

SEASONABLE RECEIPTS.

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

The following sheet of copy was unfortunately omitted in last week's letter. It contains some important points and is printed here in order to enable our readers to better understand how to make an omelet. It is as follows:

About Omelets.

An omelet can not be made properly in a pan that is used for everything. To insure its being clean, put in a small quantity of fat or butter; let it boil, then pour it away and wipe the pan with a clean cloth. The fat that the omelet is fried in should be heated very gently or it will brown and spoil the color of the omelet. The number of eggs should not be large. If more than six are wanted, make two omelets. The pan should never be washed, but scraped and wiped dry with a cloth. If it is washed, probably the next omelet fried in it will be a failure. A very small quantity of salt should be put in, as salt keeps the eggs from rising. The secret of the beautiful, rich golden color that it should be is the clean pan that is used for nothing else but omelets.

Ignorance or contempt for the foregoing details is the cause of so many failures in making omelets. It is a simple, wholesome and inexpensive dish, and yet it is seldom met with in perfection outside of professional cooks domain. The flavoring may be varied indefinitely, but the process is always the same. We will begin with the plain omelet, and when it is known how to make this properly, it will be a very easy matter to make any kind of omelet, except an omelet soufflé, which is a widely different process, and which will be described at another time.

Plain Omelet.

Take a clean omelet pan that has only been omelets before, and for one portion put into it a piece of butter the size of an egg, set it on the range where it will gradually come to the boil, meanwhile break two eggs separately, to see if they are good, into a cup, then put them into a bowl with a tablespoonful of milk or cream, a little salt and pepper. Next, with a fork or egg beater, beat all up together, till it is quite frothy, and when the butter in the pan froths up, pour in quickly the eggs which you should continue to beat till the last moment. Take a large spoon and stir it all up very quickly, keeping the pan in a moderately hot part of the range, and scraping the bottom of the pan all the time to prevent the omelet from sticking and burning. As soon as it begins to set, take the trying pan a little from the fire, and with the left hand raise the handle to a slanting position and work the omelet with the spoon to a half moon shape opposite the handle. Hold it for a few seconds in this position over the hot fire to give the under surface a golden brown color, and then deftly turn it down side up, on a hot dish, and serve immediately.

A Pleasant Drink.

Anything new in the eating or drinking line naturally interests me, and having noticed in an English catering journal an account of the discovery of a new drink called "Bulls Eye," I was led to try it and found it so good that I think it worth repeating. Here it is: To a tumbler full of good ginger beer add 1/2 a wine glass of lime juice cordial. The inventor added a wine glass full of Scotch whiskey to his, but I do not recommend that. It is good enough without.

A New Dish.

Casting about my larder one day this week for something for a change, and finding nothing that could be "worked up" but the remains of a joint of roast beef, and ditto of a bottle of pickled walnuts—both articles, as they were, almost useless—it occurred to me to try an experiment; the result of which was a most appetizing dish, but alas! it was not touched by those for whom it was intended (they have no such faith in anything that savours of "restoration pie.") However, what was their loss was a gain to the employees, and I think the dish only wants a nice sounding name to make it popular. I call it a new dish because I have never seen or heard of it before. This is the way it was done: Cut all the meat from the bones, mince it rather fine, season with pepper and salt, add a small quantity of chopped shallots that has been stewed in a little vinegar for about 20 minutes or half an hour, to a pound of meat, mix in a tablespoonful of pickled walnuts. Mix altogether, sprinkle a quantity of the blacking oil of the walnuts over it and lastly spread a layer of freshly boiled mashed potatoes done with butter and milk, on the top, and bake till brown.

Calf's Head.

The heads are usually sold by the butchers skinned. Get your butcher also to split it for you. The first thing to do on receiving a calf's head is to remove the brains, pour them into cold water and let them soak for an hour, drain them and boil them in salt and water for a quarter of an hour, and put them aside. Put the head into cold water and wash it well, lay it in cold fresh water and leave it there to draw out the blood, &c. It is always best to cook it as soon as possible, and while it should be thoroughly cooked, it should not be over done. Time to boil, from 1 1/2 to 2 hours. When it is to be served plain boiled, lay it cheek upwards on the dish as it comes from the water, garnish with slices of lemon, and serve the brains chopped up in a nice butter sauce in a sauce boat.

Calf's Head, Curried.

Take the remains of a boiled calf's head and cut it into pieces about an inch square. Put a piece of butter the size of a large egg in a saucepan; let it melt, then slice into it two medium sized onions, and let them fry in the butter until browned lightly; take them out and stir a desert spoonful of curry powder gradually and smoothly into the butter, and afterwards a small cupful of good stock. When the sauce is quite smooth, add the cold calf's head and the onions; let it boil ten minutes, at the last squeeze in the juice of half a lemon. Put it into the centre of a dish with a border of

rice round it. If necessary a little more stock may be added, but curries should not be watery.

To Boil Rice for Curry.

