

# SEASONABLE RECIPES.

Specialty Prepared from Practical Tests for the Lady Readers of "Progress."

## A Few Lenten Dishes

At this season will, perhaps, be found serviceable. One of the most economical as well as delicious and wholesome articles of food is macaroni. It is very imperfectly understood in this country, and deserves to be better known. There are various ways of preparing it. Try these:

### Macaroni With Tomatoes.

4 ounces of macaroni—one and a half cups broken up short.  
1 ounce of grated cheese, Canadian.  
1/2 cupful of thick stewed tomatoes.  
1/2 cupful of brown meat gravy, or if not at hand dissolve a teaspoonful of beef extract in a half cup of hot water.  
Salt and pepper to taste.

Break the macaroni into lengths of about two inches. Throw it into not less than three pints of boiling water with a tea spoonful of salt; let it simmer for twenty minutes; drain it, put it into a baking pan, mix in the grated cheese, the tomatoes, the gravy, salt and pepper, and mix all up together. Stew fresh bread crumbs over and put a few small lumps of butter on top. Bake about half an hour in a slack oven. It will be all eaten if it is well done and nicely seasoned. Cost probably 15 cents. Sufficient for five or six persons.

### A Nice Macaroni Pudding.

Break four ounces of macaroni into inch lengths, and boil in a quart of slightly salted water in an uncovered saucepan for 15 minutes. Drain and boil again with a pint of milk and two ounces of sugar till tender but unbroken. Let get cold, add two beaten eggs and flavor with vanilla or other flavoring. Put the mixture into a buttered dish, and bake till brown. This is a wholesome pudding for children and very cheap. For a superior pudding, take additional eggs and stir in a glass of cream or a little brandy, or a little orange marmalade or apricot jam may instead be put into the middle of the macaroni.

### Macaroni Soup.

This is easily prepared at short notice. Boil some macaroni for twenty minutes in boiling water salted a little. Drain in a colander, and have ready boiling two quarts of clear stock. Cut the macaroni into two inch lengths and boil in the stock for a few minutes. Season and send to table with grated Parmesan cheese.

### Lobster Salad.

Take the meat of one large lobster, cracking the claws to get the meat out, and cut it as near as may be into large dice shapes, or at least to a uniform size, and keep the reddest pieces in a separate dish. Chop two heads of celery, par-boil two or three green leaves of celery to make them a deeper green and chop them with the celery likewise to color the whole. Spread a layer of the celery on a flat dish, then the lobster on that with the red pieces around the edge, where they will show among the green, another layer of chopped celery on top. Level over the surface and pour over and spread upon it some mayonnaise dressing that is almost thin enough to run. The dressing should be sufficiently seasoned to season all the rest.

### Mayonnaise Dressing Without Oil.

1/2 cupful of vinegar (malt).  
1/2 " " water.  
1/2 " " butter—3 ounces.  
1/2 " " yolks of eggs—3 yolks.  
1 tablespoonful of malted mustard.  
Salt, cayenne, Worcester-shire sauce or anchovy sauce to taste.

Boil the vinegar, water, butter and salt together in a bright saucepan, beat the yolks, and add to them some of the boiling liquid, then pour all into the cold liquid, stir rapidly and in a few seconds, or as soon as the mixture becomes thick and smooth, like softened butter, take it from the fire. Add the mustard and other seasonings and make it ice cold for use. This is much more easy to make than the oil dressing, and for private use, I think, better liked. Don't throw away the whites of eggs left on your hands after making the above. They will do for making.

### Meringue for Lemon Pies.

5 whites of eggs.  
3/4 cupful of granulated sugar.  
Flavoring—Vanilla or lemon.  
Whip the whites with a wire egg whisk. They must be cold to whip up easily. Stir in the sugar and a few drops of flavoring. Use immediately.  
Meringue or frosting falls flat and worthless on lemon pies and other articles generally through too much baking. When the pies are nearly done spread the meringue upon them in the oven as they are by means of a long spoon. The hot surface cooks the frosting at the bottom at once, and prevents its melting away. Let remain with the oven door open till the top is straw-colored.

### Lemon Pie—The Best.

4 ounces of sugar; 1/2 cupful.  
1 large lemon.  
1 pint water; one cupful.  
1 rounded table-spoonful of corn starch.  
3 yolks, or 1 or 2 eggs.  
Put the sugar in a saucepan, grate into it the yellow rind, and squeeze in the juice of the lemon without the bitter seeds; add the water and set it over the fire; mix the starch with a spoonful of water, and add it as soon as the lemon syrup begins to boil. Take off the fire immediately and add the eggs, which are not to be cooked in it, but in the pies. Enough for one or two pies according to size.

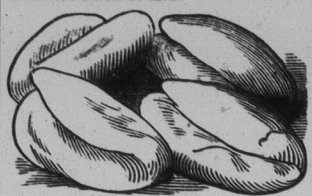
### Plain Pie Paste.

