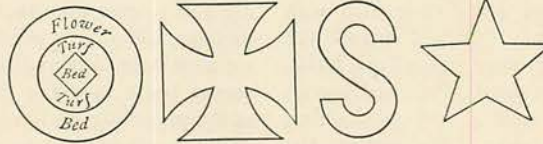


bad taste was displayed in either case. Here, for example, are one or two specimens of the designs of our two gardening rivals. And it was amusing to find that if Charles Robinson had a bed, say in the shape of a star-fish, John Smith and his wife would the next morning design a heptagonal bed or a simpler hexagon. A bed in the shape of a Maltese cross is always an effective one, as also is a circular one, with the *inner* circle of turf and a small star of a bed in the centre of all. Then, again, a very effective bed is one in the shape of a large capital S. But it will easily be seen that designs of this nature can readily be varied in accordance with the size of the garden or the taste of the gardener.



SHAPES OF FLOWER-BEDS.

In October we may have to speak of the bulbs that were put in, and of the choice that was made. As, however, our friends took possession of their new quarters at Midsummer, they found time to get in at once at that time some autumn blooming flowers, so that in this present month of September they had a fair dahlia display both of single and double ones. Dahlias require plenty of water, and, when the bloom is heavy, plenty of support with strong stakes; but their great enemy is the earwig, which so often disfigures the bloom. The earwig should be destroyed early in the season. One killed then is worth numbers later on; so that even in this the old adage holds true: "A stitch in time saves nine."

A BREAKFAST MENU FOR THE MONTH OF SEPTEMBER.

THE PRIZE PAPER IN THE HOUSEHOLD MANAGEMENT COMPETITION.

"**F**RIED bacon again, and boiled eggs!" said Mr. Barker, with a contemptuous sniff, as he lifted the cover from the dish before him one bright morning. "My dear Cicely, can't you think of anything else?"

"We have had hot bacon every day for a fortnight," remarked one of Cicely's candid brothers, blessed with an inconveniently good memory.

"I shouldn't care if I did not see it again for a month," observed Mr. Barker grimly, after a pause, rapidly finishing his rasher and rising abruptly from the breakfast-table. "Come, boys, we are late; get into your boots and be off;" and in a minute or two the loud slams of the hall door notified the departure of the masculine part of the Barker household.

The eldest daughter and housekeeper turned with a crimson face to the quiet little lady beside her.

"How unreasonable men are! now aren't they, Cousin Marjorie?" she cried indignantly. "They come down late, gobble their breakfasts at a disgusting rate, and yet expect as much variety at half-past eight in the morning as at dinner-time."

"An early breakfast is certainly a difficult meal to provide for," replied Miss Greenwood, "on account of the newly-lighted fire and cold oven; but I always think the first meal of the day so important, especially to those who are at work all day, that it is worth while making a special effort to render it appetising."

"More expense, that means," put in Miss Barker, ruefully.

"Not necessarily," said her cousin. "Now, if you had provided something beside that bacon—and good bacon is very dear—Fred would not have eaten three or four rashers."

"They all got tired of oatmeal," said Cicely, in self-defence, "and Maggie does not eat it at all."

"Because, perhaps, you gave it to them every day.

But if you were to ring the changes on oatmeal, hominy, wheatmeal, and frame-food porridge, for instance, with bread-and-milk occasionally, you would find such food a wonderful 'stay.' Those who did not like it should educate their palates by taking a few spoonfuls only at first, for the sake of the milk and nourishing qualities of the meal. Then again the adjuncts make so much difference to the attractiveness or the reverse of the table. But I did not mean to lecture so yet," and Cousin Marjorie stopped, with a pitying glance at the girl's black gown.

"Oh, do go on!" protested Cicely, "and give me some idea how to provide at breakfast. Remember that there are papa and Duncan, who like nice, savoury things, such as they say they can get at the restaurants; Fred and Alice, who don't care much so that there is plenty, as breakfast has to last them a long time; Maggie," with a glance at the pale girl beside her, "who is more dainty than anyone else; and myself—six without the servants. And I have only five pounds a week to keep house on, you know."

"But as only you and Maggie are at home to lunch, I think you ought to do well with that amount," said Miss Greenwood. "Well, how can I help you best?"

"How I should like not to have hot bacon for a month, as papa wished! Or, better still, not to have the same dish twice. But I suppose that would be utterly impossible?" cried Cicely eagerly.

