

of the individual may be, the food should be varied daily, if possible. Never dine two days on the same joint, without dressing it each day in a different manner. A plain joint, hot one day, may be served cold the next, particularly in summer—it is then excusable; but, by all means, the third day make a hash, as follows:—

HASH MUTTON.—Cut about a pound and a half of meat into thin slices, using a small quantity of fat; lay them upon a dish, sprinkle a spoonful of flour, a tea-spoonful of salt, and a quarter ditto of pepper; place the meat in a stewpan, moisten with half a pint of water, or light broth if handy: add a little colouring to give it a nice brown colour. Place it upon the fire, allowing it to warm gently, stirring occasionally, simmering a quarter of an hour. Taste if more seasoning be required; if so, add a little, and serve very hot immediately. In making hash of any description, avoid having the keeping of it hot, or it would become greasy; and likewise prevent the hash boiling over the fire, which would cause the meat to eat hard and tough. To vary any description of hash, it may be served upon a large piece of buttered toast, or half a spoonful of chopped onions may be added with the flour and seasoning. Chopped parsley may also be added, with a spoonful of catsup, two of Harvey sauce, two of vinegar, or one of Chili vinegar: four nice green gherkins, in slices, may also be added at the time of serving. Some fresh mushrooms from the fields, cleaned, and stewed in the hash, is also a great improvement. A bay leaf also added imparts a pleasant flavour.

TO MAKE COFFEE ECONOMICALLY.

Buy your coffee not over-burnt; grind it at home, if possible; have a middle-sized filter, which holds a little more than a quart; pour about a pint of boiling water into the filter to heat it through, then empty it, and put a quarter of a pound of ground coffee on the filter; then put on the presser, and lastly the grating; then pour about half a pint of quite boiling water over it, put the cover on, and let it drain through. After three or four minutes, pour, by degrees, a pint and a half more boiling water, and, when well passed through, pour it from the filter into a very clean stewpan; set it on the corner of the fire; and, when a little white scum rises to the surface (not letting it boil), pour it a second time over the filter, and, when passed through, pour either into a silver *cafetière* or the cups. Serve boiling milk or cream in two small jugs; and white, or brown, or candied sugar. As soon as the coffee is poured from the coffee-pot, I put another quart of boiling water over it. This saves one ounce of coffee, by boiling it instead of water, and pouring it over as before.

TO MAKE A COLOURING OR BROWNING FROM SUGAR.

Put two ounces of white powdered sugar into a middling-sized stewpan, which place over a slow fire; when beginning to melt, stir round with a wooden spoon until getting quite black; when set in a moderate oven, upon a trivet, for about twenty minutes; pour a pint of cold water over, let dissolve, place in a bottle, and use when required.

Never put salt, mustard, or any kind of sauces on your plate, without having previously tasted your food. It is not only a great breach of politeness towards your host, but an insult to the culinary artist; because that which is placed on the table as a made dish, is supposed to be seasoned to perfection. But, as very often this is not the case, then, after you have tasted it, you are at liberty to suit your own palate, which part of the human frame is as varied as the physiognomy.

When you help at table never give more than two or three slices of meat, cut thin. Carve everything in the slanting direction. A good carver ought never to ask if any person likes their meat well done or underdone, as you disfigure the joint at once: such fancies cannot be tolerated, except at the tables of the wealthy; for the million, it is a waste of £70 a year, when only seven or eight in a family.

Have your vegetables, no matter how plainly dressed, always well done; the crudity of such aliments is unwholesome, and apt to destroy the coating of the stomach, that being the most delicate part of the digestive organs. Be also contented with one sort of vegetable on your plate at a time, potatoes excepted.

The greatest compliment a guest can pay to his host, is to ask to be served a second time of the same dish, though not above half the quantity first served should be given.

If by chance you should spill any sauce or gravy in carving, do not apologise; it is only calling the attention of the company to your awkwardness, which, without remark, might pass unnoticed.

Never cut up a fowl, or any kind of bird, at once, without knowing how many persons are going to partake of it: the proper manner is to ask each person, and then to help them separately.

