which she is entitled, and has placed bag and bundle alongside her; and looks scowlingly at the intruder; and for a long journey there is no chance of even stretching his legs.

Londen was at last reached by our travelers, and made much of. His aunt, Miss Joan, when the luggage was on the car, and they were off for Bedford-street.

The room, however, was in the window as they pulled up; and Everard was impatient as ring after ring remained unanswered.

At last a sound is heard, and a rattle of the door chain, with bolts and bars withdrawn, and the mid-d这两种note, "Dear Miss Joan, do you want the door opened?"

"Open the door, and don't keep me out here in the rain."

"Dear miss, is it you? Why, missus is out, as she don't expect you above to-morrow."

"What an old stupid she must be. I wrote her a letter two months ago."

"Well, sir, everything is ready; and missus, she special went to-night to Hacketon, cause she says she's got some fresh leggs, and what not, for all the lady's.

"Will she make her some tea?"

"Oh, Joan, I'm awfully sorry," said Everard, when he saw the door open, and then closed again.

"Miss Joan, I'm back quite early, sir."

That was all very well, but here were two tired travelers come home! No fire, no light, nothing to eat! It was a sad, but the very emergency and abstinence of the position struck them both, and they burst out laughing. What a blessing laughter is sometimes! It soothes angry feelings and overcomes many a difficulty.

"Here, Joan, I know what I'll do. The kitchen fire can’t be quite out; there’s nothing to eat, and they’re so tired. We'll light it while Sarah gets our beds ready," said Everard, smiling, and went in with a store of provisions—sauces, mutton, claret, claret, chops, sausages, bread, butter, and tea—and the first meal was got over with much amusement to both, and perhaps Joan went to bed less sad than she might have been on her first evening in London. As he knew that night asking strength and grace to fill the task she had undertaken, a calm peace was on her soul, and when she entered the day’s adventures in her diary, and turned over the page in which the blossoms of the Michaelmas daisies had been placed the night before in her old home at Felbeck, it was with a brave heart, and without the repining regrets, that she closed the past chapter of her life, and entered upon the second, which was still a future blank before her.

The curtained lid from her view all that the future held of sorrow or of joy. In loving mercy it is ever so, for who could face the present, the coming year, and not realise the fate before it.

Sufficient unto the day is the evil thereof, and strength is prepared for the time of trial, but not to advance.

"Strength is promised, strength is given, Why should the heart by grief be riven; But load it not with sorrow That belongeth to the morrow."

("To be continued.")

THICK SOUPS AND PURÉES.

Since soup is thick—that is, about as thick as cream—by the addition of some sturdy substance, the ingredients of which can be boiled with the liquor, and, as it were, enter into its composition. The materials usually employed for the purpose are flour, arrowroot, corn flour, oatmeal, potato flour, sago, tapioca, and eggs. The stock should first be pleasantly flavoured and seasoned, and made free from fat, and the thickening ingredient should be added a little time before the soup is required, so that the "flavour," as it is called, or "thickening," may have time to cook sufficiently, but not over much; for it must be remembered that if the soup and thickening are boiled too long, the soup will become thick and the stock will be ornamented.

When arrowroot, flour, or similar materials are employed for thickening soups, the ingredient should first be measured, half an ounce of thickening powder to each pint of soup is a usual allowance, put into a basin, mixed with a small quantity of cold liquid, stock or water, then beaten well with the back of a wooden spoon, till it forms a smooth thin paste. When this point is reached, add the hot stock gradually off the fire, to prevent lumping, put the soup back into the stewpan, stir it till it boils, simmer, stir frequently till the soup is smooth and thick, when it is ready to be served.

Soup is very often thickened with brown roux—the mixture of flour and butter is browned over the fire. The advantage of using this preparation is that it colours the soup as well as thickens it. It is, however, liable to destroy the flavour of the soup, and there is really no occasion to use it, because soup can be coloured without it, by frying the meat and vegetables used in making it, particularly the bacon, which is then put down without being all burnt. A good cook is very careful about the appearance of her soup. If white, it should be white, not grey; if brown it should have a good brown soup which looks pale as if it were diseased will never be enjoyed thoroughly, no matter how good it may taste. When brown roux is used, the soup must be simmered by the side of the fire for awhile, and the fat must be skimmed off as it rises.

A little caramel, ketchup, or a little strong gravy or stock, may be added to the soup when it is about to be served if further colouring is required. Pastilles Carpenter also, which consists of small round bulbs like marbles, are good in soups and stews. They are specially made for colouring soup, are excellent for the purpose, and very cheap. All colouring ingredients, however, and especially caramel or ketchup, must be introduced very sparingly; they must not on any account be added in such quantities that they become the cause of the soup. A soup that tastes of ketchup or burnt sugar is a failure, no matter how rich and brown it may look. Nevertheless it is a convenience to have materials of this description, because a small quantity will often impart the desired colour without exciting a suspicion of its cause. Caramel is easily made. Four ounces of sugar is put into a stewpan, and boiled until it is of a light brown colour. It is then stirred until it is very dark, with utter burning; when half a pint of boiling water is boiled with it for five minutes to dissolve it; it may then be strained into a bottle, and put aside till wanted. Caramel thus prepared beforehand is very much to be preferred to the soup-yellowness produced by the seasoning vinegar, and made by burning sugar in an iron spoon. The latter preparation is almost certain to spoil the flavour of a dish into which it is added. The former preparation, if properly done, may improve the look of a soup without injuring its taste. Yet even this is a dangerous addition, and should be dispensed with if possible.