"It would want thought and contrivance for the small ones," replied her cousin, "and, of course, as regards any large joints, would be impossible. But suppose I draw you up a plan for a breakfast menu for a month, as I shall only be here for a day or two? I am lucky in it being September; there are so many things in season now."

"You were saying something about 'the adjuncts.'"

What did you mean?" queried Cicely, with a warm word of thanks.

"Bread, for instance. Do you know how tired some people get of bread from the same baker's day after day? The fancy and patent kinds which abound nowadays will always be relished for a change. Then preserves will please Fred and Alice, and throughout the summer you might try and have a dish of fruit. It is deliciously wholesome, and sets off the table as well. You stick to tea and coffee, I see. Do you never have cocoa?"

"I have been ordered it, but it is so rich and thick I can't take it," said Maggie the fastidious.

"The best is that from which the starch has been extracted. I like Schweitzer's or Van Houten's," said Miss Greenwood. "A good way of making it is to take one heaped teaspoonful to every person, and mix the cocoa with half a breakfastcup of water and the same of milk. This makes it more of a beverage and less of a food. Then I invariably disregard the directions, and boil the whole together for at least five minutes. I find this brings out the flavour, and removes the occasional grittiness of unboiled cocoa. Now for the actual dishes and recipes. I will put down one hot dish and one cold one for each day—the cold one generally a *pièce de résistance*. You can do as you please about the various porridges, though I strongly advise them, and I will add the etceteras if you like."

First Week.

- 1.—Pork pie (Melton Mowbray), poached eggs on anchovy toast, baked apples, malt bread.
- 2.—Devilled kidneys, sardines, hot rolls, marmalade.
- 3.—Small tinned tongue, stuffed tomatoes, scones, mustard and cress.
- 4.—Scallops, cold tongue, hot buttered toast, jam.
- 5.—Fried mushrooms, cold tongue, dry toast, pears.
- 6.—Plain omelette, cold tongue, Vienna bread.
- 7.—Smoked haddock, potted remains of tongue, brown bread.

Recipes.

Poached eggs on anchovy toast.—Make some rather thick squares of toast, butter well on both sides, and then pour over the pieces as much anchovy sauce as they will absorb. Poach the eggs lightly in boiling water with a few drops of vinegar in it, drain, trim the edges, and place upon the toast. Serve very hot.

Devilled kidneys.—Take three sheeps' or pigs' kidneys, split them open, pepper and salt them, adding a little cayenne. Grill over a clear fire, moistening with butter while cooking. They must not be overcooked, and when done should be red and juicy inside. Mix one ounce of butter (oiled) with a dessertspoonful of made mustard; add cayenne and black pepper to taste. Pour this "devil" sauce over the kidneys, and serve very hot.

Stuffed tomatoes.—Take six large tomatoes, and scrape out part of the inside. Rub this through a sieve, and mix with any minced remains of ham, one ounce of bread-crumbs, one ounce of butter, and seasoning to taste. Fill the tomatoes with this mixture, and bake from ten to fifteen minutes in a moderate oven.

Scallops is a good way of using up cold fish. Remove the bones, shred the fish small, and if any sauce is left, mix it with the fish. Put it into some scallop shells, cover the top with bread-crumbs and a few little bits of butter; season to taste and make hot in the oven.

Men.—If variety be an object, the housekeeper must not order in large joints of ham, pickled pork, etc. Eggs in September are scarce and dear, and lavish use cannot be made of them. Three or four will make an omelette of fair size, large enough for inexperienced hands to attempt.

Second Week.

- 1.—Rice rissoles, pigeon pie, fancy bread (twists, etc.), plums.
- 2.—Pigeon pie, curried eggs, hot rolls, tomatoes.
- 3.—Pickled herrings, fried sausages, dry toast, jam.
- 4.—Grilled bones, small piece of pickled pork, brown bread.
- 5.—Mutton cutlets, cold pork, hot toast, cress.
- 6.—Fish cakes, cold pork, milk bread, marmalade.
- 7.—Croustades, chicken and ham sausage (cold), hot scones, greengages.

Recipes.

Rice rissoles.—Boil one teacup of rice tender in water, beat smooth, with one ounce of butter, two tablespoonfuls of tongue (remains), finely chopped, seasoning of pepper and herbs if liked, and one egg. Make into balls, flour them, and fry brown. If rissoles are served for breakfast, it is best to make them the day before, as they are easier to fry when cold and firm.

