

possible for afternoon teas. One quart of flour, two tablespoonfuls of butter, two cups of sweet milk, two spoonfuls of good baking powder. Mix well, roll out, cut into small round cakes and bake quickly. Split and butter, and serve very hot. Of course, these quantities need not be used, but the above is an American recipe, and I have not changed it in any way. It would be a simple matter to take half only.

Whigs are a kind of bun, but the modern dictionary gives the name as applied to them as obsolete. For all that there are people in country places in the north who still call them "whigs." They are made as follows: Take half a pint of warm milk to three quarters of a pound of fine flour, and mix into it two or three spoonfuls of yeast. Cover it up and set before the fire to rise for an hour; then work into the paste four ounces of butter and the same of sugar, knead it into flat whigs, *i.e.*, cakes, with as little flour as possible, and bake in a quick oven. Split and butter while quite hot. They are also good cold, and instead of the yeast two spoonfuls of baking powder may be used.

I do not advise anyone to attempt hot tea-cakes for a large party; they are only suitable for a home party, or when a few very favoured visitors are expected who are likely to be coming out of the winter's cold to feel the hot cakes a treat. Sunday is a favourite day to have them; especially in houses where a late supper is the order of the day, in order to arrange for the evening church-going; then, indeed, the hot tea-cake is a treat and a special luxury.

Now, so far as the fashionable afternoon tea is concerned, it must be considered a very light and airy meal. The usual cakes are those purchased at some confectioner's, who, for the moment, manufactures the fashionable cake. Some three or four years ago there was a perfect rage for the angel cake, a frothy and slight concoction of extreme sweetness. Just now the cakes most in vogue are those made from almond paste, as I have said, the general price of these is from 2s. 6d. to 3s. per pound at a first-class confectioner's. Then there are bon-bons of all kinds served at dessert in tiny silver dishes: good chocolates seeming the most popular. Other cakes, such as cherry cake with almond icing; Dundee and pound cakes are liked, the latter being rather a revival from ancient days, and too often, alas, a failure because the maker has not been sufficiently generous to purchase the very best of butter. But when good, nothing in the way of a cake can surpass it. I am always so sorry for myself when some one has been married, and I am obliged to eat wedding-cake at an afternoon tea. If there is a horrid and disgusting mixture, it is a modern wedding-cake.

The question of sandwiches is an all-engrossing one, I notice, at some afternoon teas, where they are made much of in the *menu* of the feast. But for all that, the first craze for them has worn off in a great degree, and they require to be very nice indeed, or especially appetising to make anyone take them, and the differences of opinion about sandwiches is remarkable. One person will consider those made of cucumber delicious, while a second will be equally determined to think them disgusting. They are often spoilt by being made of undressed cucumbers, which is a great mistake, as they should be always dressed with pepper, salt, vinegar and oil, or else with a salad dressing, before being introduced to the bread and butter they are intended to reorganise. Lately I have tasted some cucumber sandwiches with hard-boiled egg in them, which I think is a great mistake; but the greatest blunder of all is to chop the cucumber up finely and then use it for sandwiches. Of all our fruits and vegetables this is the one

most intolerant of the touch of a knife, and nothing can exceed its quickness in "taking a taste." I am certain that chopped-up messes are never successful in sandwiches. Anything, however, that can be pounded and made into paste is both suitable and palatable.

Curry, chutnee, and Parmesan, or any other rather delicate cheese sandwiches, including those delicious American ones made of toasted cheese, are all, or any of them suitable for winter; but even while I am writing of them, I must beg of you to be dainty and delicate in the use of all these ingredients, which are a little overpowering. There are several forms of curry sandwiches, curried-egg-paste, curried fish, or a fine paste made of chicken and curry, even curry powder rubbed into a little butter is said to make a good sandwich. The eggs are hard-boiled, and then rubbed smooth with curry and butter, just as you would proceed to make Indian eggs; and they would be regularly curried and then placed on the bread and butter in the nicest flakes you could make.

Chutnee is also used with hard-boiled eggs and cold meat; or the Lahore chutnee may be used alone, but must be minced, as the pieces are large of which it is composed. For those who do not mind hot things, a hotter chutnee may be liked, and a good Madras would be enjoyed. I have tasted pickle sandwiches made both of Indian pickle, and piccalilly; and though I did not care for them myself, many people would.

