

SELECTED RECIPES.

Preserving Parsley.—Pick as much of the nice green parsley leaves as you think you would like to put up. Wash it carefully and press it dry between clean cloths. Then put it in a chopping bowl and chop as fine as you always do for salads and sauces in summer. Then take a piece of butter as large as you would think necessary and take up all the parsley. Put it in the bowl and work the parsley into it, putting in as much parsley as the butter will take up comfortably. When it is finished the butter is perfectly green. When it is well worked together divide it into small pieces (I generally make it into small round balls about the size of a large glass marble) and put them down in an earthenware jar and cover with strong brine. During the winter, whenever you wish a parsley sauce with anything, all you have to do, is to take a few of these parsley balls and dissolve them with the other ingredients of your sauce and the parsley will be fresh and green as if picked freshly out of the garden.

I cannot give weights and measures as it depends so much on the quantity of parsley put up; but this is so easily made and cannot be spoiled in the making for you can take only a small piece of butter at first and work that full of parsley, and if you still have more parsley left take another piece of butter.

The butter must not be melted (as some one asked me once) but cold, just as you would use it on the table. If the weather is cold so the butter is very hard, you may have to put it in the warm kitchen for awhile to get it in good workable condition.

For our small family of three we generally put up one pound of butter (Sent by Bella Coola.)

Christmas Plum Pudding.—Take one and a half pounds of breadcrumbs; half a pound of flour; two pounds of finely shredded beef suet; two pounds of stoned raisins; two pounds of currants, washed, picked and dried; two pounds of sugar, a quarter of a pound of candied lemon and citron peel, that is two ounces of each; two small nutmegs, grated; the juice of a lemon and rind finely chopped; a teaspoonful of salt, two ounces of sweet almonds, blanched and sliced; sixteen eggs; a glass of brandy, and as much milk as will wet it but no more than that as it makes the pudding heavy. It should be as stiff as paste. Mix all the dry ingredients thoroughly, then add the eggs and milk and last of all the brandy. Boil it and keep boiling for ten hours.

EVENING DEWDROP.

(Those who, for any reason, do not wish to use wine or brandy, will find that for fruit cake a third of a cup of molasses will answer the same purpose as a wine glass of the liquor, and in other dishes lemon or orange juice or any pure fruit juice can be used as a substitute. D. D.)

Vegetable Marrow Jam.—To every pound of vegetable marrow, weighed after peeled, sliced and seeds removed, allow three-quarters of a pound of sugar, a lemon, and half a saltspoon of cayenne. Lay the marrow in a deep dish in layers, sprinkling sugar thickly in between. Leave for twenty-four hours, turn into the preserving pan and boil for twenty minutes, skimming when necessary. Turn into a basin again and leave for forty hours covering with a light cloth to exclude dust. Place in the preserving pan with the rind and juice of the lemon and add the cayenne. Boil for ten minutes, remove the rind when cold, seal it down and keep in a dry place.

I took the above recipe from an English paper, but this one is my own manufacture: To every four basinsfuls of vegetable marrow allow two and a half basinsfuls of sugar and two oranges. Take the seeds out of the marrow, cut in four from end to end, then cut in very small, long strips, cutting again into small pieces, say half an inch thick. Put into a crock over night with the orange peel cut very thin and the juice from the orange last of all. Put on the sugar over the orange and marrow the next day and boil until very tender and a rich golden color.

LADY YORKSHIRE LAMB.

A HOSPITAL PLAN FOR B. C.

Dear Dame Durden—It was very stupid of me to forget the parsley recipe

and I enclose it herewith in case anyone would like to take advantage of it, but I must also be allowed to talk a little while this afternoon. First, I have two mistakes to correct in regard to my last letter which you kindly published so fully on July 17th. One is my mistake but I think the other is yours. My mistake lies in stating that the Bella Coola Valley is 50 miles long. My husband on reading the letter informed me that it is 80 miles long. How I made the mistake is that the river is navigable for the Indians with their canoes for 50 miles up to an old Indian village called Stui and I thought the valley ended there but I am now told that the valley reaches 30 miles further still. Now the misprint comes by stating that the cold weather here last winter brought the thermometer down to 10° below zero, while what I wrote was only 1°. If we should get it 10° below we would think we had struck the North Pole for sure.

Now, I cannot resist the temptation of passing my opinion on Dame Durden's letter to us on August the 14th. I agree perfectly with the criticism of the Ingle Nook expressed in that letter. While it is perfectly right and proper that we, as housekeepers and homemakers, should take a keen interest in all things connected with the preparation of foods. I certainly have felt very sorry lately to see the nice, cosy and enjoyable Ingle Nook turned into a cook book.

There are so many reliable cook books in the market that one can get cheap and many of those gotten up for advertising purposes are very good and can be got for the asking. So, although we get much valuable information in the cookery line from the Ingle Nook, I, for one, would cheerfully do without that benefit for the sake of getting back the nice chatty letters we used to get some time ago. Let us forget the kitchen for awhile and hear what we are all doing in other ways outside our household duties. Do we not all belong to some society or other? What is being done, and how, and to what purpose?

We have our Ladies Aid Society in the Valley which makes a good deal of money each year. They work for the foreign missions but as a good many of us feel that our mission begins right here at home, we have worked independently and used the money for different objects right here in the Valley.

Now, we have a large object to work for, that is a hospital. Although this Valley has been settled for thirteen years we have neither doctor nor hospital and we feel it is impossible to go on like this any more.

The people in the Valley have subscribed \$1,000.00 towards a Hospital fund, and the Methodist Mission has taken the matter up and will give a large share and undertake the building and running of it as soon as we get the necessary Provincial and Dominion grants, and we sincerely hope by next year to get a hospital built and a good doctor and nurses stationed in it.

A few of us ladies have formed what we call "The Ladies Union of Bella Coola" and our whole object is to work for the hospital. We have lately started and it is hard to say yet just what we will do, but we will do what we can. We had a garden party to begin with to raise funds wherewith to buy materials to start work on, and took in \$20, and we will have a social every quarter to help swell the funds. In the meantime we are busy working and will likely have a bazaar once a year. It would interest me much to hear what other ladies are doing, and how they raise money, and what they do with it.

I will not write any more now until I see how my letter is received.
BELLA COOLA.

(Glad to hear from you again. I hope every one will follow your sensible course of trying to make the Ingle Nook more interesting by writing interesting letters themselves. The Ingle Nook is the property of the members to do what they will with it. I hope your hospital plans will work out speedily, according to your desires. On my way home from your beautiful country last week. I made the travelling acquaintance of the superintendent of the heritage hospital at Bella Bella. How far is that from Bella Coola? She knew you, and made me feel as if I knew you too. I won't tell you the nice things she said.—D. D.)

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