3 rounded cupfuls of flour.  
1/2 cupful of butter, lard, drippings or lard mixed.  
1/2 cupful of cold water.  
Little salt.  
Keep out a dusting of flour. Rub the shortening into the other dry. Pour the water into the middle, and mix up soft. Pat it out smooth on the table, roll out once and fold over, and it is ready for use.

### Real Parker House Rolls.

Any one who has visited the larger American cities will be familiar with the appearance of the kind of rolls shown in the cut, for they are made in vast quantities and in great perfection at some of the bakeries and large hotels. They are seldom seen in private houses, however; but any one who will follow the following instruction carefully can make them. The

parting can be caused in any shape or kind of bread by brushing the dough where it is doubled together with the slightest touch of melted butter or lard.



For 15 or 20 rolls take

1 coffee-cupful of milk or water.  
1/2 a cupful of potato yeast, or one yeast cake dissolved in half a cupful of water.  
1 egg or the yolk only.  
3 tablespoonfuls of melted butter.  
1/2 cupful of sugar.  
1 1/2 lbs. of flour—3 cupfuls.

Sift the flour into a pan, make a hollow in the middle, mix the yeast and water together and pour them in through a strainer. Throw in the sugar, salt, egg and melted butter; stir around till half the flour is taken in, and then beat the batter thoroughly. Draw in the rest of the flour, beating all the while, and then scrape out the pan and knead the dough smooth on the table. Brush the inside of the pan with the least possible amount of melted lard, and when the lump of dough is put back in it brush over the top of that likewise. This prevents a crust forming on the dough, and prevents sticking to the pan. Cover with a cloth and set in a moderately warm place to rise.

The dough should be made at eight or nine in the morning. The milk or water should be milk-warm, but not hot enough to kill the yeast. At two o'clock knead the dough on the table again for a few minutes; then put it back in the pan to rise a second time. At four o'clock knead it once more and make it into round balls. It makes

The Greatest Difference in the quality of bread and rolls how dough is kneaded. The right way, and really the greatest point in bread making, is to press out the dough flat with knuckles, then double it and press out again, and so on for several minutes.

### How to Shape the Rolls.

Having kneaded the dough sufficiently, roll it up into balls, and with a round stick like a piece of a broom handle, roll a depression across in the middle, leaving it like the first one in the cut, brush over the hollow with a touch of melted lard or butter, double over the two sides together, press down nearly flat, place the rolls in a baking pan, not touching each other, brush over the tops and set them to rise nearly an hour, then bake in a hot oven about ten minutes. Brush over with clear water when they come out, and cover them with a white cloth till served.

The preceding constitutes the programme of bread making, and will serve for reference for numerous fancy breads to come.

In warm weather it is the safer way to set sponge (making batter) first, and then the "enriching ingredients" and the rest of the flour at the 2 o'clock working, as a precaution against souring or over-fermentation.

### Cod Fish Balls With Poached Eggs.

8 ounces of raw parrot potatoes—fry average 10 to 15 minutes from 1/2 to 1/2 their weight in pale fat.  
1/2 cupful of boneless salt codfish.  
1 tablespoonful of butter—melted.  
1 egg, pinch of black pepper, flour to ball up with.  
Soak the codfish a little while before cooking it. Boil it half an hour. Pick it over for bones, then pound it in a pan with a potato masher. Boil or steam the potatoes while this is being done, and when cooked, drain off the water and mash them with the fish, add the butter, pepper, and egg, make up into round balls and flatten them, with plenty of flour on the hands, drop them into hot frying fat and fry of a nice brown color. Poach as many eggs as wanted and serve one on each fish cake.

Freshly boiled potatoes make better fish balls than cold boiled potatoes because of the moisture in them. The article properly made is rather dry and has a perceptible flavor of good black pepper.

### Dish Gravy.

"W. M." Montreal. How to get dish gravy with roast and boiled meats was explained in a former article. If you cannot procure it write again.

"C. M. L." Montreal. I regret that your query was mislaid and turned up too late to be answered this week.

### The Warmth Not in the Clothes.

It is a mistake to suppose there is any warmth in clothes. Animal heat is the direct result of changes going on within the body itself. Nutrition by food and the discharge of energy by exercise are the efficient causes of heat. Clothes "seem" good and warm because they prevent the cold air and objects with a capacity for heat, which surround the body from attracting the heat generated with its organism. The clothing is simply an insulator. It follows that it should be light in weight, and above all things that it should permit free and full circulation of blood through every part of the system to the end of finger and toe—and that the muscular apparatus of the extremities should be in perfect working order. If we will wear foot coverings, whether boots or stockings, which compress the feet and render the separate action of each toe impossible, it is simply absurd to expect to be warmed. Heat is the complement of work and nutrition, and if a part of the organism is so bound that it cannot work and its supply of food is limited it must be cold. The resort to stouter and heavier clothing under such circumstances is simply ridiculous. Generally it is the stocking that compresses the feet. The garter acts as a ligature and diminishes the blood supply, while the stocking itself acts as a bandage and impedes the circulation throughout the extremities.

