

SEASONABLE RECIPES.

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

"Good living is due to that action of the judgment by which the things which please our taste are preferred to all others."—*Gastronomy as a Fine Art.*

Further Instructions for Young House-keepers.

Skilful economy is not that which goes without things, but that which makes much out of little and has everything without much cost. One of the first things to learn in making tasty little dishes such as croquettes, rissoles, patties, etc., described in a former letter, is how to make a sauce—a white sauce of butter, flour and water which will carry the seasoning and flavors which make the trifles of meat or fish so savory in a patty or shell.

To Make Butter Sauce.

Place a cupful of butter and the same of flour in a small saucepan over the fire and stir them about until the mixture begins to bubble, then add a cupful of boiling water, a little at a time, stirring all the while. Season with salt if not enough in the butter and strain into another vessel. This is useful for binding croquettes, rissoles, etc., as well as for making caper sauce, oyster sauce, etc., and as a sauce for vegetables such as asparagus, artichokes, parsnips, and onions.

Cold White Sauce for Puddings.

1 level cupful of powdered sugar.
1/2 cupful of butter.
2 whites of eggs.
2 tablespoonfuls of brandy, wine, or other flavoring to taste.

Soften the butter and mix it with half of the sugar. Have the whites of egg quite cold that they may whip easily; whip to a froth, and stir into them the remaining sugar. Mix this and the butter mixture together lightly, without beating; add the flavoring and keep on ice till wanted.

Tapioca Jelly with Cream.

1 1/2 pints of water—3 large cupfuls.
2 ounces of Pearl Tapioca—1/2 a tea-cupful.
4 ounces of sugar—a tea-cupful.
1/2 a lemon.

Steep the tapioca in one cupful of the water for two hours. The water is to be cold when added, but the bowl may be set in a warm place. Then boil the other two cupfuls of water with the sugar in it; cut the lemon rind, or part of it into shreds and throw it in and add the juice. Stir in the steeped tapioca, and let it cook at the side of the range till transparent—about twenty minutes. If liked, it may be colored with burnt sugar or fruit syrup. Set in wetted cups or a mold. Serve cold with sweetened cream or the cold white sauce preceding. This is very nice and not common.

Cooking Without Eggs.

While it is true that "it takes good things to make good things," there are times in the year as Whitehead says, when eggs are not good things and we must often get along without using any in cakes.

Good White Cake Without Eggs.

1 small cup of sugar.
1/2 cup of butter.
2 small cups of milk.
2 heaping tea-spoons of baking powder.
5 cups of flour.

Warm the butter and stir it and the sugar together until well mixed, add the milk and a little flavoring of nutmeg or extract of lemon or vanilla. Mix the powder in the flour, stir all together. It makes a stiff batter. The more it is beaten with the spoon—a wooden spoon is best—the better the cake. One cup of milk should be sour, or else add a small tea-spoonful of cream of tartar. Brush the top of the cake with milk before baking to smooth and glaze it.

Cake Icing Without Eggs.

Powdered sugar merely wetted with water, makes a good semi-transparent icing and dries white. To have it beat up white and firm, take a little gelatine and dissolve it in hot water—it should be as thick as muciilage—use this instead of whites of eggs.

Good Griddle Cakes Without Eggs.

Flour.
Carded milk.
Soda and salt.
Take a little sifted flour in a pan, add the sour milk until it can be stirred to the proper consistency to take on a griddle, then add a little salt and soda. There is no measure to give, only that in a general way a tea-spoonful of soda is required for a quart of sour milk. Serve with maple syrup.

The Best of Rice Puddings Without Eggs.

1 cupful of rice.
1 cupful of sugar.
6 cupfuls of milk.
Cinnamon or nutmeg to taste.
A pinch of salt.

Wash the rice in three or four waters, put it into a tin pudding pan, and the sugar, milk, salt and piece of stick cinnamon with it, all cold, and bake in a slow oven for three or four hours. Cover with a sheet of greased paper to keep from scorching.

Steamed Fruit Pudding Without Eggs.

1 heaping cup of flour.
1 small tea-spoonful of baking powder.
1/2 cup of water and a little salt.

Mix the powder in the flour dry, add a pinch of salt; then mix up with a spoon. Be careful not to get too much flour mixed in, as a very soft dough will prove to be much lighter than that worked up hard. Grease the bottom of a pan or dish that will go into your steamer, cover it with a thin layer of the paste, spread over that a cupful of preserved cherries or other fruit, cover with another sheet of paste, then another layer of fruit and a cover of paste on the top. Steam it an hour and a half or more. Serve with the following plain pudding sauce or the richer white sauce given above.

Plain Pudding Sauce.

1 cup hot water.
1 cup brown sugar.
1 table-spoonful of flour.
Little butter.

Stir the sugar and flour together dry, pour the water to them, add the butter and keep stirring over the fire till it boils.

On Roasting.

