

SEASONABLE RECIPTS.

Specially Prepared from Practical Tests for the Lady Readers of "Progress."
Seasonable Food.

FISH.—Gaspereaux, herrings, haddock, cod, chicken halibut, smelts, loysters, oysters, clams.

MEATS.—Beef, mutton, veal, kidneys, ham, bacon, liver, tripe, sausages, pork, turkeys, fowls, rabbits.

VEGETABLES.—Potatoes, artichokes, beets, cabbage, turnips, squash, onions, parsnips.

SALADS.—Lettuce, radishes.

Regarding Questions.

I am asked by a correspondent if it is necessary to sign full name when asking for information in this column. For a subject of this kind it is not at all necessary, nor is it expected. Initials or a *nom de plume* will answer.

"H. P." wants to know how to make the "corned beef" so much talked about lately. A receipt for the pickle and instructions for cooking the meat were given in *PROGRESS*, February 13th. If "H. P." cannot obtain a copy of that issue I will repeat it, but I must, owing to limited space, try to avoid repeating receipts. For instance the "tomato sauce" given this week is good to go with many different dishes such as veal cutlets, lamb cutlets, lamb chops, chicken croquettes, rissoles, fried smelts, or any other fish. The simple white butter sauce, given February 27th, is the basis of other white sauces and only needs to be enriched, seasoned and thickened to become the creamy *allemagne*, *supreme* or *bechamel*, and to make either of these the cook must know how to make the plain sauce first.

Tomato Sauce

Is simply the fresh or canned tomatoes strained to remove the seeds and skin, stewed down thick, and seasoned with salt and pepper.

Dining Out.

I do not refer to the social evening diners, but why do men as a rule, in large cities, prefer to dine at a restaurant or at their clubs? Because, as a rule, in these establishments the cooking is far superior, and the variety of dishes to choose from is greater than they can expect to get at home. There is no doubt that much of our ill-health is caused by badly cooked food, and how much domestic unhappiness, who can tell? A hungry man is never a happy man. "The Lord sends food and Satan sends cooks" is the agonized cry that daily ascends from many a diner, as with a petulant swish of his napkin he angrily sends away one dish after another of good but badly cooked food. He knows it is good because he picked it out carefully, and bought it at the best shops; and he knows it is badly cooked because, although he has hardly tasted each dish, he has suffered the pangs of dyspepsia for having so mistreated his stomach as to eat such stuff before, and he rises from the table, ugly and cross. "What's the good of having a home—why have all the burden of family cares—if one can't get a decent meal in the house?" he reasons, and it is not sound reasoning? The remedy is in the hands of the ladies. It requires a certain amount of intelligence and study to become a good cook. The young wife has an object to work for and soon, cooking becomes a pleasant study, while the average domestic's only object is her wages, but suffering humanity will not much longer be at the mercy of bad cooks for in many of the large cities even now the public kitchens have been established, so that it is just as convenient to order a pound of cooked meat and have it sent to any given address as it is now to give an order for a pound of tea or milk or bread. These kitchens are conducted on scientific principles and are said to be becoming very popular. Until they are established here *PROGRESS* proposes to do what it can to help those who are in need of information on this subject.

Study Appearances.

There are some good old sayings pregnant with meaning, such as "It makes one's mouth water," or "it makes one hungry to look at it." Making the mouth water is no figure of speech. In teaching young cooks one cannot begin too soon to impress upon them the importance of appearances. For instance, take a roast chicken or fowl cooked without being trussed—one leg sticking straight up and the other shooting out at an angle of forty-five degrees, dumped on a dish and this set on a soiled tablecloth carelessly laid. Is this inviting? No. Suppose, however, the bird is neatly trussed as instructed below, placed on a bright silver or clean white dish, and ornamented with some green parsley, and a few slices of lemon, ditto of nicely fried bacon and placed on a cloth white as snow—what a difference! I have known cooks to exclaim, "Oh never mind what it looks like as long as it tastes all right." This is however a great mistake.

Tea is Sir Andrew Clark.

