

Henry, and other wild plants, were gathered and eaten "with a vast deal of relish" by those whom Sir John Chester(1) condescendingly terms "our friends of the lower orders." Lamb's quarters—goosefoot—is nearly as good as spinach, though the Lincolnshire people still prefer the *bonus Henricus*.

*Dandelion*, the forerunner of our *endive*, I never could tolerate, either in a salad or as a cooked vegetable. The flavour is coarse, and the material harsh.

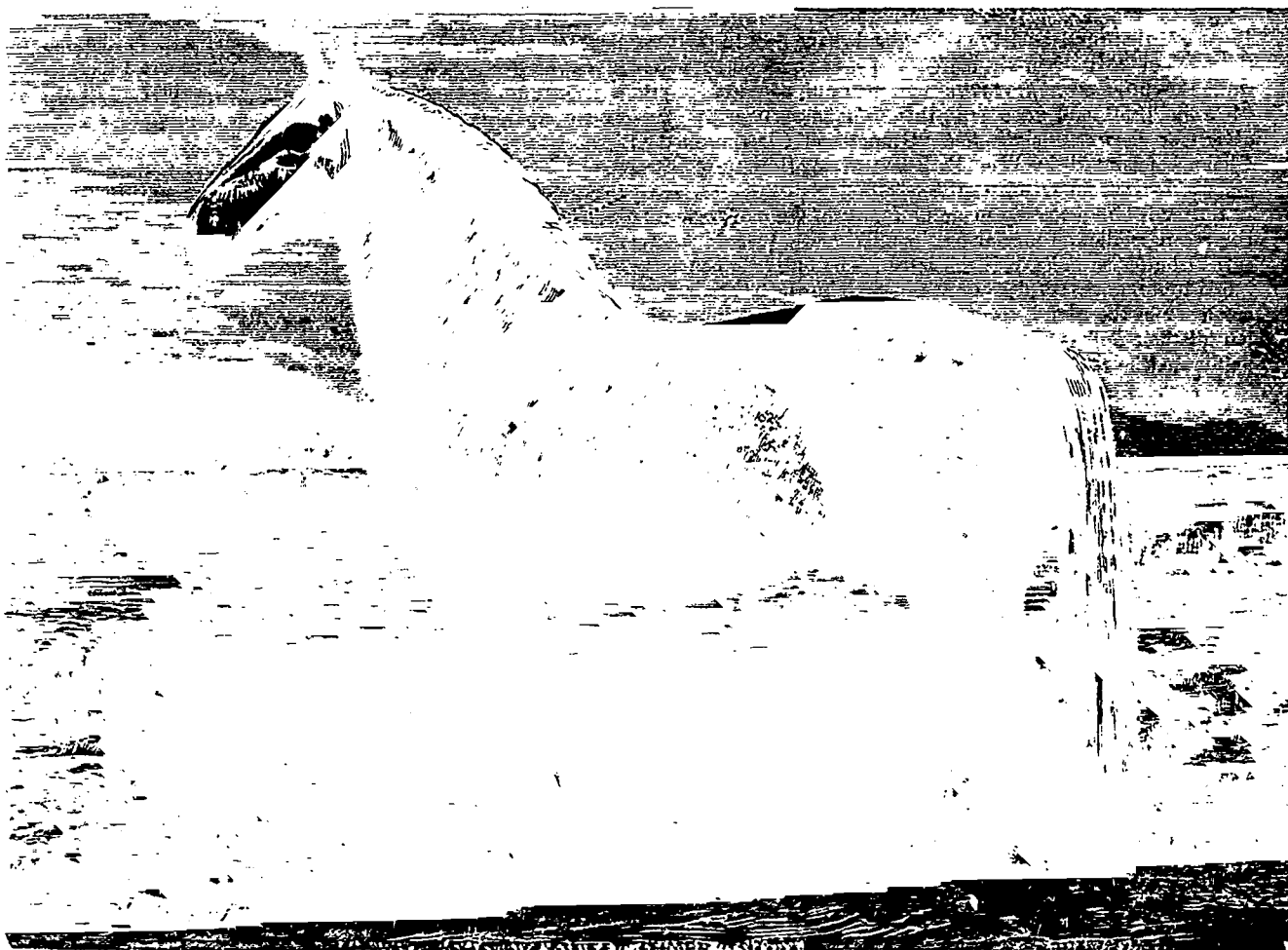
Of *leeks*, one may say that no good stock for soup can be made without them. The Scotch have two soups, or rather broths; *cockie-leekie*, which I ate in Dumbartonshire in 1846 and found delicious, and barley-broth which I did not like at all. To make the former: take an old fowl and stew

dant last year, particularly at Lachino. The *puff-ball*, sliced and broiled, with pepper and the tiniest piece of fresh-butter, is delicious.

But unless a great deal of rain falls in early September, mushrooms are never plentiful anywhere.

*Haricots verts*, green French-beans, are good, if they are young and tender. Sow them twice as thick as usual: the shade is of importance. In Provence, they dress them with oil and garlic, for which atrocity the Provençaux deserve impeachment. I adore both oil and garlic in their proper places, but with such a delicate vegetable as the French-bean—Fough!

Asparagus, I am convinced, was the ambrosia of the vegeta-



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it, for a week or so, with sliced leeks. To grow leeks: sow them in a seed-bed, and transplant into trenches six inches deep, a foot or so apart, and earth up like celery. Boiled, and served on toast with melted butter—not the *sauce blanche* of the Canadian *cuisine*—they are the best of the onion tribe.

To cook a cauliflower properly, place it in a pot only large enough to let it stand upright in, cover close, and let the water reach only up to the middle of the stalk: so shall the head be crisp and not sodden.

*Mushrooms*, of these I have spoken at length more than once in this periodical. Wild mushrooms were most abun-

rian party among the *Di Majorum Gentium*. Here, again, keep the heads out of the water, as before recommended for cauliflower.

Pease should be gathered young, boiled savagely in lots of water, drained thoroughly, and served at once. If the boiling has been stopped for an instant, they will be brown instead of green.

After this summer, we unfortunate Lachiners shall have neither good tea, coffee, nor well cooked vegetables! An aqueduct is in preparation, and the water will be taken from the limey St. Lawrence, instead of from the soft Ottawa! What a *bêtise*: the extra amount of soap consumed would almost pay the difference of cost of placing the pumping ap-

(1) See *Darnaby Ru Ige*. My leeks are sown to-day.