# "ASTRA" TALKS WITH GIRLS.

[Correspondents seeking information in this department should address their queries to "Astra," Progress, St. John.]

SCHOOL BOY.—I was glad to hear from you again, my friend, I like my correspondents to come back again. No, I was not making fun of you at all, nothing was farther from my intention. Well, you would really feel sorry for me if you knew how hard it was to make things at all intelligible, without making them too plain. Many correspondents write and ask me to answer so no one but themselves can understand, and then they ask a long list of unnumbered questions. I don't mean that you did, for you didn't, but you know after people have written a letter they generally forget its contents, and I have to give them some landmarks to go by. It is very hard in answering a number of letters to avoid "giving away" some of the writers. (1) It does not sound correct. I know, but "it" is nearly always used, and is, I believe, the proper term, though I always feel like saying "drink" myself. (2) Pronounce it port *man* toe. (3) He. You did not ask many questions at all, and I am always glad to answer them and to hear from you. I have often noticed what you speak of in connection with the letters. People seem to know, or worse, to think they know, just the questions you would be likely to ask, and I feel the authorship upon you at once. Good bye for the present, school boy, and be sure you write again soon.

CHATTRENOUS, Yale.—Why should you require "to get up courage to write to me"? I did not think it required any great amount of bravery. Of course you may be "one of the girls" and welcome. (1) Partly correct, only substitute dark blue for grey. (2) It is sometimes done, but not at all necessary. If you did so, it would be proper for her to do the same on returning the visit. (3) The upper left hand corner, or the whole of the left hand end of the letter is the more usual, but the latter the most correct. (4) No, never. Yes, King Arthur was really a famous king of Britain, but the exact time of his reign is doubtful. He is supposed to have flourished at the time of the Saxon invasion, and to have died at Glastonbury in the year 542. From wounds received on the battlefield of Camlan. His true history has been so hidden beneath absurd fictions by the monkish chroniclers and medieval poets that many suppose him to have been altogether a mythical personage. His usual residence is supposed to have been at Camelot on the U.K., where he lived in splendid state with his beautiful queen Guinevere, surrounded by hundreds of knights and beautiful ladies, who served as patterns of grace, and breeding, to all the world. The knights of his court went out to all countries to protect women, liberate the enchained, chastise oppressors, enchain giants and slay dragons, and do other chivalrous adventures. The Round Table was also a fact and was a huge round marble table at which King Arthur and his knights sat. Thank you very much for the love to Geoffrey and his pupils, I will deliver it gladly.

DOUGLASS, New Brunswick.—Never be afraid to write and ask me any question you like, always provided it is politely asked, and meant in good faith. You know that is what I am here for, and some time or other you are sure of an answer, even if you have to wait for it occasionally. I don't mind your asking questions, and serious over the questions, and I really think you would like to be in my place if you once tried it, I have so many friends amongst the girls, and there are so many of my correspondents that I have never very fond of, though I have never seen them. (1) I don't think him a bad fellow, in a mannerly way; no language less strong would do justice to the occasion, and I should have nothing further to do with him. (2) Well, not exactly wrong, but foolish, and it would be much better not to permit it; he will respect you more, and I should understand it at all, and cannot suggest any remedy; but something must be very wrong with your system, and I should advise you to consult a physician; it probably proceeds from the liver, in some way. Yes, you are right, Geoffrey is my husband, but you see he has such perfect confidence in me that he does not mind who I write to, in the way of business. Thank you for the messages; the pup is as large now as he will ever be; he will have his birthday next month, but I don't think we shall give him a party.

HYPOPHOSPHITES, St. John.—What tonic properties you possess, my dear girl, and what a delightful title you address me by, "Mrs. Geoffrey." It sounds like one of the best of "the Duchess's" novels. Choose telegraphy, by all means. It is quite as desirable as hospital nursing, and not one half as hard work. It takes the strongest constitution to stand the latter, and I do not think the way is any better in proportion to the severity of the work. It is quite true that there are not a great many ways in which a girl can earn her living; and yet, I think the number is increasing all the time. Did you ever think of learning short hand and typewriting? That would not take you so long as telegraphy, though I doubt if there is as much money to be made at it. Your best plan would be to go right into a telegraph office if possible, and if you have any friend who could help you to obtain admission. I have an idea that telegraphy is taught at the shorthand school in St. John. I will be very glad to help you in any way in my power. I have so many favorite authors that I could not possibly answer that question without a great deal of thought. Dickens is certainly one of my prime favorites. Longfellow and Jean Ingelow, two others. I am sorry that I cannot find the quotation just now, but I will not forget it. I will give you the love to the pup and cat, with pleasure, thank you for remembering the poor cat, who is very wretched and needs sympathy, besides that she is my special pet, you know, the pup is not really mine.