Pigeon pie.—Two pigeons and one pound of steak make a nice pie. Divide the birds, and hide the steak about the pieces—some pigeon pies are more like steak pies. Remember to put the claws through the hole in the crust. Season highly with pepper, and a little chopped parsley and onion would be approved by many.

Curried eggs.—Boil four eggs hard, and cut in halves; stand the halves in a dish, and pour curry sauce round them. Serve very hot.

Curry sauce.—Fry three onions and one sour apple in a little butter, put them into half a pint of stock, and when soft rub through a sieve. Add one dessertspoonful of curry-powder (or more if liked) and a bayleaf, which last must, of course, be removed before serving.

Pickled herrings.—Remove the heads and the backbones of six or eight fresh herrings; bake till tender in a pickle composed of equal quantities of vinegar and water, a teaspoonful of peppercorns, and three or four bay-leaves. When done, take out the fish and serve cold.

To grill bones the fire must be clear and fierce, and the bones will not be crisp. Pepper heavily, and salt to taste. Serve on hot buttered toast. Any poultry, game, and meat bones may be thus served.

Croustades.—Some thick pieces of crumb of bread, cut into rounds the size of a tumbler. Fry a light brown in clarified dripping. Hollow out the middle, and fill with stewed mushrooms or mince of any kind. To be served hot.

Third Week.

- 1.—Brawn, buttered eggs, malt bread, baked apples.
- 2.—Brawn, mushroom toast, hot rolls, jam.
- 3.—Brawn, meat patties, dry toast, plums.
- 4.—Kedgeree, tin of potted meat, hot toast, marmalade.
- 5.—Grilled steak, cold sausages, stewed pears.
- 6.—Croquettes of cold meat, kippers, hot buttered scones, cress.
- 7.—Stewed kidneys, scalloped eggs, brown bread.

Recipes.

Mushroom toast.—Stew gently one pint of mushrooms in two ounces of butter for about ten minutes, shaking them occasionally. Season with mace and a little cayenne. Then add one teaspoonful of flour and let it get brown, when add a teacupful of stock, a pinch of salt, and a squeeze of lemon-juice. Have ready some squares of buttered toast, and pour the mushrooms over it, letting the gravy soak well into it.

Kedgeree.—This is an Indian breakfast dish. Boil four ounces of rice as for a curry, add two ounces of butter and any remains of cold fish, shred finely, and free from skin. Season with cayenne and salt to taste. Stir all together over the fire until very hot, then add two eggs, and stir until well mixed. Let it get very hot, but not boil.

Fourth Week.

- 1.—Corned beef, potato balls, hot rolls, marmalade.
- 2.—Corned beef, œufs au plât, hot rolls, greengages.
- 3.—Corned beef, anchovies on toast, milk bread, cress.

4.—The pope's patties, potted beef, scones, baked apples.

5.—Pigs' feet soured, mutton collops, brown bread, jam.

6.—Pigs' feet, omelette with herbs, dry toast, pears.

7.—Bloaters, meat cake, hot rolls.

1.—Twice laid, sausage rolls, plums, milk rolls.

2.—Scotch woodcock, liver and bacon, hot toast.

Recipes.

Soured pigs' feet.—Scald and scrape clean three or four feet, wash and let them boil gently, skimming carefully, until the flesh is soft and the bones loose. When done lay them in a mixture of half vinegar and half liquor in which they were boiled, seasoned with one dozen peppercorns, a few cloves, and a little mace or allspice. Put into a jar and keep covered till wanted. Serve cold, split from top to bottom.

Twice laid.—Any remains of cold fish, shred small. Beat up with a good-sized piece of butter, a spoonful—large or small according to the quantity of fish—of anchovy sauce, and half the amount of cooked potato that there is of fish. Season with pepper, cayenne, and a little salt, put into a mould, and make hot in oven. When hot, turn out, and garnish with hard-boiled eggs.

Meat cake.—This is really made of veal, but is nice with any kind of cooked meat. Mince the meat, and add to every pound of lean a quarter of a pound of fat or suet, minced fine, salt and pepper to taste, and the grated rind and juice of half a lemon. Mix all well together, put it into a buttered cake-tin, lined with fine bread-crumbs. Cover with bread-crumbs, and bake in a very moderate oven until brown on the top. Turn out and serve hot. A fierce oven will dry it up.