Since writing last week on tea-making I have read the following in an English catering journal. Sir Andrew Clark speaking recently to the students of the London hospital gave some practical hints which should be pondered over by others than embryo medics: "Tea is a blessed beverage. But there is tea, and tea, and one of the teas I have in my mind is the representation of all that is physiologically wicked. When I go into a house about five o'clock the lady will say to me, 'Sir Andrew you look tired, do let me give you a cup of tea.' I say, 'thank you very much,' but in most cases I know that the tea has stood for half an hour, or else, it freshly made, a tablespoon has been the measure in place of a tea spoon. Now, I call it a positive cruelty to give tea like that to any one. If you want to have tea which will not injure and which will refresh you, get black China tea, putting in the right measure—a teaspoonful for each person and one for the blessed pot. Then pour on freshly boiled, briskly boiling water, and within five minutes you must pour it off again, or it will become wicked instead of good."

Macaroni with Cheese.

The "royal egg macaroni" now to be

had at all the grocers is an excellent article.

5 ounces of macaroni.
2 ounces of cheese.
2 ounces of butter.
1/2 pint of milk.
2 eggs, salt, parsley, and flour for thickening.

Boil the macaroni by itself first, throwing it into water that is already boiling and salted. Let it cook 20 minutes. Then drain it dry and put it into a pan or baking dish holding about three pints. Chop the cheese, not very fine, and mix it with the macaroni, likewise the butter. Beat the two eggs and a pint of the milk together, pour them on the macaroni and set in the oven to bake. While it is getting hot boil a cup of milk (the remaining half-pint of the receipt), and thicken it with a rounded teaspoonful of flour mixed up with a part of it in a cup, add salt and a tablespoonful of chopped parsley, and when the macaroni is set so that the two cannot mix, pour this white sauce on top of it, shut up the oven and let it bake a yellow brown. This makes a very attractive dish, as the yellow cheese and custard boils up in spots among the white sauce and parsley. The latter can be omitted if not liked.

Macaroni and Oysters.

Use one pint of oysters instead of the cheese in above receipt. Line the bottom of a dish with the boiled and salted macaroni, then put a layer of oysters, season with salt and pepper, more macaroni on top, pour the custard over and sprinkle browned bread crumbs on the top. Bake 15 or 20 minutes.

Soup.

Says one of the best proverbs "*qui fait le soldat*" (it is the soup that makes the soldier.) The English soldier lays his piece of ration beef at once on the coals, by which means the one and the better half is lost, and the other burnt to a cinder. Whereas six French troopers fling their messes into one common pot, and extract a delicious soup ten times more nutritious than the simple *roti* can ever be.

Stock.

Stock is necessarily a branch of cooking approached by every one with the slightest pretension to any knowledge of the art with a certain amount of preconceived opinions. I would however remind my readers, that the better the cooks, probably the more willing will they be to admit that they have much to learn. The best cook that ever served up a Parisian banquet could probably learn something new from the ignorant savage who chews strange herbs to help him to digest the meat that his intellect has not sufficiently expanded to enable him to cook, and the spirit of one approaching this subject should be like one who on his death-bed, in thinking over the discoveries of science, that he himself had done more than any in ages past or present to advance, observed, that after all he felt like a child who had been picking up pebbles on the shore of the vast ocean of knowledge. Briefly, soup stock is the juice or essence of meat and bones, extracted by placing it in cold water, and allowing it to simmer slowly for a long time, extra flavor being imparted by the addition of various vegetables and herbs, such as onions, parsley, carrots, turnips, celery. The stock pot of the large hotels is a great institution. Into it goes everything in the shape of bones of cooked meats, poultry and game, also scraps of meat, trimmings of meat; odds and ends of vegetables, etc., thus converting into soup what is usually thrown away in private houses for want of knowledge of how to utilize them.

Next week will be given some instruction on making soup stock for small families.



This is one of the newest blouses, suitable for either silk, challie or any soft material.

She Knows Man's Weakness.

