

should be considered complete without two or three of these useful garments. In a month's time we shall of necessity be laying aside the cotton and muslin shirts and blouses, which, although they look so cool and smart in the hot weather, are quite out of keeping when the mornings and evenings get chilly. Elaboration is quite out of place on a flannel blouse, which should rely on its good cut and trim appearance for effect. As to lining, all that is necessary is to get some soft lining such as nuns' veiling, or cambric for the yoke lining, and then leave the lower part and sleeves unlined. Some detachable collars and cuffs should be made of the blouse material, the neck and sleeves of the blouse being finished with plain bands only, so that linen collars and cuffs can be worn if desired. Although for a slim figure an unlined blouse with the fulness gathered to the back and front of the waist looks best, a fuller figure should certainly adopt the tight-fitting lining; cut to about an inch below the waist line, where the draperies should be attached. Such a blouse will not only set better, but at the same time will prove more becoming. Make the waistband of flannel, cover a piece of cotton petersham (1) with it. A waistband like the blouse makes the waist appear much longer than when it is black or matches the skirt. If you doubt my word, just try the effect. I am speaking now more especially to short-waisted women. Choose an unshrinkable flannel; there are several such makes to be had which shrink but the merest trifle or not of all, such as Vivella. These flannels are a little more expensive at first cost, but pay in the long run. For a plain blouse of fancy flannel, about three yards will be required.

PICKLED CABBAGE.

Take a large purple cabbage, and the pickle will be all the more crisp if a frost has touched the leaves of the cabbage. Re-

move the outside leaves, cut the cabbage in quarters, then into thin shreds across the leaf. The hard part of the stalks is cut away. Sprinkle plentifully with salt, and let it remain twenty-four hours. Drain from the liquor, and wash in cold water; if the water only just covers the cabbage it will, when drained away, determine the quantity of vinegar required. To each quart allow one ounce of peppercorns, quarter of an ounce of mustard seed, a couple of bay leaves, and a quarter of an ounce of allspice. Boil the vinegar with the spices fifteen minutes, and leave to get cold. The shredded cabbage is best made as dry as possible in a cloth; it is then arranged in jars, and the cold vinegar poured over. In a fortnight it will be fit for use.

Pickled cabbage is best made in October or November.

PICCALILLI.

For this pickle the ingredients are: cauliflowers, small onions or shallots, scarlet runners or kidney beans, gherkins, or small cucumbers cut in pieces, vegetable marrows, just as they begin to form, radish pods, before they become tough, nasturtiums, capsicums, or chillies.

To every half-gallon of vinegar add—2 ozs. bruised ginger, 2 ozs. peppercorns, 1-2 oz. allspice, 6 cloves, 1 oz. mustard seed, 2 ozs. mustard, 3-4 oz. turmeric, a stick of grated horseradish, 3 cloves of garlic.

For the brine use a quarter pound of salt to each quart of water, and in this boil, for two minutes only, the gherkins or cucumbers and marrow; when these are removed, add a bit of soda to the brine as big as a nut for each quart; then boil the cauliflowers for two minutes. Cut in sprigs the radish pods and beans. The onions, nasturtiums, or shallots are not boiled. All must be drained, spread upon a cloth, then exposed to the sun and air till quite dry and somewhat wilted. For the pickle, stir the mustard and turmeric into a smooth paste with cold vinegar; boil the rest of the vinegar with the spices, etc., for ten minutes, stirring in the mus-

(1) Invented by Lord Petersham, afterwards Earl of Harrington (about 1770) as sandwichs were by the Earl of Sandwich. Ed.