The principle of boiling and roasting is the same—to endeavor as quickly as possible to surround the joint with a hard film of meat, in order to keep the flavor in. Consequently the fire must be clear, bright,

and fierce to start with. The next important thing is basting. A joint can scarcely be basted too often. I have known many cooks who, to avoid the trouble of frequent basting, were in the habit of putting a quantity of water in the pan with the meat to prevent it burning, but the result of such treatment is a joint half roasted and half stewed. Roast beef and mutton should be cooked rare. There is a difference between rare and raw. Veal, pork, and lamb, should be well done, and there is a difference between well done and over done. The time varying according to the size of the joints, and the degree of heat from the range fire. A piece of sirloin of beef weighing 15 pounds would take from two and a half to three and a half hours, according to the thickness of the meat and the heat of the range. Also it takes longer to roast newly killed meat than when it has been kept.

Roast Beef.

"Cooking is an art, but to roast requires genius," says a noted French gourmand. I suppose when Savarin wrote that he had been having hard luck with his cooks, and that the expression was merely one of impatience at the dullness of apprehension of the good man's own cook, who, likely enough, would keep sticking a fork into the meat when turning it over, and thus letting out all the juices.

To roast or bake meat so that it will be found full of gravy when cut, it is necessary to have the pan it is baked in hot before it goes into the oven with the meat in it; and although there must be liquor in the pan while it is baking, that should be added after the meat has become hot enough for the pores to be closed and the juices retained inside. To get what is called "dish gravy" the meat should be cooked rare, allowing a quarter of an hour for each pound of meat or less when the joint is a thin one, or required to be very much underdone. The plentiful supply of gravy that flows from it when cut will be all that is desired.

Rules For Carving.

Always cut across the grain of the meat, except when it is a saddle of mutton which is carved lengthwise. Beef, lamb and bacon should be cut as thin as possible. Mutton, lamb, veal and pork moderately thick. With poultry always serve a little of the dark meat with the white. Some people seem to think that a chicken or turkey is all dark meat by the way they ask for it. "Bill Nye," speaking about carving, says: "My great success is mainly confined to the water-melon. The water-melon does not confuse me like the hen. I always know where to find the joints, and those who do not like the inside of the melon can have the outside."

Rabbit Soup.

Rabbit meat is, perhaps, the cheapest of all meat. It is unquestionably good food, and young rabbit compares favorably with chicken. As this paper is rather on the line of economy, we will see how we can get the most good out of "brer rabbit."

Buy him skinned and emptied if possible—I was going to say, not at all—cut it into joints, flour the pieces, and fry them lightly; put them in stew pan with the liver and three pints of stock made from bones, or water, let them simmer as gently as possible for an hour, or until the rabbit is done enough; carefully remove the scum as it rises. Take out the rabbit, cut off the best of the meat, lay it in a covered dish, and put it in a cool place. Bruise the bones, and put them back into the stock, and with them two onions, a shallot, a carrot, a small bunch of parsley, a pinch of thyme, a bay leaf, three or four other sticks of celery, and a little salt and cayenne. Simmer the broth two hours longer. Take out the liver, rub it till smooth with the back of a wooden spoon, moisten with a little of the liquor, and return it to the soup. Just before sending to table add a tea-spoonful of mushroom ketchup, and if liked a glassful of port, also cut the pieces of meat into dice, pepper them up in a little of the soup and add to the whole just before serving. Time 3 hours. Sufficient for five or six persons.

Rabbit Pudding.

Cut a good sized rabbit into ten or twelve pieces. Make a little gravy by stewing the head, the liver and a little bacon rind in stock or water, and season this with salt, pepper and grated nutmeg. Line a buttered basin with good sweet crust. Lay in the pieces of rabbit (first seasoning each piece separately with salt, pepper and cayenne), and put with them three or four ounces of bacon cut into strips. Pour over them a cupful of the stock, and be careful to let it cool before using it. Put the cover of a suet crust on top, press the edges closely together, and tie the pudding in a floured cloth which been wrung out of boiling water. Put it into fast-boiling water, and let it boil quickly for three hours. Sufficient for five or six persons.

To Make Suet Crust for Puddings.

Allow six or eight ounces of suet and a pinch of salt for every pound of flour. Carefully remove the skin from the suet, and shred it as finely as possible, strewing a little flour over it two or three times to prevent its sticking together. Mix it with the flour and work it into a firm paste with a little cold water. The same answers for suet dumplings.

Seasonable Food.

Fish.—Haddock, cod, halibut, smelts, herring, lobsters, oysters, clams.
Meats.—Beef, mutton, veal, pork, rabbits, liver, kidneys, sausages, black puddings, turkeys, geese, ducks, fowls.
Vegetables.—Artichokes, beets, cabbage, turnips, onions, parsnips, squash.
Fruit.—Oranges, figs, bananas.

About the Wedding Ring.