Wash half a pound of Patna rice in three waters, drain it, and pick out every discolored grain. Put two quarts of water into saucepan with a teaspoonful of salt, when it boils throw in the rice, and boil for ten minutes, or till each grain becomes rather soft; drain it into a colander, slightly grease the pot it was boiled in, with butter, and put the rice back into it and cover tightly; let it swell slowly for about twenty minutes near the fire, or in a slow oven. Each grain will then swell up, and be well separated, presenting a pleasing appearance instead of the pasty mess so often seen.

Calf's Head Fried.

Cut the remains of a cold calf's head into pieces about an inch and a half wide. Lay them for three hours in a pickle made of two tablespoonfuls of lemon juice, the same of white wine, some salt, pepper and powdered cinnamon. Take them out, drain them, and dip each piece into a batter. Fry them in boiling fat till they are a bright brown, and pile them in a pyramid on a hot dish.

Mock Turtle Soup.

Boil a calf's head gently for an hour and a half, cut the meat into pieces about an inch square and throw them into cold water. Drain and put into a saucepan, cover with stock, and let them simmer gently for another hour and a half. Put three quarts of nicely flavored stock into a separate saucepan, and with it a tea spoonful of minced thyme, a tea spoonful of marjoram, four bay-leaves, three desert spoonfuls of chopped parsley, half an ounce of whole pepper, half an ounce of salt, three onions with four cloves stuck in them, half a head of celery or a few celery seeds, and two table-spoonfuls of mushroom ketchup. Let these simmer slowly for two hours. Strain the liquor, thicken it with two table spoonfuls of flour, mixed with a little cold water, and added gradually, then pour it into the same saucepan as the meat, add 1/2 a pint of sherry, eight or nine forcemeat balls (one for each person) the hard boiled yolks of five eggs, and the juice of a lemon. Let all simmer for a few minutes, and serve. The forcemeat balls should be made by mixing well together the brains, a cupful of finely-grated bread crumbs, a little salt, pepper, nutmeg, and parsley, three ounces of butter and two eggs. Form them into balls the size of nutmegs, fry them in hot lard or dripping, and drain them from the fat before they are added to the soup.

Prayers That Cost Money.

In the case of the Golden Lion, an endowment society with some 12,000 members, upon a hearing before Justice Allen of the supreme court of Massachusetts, one of the officers was asked what position he held in the corporation; he answered that he was the supreme chaplain. Asked what were his duties, he stated that he opened the supreme session with prayer. Asked if he was a clergyman, he replied that he was not; and upon inquiry as to his occupation prior to his appointment to the position of supreme chaplain, he stated that he had been a clerk, I think, in a grocery store, at fifteen dollars per week. Asked again what was his salary as supreme chaplain, he answered \$7,500 per year. As the supreme session of the Golden Lion was held but once in two years, it will be seen that the cost to the certificate-holders for the service of this supreme chaplain was \$15,000 for a year. Evidently prayers come high, but the endowment corporations must have them, and assuredly nobody needs them more.

What a Woman Does.

The guileless man who asked this foolish question got this answer from a woman. Having kept a statistical account for one year, she gave the result as follows: "Number of lunches put up, 1,157; meals ordered, 963; deserts made, 172; lamps lit, 328; rooms dusted, 2,259; times dressed children, 786; visits received, 897; visits paid, 167; books read, 88; papers read, 553; stories read aloud, 234; games played, 329; church services attended, 125; articles mended, 1,236; articles of clothing made, 120; fancy articles made, 56; letters written, 426; hours in music, 20 1/2; hours in Sunday school work, 208; hours in gardening, 49; sick days, 44; amusements attended, 10. "Besides the above I nursed two children through measles, twice cleaned every nook and corner of my house, put up seventy-five jars of pickles and preserves, made seven trips to the dentist's, dyed Easter eggs, polished silver and spent seven days in helping nurse a friend who was ill, besides the thousand and one duties too small to be mentioned, yet taking time to perform." Now we hoped that man is satisfied; if not he can try himself. —Washington Star.

Sarah's Bernhardt's Voice.

Lieutenant Gianni, Bettini, a cultured young Italian, who has for several years been working at improving the phonograph, has now produced a micro-phonograph which, it is said, has reached a remarkable degree of perfection. Among those who recently visited the inventor's rooms in New York to try the instrument was Mme. Bernhardt. She was dressed on the occasion in a gorgeous lavender dress, and she took up her position in front of the phonograph, which had been warranted to repeat all the tones of her wonderful voice. "Recite something," invited the lieutenant, and Sarah broke forth into one of the scolding scenes of "Frou Frou." When she had finished, and every shade of Sarah's voice was given perfectly. The artist was so pleased that she declared she would like to own such a phonograph for the sake of hearing her own tones as others heard them.

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"ASTRA'S" TALKS WITH GIRLS.

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

I am afraid, my dear girls, that some letters, or rather answers to letters, have been getting mislaid lately, because there are several letters which I answered long ago, and yet I have never seen the answers in print. One was to "Lucille," Nova Scotia, another to "Mc One," St. John, and one or two more which I cannot remember. So you must not think the fault is mine.

