

their elders. It is stupor these produce, not real sleep, and they cannot be taken for any length of time without inducing brain mischief, which may be irremediable. Indeed, imbecility in the young and insanity in older folks is very often induced from the habit of taking narcotics such as chloral, opiates, sulphuret, and many of those new drugs which are so much extolled for the cure of insomnia.

Well, now, reader mine, be you young or not so young, this paper will not have been written in vain if it succeeds in having forced on your memory the fact that cases of sleeplessness mean cases of illness, and that the sooner sufferers therefrom are put in a way to be cured the better it will be for them.

Each case differs somewhat in its symptoms and in its causes, so in giving advice to-day I can only generalise.

Doctors often recommend change of scene to patients suffering from insomnia. Well, if they are not too weak, too low and dispirited to take such change and to stand the racket of railway-travelling, it will do good. But if anæmia, with its weaknesses and its wearinesses be present, some attempt must first be made to get rid of it. As I

have already suggested, some preparation of iron will be needed in these cases, and the doctors will very likely combine this with arsenic.

In conclusion, I object to insomnia being looked upon as an incurable disease and the patient thus treated as a confirmed invalid. Better far she should be aroused somewhat by every legitimate means, and we must not forget that a day of outdoor activity is generally followed by a good night's rest. Exercise in the open air should be insisted on; walking is best, even if it should be but sauntering. But no form of exercise does much good if it be not pleasant and recreative.

The bath should be taken—the colder the better—every morning. This is often a cure in itself, and although it takes some considerable power of will in the first off-go, the benefits that accrue from its use are soon very apparent.

The bedroom windows should be kept generously wide open all night, the room having a fire and the bed so positioned that positive draught does not blow thereon.

A little nourishing food after lying down often does good, but heavy suppers should be avoided.

RÉCHAUFFÉS.

How often, especially in small families, where a new joint cannot be replaced every day, is there discontentment and want of appetite occasioned by seeing the same dish served up half a score of times! That everlasting leg of mutton or cold round of beef annoys one at last, and one eats more for the sake of the pickles or Harvey sauce than for any real relish in the meat.

To serve up these remnants of cold joints in such a manner that their origin is scarcely traceable—to make dainty *ragoûts*, toothsome little *pâtés*, and delicate *réchauffés*—should form a part of every girl's and woman's education; appetites would be invigorated, tempers sweetened, and money saved by the process.

The following recipes, culled while *en voyage*, may prove in some respects new to "our girls."

GOULACHE.

Ingredients.—Cold remains of mutton or beef. One Spanish onion, two ounces of butter, one teaspoonful of mustard, parsley.

Cut the meat into small square pieces. In the butter fry brown the onion, finely chopped. Add the chopped parsley and the meat. Let the meat fry for about five minutes. Strew over the whole mixture a tablespoonful of flour, pepper and salt. Mix well together, and then add the mustard, and, by degrees, half a pint or more of broth, or water with meat extract therein. Let all cook for about five minutes, and serve up over toast or fried bread.

HACHÉ.

Ingredients.—Cold remains of any sort of meat. Two ounces of butter, one Spanish onion, flour, mace.

Hash the meat fine with the parsley. Fry in the butter the chopped onion; add the meat. Strew over a tablespoonful of flour. Fry all together for five minutes. Pour into the mixture, by degrees, a large breakfastcupful of either bouillon or water flavoured with meat extract, pepper, salt, and, if liked, a little mace. A couple of tomatoes added and cooked with this dish is a great improvement to the flavour.

MEAT BALLS.

Ingredients.—Remains of meat, remains of potatoes, parsley, milk, one egg, flour and butter.

Hash up the meat fine, and put it into a basin with the cold mashed potatoes, and a handful of chopped parsley; mix all well together by means of an egg, half a cupful of milk, and a little heated butter. Add sufficient flour to be able to form the mixture into solid little balls. Fry in boiling butter or fat. The balls may be smeared with egg and bread-crumbs if desired. This gives them a better appearance.

