

of vegetables, cut up, any kinds, mixed, in equal parts, using beans, peas, celery, carrots, onions, lettuce, rice, etc., also potatoes. Add one pound of mutton, one pound of salt pork, one pound of honey-comb, one pound of tripe, cut up and fried in butter or suet, one bay leaf, one clove, parsley, thyme, and sweet marjoram. Cook, closely covered, three hours. Set aside to cool, remove the fat, thicken with flour, butter and yolk of an egg, add salt and pepper, and serve very hot.

The water in which vegetables or rice have been cooked—except potatoes and cabbage—is used by the French, with additions to make good soup.

The Germans aptly say that the kitchen is to the house what the stomach is to the body, and also, when the doctor calls, he should enter by the way of the back door and thank the cook for those dishes which call for costly visits.

This is particularly applicable to cakes, puddings, pastry, ices, preserves, and confectionery. Yet most of us eat them, and hold rightly that health purchased by watching our diet is but a tedious disease.

That foreigners feel this way, too, is evidenced by their wonderful mixtures of "apples and spice and all things nice," and the mixtures sound inviting—honey cakes of Basle, parsnip cakes and brandy snaps; *delicieuses*, wafers, and waffles, fadges and fritters, Moravian love-cakes, harem sweetmeats, *tutti-frutti*, syllabub, trifle, roly-poly, Alpine baskets, capotes, and casseroles.

This is how to make rose-leaf jam after the manner of the Grecians. Gather the petals of fresh red roses, being sure they are free from insects. Add an equal amount of sugar and only enough water to dissolve. Set in the sun under glass till the sugar is well melted, then cook it for twenty minutes, stirring well. Pour

into jars and cork tightly. Serve with coffee to guests who call in the afternoon.

In England, rose jelly is served with pork or game. Here are the directions: Collect the red seed pods of the rose when the frost has turned them, wash them, slit open, and take out the seeds. Add to every pint of pips one-quarter pint of white wine vinegar and three-quarters pound of sugar. Boil and stir rapidly, rub through a sieve, and cook one-half hour longer. Cool and pack into tumblers for use. Will keep in a cool place.

Nor are the spirituous refreshments to be neglected. Some of the favorites are Heidelberg punch, sometimes known as Hebe's cup; Oxford grace cup and Oxford bishop, caudle cup (a drink offered to callers upon a new baby), wassil, sack, posset, lawn sleeve, and other ancient swallows. Ale flip, lamb's wool, mulled wine, May nectar, Teutonic mead, the capillaire of "the boulevardier," Irish cordials, bitters for cocktails, and home-made champagnes make us forget all our blue-ribbon principles.

A hundred years ago every middle-aged gentleman, and a great many ladies, took a hot drink before retiring at nine or ten o'clock. Nowadays, the same class of people are apt to sit up very late and to depend upon drugs for a good night's sleep. This is how grandfather used to mix his nightcap:

With grandmother's aid, he beat the yolk of one egg with half a teaspoonful of allspice and one gill of rum, a tablespoonful of sugar melted in one cup of boiling water. They whisked this well together and then strained it into a glass, placing the beaten white on top with a dust of nutmeg.

And then they drank, and they smacked their lips, and, bless them, drank again.