ALFRETTA, North America—It is very good of you to write and thank me for the answers, and I am very glad to know you are pleased with them, and like the column so much. You did not trouble me at all, but you know it sometimes takes a little time to hunt up the subjects asked about, and so you have to wait for your answers. I shall always be glad to hear from you.

ATTIES.—It really is too bad, and I am more sorry for you than I can tell! It was a most unfortunate occurrence. How do people find these things out so easily? Never mind they shall not do so in future if I can help it. Perhaps that may be the reason. Thank you very much for what you say about the genial "Sarah," but all she has only succeeded in showing me how many friends I had, and so she did me a service and injured herself, whoever she may be. You know Emerson says:

"He that has a thousand friends, Has not a friend to spare, And he that has one enemy Shall meet him everywhere."

So if I have a thousand friends, I need not mind the one enemy, even so utterly spiteful and vindictive an enemy as "Sarah." No, the question was about a letter. Be very careful about bestowing your photographs. Only give them to old friends amongst the opposite sex. I do not see any harm in it, if he is an old friend, and your parents do not object. It was a very pleasant little letter, and, of course, I read it.

META, St. John.—You see I have complied with your request about answering this, but I did not forget you. You are a very good girl, and I hope your reward will come soon. I trust your mother has recovered long before this. If children and old people are fond of you I think in itself is a sufficient recommendation. I do not wonder that "he" cares for you, and I think you must be very attractive; I love brown eyes. (1) I had a list of the different meanings of moles, but somehow I have managed to lose it; I remember, however, that moles on either cheek denote an industrious, benevolent, and sober disposition given to be grave and solemn, little inclined to love or flirtation, not of a steady courage and unshaken fortitude, moderate success in life, a happy marriage and two children. Now, is not that quite a fortune? And it is all true, at least so I have read. And so you are a writer too? I wonder if I have ever seen any of your writings. Do not give your lover up, if you really care for him, and he loves you, it is your duty to be true to him, and I think you should have a full explanation with him, as there must be many things he cannot understand in connection with the trouble between you. The first lines are from Jean Ingelow's celebrated poem "Divided." I do not know the author of the others. Write to me again some time and tell me how you are getting on, as I shall be anxious to hear.

GIRL, St. John.—I think you are a very sensible little girl for one so young, and I should not have minded if you had asked me more questions. I do admire you more than I can express, for your loyal and loving friendship. You take a most sensible view of the whole matter. A man who will speak slightly of one girl, without cause, would be sure to do so of another. I think it is your plain duty to tell your friend, and warn her against a friendship with such a man. I would not tell her exactly what he said, if you think it will hurt her feelings; merely tell her that he speaks of her in a disrespectful manner when she is not present, and, if she should doubt you, as friends sometimes will, then tell her the rest if you find it necessary. Write again whenever you like; I shall be glad to hear from you.

CORREZE, St. John. No, not the least apology is necessary, your sex are always welcome to a corner in our kingdom—that is of course—the very nice ones amongst the sex. Yes! you are quite right, I am "beautiful," all stars are, and I am sure you would think so if you would see him. I have never been able yet to find out whether Geoffrey thinks so or not, but I hope he does. Thank you for the delightful compliment, surely you ought to know that any woman would be willing to have her "valuable time" taken up indefinitely in such a pleasant manner. I really cannot answer your question about the publication mentioned, very definitely just now, as I know so little about it, but last year PROGRESS published an article on the subject, the tenor of which went to prove that it was a gigantic "fake" and that the prizes consisted largely of pewter butter knives. However, one of my friends has just been notified that she is one of the five first prize winners. I am anxiously waiting further tidings, and I shall be better able to answer your question next week, at least I hope I shall, and will not forget you. This lady has sent the money, and is now awaiting further developments. You see my opinion is not so very "weighty" after all.

JUMBO.—Thank you very kindly for the sympathy you express. And so you are a fellow sufferer? Who in the world criticised you so savagely? and what had you done? All great geniuses have been criticised you know, so logical conclusion must be that we belong to that distinguished class, but I do not think we are made of such fragile material as poor Keats who died of an article in the Saturday Review. I think it was. To tell you the truth I feel rather sorry for "Sarah" now; she has had so many hard things said about her, poor soul, and she gained so little by her effort to injure me. I can scarcely decide to whom you pay

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the highest compliment in your letter, the men I have been in the habit of associating with, or myself. You are quite right though, I speak of men only as I have found them, and I have never been brought into contact with those who were not gentlemen, therefore I admire the opposite sex very much, and have a high opinion of them. What made you call me "A. W. C. T. U. editor?" I really am nothing of the kind; those good ladies would scorn to acknowledge me, even if I were one of them, because I possess very revolutionary ideas, with regard to some of their views. You are a very sensible lad, and your letter contained a great deal of common sense. I am delighted to know that one boy says "Go ahead Astra, the boys at least appreciate you." I like the boys to be in sympathy with me, bless them. And so you evidently think I have some "faults as to style?" Please tell me what they are in your estimation, as I should like to know where my chief weakness lies.

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