

a member of the lily family, though very unlike a lily in the form of its flower and in its habit of growth.

It may be well to remind ourselves of the arrangement of the parts of a common tiger-lily. In its centre, in an erect position, is the seed-case or ovary, and growing from below the ovary are two sets of structures, the six stamens and six petals or perianth leaves, the whole supported upon a short stalk. Now if we turn to the *Gloriosa*, we find an upside down sort of arrangement; the whole flower is reversed, so that the ovary points downwards and the stalk appears to come from the top of the flower; the style is bent abruptly sideways, and assumes an almost horizontal position; the stamens radiate from the ovary in all directions, each stamen bearing a large anther or pollen-case filled with dark red pollen. The six petals are sharply reflexed and twisted, the lower part of each petal is dark orange red, whilst the upper part is amber-coloured, the whole forming a brilliant and conspicuous flower. We must not fail to observe that the midrib of each leaf is lengthened out into a twining tendril by means of which the lily attaches itself to surrounding vegetation and keeps climbing higher and higher up the sides of my stove-house,

as if in its native jungle, where every plant has to struggle more or less to reach up beyond its neighbour for needful light and air. The flowers hang in a pendulous manner below the foliage, and this fact, I think, partly accounts for the curious arrangement of their parts.

The position of the flowers is such that they can easily be seen by tropical insects and humming-birds, these latter finding in the bent style a convenient perch where they can sit and feed either upon the pollen or the juices of the flower, with the result that their feathers become dusted with the pollen-grains, and in their flittings to and fro they render effectual service to the plant by pollinating its stigmas. The sun-birds of Natal frequent the aloe and lily blossoms, and must look wonderfully beautiful as they carry out the work for which they seem specially fitted. Mr. Andersson speaks of this African bird and says:—"Its food consists of insects and the saccharine juices of flowers, in search of which it flits incessantly from one flowering tree to another, now settling and now hovering, but glittering all the while in the sunshine like some brilliant insect or precious gem."

(To be continued.)



SOME NEW SALADS.

IN these exhausting days, when anything a little piquant is so agreeable to the palate, perhaps the following recipes for salads, hitherto little known in England, may prove a welcome addition to the daily menu.

ASPARAGUS SALAD.

Ingredients.—Asparagus, chives, pepper, salt, oil and vinegar. Wash the asparagus, cut off about one inch from the stalk. Cook in salt water until tender. Arrange the asparagus on a dish so that all the heads come together, cover with a light sprinkling of minced chives and a mixture of olive oil, pepper, salt and a very little vinegar.

Another way is to serve the asparagus alone and pass round a tureen with salad mixture.

Asparagus is almost always served in this way on the Continent.

MACEDOINE SALAD.

Ingredients.—Cold vegetables, eggs, pepper, salt, vinegar and oil. Equal quantities of any cold vegetables, such as peas, beans, carrots, cauliflower, haricot beans, cut into long square pieces and soured with vinegar, oil, pepper and salt, or, if preferred, with a thin mayonnaise sauce. Garnish with hard boiled eggs cut in halves.

CABBAGE SALAD.

Ingredients.—A cabbage, chives, vinegar, oil, pepper and salt. Take a very white hard cabbage and cut it up raw, as fine as possible. Add a few minced chives and mix with oil, vinegar, pepper and salt.

MASHED POTATO SALAD.

Ingredients.—Six or eight potatoes, onion, hard egg, salt, vinegar and oil. Mash up the potatoes, mix with them a finely shredded onion, salt, vinegar and oil. Press into a form and garnish with hard-boiled eggs.

CARROT SALAD.

Ingredients.—Carrots, sugar, bouillon, salt, pepper and vinegar. Take young carrots. Clean them well and cook them in bouillon with salt and a little sugar. When tender set them to cool and then cut into thin slices. Cover them with a mixing of pepper, salt and vinegar.

WARM CABBAGE SALAD.

Ingredients.—Cabbage, bacon, vinegar, oil, salt and pepper. Cut up a cabbage very fine and cook it for about an hour in salted water. When tender, strain it well and shake it. Cook some small fine-cut pieces of bacon in a pan. Add this to the cabbage and mix all together with vinegar, oil, pepper and salt.

