artistic pattern with hard-boiled eggs before filling the mould, which should be an oblong square, of a trough shape. Cut the eggs into slices, and place a whole round on the bottom of the mould, with four halves round it. Place a chain of half rounds just where the edge of the mould turns, so that when the gâteau is turned out there will be white festoons round the top with yellow centres. It should be garnished with savoury jelly and flowers to match the pie. If vegetables are required they must be prepared in this way: Boil and mash some potatoes; mix with them a small piece of butter and a well-beaten egg instead of milk; then mould into small balls, indent them down like a peach, and slightly brown one side before the fire. Garnish with a few bay leaves. They ought to be a rich golden yellow, and will look like apricots. Another vegetable breakfast dish may be a timbale of carrots made thus: Boil the carrots till they will mash to a paste, then mix with them a few breadcrumbs, a little cream, a small piece of butter, with pepper, salt, and a little sugar; press into a well-buttered jam jar, and steam for twenty minutes, then turn out.

As many of these things can be prepared the day before, there will not be more than a fairly good household cook can accomplish by breakfast-time, which will probably be about ten o'clock; but, as so many girls now take up high-class cookery, they may like to make and garnish the things themselves, in which case everything is sure to be very good and daintily served.

Recipe for sweetbread croquettes: These are made of well-boiled sweetbread (or you may substitute veal or chicken); mince the meat very finely, add a few breadcrumbs and a little grated lean ham, season with salt, white pepper, pounded mace, grated nutmeg, and a very little pounded white sugar. Beat up an egg in a teacup, and add a tablespoonful of the mixture, mixing it well. Steam till it will turn out; about eight minutes will be sufficient; six or eight of these will be enough for a dish, but if your party is large, more can be made and sent in hot afterwards, if required. Some finely-chopped sweet herbs are an improvement, but will spoil the delicate colour needed for a yellow breakfast, and I think you will find, if these directions are followed, that all will present the right shade and amount of colour without being garish or monotonous. A recipe can be given for the veal gâteau if desired, but as it is a well-known dish, most people know how to make it. Remember to put some mushrooms in, also one quarter of an ounce of isinglass or gelatine into the gravy, otherwise it will not turn out well. Half the meat must be put through the machine several times, and a little tongue is an improvement as well as ham. It should not be turned out till the day after it is made. Bake it for twenty minutes or half an hour as soon as the gravy is well soaked in.

If your breakfast is in the summer, and cold fish is preferred to hot, it must be in the form of a mayonnaise, as that will be the right colour. Any cold boiled white fish will be suitable. Pick it off the bones and lay smoothly on a dish, pour the mayonnaise over and stroke evenly with a silver knife, and garnish with the inside yellow leaves of a curled lettuce.

We hope to tell you how to prepare a green luncheon shortly. MARIE P. GREEN.

weakness, and of early termination. What a lot is meant by that short phrase, "I want a little strengthening medicine, please, doctor." How much misery and ill-health is connected with it! Yet the strengthening medicine is taken by many persons, a few for whom it is necessary or advantageous, a vast number for whom it is poisonous.

Most persons have an idea that when they are "run down," a bottle of strengthening medicine will pull them together again in a very short time. And many persons also have the insane notion that the feeling of lassitude and general debility is usually caused by insufficient food, whereas in truth not one case of debility in a hundred is due to insufficient nourishment. The vast majority of cases are due to too little exercise.

A concrete example will often emphasise a point when a host of theoretical arguments fail to impress themselves. So we will give you the history or one of very many thousands of sufferers who yearly ruin their health by strengthening medicines.

The Rev. Mr. —, thirty years of age, consulted a celebrated physician last year for general debility, lassitude, loss of appetite, and, as he expressed it, complete "rundownness."

Three years previous to the interview he was a country curate doing a great deal of work with plenty, perhaps excess, of exercise, and had consequently developed a very large appetite. He was, as are most persons who lead an active outdoor life, perfectly healthy. But having come into a considerable fortune from an unexpected source, he gave up his country curacy and came to London, where he lived an indoor life of great mental study. He

found that his appetite was beginning to fail, as, of course, it should, now that he no longer lived an active life, and was much alarmed to find that he could only eat a comparatively small amount.

He managed to put himself into the hands of a not over-careful or brilliant medical man, who told him that he wanted feeding up, and gave him some strengthening medicine to increase his appetite.

For two years he continued steadily eating more and more and getting worse and worse. Consequently he had an interview with Dr. —, and at that time his dietary was as follows:—

9 A.M.: Breakfast. He had little appetite for breakfast, but managed a little ham and eggs, or a fried sole and a cup of tea.