MEAT OMELETTES.

Ingredients.—Two tablespoonfuls of flour, three of milk, two eggs, salt, remains of meat.

Add a teaspoonful of salt to the flour and make into a paste with the milk and eggs. Mix well together, and add to the mixture a cupful of finely-hashed meat, and, if liked, a little shredded onion. Prepare in the frying-pan a piece of butter the size of a walnut, and let it be steaming hot. Add to this the mixture made into thin pancakes. One tablespoonful, well strewn over the pan, at a time is sufficient.

STUFFED OMELETTES.

Ingredients.—Two eggs, two tablespoonfuls of flour, salt, milk, remains of any sort of cold meat, minced parsley.

Mix the flour with half a teaspoonful of salt; add two tablespoonfuls of milk and the eggs and beat into a stiff paste. Take the meat and hash it finely with the parsley; then fry it in butter and damp it well with bouillon or a little water. Keep this mixture hot whilst you make thin pancakes from the paste; then, when all the pancakes are ready, put a tablespoonful of the meat in the middle of each and close them up well on all sides. To be served with salad or other vegetables.

MEAT PÂTÉS.

Ingredients.—Cold meat remains, one Spanish onion, parsley, salt, pepper, nutmeg, butter, and flour.

Make butter pastry by rubbing a quarter of a pound of butter into three-quarters of a pound of flour, add a little salt, and work into a dough by adding water. Roll this out very thin, and make into round forms with a glass. Hash up the onions and parsley and fry a light brown in butter; add the meat, finely minced, the pepper, salt, and a little nutmeg, if the flavour is liked. Over all add half a cupful of bouillon or gravy. Take the round forms of pastry, and in the middle of each put a teaspoonful of the mincemeat. Shut up or fold over and close well with the fingers. Paint the *pâtés* with the yolk of an egg, and bake them in a medium oven.

If you do not happen to have an oven, these *pâtés* are excellent if fried in hot swimming butter or fat.

MEAT PASTRY.

Ingredients.—Slices of cold meat, pepper and salt, dripping pastry, butter.

Take the slices of meat, strew a little pepper and salt over them, cover them round with dripping pastry, and fry in swimming butter or fat. Serve with salad or green vegetables.

VIANDE PANÉES.

Ingredients.—Slices of cold meat, one egg, breadcrumbs, pepper and salt.

Cover the slices of meat with egg and breadcrumbs, flavour with salt and pepper, and fry brown in hot fat.

MEAT IN BATTER.

Ingredients.—Four ounces of flour, two eggs, a cupful of milk, seasoning, butter, and slices of any sort of cold meat.

Season the slices of meat, lay them in the batter, and fry in boiling butter or fat. Serve at once.

ROULADES.

Ingredients.—Meat remains, onion, parsley, bacon, cabbage, butter.

Chop up the onion and parsley, and cook in butter with the finely-hashed meat remains; fry about six rashers of bacon. Boil the cabbage, and when done loosen the leaves; then in each leaf some of the hashed meat and one of the rashers of bacon must be rolled up. Place these little packets of meat and cabbage leaves on a well-greased and covered baking-dish, and cook in a hot oven for about ten minutes. May be served with a thick or thin sauce or quite alone.

FRICANDELLES.

Ingredients.—Three rolls, milk, half a pound of cold meat remains, three eggs, salt, pepper and nutmeg.

Take the rolls and mix them with cold milk until they are quite soft; press the milk out of them, and add to the soft mass of bread half a pound of minced meat, three eggs, salt, pepper and nutmeg; mix all well up together. Form into balls, cover with egg and breadcrumbs, and fry in swimming fat until of a golden brown colour.

PÂTÉ DE VIANDE.

Ingredients.—Cold remains of any sort of meat, onion, a glass of claret or white wine, salt, pepper, and butter pastry.

