

SEASONABLE RECEIPTS.

Specially Prepared from Practical Tests for the Lady Readers of "Progress."
[Correspondents seeking information in this department should address their queries to "Editor Seasonable Receipts, Progress, St. John."] **Mock Terrapin.**

Cut cold roast veal into small pieces, and put on the fire in enough cold water to cover. Boil it for about ten minutes, and then drain. Make a *roux* with a tablespoonful of flour and one of butter, and add the liquor in which the meat was boiled. Season with a little made mustard and a pinch of cayenne pepper, and salt to taste. Add the yolk of a hard boiled egg and a cup of cream. Just before serving add a small glass of sherry, and serve on toast.

Ice Cream in Five Minutes.

The following will prove useful in an emergency: If the preparation desired to be frozen is placed in a tin bucket or other receptacle it can be readily congealed by putting it in a pail containing a weak dilution of sulphuric acid and water. Into this throw a handful of common Galuber salts, and the resulting cold is so great that a bottle of wine immersed in the mixture will be frozen solid in a few minutes. Cold ice cream or ices may be quickly and easily prepared. The cost is but two or three pence.

Kidneys and Tomatoes

Make a reliable breakfast cooked in this fashion:—Boil for about ten minutes half a pound of tomatoes mixed with two teaspoonfuls of potato flour or arrowroot, one teaspoonful each of finely-chopped onion and salt, two teaspoonfuls each of vinegar and sugar, a pinch of cayenne pepper, and piece of butter or lard the size of a walnut. When it thickens pour it into a dish, and dress it with kidneys cooked in the following manner:—Beat up an egg with a tablespoonful of breadcrumbs, a pinch of salt and pepper, and a teaspoonful of finely-chopped parsley. Dip each kidney into the egg and crumbs, and fry in boiling lard, or make a stiff batter with flour, milk, salt, pepper, chopped parsley, and onion, and cook in the same manner.

Bouquet Garnished.

It is well to know what a cook's "bouquet" is composed of, and how it is made, for in many a soup, sauce, and stew, it is indispensable. Put together in a bunch a sprig or two of parsley, leek, and celery, and place in the centre of these a bay leaf, thyme, a couple of cloves, and garlic if wanted; double up your bunch so as to completely cover the spices, tie well with twine, and snip off all small pieces hanging about. By using a bouquet the cook can regulate the flavor and save many a useless straining, for a bouquet can always be taken out in one piece.

How The Chinese Cook Rice.

It is well known that rice is the staple food in a great part of China, and it is not surprising that the Chinese, who do well almost all that they do, should cook rice to perfection. What is surprising is that American cooks should hardly ever prepare it properly, for the cooking is very simple. The directions, by a Chinese gourmand, are as follows: Wash the rice twice in cold water. The first washing removes dust and dirt; the second removes a thin outside layer of rice starch. Put it in the pan, more than cover it with water and boil till half done. Drain off the water and let it steam slowly for thirty minutes. Each grain will then be cooked, snow white and separate from its fellows, very different from the pasty mass that is too often found on American tables. If it is not to be served at once do not put it into the oven to keep hot. That will dry it out. Set the covered pan in a kettle, cover the kettle and set it on the back of the stove.

Calf's Liver a l'Americaine.

Calf's liver is a homely dish, but a very nice one. Most English people simply fry it with bacon, and the bacon has a trick of getting very hard. An American way is to wash and dry the liver and cut slits in it, in each of which is inserted a small finger or strip of fat salt pork. It is then floured, peppered and salted, and baked for half an hour in a hot oven. A little hot water poured into the pan after the liver has been taken up, and well stirred round, so as to get all the gravy from the sides, will be the better for a few drops of Worcestershire sauce and a little salt, and makes a rich brown gravy to pour over the liver for table, where it should be carved in slices as thick as mutton is generally cut, instead of in junks.

Cooking by Electricity

Has become an accomplished fact at the great electrical exhibition at the Crystal Palace. Saucepans, kettles, and frying-pans are there to be seen containing within themselves the means of imparting heat. Thin wire, heated by electricity to a point beyond that necessary to boil water, seems capable of working culinary wonders, though it is possible that, before very long, we may make a further step in advance, and cook the joint out of hand by simply passing a current through it. The expense of electricity is still a great drawback to the invention, but if it can only be cheapened so as to compete with gas for cooking as well as other purposes, the fortune of the electrician is made at once.