CAULIFLOWER SALAD.

Ingredients.—Cauliflowers, two eggs, four tablespoonfuls of salad oil, ditto of vinegar, pepper, salt and two tablespoonfuls of cream. Take away the green leaves from the cauliflowers. Cook the cauliflowers tender in salt water. Drain them, and when cool place them in a salad bowl.

Take the yolks of the two eggs, season with salt and beat steadily and gradually into them the vinegar, oil and cream. If cream is not at hand, add more oil. Add a little pepper. Pour this mixture over the cauliflower, and serve.

A very excellent cauliflower salad is made by using the remains of cauliflowers that may be over from a meal and simply adding an ordinary salad mixture. But in this case the cauliflower must be cut into small slices or pieces.

HARICOT BEAN SALAD.

Ingredients.—Haricot beans, parsley, pepper, salt, vinegar and oil. Cook the beans until tender. Strain well. Strew over them some chopped parsley and mix with vinegar, oil, pepper and salt.

WARM POTATO SALAD WITH BACON.

Ingredients.—Potatoes, onion, a quarter of a pound of bacon, salt, pepper, vinegar. Shred a Spanish onion very fine and cook it brown in a pan together with the bacon, which must be cut into small square pieces. Add to this, when cooked, a tablespoonful of vinegar.

Cut warm potatoes into slices. Add the onion and bacon, salt and pepper, and mix all well together.

Serve hot.

HAKE SALAD.

Ingredients.—Hake, eggs, anchovies, capers, parsley, vinegar, oil, pepper and salt, eschalots. Take a middle-sized hake, cook in salt water, and when ready, bone it and cut it into small pieces. Take the yolks of two boiled eggs, pass through a hair-sieve, mix these with mustard, vinegar and oil until the whole is a thick sauce. Add to the sauce minced parsley and eschalots, and pour this over the fish, which must already have been slightly mixed with vinegar and oil. Place the whole into a deep salad bowl and flatten it down.

Garnish with capers, hard eggs, gherkins, anchovies, etc. Cod can be arranged in the same manner.

FISH SALAD.

Ingredients.—The remains of any sort of boiled fish, a lettuce, onion, parsley, olives, gherkins, capers, and mayonnaise sauce. Take the remains of any sort of fish, bone and clean, and cut into long strips or slices. Cover for some hours with a few teaspoonfuls of oil, vinegar, salt and minced parsley. Take a large round dish. In the middle, place the cleaned and cut-up lettuce, and all round lay the fish. Cover all with a thick mayonnaise sauce (yolks of two eggs, mustard, oil, vinegar, salt, and, if possible, a little cream). Flatten the sauce over the fish with a knife, and garnish the mayonnaise above, and on the sides with capers, anchovies, slices of hard-boiled eggs, or with shrimps, gherkins, and pieces of crab.

This makes a very pretty and appetising dish.

BRAIN SALAD.

Ingredients.—About four calves' brains, lettuce, capers, gherkins, hard eggs, mayonnaise. Clean the brains well and cook them in vinegar and water for about ten minutes, until they are white and tender.

Let them drain and get cold. Mix over them oil, vinegar, salt, and minced parsley.

Place them on a dish over the cut-up and cleaned lettuce, piling up a little of the lettuce in the middle to give a pyramidal appearance. Cover the whole with a thick mayonnaise sauce and garnish with hard-boiled eggs, gherkins and capers.

HERRING SALAD.

Ingredients.—Herrings, apples, potatoes, onion, pepper, salt, vinegar and oil. Take about three raw herrings, skin them and clean them thoroughly inside and out, and take out all the bones. Cut the prepared herring into small square pieces and mix with it some small square pieces of apple, cold cooked potato and finely-shredded onion. Mix oil, vinegar, pepper and salt, or cover with mayonnaise.

HOP SALAD.