Shred up the onion and meat, add the wine, pepper, and salt. Prepare a good butter crust, and line a pie-dish with a very thin layer of it. Fill up the dish with the meat, and cover again with the pastry. Paint over with an egg yolk, and bake in a moderate oven.

VIANDE À L'ITALIENNE.

Ingredients.—Four large tomatoes, half a garlic, parsley, butter, cold meat.

Cut up the garlic, and fry it in butter, with the tomatoes likewise cut up, and some minced parsley; add the slices of meat, pepper and salt. Sprinkle two tablespoonfuls of flour over the whole, and then add, by degrees, a cupful of bouillon, gravy, or water with a little meat extract therein. As soon as the sauce is thick serve.

GRILLED MEAT SLICES.

Ingredients.—Slices of cold veal, mutton or beef, butter, chives and salt.

Take the slices of meat, strew over with salt, fry brown on both sides in butter, and serve with a fine covering of minced chives.

These slices are also good when strewn with fried onion and covered with brown sauce.

TOAD-IN-THE-HOLE.

Ingredients.—Half a pound of flour, three eggs, about a pint of milk, slices of any sort of cold meat, seasoning.

Make a batter out of the flour, eggs and milk; butter a baking-dish and pour the batter into it. Season some slices of cold meat and lay them into the batter. Cook in a moderate oven for about an hour.

Fruit may be substituted for the meat and strewn over with sugar. This makes an excellent sweet dish.

MEAT SALAD.

Ingredients.—Any remains of meat, salt, pepper, mustard, vinegar and oil.

Cut the meat into small oblong pieces, and cover with the mixing. Finely-chopped onion is a nice addition for those who like it. Steep the meat in the mixing about a couple of hours before eating.

This recipe is a simple and useful one, especially for summer.

REMAINS OF GREENS (*Vegetable Recipe*).

Ingredients.—Any remains of greens, pepper, salt, butter, one onion, and broth.

Chop up a Spanish onion, and frizzle it in the butter; add to this the cabbage finely chopped up and seasoned. Mix all together, and wet with half a cup of gravy. Serve up with fried sausages.

CAULIFLOWER CROÛTONS.

Ingredients.—Cold remains of cauliflower, milk, one egg, flour, salt, and butter.

Make a batter with four ounces of flour, a little salt, and an egg, adding milk if the paste is too thick. Into this mixture dip any little bits of cauliflower left over, and fry in swimming butter or fat.

CARROTS IN SAUCE.

Ingredients.—Cold carrots, milk, butter, flour, and parsley.

Put a lump of butter in the frying-pan, and when it has melted, mix into it a tablespoonful of flour. Now add by degrees a cupful of milk and a handful of minced parsley. When the sauce is thick, add the cold carrots and let all simmer together for five minutes.

AN EASTER SONG.

BY HELEN MARION BURNSIDE.

PASSED away the rains and snows
Of the cheerless winter-time;
Day by day new buds unclose,
Cowslip bells are all a-chime.
Milk-white lambs in frolic leap,
The violet its haunt betrays,
Waking from its winter sleep
In the balmy lengthening days.

The swallow shakes its gold-dust down
On the primrose at its feet;
The chestnut dons a shining crown,
Of folded bud, and bloom complete.
Thrush and blackbird flute all day,
Finches haunt the orchard wall,
While from woodlands far away
Softly floats the cuckoo's call.

"Spring is here," the bluebells ring,
"Spring is here," new leaflets say;
"Spring is here," the glad birds sing,
To deck the earth for Easter Day.
"Spring is here," my heart repeats,
And God is manifest in all
The sweet new life that throbs and beats,
As Nature bursts from winter's thrall.

Shine out, O Resurrection Sun!
The bursting bud, the song-bird's lay,
Show forth the triumph Life has won
O'er sin and death this Easter Day.
Shine out, O Resurrection Sun!
And let thy quickening warmth abide
In every heart where Love hath sown,
The glorious hope of Easter-tide.