LEAVES FROM AN OLD BOOK.

Rice Sauce.—Wash a quarter of a pound of rice very clean, then put it into a stewpan with one pint of milk, two onions, and some white pepper and mace. Let it stew until it will pul through a sieve. If it is too thick, put a little milk or cream to it, add a very little nutmeg, and a teaspoonful of salt.

Rice Cutlets.—Boil a cupful of rice in milk until quite soft, then put it in a mortar with a little salt and some white pepper. Pound also separately equal parts of cold veal or chicken. Mix them together with yolk of egg, form them into cutlets, brush them over with yolks of egg and fry them. Send them up with a very piquante sauce made of good stock thickened, and flavoured with lemon juice, lemon pickle, or Harvey's sauce. The cutlets may be sent to table covered with small pickled mushrooms.

Oxford Sausages.—One pound of rice, and one pound of beef sausages chopped finely together; put in half a pound of bread crumbs, half of the peel of one lemon grated, and some grated nutmeg, six sage leaves, and some finely-chopped thyme, one teaspoonful of pepper, two teaspoonfuls of salt, and a little onion shred very fine. Pack them all closely down in a crock, and when wanted roll them into any shape you please, and fry or boil them over a clear fire. Serve very hot.

Turnip Soup.—Peel and slice some turnips, put them into a stewpan without any water with a slice of ham, a head of celery, a pint of butter, and a piece of bread, also a few onions. Cover it closely, and let it stew slowly. Have a stock of plain soup made, and add it to it by slow degrees as the turnips soften. Then pulp them through a hair sieve, add a little cayenne, and serve very hot.

Irish Sally Lunn.—One bottle of best flour into which two ounces of butter have been rubbed. Beat two eggs, yolks and whites, with two spoonfuls of good beer. Wet with as much milk, warmed a little, as will make it into rather a stiff dough. This will take three hours to rise and one hour to bake.

A good Cream.—One quart of very thick cream, such as is used for churning, juice of three lemons, a small quantity of the peel, and sugar to taste. If you like it you can add raspberry jam. Whip it up well and let it stand until the next day, when all the thin part will fall to the bottom of the pan. Then take off the top which should be very thick, and put it in a glass bowl.

Potato Pudding.—Take an equal quantity of the flour of roasted potatoes, and the meat of cold fowl, rabbit or hare, well chopped and pounded. Pound them well together with a little butter, season with salt, pepper, and spices. Moisten it with yolks of egg one after the other. When all is well mixed, whip the whites and add them. Roll them in flour into shapes, and then when rolled in bread crumbs boil or roast them in a Dutch oven. Make a gravy from the bones of the fowl and serve it up.

SOME INDIAN RECIPES—HULWA.

Sir George Birdwood is of opinion that this favourite confection among the wealthier classes in India was introduced into this country by the soldiers of Alexander the Great. It will be remembered that one monarch carried his conquests as far as Multan in the Punjub—the Penutapotamos of the ancients.

Hulwa is supposed to be very strengthening, and Indian hulwans recommend it for very sick patients, as an English doctor would order egg-flip and strong beef-tea. The varieties of hulwa are numerous, and some of the recipes are trade secrets of the hulwan who makes the manufacture and sale of it a specialization. I shall give a few recipes to show what the thing is like.

1. Hulwa Hulwa.—Steep half a pound of wheat in a pan and let it sprout; when the sprouts come out to the length of an inch, dry the sprouted wheat thoroughly in the sun, or by artificial heat, and grind into fine flour. Take two ounces of germinated flour, four ounces of ordinary flour, and a quart of milk, and simmer over a slow fire till the batter begins to granulate, then take the pan off the fire and gradually add a pound of sugar made into syrup, half a nutmeg, and some sliced pistachio nuts. Then cook again with four ounces of melted butter gradually added to the hulwa, stirring it the whole time till it thickens. Pour out into a flat dish to cool. It should be of the consistency of damson cheese, and firm enough to cut in slices.