11 A.M.: A glass of port wine and a sandwich.

1 P.M.: A lunch of two or three courses, with claret and a glass of port wine afterwards.

4 P.M.: Tea and toast.

6 P.M.: An elaborate dinner, with various wines and dessert.

10 P.M.: A glass of hot wine.

11 P.M.: A little spirits and water before retiring.

He used to take bitters before the chief meals, and acids and gentian afterwards.

When Dr. — saw him he was suffering from absolute misery, and said, "Doctor, I cannot eat anything further." Dr. —'s first step was to thoroughly examine him, and in the first place he discovered that the unfortunate curate's teeth were in a lamentable condition. The treatment advised was as follows: A visit to the dentist. No medicines to be taken, save a small dose of calomel

every second morning. Five miles at least to be walked every day. Lastly, and most important, the diet must be as follows:—

Breakfast: One boiled egg, toast and butter and tea.

Lunch: A little fried fish, milk-pudding, bread, etc.

Dinner: A moderate dinner of two courses only.

All his wine and spirits were cut off.

The reverend gentleman was horrified at this, and said he would be starved to death on such a diet. But he followed Dr. —'s advice, and was perfectly well in a fortnight, and has remained so to the present day.

We have laid aside our pen for a time, and the first patient we see asks us for "a little strengthening medicine, please, doctor." Are we never to hear the end of this miserable sentence? Are we doomed throughout life to hear this self-same call of the surfeited for stimulation to further excesses?

Yes, madam, we will give you a little moral strengthening medicine. Don't eat so much; sell your carriage and use your legs; stop your little snacks and glasses of curacoa; live a sensible life, and think of something else than your alimentary canal!

Undergo the treatment that the veterinary surgeon gave to the lap-dog, or that which Abernethy gave to your grandmother: "Live on half-a-crown a day and earn it."

But do you think she will take our advice? Not she! She will go round to every doctor in the neighbourhood till she comes to one who will order her more to eat and give her the beloved bottle of strengthening medicine!

A GREEN LUNCHEON.

MONOCHROME MEALS.—PART II.



give a tolerably fair selection for the latter seasons as well as the former. Parsley is in season all the year round, and although it is a most useful factor in a green meal, the flavour of it must not pervade all the savouries, for the secret of success in a monochrome meal is to vary the flavour of our dishes as much as we vary the shades of colour chosen. Green is an easy colour to deal with, for we have only to look at nature to see how every tint and shade of that colour makes a harmonious whole.

Winter luncheon parties are generally given in the country, for friends at a distance who shrink from a long cold drive on a dark winter's night, even with the attraction of a good dinner with pleasant society at the end of it. In summer, luncheon parties usually consist of young people who foregather for tennis or any other outdoor amusement. Luncheons are

less formal than dinners, and as many of the dishes may be served cold, are not such a tax upon the cook, and as most of the food can be placed upon the table, there is less trouble in waiting.

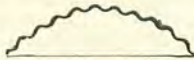
The first thing to consider, after the preliminary of the invitations, is the decoration of the table; lay a clean white damask cloth, or, if you prefer it, a fine white linen, with a delicate embroidery of green silk round the edge above the hemstitch; in that case you must have linen serviettes embroidered to match. Although a centre cloth is not usual for lunch, you must have one on this occasion, and it should be of emerald green plush, not too dark, and cut with four large scallops, one at top and bottom, and one at each side, and those at the side may be longer than those at the ends if your table is a long one; then lay a wreath of smilax or delicate fern fronds all round it, resting partly on the plush and partly on the white cloth. Place a strongly-growing palm or fern in the centre, in a green majolica jar or silver pot-cover—either will look well; then take about four or five yards, according to the length of your table, of a soft silk, not too wide, of a pale lettuce-green, and cut it across the middle, thus giving you two equal lengths of silk; gather up the middle of one of these pieces in your hand and put it round the stem of your palm, crossing the ends over to each side, draw each end tight enough to flute it without straining, and pin down to the white cloth where the dent in the scallops occurs, fan it out slightly as you pin it; three box pleats will probably be required if your silk is the full width. You will have a good piece over, but do not cut it off; pin it into a pretty upstanding bow or rosette; when all the four ends are thus pinned down, and the bows arranged to your satisfaction, lay a long frond of fern (the

common outdoor garden fern will be quite suitable) on the fluted silk, slipping the stalk end behind the bow or rosette; keep firm with a pin, and pin the point of the frond neatly on the silk near the palm-pot. A few small bits of maidenhair or smilax may be added to the rosette, laid on the white cloth, with the stalks tucked under the silk to soften the juncture of the green and white; and you may place some upstanding pieces of maidenhair amongst the bows if you like a feathery effect. Your centre pot should not be too high, about nine inches is sufficient. It is better to work this arrangement from the ends of the table than the sides.