Anchovies were, and are a very favourite thing for sandwiches, and so are sardines and lobsters. The former are generally used with watercress, and are well boned, and soaked in milk and water before using them; they are also pounded with hard-boiled egg, and sometimes I have used a good anchovy paste, which I have thought better flavoured than the anchovies, either whole or pounded. Lobster must be pounded in a marble mortar, with a little butter, red pepper, and salt; and I have had some very good fresh shrimp sandwiches, though I should think they would be quite as good made from some shrimp paste. The same may be said of those made of game, for delicious fresh potted game can be had, and so can potted meat, chicken and tongue, as well as cheese; and these, if made at home by a good cook, would be sure to be appetising.

I am always afraid in writing of sardine sandwiches, or indeed of sardines in any way, to go through the ordeal of cooking, lest sufficient care should not be taken in wiping them, and making them quite free from oil. Lately they have not been so good, and this is in consequence of the oil used, which, I feel quite sure, is not olive, but cottonseed oil, which, in consequence of its greater cheapness, is sold everywhere as "salad oil." I am told that in asking for oil in the shops, you should always be very distinct in asking for "olive," not "salad oil." Olive oil can always be purchased at a chemist's; and I remember that some years ago, an old Italian friend of mine would either purchase it at the chemist's by the gallon, or go to a real Italian warehouse, as he was sure to get it fresh, and quite recently made. Sardines must be wiped, boned, and laid in lemon juice, and a very little water, for an hour before using. Then drain and place them in the bread and butter. They may be served with lemon-juice and cayenne, with a mayonnaise sauce, or with a tomato sauce very much seasoned, made hot and poured over them. When cold, make the sandwiches. Parmesan cheese had better be purchased in powder, sold in bottles, as it gives far less trouble. It can then be mixed in any proportion that may be liked, with hard-boiled eggs, and pounded into a paste.

The sandwiches which I have the most enjoyed in the winter myself, have been of *pâte de foie gras*, or *caviar*; but it must be

remembered that these two ingredients are not universally popular, also that *caviar* must never be touched by a steel knife, but spread with a silver one; and a little lemon and cayenne pepper added. The *pâte de foie gras* is bought in tins or jars, and can be used as it is, being excellent at all times with bread and butter.

A new sandwich to me was one made of very thinly-sliced sausages. They were purchased at a real German shop in London where the *Deutscher Delicatessen* are sold; and the sausage in question had been boiled, after buying, and had been served hot at table, and much enjoyed. I daresay that every one who has been in Germany has tasted it in this manner. Those who dislike the flavour of onion, garlic, or herbs, must be careful in buying German sausages.

The old proverb, "There is nothing new under the sun," is constantly brought to one's mind in daily life. The other day, looking over a cookery book of the latter part of the last century, I suddenly came upon a page devoted to sandwiches, and in it I found one or two quite novel ones. Beetroot sandwiches, for instance, are made as follows:—Take some slices of boiled beetroot; put vinegar over them and let them stand; drain them carefully free from vinegar, and put them in between bread and butter for sandwiches, adding a little made mustard to each. Slices of beetroot fried in butter are also said to make good sandwiches with mustard. The recipe for egg sandwiches is much as they are made now; but there are instructions how to make sandwiches of fried eggs, which seem likely to be nice. Beat up four eggs, season with pepper and salt, fry them in butter as for a pancake; and when cold cut in small slices and put between bread and butter. This is what is now called scrambled eggs without the usual stirring up they receive. Omelet sandwiches are made with four eggs well beaten, two tablespoonfuls of water, adding a few bread-crumbs; season with pepper and salt, fry in small fritters of the size of a half-crown; and when these are cold, use them for sandwiches between bread, and butter with mustard.

The best of these old recipes is, however, that for making them with good Cheshire cheese; but in these days of decadence, we shall probably find it difficult to discover a real Cheshire cheese, and may have to use the nearest substitute. Take two-thirds of grated Cheshire cheese, one-third of butter, a little good cream, and a small proportion of made mustard. Pound all together in a mortar till smooth and without lumps. Add a little cayenne pepper or any relish you may please, then spread over bread and butter—not too thickly—and press very well together to form sandwiches.

The origin of these omelet and egg-sandwiches is probably French; for cold omelet is constantly used in France, and it is very enjoyable indeed for salads, and eaten with meat. Fried with butter, it is also excellent. I hope it is needless to remark that the eggs should be as fresh as possible. I never write anything about eggs, but the story of a friend of mine is recalled to my mind, *i.e.*: Walking down a street in London the labels on the eggs attracted him. They began at New Laid, then Fresh; Cooking eggs; and finally, "Eggs!" only what these were he could not imagine.

Tomato has been used lately for sandwiches with or without the addition of Parmesan cheese dressing, mayonnaise or anchovy sauce; or the true American breakfast dressing of vinegar and sugar. I prefer that they should be left quite plain myself, with a little pepper and salt, and cut in the thinnest of slices; they are quite good enough to my taste.