2. Sujiye Hulwa.—One pound of Indian suji or semolina, two pounds of sugar, half a pound of butter, cardamom seed. First make the sugar into a syrup, then mix in the suji, and, after a while, the butter melted; when almost done, add the cardamom seed. The hulwa must be stirred the whole time; when it begins to get brown, pour into a buttered dish to cool.

3. Nisattha Hulwa.—Steep a pound of suji or semolina in water for a night; next morning strain through a cloth, adding a little more water so as to extract all the starch, which must be set aside in a shallow pan to settle. Pour all the water gently off from the surface, and cook the liquid sediment on a slow fire; add sugar to taste, a tablespoonful of butter, and almonds blanched and split in halves. Flavour with nutmeg or almond essence. Cook till the hulwa thickens and is transparent.

4. Carrot Hulwa.—One pound of carrots, one pound of sugar, two quarts of milk, two tablespoonsfuls of butter. Boil down the milk till it is thick, then add the carrots (unboiled and grated fine), sugar, and butter. Cook till the proper consistency. Flavour with musk.

5. Coconuts Hulwa.—Grate the meat of two large coconuts, and pour over it a quart of hot water; let it stand for half an hour, then strain through a cloth to extract all the milk. Put this on a slow fire to simmer, then gradually add a breakfastcupful of rice flour, half a pound of sugar made into syrup, and two tablespoonfuls of butter. Stir the hulwa till it is thick enough to set.

FENELLA JOHNSTONE.

A SIMPLE WAY OF MAKING DEEP LID BOXES.

A short time ago by the courtesy of the manager of the London Fancy Box Company, I was permitted to go through their workshops in the City Road, and was much interested in the method of making the deep-lid boxes; boxes of which the lid is the same depth as the box itself. These are almost entirely made by girls. The boards are cut and scored for them by men with machines which are worked by hand, the papers for covering, lining, etc., are cut in the same way, a number being cut with one cut of the knife, but all the putting together, ornamenting and finishing is done by girls. It struck me as a rather pleasant occupation, for as there are no engines, there is not much noise, excepting of course the chattering of the workers, for silence does not seem to be enjoined; generally of course, all factory work must be monotonous, but this has the merit of being clean work, and the girls with the health in the occupation. Some girl-readers of THE GIRL'S OWN PAPER may be interested in
knowing how much can be earned at this work. As soon as a girl knows the business, she is given piece-work; one who was at piece-work (covering long candle-boxes with dark-blue paper) told me it took her nine months to learn, but now she can cover very quickly. Like many other things, when one sees a skilled hand at work it looks ridiculously easy, but it requires much practice to lay the paper on both evenly and quickly.

The better work is paid more highly than the coarse; for instance, a girl who can make boxes to contain perfumes, which must be exquisitely finished, earns more than one who can only work well enough for starch or candle boxes, which, though they must be accurately made, require less delicate handling. The earnings of the girls vary from seven to twenty-two shillings a week; but the majority seem to earn from thirteen to fourteen shillings a week.

Boxes are made of three materials; of these, brown straw-board is the cheapest, but it is unpleasant to use and not easy to work, so I would not recommend it to amateurs. White wood-pulp board seems to be the best thing to use in making these boxes, as it is much cheaper than cardboard and is tolerably easy to work on; what is in the trade known as "ten ounce" board, is the thickness required for ordinary boxes.

To make a box 3 inches by 4 inches by 1½ inches deep, take two pieces of board one 6 inches by 7 inches, the other 6⅛ inches by 7¾ inches, that is a little less than a quarter of an inch each way, larger than the first piece, this to allow one to go in and out the other.

Lay them on a board with the whitest side down, as that will be inside when finished, with a sharp penknife and ruler score or cut them half through the board where dotted lines are on Fig. 1. The scoring is to be 1⅛ inches from the top of each board; next, cut the eight corners squares right out, fold up the four sides of the box and the lid, where they are scored; have eight pieces of thin cotton or linen 1½ inches by 1 inch, glue these over the eight corners. Thin white union

is the easiest to use for corners; always cut (not tear) the pieces; if the boxes are large it is well to have the strips long enough to turn a little piece over inside to strengthen them.