Speaking of art, I know a lady art writer who has fitted up a unique corner in her family sitting room that would charm any man fond of a pipe, a cigar or a chat with the clever hostess. It is a sort of a divan fitting into a slight recess or alcove. A small black bearskin sprawls upon the wall at the back, just beneath a high window. The divan is covered with a magnificent robe which puzzles nineteen out of twenty people—a Texas cowskin, coal black and of great size. On the floor at the foot of this is a rug of a mountain lion skin—a splendid specimen. And fastened to the walls, working in a swivel to the right and left are superb and highly polished horns of the wild cow whose hide you are sitting on. The horns are ash and cigar stub receivers and can be lifted out of their sockets and replaced at will. Above them on either side are Indian robes and Chinese trinkets, respectively. Each article has a history. Stretched at full length in this cosy retreat, with a good cigar and the conversation of a highly gifted woman, it seems hard to believe that there is anything worth living for outside.—N. Y. Herald.

"ASTRA" TALKS WITH GIRLS.

[Correspondents seeking information in this department should address their queries to "Astra," Progress, St. John.]

I wonder how many of you are going to keep Lent, this year, girls! and what you will decide to do in the way of mortification of the flesh? None of you, I dare say, will give up whatever you consider your pet weakness, whether it be something to eat or some favorite pursuit; novel reading, perhaps. I knew a girl once who never looked at a magazine or novel all through Lent, and it was undoubtedly a season of self-repression for her. I do not know that it is necessary to give up anything, because one sees such an amount of cant in connection with Lent observance, that the more robust christian is apt to get rather disgusted. I have often felt that way myself, but I always try to give up something during the penitential season, because I think it is well for us to try and follow to some small extent in His footsteps during His forty days of suffering; but remembering that He said, "Fast ye therefore from sin," I usually try to get the better of some besetting wickedness, and fast from it in particular. Suppose you try that kind of fasting this Lent, girls, and see what you think of it?

SLIGHT BELL.—Well I have heard of seaside belles and ball room belles, and village belles, but never yet of a sleigh belle! What a lovely time you must have! Yes, my dear I have tried it, and some people who ought to know, thought that I made rather a success of it, but it did not pay, and I have to work for money. I believe it should pay one very well if they knew just the right place to dispose of their wares, and probably I did not. If you have the wish so strongly implanted in your mind, I feel pretty certain that the talent you speak of is there too, so make a beginning as soon as possible; you have no idea how easy it is when once you start. Just get some sort of sketch, or slight plan in your own mind, take an incident you have heard of and know to be true, for you must know that it is essential for a story to be probable in order to succeed, and then build a story around the one central fact. It may be heresy for me to say so, but I do not believe study helps you much. Of course all the reading you have done in your life helps you, and assists to form your style of writing, but you will never learn the art by studying for it. Try and try again until you are satisfied with your own work, and then submit it to some editor. I feel sure, from the way you write, that you "have it in you," and you ought to succeed. You speak of my writing? Why I never really learned, it came to me, and ever since I too was a little child I have wanted to write; so if you consider that I have now even a small measure of success, take courage and go on. You did not need any snubbing, and it would be a very cruel person, I think, who administered one to you. Write again and let me know how you get on.

AN IGNORAMUS.—I really object to that title. You write far too sensible to be permitted to call yourself by any such name. Only when the hostess has a special day at home, and has it written on her visiting card; in that case it is usual to offer the visitors some slight refreshment such as a cup of tea, or chocolate and a piece of cake, or a biscuit. You can serve it in any way you like. Have the servant who opens the door if you possess a neat housemaid in these days of no-one-can-get-a-servant—come in a few minutes after the visitor, with a cup of tea, and either the biscuit jar, or the cake basket, and offer them to the guest; the cream jug and sugar bowl may be on the tray, or else a lump of sugar laid on the saucer, to be used or not, according to your visitor's taste, so few people take sugar now-a-days. One of the most delightful little hostesses I ever saw used to have her little Japanese tea pot standing just inside the tender, keeping hot, and when any of her friends arrived she simply went over to a little table which contained the tea things, for a cup and then to the fireplace, poured out the tea and handed it with the biscuit jar to her visitor. It seemed so home like and cosy that you almost feel as if you were in your own house. It is customary now, in the best society only, to leave one of your husband's cards, and I think it is far more sensible than the former custom of leaving two, and even three, as I have often seen. Hand them around, it is usual, and you will find it much less trouble. Here are two menus to choose from. In the season, you might have either partridges, or cold duck, instead of the turkey. Chicken, or lobster salad, or both, thin bread and butter, and small buttered biscuits, lemon salad, lemon, pineapple jelly, or wine jelly, cocoa nut cream, chocolate, and nut cake, a cup of chocolate, ice cream, if you like, oranges and grapes. Or, cold turkey, hot mashed potatoes, scalloped oysters, thin bread and butter, apple or peach meringue, trifle, lemon or wine jelly, fig, and cocoa nut cake, a cup of coffee, oranges, and grapes, ice cream if you wish. I hope these will be of some use to you; you could simplify them for a smaller party, and I think you would find everything quite easy to make, if you have a good cookery book. They are both quite simple menus, and yet very nice, I think, I have grown quite hungry in writing them, especially over the ice cream, and trifle.