Fold your serviettes in the form known as the "college cap," and place some bread under the corner and a small spray of maidenhair on the top; your glasses should be of a fresh spring-green tint, not too yellow; your china should have a little green on it on a white or cream ground. On your green-plush centre place small silver bon-bon plates and small white china shells, the latter containing green butter-balls and the former biscuits and almonds. The menu should be as follows:—

SOUPS.	
Green Pea.	Lettuce. Asparagus or Spinach.
FISH.	
Boiled Mackerel.	Baked Pike or Turbot Mayonnaise.
MEAT.	
Calf's Head.	Chickens. Mutton Cutlets. Sweetbreads.
SWEETS.	
Almond Pudding.	Greengage Tart.
Victoria Sandwiches.	Blancmange. Gooseberry Fool or Stewed Gooseberries.
CHEESE.	
Cream Cheese.	Sage Cheese.
SALAD. FRUIT.	

We will now see how the above articles can be put into the proper green livery. The soups will be green without further culinary aid if they are made of veal and mutton stock. Mackerel has a pretty green shade upon it, and it must be garnished with fennel, and fennel sauce served with it. A dessertspoonful of tarragon vinegar in the sauce is a great improvement to mackerel. The pike must be filled with a green stuffing, similar to veal stuffing, and baked; garnish with parsley, and boil a little parsley in the gravy to give it a green tinge. The mayonnaise of turbot is in case cold fish is preferred to hot. Boil the fish and take it off the bones while hot, then lay it evenly in the dish and make a mayonnaise thus. Mix smoothly four heaped tablespoonfuls of best flour with half a pint of cream, boil it till thick, stirring in two ounces of butter; then turn it into a basin and add a heaped teaspoonful of salt, a level one of white pounded sugar, and a level one of white pepper, a little pounded mace and grated nutmeg, a tablespoonful of lemon juice (or vinegar if you like a stronger acid) and a tablespoonful of sherry. Stir till quite smooth, and when cold lay evenly on the fish, smoothing it over with a knife; then proceed to ornament it. Slice a thick cucumber with the rind on a little thicker than if for salad, then cut the rind off each slice, leaving a triangle in the middle; these can be thrown into the salad-bowl, as the rind is the part you want, and each piece must be this shape—



Lay a single line of these, green side up, down the mayonnaise, slightly curved like the stalks of a fern frond, then place pieces on each side of this stalk like fern leaves, the smaller at the top and the larger at the bottom; stick the cut edge in the mayonnaise, and the green only showing. It will now look like a graceful piece of fern lying on the mayonnaise if neatly done. For the border choose some evenly-sized pieces and place them, green side up, in a zig-zag round the mayonnaise, and at each inner point put a cluster of capers, about three or four. This will make a pretty pattern, but you may vary it according to taste. The edge of the dish must be garnished with slices of thinly-cut cucumber, with the rind left on, laid on, overlapping each other, round the dish. The calf's head must be well boiled and the bones drawn away, and then covered

with brain sauce, made with chopped sage and parsley, which will give it a pretty green tint; garnish with a wreath of sage leaves. The chickens must also be boiled, and parsley and butter sauce poured over them, and sprigs of parsley laid round the dish. The mutton cutlets can either be stewed or boiled in the usual way; in either case they must be served in a silver dish, and covered with rice that has been boiled with some spinach leaves to give it a green tint. Chop the spinach and put in little heaps round the dish. The sweet-breads must be served *à la béchamel*, also in a silver dish, and the proper tint given by a garnish of parsley. Chop the parsley finely and tie in a cloth, dabble it well in a bucket of water, then wring out dry, untie the cloth and shake out the parsley, which will be soft and feathery; scatter it lightly over the béchamel and put some little heaps round the dish.

