

corded with black velvet, and trimmed around the crown with folds and rosettes of black velvet. This, like the gown, is very practical, shading the eyes, and at the same time being soft and becoming to the face.

THE BREAKFAST TABLE.

Many of us who are not over robust, and even people who are well and strong, do not feel at their best in the morning. It is a common complaint, that of feeling no appetite for breakfast. In many households where the husbands and sons have to partake of an early breakfast, that meal is apt to be rather a hurried one, and when the appetite is flagging, this most necessary meal in the whole day is not what it ought to be to sustain a man till the luncheon or dinner hour. A great factor to any meal, especially breakfast, is a daintily laid table. People who are most particular about the arrangement of a dinner table are apt to think anything will do for breakfast. A daintily laid breakfast table and well cooked and nicely served food are appetisers in themselves. However plain the fare, let the tablecloth be spotless, the china and silver well polished, and everything at its brightest. Have a few flowers on the table if possible, if not, a palm or fern in a pretty pot. Butter looks pretty when made up into little balls placed in a glass dish, and garnished with parsley or watercress, and with a pair of butter "hands," which cost sixpence, many pretty shapes in butter can be fashioned. Eggs and hot rolls should be served in a folded serviette. Cold dishes with a garnish of parsley. This is really not an extravagance, even if it has to be purchased, for a pennyworth will last a week if it is placed in water when the dish is removed from the table. Let the knives be bright, a stained knife is abomination at any time. At this season of the year a small dish of radishes or watercress looks pretty on a table, and is generally very much appreciated. It is in these small details that a dainty woman makes her home an attractive place to her mankind.

STRAWBERRY PUDDING.

Take a teacupful of self-raising flour, add to it a good pinch of salt and two ounces of very finely minced beef suet; add also a teacupful of strawberry jam, the well beaten yolks of two eggs, a smaller teacupful of milk, and half an ounce of

finely-chopped candied peel. Mix very thoroughly and finally add the whites of the eggs, whisked to a firm froth. Fill a well buttered mould with the mixture, and steam for two hours and a half; serve with jam sauce poured over and around. For the sauce take half a cupful of jam, and add to it a tablespoonful of cooking brandy and two tablespoonfuls of water; place in a small stewpan and bring to the boil; then rub through a heated gravy strainer over the pudding. Note—This sweet may be made with either apricot, greengage, raspberry, or black currant jam, and will be found equally good.

To dress a crab cold, select a good, heavy boiled one, with the joints of the legs stiff. Break off the legs and claws, crack them, take out the meat and cut it up small, open the body of the crab and take out the inside, put the meat from the claws with it, carefully removing every particle of shell, and mix the whole well together with some mustard and vinegar. Season it well with pepper, salt, and a little cayenne. Clean the back shell and fill it with the meat. Garnish it with sprigs of parsley and some of the legs placed round. The top of the shell may also be garnished with lobster spawn (coral), finely chopped, hard boiled eggs, or some of the meat from the claws.

ROE SAUCE FOR FISH.

To make roe sauce, wash the roes, throw them into a kettle of boiling water and allow them to simmer for twenty minutes; drain, put them in a bowl, and with a silver fork remove carefully all membrane; add a quarter of a pound of butter, and heat over a pan of hot water. When thoroughly hot add a gill of cream or milk, a level teaspoonful of salt, ten drops of onion juice, a quarter of a teaspoonful of mace, and serve in a sauce-boat.

TEMPTING DISHES.

A tempting dish for a poor appetite may be prepared with six or eight sardines, half an ounce of butter, onions, a little white sauce, an ounce of grated Parmesan cheese, an ounce of anchovy butter, toasted bread, breadcrumbs, seasoning. Trim off the tails of the sardines, peel and chop the onions finely, put them in a small saucepan with enough water to cover them; boil up quickly,