Never remove any dish which has been placed on the table by a servant, however awkwardly it may be set. It is not your business to serve at your own table; rather let your servant look awkward than yourself, by his placing it over and over again before it is right.

Never press any one to take more food or wine than they appear to wish; it annoys your guests, and, whilst you make yourself too cheap, you also make it too common.

Never put more than one wine-glass before each guest at the commencement of dinner; have the others ready, and place them as required. It saves confusion; and often relieves a person from great distress, who, by chance, may not be acquainted with the different glasses which each sort of wine requires.

ON THE MANAGEMENT OF WARD'S CASES FOR THE GROWTH OF FERNS, &c.

It is often asked, what are the best species of Fern, &c., to form a lasting, graceful, and effective group for those elegant little cases now so frequently seen in the windows of most houses? To this we reply, that the following arrangements will produce all that can be desired:—For the centre, a *Chamaecyparis humilis*, the dwarf palm of the South of Europe; covering the ground at the base of its stem are the delicate and beautiful little ferns, *Hymenophyllum Tunbrigense* and *H. Wilsoni*; while *Adiantum capillus-veneris*, *A. formosum*, *Asplenium marinum*, *Pteris longifolia*, *Scopolendrium vulgare*, *Aneides fraxinifolia*, *Cassebeeria hastata*, and the beautiful *Trichomanes speciosus* are other forms of ferns whose variously-shaped fronds contrast well with one another. Under the shadow of the ferns, several *Jungermannia* grow luxuriantly; and the *Oxalis acetosella* thrives wonderfully in the company of its cryptogamic neighbours, while *Lycopodium denticulatum* and *L. stoloniferum* surround the whole with a perennial hedge of verdure. Besides these, *Macularia frutescens*, an epiphytical orchid, has attached itself to the rough bark of a piece of suspended elder branch; and, in order that no space may remain unemployed, the husk of a cocoa-nut has been filled with earth, and hung in the dome at the top, and from this may be seen descending the graceful fronds of various pendulous ferns and lycopodiums.

When the case is small and close, a single watering at the time of setting the plants will generally be sufficient for nine or twelve months, or even longer. When the case is large, however, a freer application of water will be necessary.

GENERAL POSTAL REGULATIONS, &c.

RATES OF POSTAGE.—All letters from one part of Great Britain to another (including the Local Penny Posts and the London Twopenny Post) are charged, if prepaid, and not

Exceeding half an ounce 1d.
Exceeding half an ounce, and not exceeding one ounce . . . 2d.

and so on, at the rate of 2d. for every additional ounce or fraction of an ounce. Unpaid and unstamped letters are charged double postage on delivery.

HOURS OF POSTING FOR THE EVENING MAILS.—The Receiving-Houses close at 5 30 P.M.; but letters are received for the evening's dispatch until 6 P.M., if an extra penny stamp is affixed. The Branch Post-offices at Charing Cross, Old Cavendish-street, and 108, Blackman-street, Southwark, receive letters until 6 P.M., and until ½ to 7 P.M. by affixing an additional penny stamp. At the Branch Post-Office in Lombard-street, the box remains open without additional fee until 6 P.M., and until 7 P.M. by affixing a penny stamp. At the General Post-Office in St. Martin's-le-Grand until 6, free; and until 7, by payment of the extra charge as at Lombard-street. From 7 to half-past 7 P.M., letters may be posted at the General Post-office upon payment of a fee of sixpence each, which must, as well as the postage, be pre-paid. Letters intended to pass by outward mails to foreign parts must be posted at the above hours.—N.B. Newspapers for the evening mails must be put into the Receiving-Houses before 5 P.M., the Branch offices before 5 30, or General Post Office, before 6 P.M. From 6 P.M. to 7 30, on payment of one-halfpenny late fee; except newspapers for foreign parts, which must be posted at the General Post-Office and Branch Offices before 6 P.M., and at the Receiving-Houses before 5 P.M.

MORNING MAILS are forwarded to most of the principal towns in England and Wales, and to all parts of Ireland and Scotland, for which the letter-boxes at the Receiving-Houses will be open till 7 A.M. for newspapers, and ¼ to 8 A.M. for letters; and at the Branch Offices, Charing-cross, Old Cavendish-street, and the Borough, for newspapers until half-past 7 A.M., and for letters until 8 A.M. At the General Post-Office and the Branch Office in Lombard-street, the boxes will close for newspapers at a quarter before 8 A.M., and for letters at half-past 8 A.M.

