

There is a look about royalty which one can hardly mistake, and which makes it comparatively easy to recognise who are queens and who are not.

We have a friend much taken up by the idea that one can tell a man who is worth twenty shillings in the pound merely by looking at him, and though he pushes his hobby perhaps too far, still there is some truth in it. Now just as our friend reads in a man's appearance and manner whether he has command of a safe balance at the bank, so we may discover by a glance at a girl whether she is mistress of herself, and undisputed sovereign of the domain of her own heart.

No one having her mental being thoroughly under control can help showing it. A careful observer will note how she conducts herself with calmness and self-possession, even the grace of her every action indicating that all within is well ordered and harmonious. We could not imagine a queen existing like Mabel, whom we have mentioned in THE GIRL'S OWN PAPER before, who is always ill at ease in her mind, and whose movements remind one of the awkward shuffling of an owl in a cage when it feels it is being stared at.

But the girl-queen is to be discovered by more than her manner. Her high standing comes out especially in her relationship to other people, in which she is always reasonable and kindly.

Amongst the most objectionable persons in the world are those who give themselves airs as if they were here on a mission to rule their neighbours. The girl-queen is of quite a different sort. "I rule," she says, "in my own domain, why should not others rule in theirs?" And so she is on her guard against interfering where she is not wanted.

Yes, the last thing she is ever likely to aim at is being a tyrant in her own circle. And speaking of that reminds us of one we first met many years ago who was a tyrant as a girl, and afterwards as a wife tyrannized over her husband, who could seldom even eat his dinner in peace, and who, as a widow—such is the justice of fate—is now despotically ruled over by her children.

When others differ from her in opinion it will be noticed that the girl-queen does not

fly into a temper as if she would jump down their throats, on the principle of the man who used to say, "I look upon my reasons as reasons, but upon your reasons as only prejudices!"

Her own opinion of course she sets a proper value upon, but she sees that, however sincere we may be in our search after truth, we do not all arrive at the same conclusions, and that for that reason no one should be over-confident in her own views or in the least degree contemptuous of the views of others. When everything is said, the differences which separate us are often very small; but in our pride and self-will we insist on magnifying them.

When our girl-queen does give her opinion, it is always modestly done, and thus her arguments gain in force, not to speak of her offending nobody. As a pattern girl we shall here mention one who lived two centuries and a half ago—the young daughter of the Earl of Bridgewater, for whom Milton, the poet, wrote the part of "The Lady" in his Masque of Comus. Of her Jeremy Taylor says—

"Though she had the greatest judgment, and the greatest experience of things and persons I ever yet knew in one of her youth and sex and circumstance, yet, as if she knew nothing of it, she had the meanest opinion of herself, and like a fair taper, when she shined to all in the room, yet round about her station she had cast a shadow and a cloud, and she shined to everybody but herself."

In her judgment of others our girl-queen tries to be just, which under the influence of prejudice, ill-nature and stupidity, is what a great many of us fail to be. "Deterioration of soul," it has been well said, "is a sure consequence of all mental injustice," and it is impossible that any can be queens unless they make justice all round a leading principle in their lives.

Her kindly way of looking at things prevents her from ever engaging in quarrels. Even under great provocation she never so much as speaks back. It takes two, they say, to make a quarrel, and the girl-queen is always the one who is unwilling. By this it must not be understood that she is a skim-milk sort of person, without character, and

wishing peace at any price. It requires more character often to keep the peace than to break it.

And not only does she recognise the rights of others; she goes farther and shows herself a kindly queen by trying to be serviceable to her neighbour's territory. "Doing good," says Sir Philip Sydney, "is the only certain happy action of one's life," and if a queen is not to set an example in this respect, who is?

She does not try to please everybody. She knows better than that. The brother of one of the readers of THE GIRL'S OWN PAPER told us recently, that soon after settling in a country village, he was walking along a by-road one evening thinking how he could, by right means, become popular with everybody in the neighbourhood. Raising his eyes just then, what did he see?

He saw an ass on the hillside standing out large and clear against the sky.

This symbol of folly gave a new turn to his reflections. He took the ass both as a commentary and an answer, and from that time gave up thoughts of trying to please and be popular with everybody.

The girl-queen may have learned the lesson in a different way, but she has come to the same conclusion and does what she believes to be right without reference to the approbation and applause of other people. If she at any time becomes thereby unpopular, she has at least the approval of a good conscience, and everything else is worth nothing compared with that.

In this way she conducts herself royally not only towards others, but in relation to that spiritual and intellectual territory over which she alone has command—a fair-minded, peace-loving, kind, genial, helpful and sympathetic queen. An unmistakable queen, and giving herself no airs either, for those who are highest up are the most humble and unassuming.

Many other characteristics might be pointed out, but here must end for the present the elaboration of our fine scheme for the multiplication of queens.

Don't forget it. Do you wish to have as many queens as girls?

Then let every girl rule herself.



COOKERY RECIPES.

FISH.

FISH is not so nourishing, but is more easily digested than meat.

Fish may be divided into two kinds, (1) White fish; (2) Oily fish.

White fish have oil only in the liver, so when the liver is removed their flesh is easily digested and is most suited for invalids. Sole, whiting, cod, turbot, haddock and flounders are white fish.

Oily fish have the oil spread all over their bodies; they are richer and more nourishing, but not so easily digested as white fish. Such are salmon, red mullet, herrings, sprats.

HOW TO TELL IF FISH IS FRESH.

1. The eyes should be bright.
2. The scales should be bright.
3. The gills should be red.
4. There should be no unpleasant smell.

5. The flesh should be firm.
6. Turn the head of the fish towards you, put one hand on the head and with the other draw the tail down over the head; let go the tail; if the fish is fresh it will spring back quickly, but if it is stale it will be limp.

BOILED FISH.

This is not a very good way of cooking fish, as so much of the goodness goes out into the water and is lost. Fish should not do more than simmer, if it boils the skin breaks. Fish takes much less time to cook than meat. No hard-and-fast rule as to time can be given, as so much depends upon the size and shape of the fish. For a thick piece of fish, seven or eight minutes to the pound will be enough. Take away all scum as it rises or it will settle on the fish and spoil its appearance. A

tablespoonful of vinegar to every quart of water helps to whiten the fish and to keep it firm. When the fish is cooked drain it well before putting it on the dish and arrange it on a folded napkin, garnish it with parsley and slices of lemon.

BAKED FISH.

Baking is a good way of cooking fish, as in this way the goodness is kept in. The fish must be well basted or it keeps very dry.

FRIED FISH.

Before frying, well dry the fish by wrapping it in a thickly floured cloth for a few minutes, or the water in the fish will get into the fat and prevent its frying a good colour. If the fish is egged and crumbed, the crumbs should be carefully flattened on with a knife or they