How many women who fondly love the golden symbol of their wedding vow know why they wear it on the third finger of the left hand? That particular digit was chosen because it was believed by the Egyptians to be directly connected by a slender nerve to the heart itself. And these ancient worshippers of Isis held this finger sacred to Apollo and the sun, and therefore gold was the metal chosen for the ring.

"ASTRA'S" TALKS WITH GIRLS.

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

Well girls! you must have been amused at the beginning of last week's "Talk" where I announced that it should be called "A talk with boys," and then not one solitary boy appeared in the column! I was amused myself, but sorry for the poor dear boys whose answers had to be held over from lack of space. Never mind boys, "those who wait the longest sometimes get the best served you know, and you may possibly have a whole column to yourselves this week. Will Jacksonville kindly read nostalgia, for nostalgia, in her answer of last week?

BEATRICE, St. John.—Dear me, Beatrice, if I believed myself to be one half as clever as you dear girls seem determined to think me, I should have no need to pray, like the Scotch dominie "Oh Lord gie us a guid conceit o' oursel's" because I would have such a guid conceit o' mysel' to start with. But as it is, I am modest enough to think that a little knowledge goes a long way sometimes. Numbers of girls ask me the same question; pimples on the face are such a common trouble, and local applications are of very little use, as the cause really lies either in defective digestion or some impurity of the blood. Try the old fashioned remedy of sulphur and molasses, a dessert-spoonful every morning for three mornings, then stop for three, and so on. I suppose know the proportions, a tea-spoonful of cream of tartar to a table-spoonful of flower of sulphur and enough molasses to make a very thick syrup; powder the pimples carefully with flour of sulphur at night, and wash off with warm water in the morning. This is the best treatment that I know of, and the hot water would, I am sure, be a very great assistance to it. Your writing is very like a man's, but legible and neat.

DAVID AND JONATHAN, Fredericton.—Are you boys or girls, I wonder? The writing is essentially that of a business man, and yet I have a lady friend in your city who writes almost exactly the same. Besides that, the letter is thoroughly genuine in tone, so I will take it for granted that you are girls. I am glad to hear that you take such an interest not only in myself but my family. I assure you you would be very much taken up with the pup if you knew him, as he is a gentleman of very strong personality. You are very good to speak of sending him a collar; strange to say, he has never had one. We have taken him out to be fitted several times, but have always failed to get just what we wanted, so we thought we would wait till he had stopped growing, he is such a big fellow now. If you send a collar, I shall have to send you his photo in return. Well, it is rather pleasant to get a letter without any questions, once in a while, but really, the questions are the easiest to answer very often. (1) I do think it a very extraordinary thing indeed, and both rule and ill-bred on the part of the people who originated it. (2) No, not the slightest cause, and he would be very foolish if he thought so. (3) I should think he knew very little of the usages of good society, as long as they were properly introduced, it should hold good, even if the ceremony took place in a coal cellar; it is very rude indeed to ignore him. (4) The correct pronunciation is "Ow en," in two distinct syllables. (5) It would merely amount to a Christmas card and could be received with perfect propriety. The color has no significance whatever, and it is not likely the giver knew anything about the meaning, men seldom give any thought to such things. The other gift it would be best not to accept, unless from an old friend. It is always correct, you know, to accept books, flowers, music, or confectionery from gentlemen friends, when you have known them a long time, but not presents of any value. A man often wishes to make some little return to a lady friend for kindnesses received, and he knows he may offer her a book of poems, a box of candy, or a piece of music with perfect propriety, whether she be old or young. (6) Well, no, hardly, because if she talked a great deal about it, I should feel certain she had never done such a thing before, and probably would rest on her laurels, and never make a second attempt in the same direction. The questions are rather unique, but I do not think them silly at all, and I hope the answers will prove satisfactory.

MISS NOBODY, from Nowhere.—Don't distress yourself, my dear girl. There is not the slightest danger of my "finding" you, because you see I am not going in search of you. Of course you can call me "friend" I am a sort of "girls friend" am I not? No, I don't "know" almost everything. I wish I did, and I think you must be the most delightful girl in the world to know. If I were only a man I should fall in love with you on the spot. Fancy a girl who calmly starts out by saying she does not "know anything at all." Why my dear girl you are a perfect revelation in this conceited age. I love you dearly already and you must not think I am laughing at you, because I am perfectly serious. Just look around amongst your friends and acquaintances, and when you see how few of them are either rich or beautiful and how many fewer are both, and I think you will be satisfied that you are very far from being in the minority; and your mother is quite right, it is really better to be good than beautiful; at least I think it must be. I am not either myself, so I have no opportunity of comparing the relative merits of the two attractions. Look at the numbers of men who have plain wives and simply adore them! Of course, those women must have had something to win love, and since it was not beauty it must have been goodness. Valentines are such a harmless amusement that, unless they are of the kind to hurt other people's feelings, or, what is almost as bad, vulgar, that I do not see any impropriety in exchanging them. If you have been a good little girl and studied well, you should be ready to leave school at eighteen, but I am very sorry to say there are many girls of that age whose education is far from being

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