The pope's patties.—This is a vegetarian dish. Line six mince-pie tins with pastry, and fill them with the following mixture: six hard-boiled eggs minced, and a dozen large mushrooms; season with salt and pepper, and spice (nutmeg and mace) if liked. Mix all together, and moisten with one tablespoonful of oiled butter. Cover the pies, and bake them for about a quarter of an hour.

"Thanks awfully," was Cicely's comment, a few hours later, on the list Miss Greenwood had drawn up.

"Did you make all those up out of your own head?" asked Maggie.

"I'm afraid I can't quite claim that," laughed their cousin. "One or two of the recipes are adapted from that capital little book, 'Choice Dishes at Small Cost,'* and I am indebted to Mrs. de Salis for more than one idea. But it is generally my experience that the majority of cookery books—above all, of old-fashioned ones—are too expensive for every-day people. But have I given you all the recipes you want, Cicely? I may have insulted you with too many, but I really was not certain of the capabilities of your cook."

"You have forgotten the scalloped eggs—I never heard of them," said Cicely.

"Oh, that is only one of the thousand and one methods of dressing eggs. But as I am not sure whether you will find the recipe in any book, I had better give it to you. You want a cupful of fine bread-crumbs, seasoned with a pinch of salt and a dash of pepper. Line a small buttered tin with the crumbs. Boil three eggs hard, cut them into slices, dip them in some thick gravy, left from previous day, or in anchovy sauce. Place a layer of eggs on the bread-crumbs, then one of crumbs, repeating until the mould is full. Bake a light brown, and serve with gravy."

"I see you have several times suggested fancy bread and milk bread. Could we make it and the hot rolls at home, do you think?" questioned Cicely.

"You could make them, I dare say," replied her

* Published by Cassell.

cousin, "but it is the baking which is the difficulty. Bread ought to have a brick oven, you know, and it is very seldom light if baked in an ordinary one like yours. Little 'breads,' raised with baking-powder, you might manage, but you could not get your oven hot enough to bake them fresh for breakfast."

"The corned beef, the brawn, and the tongue are all tinned meats," was the next criticism.

"They are safe enough if you get a good brand," said Miss Greenwood. "An ox-tongue served *au naturel* is very extravagant, you know. The root and the fat are nearly always left, whereas if rolled all 'goes down' together. Of course, to my mind, there is nothing as a sideboard dish to equal a large boiled ham, but that again is a very expensive joint. I can give you a recipe for making brawn, if you like, but it is a good deal of trouble, and is best suited for a number, as it is not worth while making a small quantity. To make it, take a pig's head, already pickled, and boil it slowly for six hours, when let it get cold and take out the bones. Boil also two pigs' tongues, two ears, and two trotters until tender, and remove the bones. Cut the meat small, and season with pepper, salt, and sage. Add three sausages (pork), fried and sliced, and the liquor from the bones, boiled to a strong jelly, and seasoned with pepper and salt. Put all together into a mould and press it down firmly. Leave it with a weight on it for a day or two before using."

"Now I am going to make an ungracious remark," observed Cicely. "Some of these dishes seem to me just as suitable for luncheon and dinner as for breakfast."

"Well, my dear, and why not?" asked Cousin Marjorie. "Is one animal really more suitable for breakfast than another? And though the pig is generally sacred to the first meal of the day, I don't know why it should be."

"And, after all, if you stick to one thing, you can't have a variety," added Maggie, sapiently.

The others laughed.

"Some families have odd tastes," observed Miss Greenwood. "I remember visiting people whose favourite dish for breakfast was fruit tart."

"I suppose it is really only a matter of habit," chimed in Cicely. "When we come back home after our summer trip abroad, we never care to eat bacon and eggs—do we, Maggie? We only long for the delicious hot rolls and French coffee again."

"And yet only an hour or two later than your ordinary breakfast hour, if you were on the Continent, you would be revelling in the half-dozen courses of a *déjeuner à la fourchette*."

"Well, what is the moral of it, then?" asked Cicely. "That anything is fit for breakfast which is quickly prepared, and does not require long baking, a hot oven, or indeed long cooking of any sort?"

"Certainly; anything, that is, which your taste prefers. Perhaps, after a month of variety, your father may sigh for bacon and boiled eggs again. And even if he should still pine for more change, you can invent an infinite variety from those which I have given you."

BESSIE E. DUFFETT.