Practical Suggestions.

Very young new peas may be made of a brilliant green colour for garnishing plates of fish by carefully sauteing them in a frying-pan oiled with butter.

The liver of an ordinary goose, blanched in butter, sprinkled with crumbs, pepper and salt, then grilled, is most delicious, and a plateful can be bought very cheaply from some poultry shops.

The best plan to take out the strong taste of a fat goose or wild fowl is to place in the body a small skinned onion and a pared lemon before cooking; it also gives the bird a milder flavour.

Oyster shells are good to clean the fire-brick of the stove. Lay a number of them on top of the hot coals, and when the fire burns down it will be found that all the clinkers have scaled off the bricks.

Flour cannot be too cold for pastry,

cookies or kindred doughs, while for yeast bread it should be warm enough to favor the growth of the yeast plant. For the same reason warm water should be used with yeast, while with cream tartar and soda it would hasten the escape of the gas, and cold liquids only are allowable.

Fried parsley is one of the most desirable adjuncts to fried fish served without a sauce. Heat some lard in the potato fryer, but not hot enough to smoke, for too much heat takes all the color out of parsley. Put the parsley in the wire basket and immerse in it the hot lard about one minute, when it should be crisp, but still green. Drain it on a sheet of paper, and set for a minute in the open oven.

Rabelais mentions the originator of Sauce Robert (the best accompaniment of pork chops) in these words: "And Robert, another cook, who gave us the sauce that is good with fish and capon and grilled bones," etc. Another writer refers to him as "Robert, one of the Parisian gastronomic masters." Sauce Robert, briefly and simply, is brown meat gravy containing lightly-fried onion and garlic, or one or the other, and mustard, vinegar and pepper.

To judge of an oven's heat, there are no better rules than Gouffé's: "Try the oven every ten minutes with a piece of white paper. If too hot, the paper becomes dark brown (i. e., rather darker than ordinary meat pie crust), the oven is fit for small pastry. When light brown (i. e., the color of really nice pastry), it is ready for vol au vent tarts, etc. When the paper turns dark yellow (i. e., the color of deal, you can bake bread, large meat pies or large pound cakes; while it is just tinged, the oven is just fit for sponge cake, meringues, etc."

The Beefsteak.

You may talk of spring chickens and quail upon toast, or anything else of which epicures boast. But when you are hungry there's nothing can take the place of the juicy and savory steak.

Two inches in thickness it ought to be cut. With snowdrifts of fat on it sweet as a nut; And always remember when buying it that Prime meat must be streaked and covered with fat.

Quick, turn it and turn it with many returns, While melting fat merrily blazes and burns, Imparting rich flavors. Keep turning and—there 'Tis done, with its inside red, juicy, and rare.

Now pepper and salt it, and on a hot plate Enjoy it at once—not a moment to wait, And then you'll acknowledge that nothing can take The place of a luscious and juicy beefsteak.

—London Caterer.

A PRETTY SUMMER COSTUME.

Something to Look Pretty in at an Afternoon Reception.

The engraving represents a charming summer costume of heliotrope cashmere, and pointed bodice of bengaline silk in a darker shade. Sewed on the silk are large jewels such as the fashionable cloaks are decorated with, representing amethysts.



Around the skirt the jewels are placed in diagonal lines to form a decoration some six inches deep. The sleeves are in shirt shape and gathered into narrow bands at the wrists. The costume is suitable either for a visiting, afternoon reception, or handsome house dress, and would make up prettily in any of the new summer materials.

To Improve the Light of a Lamp.

The light given by a coal oil lamp can be greatly improved by soaking the wick in vinegar before using it, and even by re-igniting an old wick by the same process. Of course the vinegar must be dried off before the wick is used, or it will be difficult to get a light at all, but with this simple precaution a great improvement in the lighting can be secured. A small lamp of camphor dropped in the oil reservoir has the same effect, but camphor has a tendency towards making the lamp smoke, while vinegar has a contrary tendency, and is hence more desirable in every way.—Globe-Democrat.

What Carolina Wore.