POND LILY, St. John.—I do sometimes get a little out of patience, and feel as if I would like to do what you so kindly say you sometimes feel like doing for me—boxing their ears—but not very often. I scarcely know how to answer your first question! It is so hard to judge for other people, but I will do my best, and you must pardon all deficiencies. In the first place, begin with white wear, and for a moderate trousseau I think you will find half a dozen of each article quite sufficient, people no longer consider it necessary to lay in the immense stock of linen that was once thought requisite. A pair of good walking boots, a pair of nice shoes, and a pair of house slippers will be required; also two dressing jackets, of either tenniss or shaker flannel, and a flannel dressing gown. White shirts, etc., are bought ready made so cheaply now that they scarcely count.

LADIES' FINE EVENING SLIPPERS!

For Latest New York Styles our assortment consists of

Ladies' Red Morocco Duchess Tie Slippers.
Ladies' Grey Suade Theo Tie Slippers.
Ladies' Grey Suade Adonis Bkle. Slippers.
Ladies' Black Kid Windsor Tie Slippers.
Ladies' Black Kid Beatrice Slippers.
Ladies' Black Kid low cut Opera Slippers.

We also have a few Pairs of SATIN SLIPPERS that we are closing out at \$1.00, \$1.50 and \$2.00.

WATERBURY & RISING, 34 KING AND 212 UNION STS.

they cost so little. You would want a nice travelling dress, of whatever color suits you best. It might be of almost any material, cashmere, India cashmere, or one of the new costume cloths, lawn, trimmed with dark brown silk, is lovely. Then you want a tea gown, rather dark grey cashmere, with a pink silk vest is the prettiest thing you can get, if you want it to be serviceable. The once indispensable black silk or satin is no longer in fashion, but you would find a black lace, made over a foundation of light quality surah silk, very useful, and if you can afford it get one of those lovely soft faille silks, for best, a grey one, not too light in color, would be charming, trimmed with a little steel passementerie. Have a little bonnet made with a bit of the same silk, and trimmed with steel and a few pink roses. You will see that I am fond of grey. You will want a French delaine, or a pretty chali nicely made for small parties, and one or two pretty washing dresses, say a white embroidered lawn and a chambray. If you are to be married in white your wedding dress will do for your best evening dress, and if not, a cream colored china silk, with net or chiffon trimming would not cost much. You ought not to want more in the shape of millinery than a toque to match your travelling dress and either a black lace or white straw hat for general wear, but it is too early to tell what will be worn in the spring and summer. I scarcely know what to tell you about wraps, for the same reason, but I think one of the half length cloaks now worn, provided it is a pretty shape, would be very suitable; it might be of fawn and brown to match the travelling dress, and would be useful for other costumes too. If you are at all a good shopper and know a little about dressmaking, you ought to be able to get all I have mentioned for the sum you name, and I hope I have been of some assistance to you. I think it would be much better to call and let your friends know that you are in the city, as otherwise they might never hear of your presence. Yes, she should send the card, and they will understand. You are not in the least a bore, and your questions are all practical and sensible as before. I forgot to provide you with gloves, but you will be sure to get plenty of them given to you; all brides do, I think.

TORSEY, Bathurst.—I am very sorry you will not get your answer sooner, as you may be in a hurry for it, but there are always such a number, piled up, on my desk now that I can only answer them by very slow degrees. Yes, thank you Geoffrey is quite well again, and back to his office, so I can easily spare time to answer you. (1) No, most certainly not to do so would be taking a very great liberty, and deserves a good snub. (2) In the full name use, but in the appreciation I think it should be a. (3) I think nothing is so pretty in winter as dark brown; dark brown cloth would be very suitable. (4) I should keep on my travelling dress. If it were a private house the tea gown might be worn, but I should think them both ill bred, and ill natured. Thank you so much for all the love, I think I will keep the kisses too, and pat the pup instead. Are you the damsel who is going off on the wedding journey? If so I wish you much happiness, and I hope the bridegroom is a very nice.

