

Gluttony and drinking will explain much ill-temper.

However carefully one watches oneself, offences are given, and if we learn to bear them with courage all will be well, we must learn to shut the door on all outside grievances they will soon be forgotten in the bosom of the family.

If ill temper is caused by weariness of body, rest will be found the best cure; a change of occupation will send one back to the former worry with quite a different feeling, ten minutes that with a friend, or a turn at the dumb-bells will relieve body and mind.

A woman should change any work which tends to set up her nerves, more work will thus be finished than if she had plodded on and worried over one thing for hours, and she will be all the happier for it.

Variety in work, as well as in play, is the spice of life.

FRESHWATER FISH RECIPES.

For larded pike take a moderate sized fish, and, having skinned and cleaned it, lard it plentifully with strips of bacon, and sprinkle it with salt. The fish may be straight, or twisted with its tail in its mouth, and baked thus:—Melt some good lard in a baking dish, put in the fish, cover it with a lid, stand it over a fire or in a hot oven, and bake it a golden brown, basting it at intervals with the hot fat. Serve with a brown caper or sardine sauce flavoured with lemon.

Stewed pigeons make a delicious entrée. Pick and draw four pigeons. Soak them for a couple of hours in a pint of claret. Then fill them with sausage meat, put them into a stewpan with the wine in which they were soaked and a blade of mace. Pour in sufficient strong stock to cover them. Let them stew gently for a hour, then cut them in quarters, and lay them in a pie dish with a slice of butter on each piece, and put in a brisk oven. Skim off any fat that is on the surface of the gravy, and reduce it by quick boiling

to rather more than one-half. Thicken it with a dessert-spoonful of flour and one ounce and a-half of butter. Return the pigeons to it, and warm them up in it until the sauce has reached every part. Then arrange them in a silver dish, and pour the sauce around them. Ingredients: Four pigeons, one pint of claret, sausage meat, strong stock, two ounces of butter, a little mace, and one dessert-spoonful of flour.

Galantine of rabbit.—Well wash and cut one or two young rabbits into joints. Put in a stewpan with an onion, a stick of celery, a carrot, a bunch of herbs, and salt and pepper; add water enough to just cover and stew gently until the meat leaves the bones. Then remove the meat, and cut it into pieces one or two inches square, leaving out all skin, gristle and bone. Reserve the meat on a dish; strain the liquor through a fine sieve that it may be quite clear, colour it a nice brown, and add to it half an ounce of gelatine (previously soaked in cold water), flavour with the juice of half a lemon and a little piquant sauce, boil it slowly until quite clear, then cool it. Arrange the pieces of bacon, slices of hard-boiled egg and minced parsley, in a fluted mould. Add a little liquor by degrees as the mould is being filled. When full place a small piece of wood that will nearly fit the top over all, put a weight on the wood, and place in the cold to set solid. Turn out on dish and cut down, not across.

Stewed tripe:—Stew a pound and a half of tripe with six good-sized onions gently in half a pint of water for two hours, then pour off the greater part of the liquor, and add a dessert spoonful of mustard, the same quantity of flour, and half a pint of milk.

THE PROPER WAY THE REST.

Every one should ask himself how many hours a day he spends curled on up a downy couch in a posture that is utterly at variance with all laws laid down by science,