Ingredients.—Hops, eggs, chives, oil, vinegar, pepper and salt. Green but tender hops must be well washed and cooked in salt water until tender, strained well and laid in cold water for a few minutes and then again strained. Take the yolks of two hard-boiled eggs, some finely-chopped chives, vinegar, oil, pepper and salt. Mix all together and throw over the hops.

FRENCH BEAN SALAD.

Ingredients.—French beans, Spanish onion, oil, vinegar, pepper and salt. Cut the beans longwise, wash well, and cook in boiling salt water until tender. Drain well. Place in a salad bowl with some finely-shredded Spanish onion, and mix with oil, pepper, vinegar and salt.

MEAT SALAD.

Ingredients.—Any little bits of cold meat, onion, mustard, vinegar, oil, pepper and salt, parsley. This very useful salad for the hot weather is made by cutting into small pieces any bits of meat which may be left over from a meal. Put these into a salad bowl, and then with some mustard, pepper, salt, oil, vinegar, shredded Spanish onion and chopped parsley make them into a salad; prepare this some hours before it is needed, so that the meat may soak in the mixture and absorb the flavour of the condiments.

VEAL SALAD.

Ingredients.—Remains of veal, two eggs, two anchovies, one onion, capers, mustard, oil, pepper and salt. Cut remains of veal into thin slices and lay in a salad bowl. Over these place two hard-boiled eggs, two anchovies, one Spanish onion, a tablespoonful of capers, and a mixture of vinegar, one tablespoonful of olive oil, four tablespoonfuls of good mustard, and pepper. Leave the meat to soak in this mixture for twelve or fourteen hours before it is needed. This salad remains good for a fortnight.

HUNTER'S SALAD.

Ingredients.—Half a pound of salted salmon, half a pound of ham, half a pound of Frankfort sausages, quarter of a pound of anchovies, one herring, half a pound of cold roast veal, mayonnaise, eggs and olives. Cut the salmon, ham, sausages, herring, anchovies, and roast veal into little square pieces, cover with a mayonnaise made of the yolks of two eggs, cream, mustard, oil, vinegar and salt, and garnish with hard-boiled eggs and olives.

This is very good eaten with game.

GAME SALAD.

Ingredients.—Any remains of cold game, salad of lettuce, eschalot, eggs, parsley, oil, vinegar and cream. Take the lettuce and make a salad in the ordinary way, over this place the game cut up into pieces, garnish with hard-boiled eggs, then over all pour a sauce made in the following way: Mince an eschalot and put it into a basin, over this put the yolk of an egg, minced parsley and salt, and then by degrees about ten tablespoonfuls of oil, and four of vinegar. Immediately before use whip in the cream.

The whole may be garnished with radishes, gherkins, beetroot or anchovies.

ANSWERS TO CORRESPONDENTS.

MEDICAL.

MARGUERETTE.—Valvular disease of the heart is usually a permanent affection, but it does not of necessity shorten life, nor interfere with its value. Valvular disease varies from a trivial peculiarity discovered by accident to a hopeless affection. In young persons valvular disease is almost invariably due to acute rheumatism. When the valves of the heart are injured, the walls of its cavities always hypertrophy—that is, increase in thickness. Sudden death practically never occurs in the heart-disease of young persons. There are two sets of valves for each side of the heart, or four sets in all; each set consists of three segments, except one (the mitral valve), which only has two segments. The mitral valve is far more frequently diseased than all the rest put together.

ALAS!—You cannot alter the shape of the bony framework of your face without breaking it. The bones of an adult will not yield to ordinary measures for bending them. Nose-machines are usually perfectly useless, and therefore are practically harmless. If there is such a thing as a nose-machine, which has the least effect upon the shape of the nose, it would be harmful to use it. You will find it about as easy to alter the shape of your palate by the pad you describe as you would to overthrow the dome of St. Paul's by throwing feather pillows at it. We earnestly entreat you to leave your face alone; you can do nothing but spoil it.

Z. Y. X.—Bleaching does, unquestionably, injure the hair, but it does not often permanently affect it. It does not stop its growth, for the hair grows only from its roots, which are not affected by the bleaching agent.