Among the royal ladies of European courts the Czarina of Russia has the reputation of wearing the most beautiful and sumptuous gowns. Her costume at the golden wedding of the Queen of Denmark was of white brocade satin, woven with design of orchids in gold, and trimmed with jonquil yellow velvet and pure gold Russian lace embroidered with real pearls. The lace is valued at \$300 a yard.

"ASTRA'S" TALKS WITH GIRLS.

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

I have had so few letters from you this week, girls, that I have come to the conclusion you must all be in the Ladies' Drill and too much occupied with military maneuvers to write. If you were in the drill you deserve to be congratulated because you did well, and it was a pretty sight to see the red and blue-coated squads marching and countermarching to the stirring strains of the band, with their saucy little caps and glittering accoutrements. What erect figures and graceful walks those girls will have until they begin to forget their training a little and go back to the careless style so many girls get into. I often wonder how it is that the St. John girls walk as well as they do, when their lives are spent, from their "earliest infancy," in climbing up one hill and then climbing down another. You scarcely have time to straighten your shoulders and draw in your chin at the top of the hill before you have to throw your body backward and balance yourself to go down the other side, and that sort of thing is fatal to the willowy Andalusian walk we would all like to cultivate. What a luxury it must have been to the girls in the drill, to walk for nearly two months on a perfectly level surface!

HEARTSEASE.—Indeed I have not forgotten you, though it is a long time since you wrote to me last. I think I have often said before that I like the old correspondents to come back again and show that they feel at home in our column, and like to make their appearance there now and then, just for the sake of friendship, even if they have no very particular questions to ask. You are a good and clever girl, and I will do what you ask with pleasure. It will certainly be much pleasant work than hunting up those wearisome old recipes for freckles and pimples that I have published until I ought to know them off by heart, but somehow I don't. I am glad you came back, and be sure you don't let such a long time pass again without reporting yourself.

CLO.—What an experienced person you must be, to be sure! Nobody knows as much about life in general, or is such a complete man of the world as the callow youth of eighteen or nineteen "verdant summers" who thinks there is nothing new under the sun, that he has sounded the lowest depths of worldly wisdom with the plummet line of his own astuteness, and that there is nothing else left for him to learn. Just wait a few years, my dear boy, and you will begin to realize how little you know about the other sex, and you will be more willing to learn. The first part of your letter was so poetical in its description of running streams, and emerald lawns that it made me think of the song, "To The Woods." "Oh forest green and fair, oh pine trees waving high." Your retreat must be a delightful one. I am glad to hear that you have come to the conclusion it was all for the best, and are inclined to enjoy your freedom. I congratulate you upon the approaching freedom in another sense, which June is bringing you. I am sorry you "do not altogether agree with me," as to its being the fault of the men themselves that girls allow comparative strangers to kiss them. I suppose you really think you know more about girls than I do, and so I forgive you.

SUNBEAM, Moncton.—Don't you believe any such nonsense, or let yourself be made unhappy by dismal predictions! For one unhappy marriage in this world, I firmly believe there are ten happy ones, but unfortunately the unhappy ones seem to talk more about their woes, than the others do about their bliss, and to fall into the error of supposing that the fault lies with marriage instead of in themselves; also, that because they are miserable, all other married people must be the same. I really believe that the majority of people are not only as happy, after they are married, as they were when they were engaged, but much happier. They are all in all to each other then; utterly dependent for their daily and hourly happiness upon the love, patience and forbearance, that each one shows toward the other. Geoffrey and I used to quarrel terribly while we were engaged, but we never do so now. As for marriage being a failure, a true marriage is the only remnant of Paradise left on this sad old earth, and if you and "he" begin as you say you intend to do, there is not the least doubt about your being happy. I do think it is such a shame for people who have made a mistake themselves to take an eternal vengeance on the world, by making the hearts of young people heavy with their dreary croakings. I believe most couples think a great deal more of each other after they are married than before, and I know numbers of very old people who are as devoted to each other.

"After years of life together, After years of life together."

as they were in the halcyon days of courtship. Now, if that is not enough to satisfy you, what can I say? Remember, I am only saying what I think, and what I believe to be true. I was not out of patience with you at all, and I shall look forward to hearing of at least one marriage that will not be a failure, in the near future.