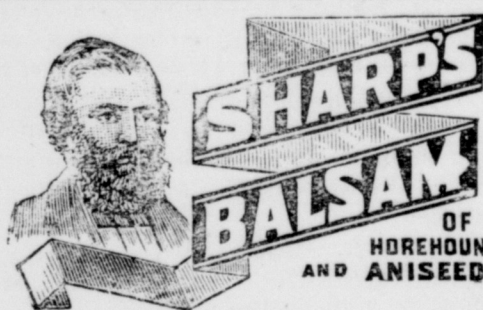
MAID MARIAN, St. John.—I wonder if I saw at The Centuries, Maid Marian? If you looked very fetching indeed, in your gown of Lincoln green. What a funny girl you are, and how whimsically you express your sympathy for my trials, especially for "the hardest" of them. The pup is not at all horrid, and he is nearly a year old now, so he is not so much trouble, and we are so fond of him that we don't mind his tricks at all. Well, no, I really believe that I prefer having husband and pup! Strange, is it not? My dear girl, I don't believe you have ever been the least bit in love, or you would not write so quietly about such a piece of perfection as your ideal would be. Never mind about his looks, good tempered, of course if possible, but unselfish! I am afraid there is not an unselfish man in the world—except, of course, Geoffrey—but you are quite right to avoid a man who thinks only of his own comfort, to the exclusion of everything else. Indeed I think that apart from your anxiety about his personal appearance you are pretty sensible in your requirements, but let me tell you that as soon as you fall in love you will imagine he possesses them all. No, that is not the reason at all, it is merely that you have never chanced to meet the right man, when you do, and you are sure to meet him some day, and you are not to weigh his merits, or be "particular" at all; you will just take him as he is and think him perfect. But I think you are a very sensible girl not to marry till you do find the right one. You did not trouble me at all, and I shall be very glad to hear from you again.

JUANITA, St. John.—I am afraid I scarcely understand your first question. Would you mind making it clearer? If you mean those nasty little black spots called black heads, read the answer to "Constance," Moncton. One kind of treatment which should be beneficial in any case, is to hold your face over

the steam of a kettle when it is not boiling too fast, and get a sort of Turkish bath. It softens the skin, and opens and cleanses the pores. Be sure to find out the safest distance to hold your face from the kettle. Try it first with your hand, so that the steam will be only warm on your face, and not scald you. Dash some cold water over it afterwards, to prevent catching cold. Your writing is neat and pretty and a little old fashioned looking.

GRINNON BARRETT, St. Andrews.—I did not object to the "machine made letter" in the least. I have a sneaking admiration for type-writing, and have always wanted to learn how to manipulate the little instrument. So yours is a "new toy." Well, you manage it wonderfully. I am delighted to know that I am "one in a thousand," and your opinion naturally strengthens mine of you. I knew the name of the writer you spoke of, but could not say so in print. What a remarkably nice boy you are! even nicer than I thought. That evidence of feeling you spoke of only proved your manliness. I remember "The Land of Use to be." Thank you for your charming letter. I don't think those hinges will rust. Good-bye for the present. So have you had "little experiences" too? Well, so has your friend—

ASTRA.



SHARPS BALSAM
OF HOREHOUND AND ANISEED.
FOR
CROUP, WHOOPING COUGH,
COUGHS AND COLDS.
COVER 40 YEARS IN USE.
25 CENTS PER BOTTLE.
ARMSTRONG & CO., PROPRIETORS,
SAINT JOHN, N. B.

DO NOT FORGET THAT

Ferguson & Page

Always keep a large stock of all goods pertaining to the Jewellery Business, and are continually adding to their stock in the latest things that are manufactured.

TAKE A LOOK AT THEIR DIAMONDS,

Watches, Jewelry,
Silverware, Spectacles,
Umbrellas, Clocks,
Pencils, Cans, etc.
No. 43 King St.