When quite dry take the larger of the cases, which is the lid, bind the top edge with gold, silver, or a dark satin paper, cut in strips half an inch wide, and the lower edge with the same kind of paper, turning an eighth of an inch over inside the edge of the lid as a finish.

See Fig. 2. Either glue or paste may be used, but glue is best on these pulp boards; it requires, however, more careful handling than paste, for if you go where it should not, it does more harm than the latter. The best way of using either glue or paste for this work is to have a piece of board, and while the glue is quite hot spread some of it lightly over the board with a brush, and then lay your paper gently on the glue, it will catch up just sufficient to stick well, but in this way you will not get too much glue, so will find it easier to put the paper on flat, without bubbles.

After the edging is dry, take a strip of fancy paper rather less than an inch and a half wide, glue this over the lid, starting half an inch round a corner, so as to finish exactly at the corner; measure length of strip before you glue it, and allow for half an inch to wrap over. Then take a piece of paper 4½ inches by 4½ inches, glue this on to the top of the box. When quite dry, take a farthing or other coin and with a pencil mark out the thumb-holes on each side of the lid. See Fig. 3. Then cut them out neatly with a sharp knife, and the box-lid is finished.

For the box itself, take a strip of paper half an inch longer, and two and a quarter inches wide, glue it, put it on, turning an eighth of an inch inside the top of the box, and what remains under the bottom of it; then cover the bottom of the box with plain satin paper. The inside of the box can have four pieces of lace-paper to finish it, but this depends on what use is to be made of it. A pretty variety for these boxes is instead of putting the fancy paper on the top, to have two Christmas or other cards the same shape as box, but a quarter of an inch larger each way, preferably a card with a thick fancy edge, glue this on to the top of the lid and the second one use as a stand for the box itself, gluing that on the right side of the card. It is not necessary for these boxes to bind the tops of lids, as they are hidden; cut the covering paper wide enough to go over the edge of top. These boxes are easy to make, and very effective; they do not require the thumb-holes, see Fig. 4, as they can be opened without. It is easily understood that neither round nor oval boxes can be made in this way, but many others may be, as, for instance, triangular boxes. Fig. 5 shows how to cut them, octagonal, as Fig. 6. The numbers show how they join, and the dotted lines where they are scored. Fig. 7 shows how a wedding-cake box may be cut, with lid all in one; some young lady may feel inclined to exercise her skill in making some of these, they are easy to make, and are pretty useful. Some white marbled paper, silver paper, and white or silver lace paper for inside are required; they are sometimes lined with pale-pink or pale-blue satin paper, and I have seen some finished with a card on the top with monogram in silver, some others with a silver-edged card, ruled silver to be written on.

With regard to the difference in size of box and lid, when you are making the box you have only to remember to cut the board ⅝ inch larger each way, and take off the same depth border for box and lid. If you are making a three-cornered box, for instance, it requires a little more care, for you must work from the outside, or larger triangle. Success depends entirely on exactitude.

I have found that materials for this work cannot be had everywhere, but I can get all that I require from Mr. G. B. Kettle, of 9, New Oxford Street, London. I subjoin the prices, in case any reader wishing to try the work, or to amuse brothers or sisters should, being unable to procure materials, like to write for some.

White wood-pulp boards, size (to ounces) imperial (that is 22 inches by 32 inches), 15, 6d. per dozen. Card-boxes, same size, 2s. 6d. per dozen. Gold or silver paper 1d. per sheet, or 1s. 6d. per quire. Fancy papers (with gold or without) 1d. per sheet, or 1s. 6d. per quire.

Watered paper 2d. per sheet.

Some of the leather papers are very effective to use, some imitation crocodile-skin looked very well on envelope- and post-card boxes. With a sheet or two of good paper some girls might much improve the look of their writing-tables. Leather-paper boxes should not be bound with gold, but the top put over the edge of the box, and then the piece round; for glove-boxes a little cotton-wool can be laid on top of lid, and the paper glued at edge only; this way it looks more like a real leather box.