The following letter from "Uncle Moses" speaks for itself, and as several of the questions are of public interest, and are asked with a simple and business-like directness very refreshing in these days of circumlocution, I consider it worth publishing in full:

DEAR ASTRA.—One or two important questions have been troubling me lately, and I would like to have your opinion about them. (1) Whether it is better to be born lucky or rich? Also which should rule the realm after marriage, husband or wife? Another question—is it proper for ladies to appear on the public stage in dress which attracts the gentlemen. Are not the married ladies of the present day different from our grandmothers? These questions have been puzzling me for some time, and I hope you will throw a little light on them for me.

Yours respectfully, UNCLE MOSES.

My dear "Uncle Moses," do you know what your letter reminds me of? When I was younger, and much better than I am now, I used to teach Sunday school. I had a very useful book called *The New Testament broken into Short Questions*, and that is what your letter made me think of, the questions were so continuous and sus-

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tained. But I will do my best to answer them. In the first place the same question occurred to me the other day while I was watching the gambols of our pup. He came into this world, not only without wealth, but without the remotest prospect of wealth. He was born of poor, but honest parents, and yet though the traditional silver spoon was absent from his infant mouth, he certainly proved that he was born lucky, when he became Geoffrey's property, because Geoff scarcely thinks the parlor sofa good enough for him; and the silk sofa pillows are his by right of possession; so, taking the pup merely as a type, I would much prefer to be born lucky! Riches may take to themselves wings, and so may luck, but the riches usually go first. (2) As to which one should wield the domestic sceptre after marriage, that is a question which the parties concerned will probably settle during the first year of married life. There are no cut and dried rules which can be applied to help them. If the wife should so far forget herself as to use the rolling pin for a sceptre the chances are that the husband will assert his authority and rule ever afterwards, but it is best decided by mutual concessions. Now, why are you trying to draw me into so vexed a question as that is just now in St. John? I am not prepared to say whether it is proper or not for ladies to appear in such a costume as you mention, but this I do know—making a personal application—I feel certain that if I did so, Geoffrey would procure an immediate divorce without alimony, and retain the guardianship of the pup. But still my dear "Uncle Moses," is that dress half as "attractive to gentlemen" as the evening dress of the present day? Yes, I suppose the married ladies of to-day are very different from our grandmothers. I did not have the pleasure of a personal acquaintance with these estimable dames in their youth, but I don't think tradition mentions their having ridden bicycles, or drilled in soldier-clothes, still less do we hear about their having danced skirt dances or practised law, but then you know the world has advanced a great deal since their day, and times have changed, besides that, you know our grandmothers, as a rule, had large families to look after, and large families are quite out of style now, so the married ladies have much more time on their hands than they used to have. Now, "Uncle Moses," I hope I have succeeded in "throwing some light" on these vexed questions for you, and if not, write again and I shall be happy to elucidate still further.

JENNIE, Yarmouth, N. S.—My dear Jennie I sympathize with you very sincerely in your disappointment. It is very hard when you think literature is your true vocation, and yet none of the publishers will recognize the fact; but still, as you have asked my opinion, I think it will be more of a real help to you, and kinder in the end, if I speak plainly and tell you the truth. There is not, there never has been, and there never will be, so long as the world is a world, the slightest use in anyone attempting to write, unless he or she has received at least an ordinary good education. How can you expect any editor, whose business it is to educate the public mind, to accept contributions from a person who persists in saying that the wind "blowed" instead of blew, and speaks calmly of "the beautiful flowers which "grew" along the banks of the river?" Why you asked me if I had ever been in your town in these terms. "You never seen a more beautiful place than Yarmouth is in summer. Was you ever there?" Now, my dear girl, these are expressions which would never be tolerated in polite society; and now, can

you imagine that they would be permitted in literature? If I have hurt your feelings I am very sorry, but I thought it best to tell you just where the error lay. Your best plan is to pay attention to the conversation of refined people, and if you are willing to learn you will soon see the difference between their conversation and your own. Can you not get a good English grammar and study it carefully; you would find it of great use to you. Write whenever you like, and if I can be of any service to you, I shall be most happy to do anything in my power. ASTRA.



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