The Girls Own Paper

It was noticed that she looked forward to seeing Frederic Townsly, on the rare occasions when he came to the Limes for a few days. He was always sending her flowers, and little books that would not fatigue her in the reading.

One day he chanced to have half an hour with her alone. Immediately after he took her leave. Anna lay pillowed back upon her sofa with closed eyes, and her mamma saw that she had been weeping. Gently she bent over her and kissed her. Anna looked up, and with a beautiful smile broke through the tears she was holding back.

"Frederic Townsly and I have had an argument," she said. "It was on the last line of this coupling—"

"No star is lost from space we once have seen, We always may be what we might have been."

"It is not true. I might have been something that I shall never be."

A certain suspicion crept into Mrs. Townsly's mind.

"Tell me, my darling—you have never had any secrets from me?"

"If I had lived, I cannot tell, I might have been his wife, But all these things have ceased to be with my desire for life," she said solemnly. "Mamma, I have forgotten all that I have learned these last few years, but I wonder if I could remember the 'May Queen'? I was such a little girl when you taught it me, and we never forget what we learned when we were very little, do we?"

"Try and say it again, my darling. I can assist your memory."

Without needing one reminder, yet with many a pause, she said it through, her soft voice making the saddest music in her mother's heart. Once she gave her hand, a significant pressure. It was as she said—"

"And say to Robin a kind word, and tell him not to fret, There's many a worthier than I will make him happy yet."

"Mamma," she said when the poem was ended, "that little girl taken out of her rustic vanities has more likeness to me than I knew."

"Yes; 'He fashioneth their hearts alike," she said her mother, with a sob.

"And if my lamp was not lighted late, it had been suffered to burn very low. The smoking flux has been breathed upon; it has not been quenched for adding to the glory of the other lamps. The High Priest had too much compassion."

(A to be concluded)

Salads, and How to Make Them.

It cannot wonder that Englishmen are so fond of making good salads, for it is only the few English people who have been "educated up to them" who care to eat salads when they are not made. If a good mixed salad were put upon a plate round about broth and bread, it would be accepted. "That heart of a lettuce is, oftener than not, perfectly free from both dirt and insects before it has been washed at all. Moreover, when freshly cut it is crisp and fresh, whereas if it has been soaked. Is it not, therefore, a pity to sink it just for the sake of being able to say that it has been washed?"

After all is said and done, people who are determined to wash salad are not always successful in getting rid of insects. The usual method of cleaning a lettuce in English kitchens is to cut it lengthwise into halves, or, perhaps, into quarters, and then to rinse it in two or three waters. It is then shaken, and laid on a plate, and the water clings to it and leaves traces of it, and leaves traces of bitterness and fresh that lettuce looks!"

Meanwhile, if we separate the leaves, we shall, in nine cases out of ten, find in the underpart tiny insects, which have been preserved by the water, and which remain in their places undisturbed by the shower to which they have been subjected.

The other usual mode of cleaning lettuce or salad is to separate the leaves entirely, and cleanse each one by itself. Some leaves will need only to be looked over with a damp cloth, and then to be patted dry; others must be washed, but the business must be performed as quickly as possible, and the lettuce, when clean, must be broken into neat, crisp-sized pieces, which may be agitated in the water by the hand, and then washed and dried. A knife should on no account be used to cut lettuce; then put into a wire basket and shaken about till quite dry. If a wire basket is not at hand the pieces may be laid, a small quantity at a time, on a clean napkin, which can be taken up by the four corners and shaken as before. When one portion is dry a little more can be added to it, and so on until the whole is dry. Much is put into the cloth at once. The salad must be crumbled and lose its crisp state.

When onions or herbs are added to salad they should be chopped up over the other ingredients, then mixed with them when the dressing is added. An excellent method of imparting what is called a "suggestion" of onion or garlic to salad is to rub the bowl with the sliced bulb before putting in the lettuce. Another plan is to rub a crust of bread with garlic and toss this up with the salad. This bread flavoured with garlic is called a chapon, and it is generally used with endive salad. Tarragon and other herbs are mixed with lettuce, and they should always be very well washed before being used. Sometimes tarragon vinegar is used instead of fresh tarragon leaves, and it answers very nearly the same purpose, and can be obtained at any time. An easy way of making this vinegar is to strip tarragon leaves from the stalks; put them into a bottle, cover them with good vinegar, and let them sit for four or five years. At the end of the time drain off the vinegar, put it into small bottles, and store for use. Tar- ragon is so strong that until it is always in small quantities. Leaves which remain unused, therefore, may be utilised in this way, and so waste will be avoided.

When salad is quite dry it should be put into a small bowl and set aside. The dressing should not be added to raw vegetables until the last moment, although dressed vegetables
should lie in the dressing for an hour or two.

Many housekeepers prefer to have the salad mixed at table, and people who understand how it should be done are always pleased to display their accomplishments. If we were to watch the experts we should find that, supposing they had to mix a bowl full of salad dressing, they would do it as follows:

First they would put into the spoon a saltspoonful of salt, a saltspoonful of mustard, and half a saltspoonful of pepper, mixing these ingredients thoroughly, and then add one tablespoonful of vinegar. They would then toss the salad well in the sauce; when it was well mixed, they would add three tablespoonfuls of oil, and toss the salad again, and they would most likely continue this process until you felt inclined to say, "Well, there is no doubt about that salad being thoroughly mixed." And, indeed, there must be no doubt about the matter; for I daresay you remember the old proverb says, when speaking of a salad, that a coulisseur should put in the salt, pepper, and mustard, a mason the vinegar, a specklethe oil, while a madman should toss the whole.

Our accomplished friends would have made a fine salad dressing. This dressing is good with all salads, and cold dressed vegetables of all kinds can be tossed up in it. Cold potatoes cut into slices, cold hard-boiled eggs, hard-boiled beetroot, &c., or a mixture of these, are excellent with it, and if placed prettily on a dish and garnished prettily, they will supply delicious, wholesome, and tempting food.

Fish salads and meat salads—that is, salads mixed with lobster, crab, salmon, chicken, or any other kind of dressed meat or fish—are best served with Mayonnaise sauce. This sauce is very easily made if once you know how to do it, and those only who will not follow the directions given exactly, fail in making it. This is the way to do it:

Be sure that everything you use is cold, and make the sauce in a cool place. Unless this is done the sauce will not thicken properly. Take a round-bottomed bowl, and put in the yolk of an egg. Best it with a fork, and remember that the sauce must be beaten one way. If it is beaten first one way and then another you will have to colder—oil—the best salad oil must only be taken—a drop at the time, and, beat the sauce lightly between every addition until the oil and egg together form a light sauce. Put a tablespoonful of vinegar as paste. You need not be afraid of putting in too much oil, for one egg will take a pint of oil without having the least bit of sauce. If this is needed, you can put it into a bottle, and it will keep a long time. When the paste is smooth and workable, you can add more than one drop of oil at once; but do not put in too much, and remember that one portion must be mixed thoroughly before another is added. When the sauce is quite thick, and you have used half the oil you mean to use, drop a little vinegar in. You will find that the sauce at once acquires a creamy appearance. Now drop in oil again, and then vinegar once more, and mix as much as you want, and the sauce looks like very thick custard, and is sufficiently acid for your taste. It must be thick, however, for Mayonnaise cannot be served with the dressing with which it is served, not to flow round it. A little salt and white pepper may now be added, and the sauce is ready.