Any SINGLE BOOK or PAMPHLET can now be sent through the Post-Office to any part of the United Kingdom if not exceeding 16 oz. in weight, and open at both ends, by affixing six postage stamps; if above 16 oz. lbs., and 6d. for every additional pound or fraction of a pound. The Postmaster-General does not guarantee the delivery of books and pamphlets with the same accuracy and regularity as newspapers and letters, but in no case will the delivery be delayed more than 24 hours after the usual post.

BRITISH AND COLONIAL PAPERS between British Colonies, without passing through the United Kingdom, to be free; except that 1d. may be allowed as a gratuity to the master of the vessel conveying them.

NEWSPAPERS, BRITISH, FOREIGN, OR COLONIAL, passing between British or Colonial and Foreign Ports, and through the British post, to pay 2d.; if not through the British post, 1d.

NEW POSTAGE STAMPS intended principally for the pre-payment of foreign letters have been issued. They are of the value of one shilling each, the colour being green, and the form octagonal, to distinguish them easily from the smaller denomination of postage stamps at present in use. These stamps may be used for inland as well as foreign postage, but they are chiefly intended for the postage of letters to the United States, India, China, the West Indies, New South Wales, New Zealand, and other places to which the postage is one shilling.

PACKAGES which in length, breadth, or width exceed twenty-four inches, cannot be forwarded by post between any places within the United Kingdom; except, however, petitions or addresses to her Majesty, or petitions to either House of Parliament forwarded to any Member of either House, or printed votes or proceedings of Parliament, or letters to or from any Government offices or departments.

MONEY ORDERS.—With a view to simplicity and economy in the accounts of the Money Order Office, it has been found necessary to lay down the following rules:—1. Every money order issued on or after the 6th October, 1848, must be presented for payment before the end of the second calendar month after that in which it was issued (for instance, if issued in October, it must be presented for payment before the end of December), otherwise a new order will be necessary, for which a second commission must be paid. 2. As already notified to the public, if an order be not presented for payment before the end of the twelfth calendar month after that in which it was issued (for instance, if issued in October and not presented before the end of the next October), the money will not be paid at all. 3. As, after once paying a money order, by whomsoever presented, the office will not be liable to any further claim, the public are strictly cautioned a. To take all means to prevent the loss of the money order. b. Never to send a money order in the same letter with the information required on payment thereof. c. To be careful, on taking out a money order, to state correctly the Christian name as well as the surname of the person in whose favour it is to be drawn. d. To see that the name, address, and occupation of the person taking out the money order are correctly known to the person in whose favour it is drawn. 4. Neglect of these instructions will lead to delay and trouble in obtaining payment, and even risk the loss of the money. These instructions, together with some others of minor importance, will be found printed on every money order.

THE LAW OF BANKRUPTCY.

The new Act of Parliament to empower the Commissioners of the Court of Bankruptcy to order the release of bankrupts from prison in certain cases, which took effect on the 31st of August, 1848, has just been printed (11 and 12 Victoria, cap. 86). By this act it is provided that where any person has been adjudged bankrupt, and has surrendered to the fiat, and has obtained his protection from arrest, pursuant to the practice in bankruptcy, if such person shall be in prison at the time of obtaining such protection, any Commissioner acting under such fiat may order his immediate release from prison, either absolutely, or upon such condition as such Commissioner shall think fit, which release is not to affect the rights of creditors detaining him in prison. The second clause is an important one:—“And be it enacted that if any bankrupt whose last examination shall have been adjourned *sine die*, or whose certificate shall have been suspended or refused, shall be in execution, or be taken in execution, under a *capias ad satisfaciendum* at the suit of any creditor who might have proved under the fiat and detained in prison, any Commissioner acting under his fiat may order his release, after he shall have undergone such term of imprisonment, not exceeding two years, as to such commissioner may seem a sufficient punishment for such offence as he may appear to such Commissioner to have been guilty of.”