Purées differ from thick soups in that the vegetables used in flavouring the liquor, or the materials used for thickening, are rubbed instantly through a sieve; then mixed with the liquor once more and boiled up again before serving. In purées nothing is wasted; you get the full benefit of everything used in making the soup. Yet it is to be feared that purées will never be very popular with people who have to do their own cooking, because this process of rubbing vegetables through a sieve is not very troublesome or time consuming. The vegetables are usually carried on in English kitchens will follow the directions given, and patiently make a purée properly, they will be astonished to find how excellent a soup can be made for a trifling cost.

The best of it is that a girl who gets the idea of making one purée can make every purée very much like it. Therefore, let me give you the purée of vegetables, and whatever the purée might be.

Before we began to make our soup, however, when we wanted a purée, we simply went to the reach of all I will describe the process of making potato purée, and I hope girls will remember that although potatoes are used the process would be the same if other vegetables were used, and whatever the purée might be.

We began to make our soup, however, when we wanted a purée. The soup can be bought for about ninepence. If we determined to make soup every day we should do well to get a wire sieve, and a moderate-sized tin wire sieve would cost about half-a-crown, though a brass wire sieve would cost about four shillings. The vegetables could be made to go through the wire sieve more quickly than the small wire one, and the purée would not be quite so smooth in the former case as in the latter. At the same time the wire sieve would last much longer than the hair sieve.

Besides the hair sieve we must procure a stewpan with a closely-fitting lid, one leek, or if this is not to be had one small onion, a pound of potatoes, weighed after being washed and peeled, half of a small stick of celery, and a pint and a half of stock. We wash the leek and cut the white part only into dice; then put these, the potatoes thinly sliced, the celery, and four peppercorns into the stewpan with one ounce of butter. We cover the stewpan closely and place it on the fire for five minutes, stirring to prevent burning the potatoes. We then shake the pan now and then to keep the potatoes from sticking and thus acquiring colour. After being steamed in butter in this way vegetables intended for soup give out their flavour better than they would if boiled at once in the stock.

We now pour the stock and a half of white stock over the vegetables and boil them till they are quite tender. We have a bowl ready, and place the sieve with the deep end downward (because in this way we get the potatoes at the shallow end) inside the bowl, then pour the contents of the stewpan, liquor, purées, leeks, and all through the sieve. Of course we go through the sieve, and we may put a portion of this back into the stewpan to keep hot because we shall want it to moisten the
pulp. The vegetables we rub with the back of a wooden spoon until they pass through the sieve and drop into the lagoon in the bowl. Every two or three minutes we may lift up the sieve and scrape the pulp which will be lying thinly on the under part, for by doing this the juice will be removed. The juice and the lagoon itself go through the sieve; and, by way of still further facilitating matters, we may now every hour and then moisten the pulp with the hot liquid again and again.

Thus far we may prepare the soup some time before it is wanted. About half an hour before it is to be served we put it on the live fire, in a clean stewpan, and stir it till it boils. We add salt to season it pleasantly. Make a quarter of a pint of cream hot (or milk, if cream is not to be had) in a separate saucepan, and mix this with the soup at the last moment. And now our soup is ready, though, for the sake of appearance, we shall do well to have a teaspoonful of parsley leaves, or of chervil leaves, finely minced, and to sprinkle these into the soup before sending it to the dining-room.

The quantity of soup thus made will be enough for five or six persons. We may calculate that the stock costs nothing, because the liquor in which a rabbit, a chicken, or a piece of poultry is boiled, is very excellently for it; and apart from the stock the soup will have cost 1d., that is—potatoes, t.; leek, r.; butter, 1d.; celery, 6d.; parsley, 6d. and the result will be a delicious superior soup, such as is rarely met with in English homes.

Having mastered this one recipe, we may vary it to any extent—carrots, turnips, vegetable marrows, Jerusalem artichokes, asparagus, celery, red and white haricot beans, tomatoes, chestnuts, peas, green peas, and lentils may all be made into soup in the same way, though in each case there will be slight variations, which a girl may easily acquaint herself with. There will, however, be no variation in this, that if she wishes to make a puree she must pass the ingredients through a sieve.

Sometimes soups and purées are made without any meat or fish in them; these are called maître soups. If milk is added to maître soups they are quite sufficiently nourishing; for, as I said when first we spoke of this subject, the vegetables should furnish strong nourishment so much as that they should supply light, easily-digested food, suitable for the commencement of a particular diet. The vegetables used in this way are the same as in purées; lentils are, however, as nourishing as soups made of good meat stock.

I have no doubt that if any professional cooks were asked what they have written they will say: ‘There is nothing new; everyone knows this.’ I think they are mistaken; everyone does not know it. Those who only understand it who have made cookery a study and who can speak its language. In every business there are details which are matters of course to the initiates, but to the outsiders. There are hundreds of girls who, if they heard a cook say: ‘Pass the pulp through a sieve,’ either would not know what was meant, or else would think the process was very unnecessary. It is to such as these that I address myself. Now I think I have explained the process with tolerable clearness, and I hope the lower class will now be able to give me instructions for themselves. If they do so, I feel sure they will be gratified.