The almond pudding must be served cold, and is made thus: Blanch and pound four ounces of almonds with two ounces of white sugar, mixed with the grated rind of a lemon and two ounces of breadcrumbs, stir in the yolks of three eggs and the whites of two, and slowly beat in two ounces of butter melted: butter a basin and shake some breadcrumbs thickly over it, pour in half the mixture, then put in a layer of greengage jam, and pour in the rest of the mixture, put a piece of buttered paper over the top and steam for an hour: turn out, and when cold, ice it thickly and then ornament it. Cut some slices of candied citron, pointed at each end like a leaf, lay on the top of the pudding in a star form; at the centre where the leaves join, put some pieces of green angelica to form a flower. Place some more small squares of the angelica round, underneath the citron star, either straight or in festoons; press these ornaments slightly into the white icing and set the pudding before the fire, turning it occasionally to set the icing, then take four ounces of finely-powdered white sugar and beat it up to a froth with two ounces of butter and two teaspoonfuls of brandy. Divide it into two, and to one half add a few drops of green vegetable essence (it is quite wholesome if you get the right kind from the stores); when it is a pretty shade of green, lay it lightly in rough frothy heaps round the pudding, alternating it with heaps of the uncoloured. The greengage tart can be served hot; remove the paste crust and cover the top with stiffly whipped white of egg, mixed with a little icing sugar; return to the oven for a minute to set it, and then

scatter over it in a pretty pattern (a wreath round and an oval centre is as pretty as anything) some finely-chopped pistachio nuts, which are a nice green after being placed in hot water and the outer red skin removed. The gooseberry fool, or stewed gooseberries, need no garnish. The Victoria sandwiches must be iced, and ornamented with the green sparkling sugar that is now so much used in confectionary. The blancmange must be ornamented with angelica and small pieces of glacé greengage or green almonds.

For the cheese course you can have either sage cheese or gorgonzola, cut into small pieces and surrounded with a frill of water-cress. The cream cheese must be laid on a bed of mustard and cress, and some of the same lightly scattered over it; your salads can be of green lettuce and cucumber. Of green vegetables there is always abundance to choose from; if you serve broad beans, the following is a new and tasty way. Boil some, not too young, then skin them and heat to a pulp with a little butter, salt, pepper, and white sugar, a very little finely-chopped onion and some sweet herbs. Mix in two well-beaten eggs and press into a plain mould or basin and steam twenty minutes, turn out and garnish with parsley. The potatoes, either old or young, must have a little finely-chopped parsley scattered over them. The fruit may consist of green grapes, a green melon, jargonelle, or any other green pears, greengages, and green apples. The bon-bons may be ratafia or any other biscuits, brushed over with white of egg, and then powdered with the green sparkling sugar. The almonds must be blanched and then enclosed in a paste made thus: Take two tablespoonfuls of fine white icing sugar, a quarter of a teaspoonful of white of egg, not beaten, a few drops of green vegetable essence, and a few drops of noyau or almond flavour. Work it into a paste, and make into small balls, place one in the palm of your hand and press the almond into it. Stroke four or five lines lengthwise on the upper side with an ivory knitting-needle or crochet-hook, and set on a plate to dry; they should be made the day before they are wanted.

Green is not supposed to be a very wholesome colour, but you will see that there is nothing in any of these recipes that is not perfectly safe and in everyday use, and all will have the requisite tint without being heavy or sombre. Our next paper will give directions for a "cream and apricot tea."

MARIE P. GREEN.

GIRLS AS VISITORS.



TRIVIAL subject! In contrast with the relationships of daughter and sisterhood, discussed in my previous articles, a temporary and accidental relationship

like this may appear not worth the trouble of writing or reading about. Yet the virtue of hospitality is of most ancient dignity, and the privileges of the guest are bound up with the very dawn of history, as you will soon discover if your tastes lead you to explore in classic fields.

Hospitality, as it is described in the *Odyssey*, for instance, is a very sacred and serious thing, entailing solemn obligations, and in the beautiful play of *Alceste* by Euripides, which you may read translated in *Balaustion's Adventure* by Browning, you will see how a guest repaid his host in the hour of loss and bereavement.

It might be wished that the modern exercise of hospitality were attended with rather more of old-fashioned loyalty. "It's dreadfully troublesome, but I must ask Miss A., I suppose!" "Oh, here's an invitation from Mrs. B.! How wretched! Must I really go? I suppose I must." One has often heard remarks of this kind, and the reflections they suggest as to the artificial state of society are rather too commonplace to set down. On the other hand, perhaps, hospitality appears at its best in relation to girls who have not had time to

become *blasés*. Schoolgirls, at any rate, thoroughly enjoy visiting one another, and the pleasure of giving and receiving such visits is alike genuine. Then who can describe the joy in childhood of exchanging one's home for the home of a friend? I shall never forget the bliss of such visits in my own childhood: the departure for what seemed an indefinite period of joy; the home that received me, with the friend of my heart, imaginative and eager; her brother and sister, ready with ecstatic welcome; the mother, embodiment of all womanly charm and tenderness; the realm of imagination which opens most readily to children who are not akin, entered by means of many a quaint childish device, and last, not least, by wanderings in a beautiful wood that crept up to the very garden—fit kingdom of romance! All this formed a paradise, a fairyland for the