For ONE MONTH Only.



THE CANADA Sugar Refining Co.

(LIMITED).
MONTREAL
Offer For Sale all Grades of Refined

Sugars & Syrups

Of the Well-known Brand of

Redpath

Certificate of Strength and Purity:

CHEMICAL LABORATORY,
Medical Faculty, McGill University.
To the Canada Sugar Refining Company.
GENTLEMEN.—I have taken and tested a sample of your "EXTRA GRANULATED" Sugar, and find that it yielded 99.5 per cent of pure sucrose. It is practically as pure and good a sugar as can be manufactured.
Yours truly,
G. P. GIRDWOOD.

INSTRUCTION.

Carrie A. King, in the Indian Office, Washington, D. C., learned the New Shorthand in less than three months. Four hundred and eighty applied for the position. Instructions in writing and shorthand by letter.

SNELL'S BUSINESS COLLEGE, Windsor, N.S.

Shorthand
LADIES and GENTLEMEN desirous of obtaining a thorough knowledge of Shorthand and Type-writing and an acquaintance with the duties of a business amanuensis, should enter our evening courses—in session every evening (Saturdays excepted), 7 to 9. Apply to
J. HARRY PEPPER,
Conductor of Shorthand Department,
St. John Business College and Shorthand Institute



DAY AND EVENING CLASSES
Will reopen on MONDAY, JANUARY 4.

I wish to thank the public for the generous patronage received during seventeen years of faithful service. I will gladly welcome in the future all who are willing to labor earnestly with me for laying broad and deep the foundations of usefulness and success. I propose to devote to all such all my energies, skill and experience.
S. KERR
Principle.

RAILWAYS.



Popular One Way Parties
TO THE—
PACIFIC COAST!

TOURIST SLEEPING CARS leave MONTREAL (Windsor Street Station) at 8.15 p. m.,

Wednesdays.

—DURING—

March, April and May,

1892.

For further particulars enquire of Railway Ticket Agents.

D. McCOLL, C. E. McPHERSON,
Gen'l Pass. Agent, Asst' Gen'l Pass. Ag't,
MONTREAL. ST. JOHN, N. B.

Intercolonial Railway.

After Oct. 19, Trains leave St. John, Standard Time, for Halifax and Campbellton, 7.05; for Point du Chene, 10.30; for Halifax, 14.0; for Sussex, 16.30; for Quebec and Montreal, 16.45.
Will arrive at St. John from Sussex, 8.3; from Quebec and Montreal (excepted Monday), 9.35; from Point du Chene, 12.55; from Halifax, 19.20; from Halifax, 22.35.

STEAMERS.

International Steamship Co. WINTER ARRANGEMENT. TWO TRIPS A WEEK FOR BOSTON.



COMMENCING Nov. 2, the 8 steamers of this Company will leave St. John for Eastport, Portland and Boston, every MONDAY and THURSDAY mornings, at 7.25, standard.

Returning will leave Boston same days, at 8.30 a. m., and Portland at 5 p. m., for Eastport and St. John.

Freight received daily up to 5 p. m.

G. E. LAECHLER, Agent.

WINTER SAILINGS.

BAY OF FUNDY S. S. CO'Y.

(Limited).

S. S. "City of Monticello."

ROBERT FLEMING, Commander.

WILL, on and after MONDAY, the 2nd day of November, sail from the Company's pier, Reed's Point, St. John, every Monday, Wednesday, and Saturday at 7.30 local time, for Digby, and Annapolis, returning same days sailing from Annapolis upon arrival of the morning Express from Halifax, calling at Digby.
These sailings will continue until further notice.
HOWARD D. THOMP, President.

City Auction Rooms.

LESTER & CO.

Auctioneers and Commission Merchants, Sale of Real and Personal Property of all kinds personally attended to, Household Furniture a specialty. Business Solicited. Return Prompt.
33 Prince Wm. St., St. John, N. B., Canada.

The Rimisch Piano

PLAYED AND ENDORSED BY
The World's Most Eminent Musicians and Pronounced
by Them
'THE MOST PERFECT PIANO MADE.'
G. FLOOD & SONS, St. John, N. B.
Agents for the Maritime Provinces.