Nobody.—I am glad you were pleased with my answer. That is right, give up the slang, and you will find it a great improvement, you know anybody can use

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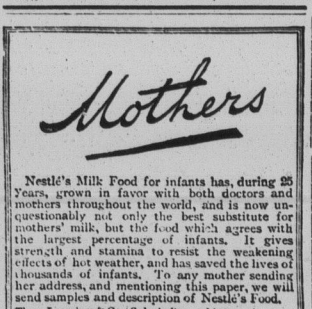
slang. Are there so many girls getting married? I did not know about it, but I am quite willing to take your word. I hope your time will come. I am sure for I am delighted with your frank admission that you don't want to be an old maid, but I should not be in any hurry if I were you. I cannot say that I notice any marked improvement in your writing, but then it was very good before; the only difference I see is a still greater effort to disguise your real hand. But my dear child you really must remember that loon is spelled l-o-o-n; there is neither an "e" nor a "w" in it. Yes, I have known very wonderful fortunes to be told from cards, and to come true also. I said some time ago that I would never again attempt to give French pronunciations, as the types made such hash of my answers, but I will try once more. Oh ray vwar, ang we, and de tro, with the accent on the last syllable in each, is about as near the correct pronunciation as I can give it in print. No, I never enter into private correspondence, unless in a very rare case where an address was required, or some business matter rendered necessary. Perhaps I can "guess" better than you have any idea of. Of course if you did state your "crave" you must know best, and it would not be polite for me to contradict you.

BUTTERCUP, St. John.—(1) Certainly, it would be quite right, my dear, but you are a wise little girl to think about it, and ask the question all the same. (2) I think I should avoid him as much as possible, if I were one of the girls, and give him an opportunity of making up his mind as to which he really likes best, as it is, he is paying a very poor compliment to both, unless he regards them merely as friends. (3) I do not see any harm in them at all. It is merely an old and amusing custom. It is considered perfectly correct for a girl to ask a young man for the leap year dance. I should not care in the least for "what people said," but I think it a very good plan to ask either one of the old gentlemen, or one young and shy boy who does not dance much, and is not enjoying himself a great deal! Then, no one can criticize you, and you may be giving a great deal of pleasure to some one. (4) You might give an old friend love, but not more than two or three to a stranger. You did not ask too many questions at all.

DESSY AND BESS, Fredericton.—Does that mean that you are one and the same? because, you know the names are one? (1) The term "keeping company" as I understand it, and as I think it is generally understood means either being engaged or very near it, certainly, paying and receiving attention with a view to matrimony, while flirting means the very reverse, that two people seek each other's society merely for idle amusement, and in order to have what is commonly called "a good time." (2) A flirt in the real sense, is something very different, and it means a trifling or woman who makes a practice of trifling with the affections of the other sex; in short, one who tries to win hearts for the mere pleasure of doing so, and then throws them away. That, I think, is the real definition of the word flirt; but, yet, a person of this description is not to be confounded with the bright, winning girl who has friends by the score and treats them all alike, but whose very popularity often makes enemies for her amongst her own sex, who are only too ready to call her "a flirt." (3) There is no harm in standing for a few moments at the door to finish a conversation, but it is a great mistake to keep a girl for any length of time talking, as she not only runs the risk of catching gripe, but also of attracting the attention of the passers-by. (4) I should think she had very little self-respect in both cases. You did not ask too many questions, and it seemed to me that they are all queries which you could very easily have answered for yourself.

DAFFODIL, Fredericton.—I must confess that I do not understand you when you say that the reason you hesitated about writing to me was because you "preferred" to approach me privately rather than to be an annoyance to me and bother me by any troublesome questions. It was very kind of you to hesitate on that account. The daffodil is very far from being an ungraceful flower, and it has a very sweet and delicate perfume, I think, faint as it is. I believe you only asked me two questions, and the first one I do not feel competent to answer, as I have never been brought into contact with any natives of France, and therefore I know nothing about them, but judging from the wealth of objections you lavish upon them, you should know all about it yourself. The reason editors object to rolled MS. is, that it can never be flattened out again unless each sheet is separately rolled the other way, and few editors have time

to waste in any such preliminaries. If you ever hope to make a success of literature you must certainly cultivate greater brevity and directness than your letter evinces. I do not mean to offend you, but I had to read three sheets of closely written paper, nearly toolsize size, before I could find out what you wanted to know, and I had just answered a letter containing six questions, and written on a scant two pages of note paper. You know newspaper people are such a busy class that they like to have things condensed as much as possible.



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