

AS SEEN THROUGH WOMAN'S EYES

Recipes That are Economical and Reliable.

PANCAKES.

Stir the yolks of three eggs in a pint of warm milk, with a tablespoonful of melted butter and half a teaspoonful of salt, flour for thin batter, with one teaspoonful of baking powder and the whites of three eggs beaten stiff. Fry, and serve spread with jam, and rolled up. Sprinkle with powdered sugar.

WINTER STEW.

For a large dish 2½ lb of best steak, ½ lb of cooking tomatoes, about four nice-sized onions. Brown the steak on both sides in the frying-pan, fry onions and tomatoes, and put all together in a stew-jar, just cover with water, add pepper and salt, and thicken before serving. Stew for two hours in the oven.

CHICKEN PYRAMIDS.

Finely mince and season some pieces of chicken. Fry some rounds of bread, (in each side of these place a thin slice of cucumber, on this a slice of tomato, and on the latter a pyramid of minced chicken. Decorate with finely-chopped hard-boiled egg, arranging the pyramids neatly on a dish covered with a doily.

DELICIOUS BEEF AND KIDNEY PIE.

Take equal quantities of lean steak and bullock's kidney. Cut it up, rather small, but do not put any salt or pepper; cover with water; stew in oven slowly for an hour and a half, then season; make a crust of flour, suet, and lard, putting rather more lard than suet, and no baking powder; cover dish with same, and bake one hour and a quarter in a fairly hot oven.

TO POACH EGGS.

Set a stewpan of water on the fire; when boiling slip an egg, previously broken in a cup, into the water; when the white looks done enough, slide an egg slice under the egg, and lay it on toast and butter, or spinach. As soon as enough are done, serve hot. If not fresh laid, they will not poach well, and without breaking. Trim the ragged parts of the whites, and make them look round.

SALT HERRING STEW.

Take two salt herrings and soak them overnight; then remove the bones and skin; chop finely. Place in the bottom of a stewpan some slices of cold bacon, lay in six or eight potatoes that have been boiled for ten or fifteen minutes, the chopped herrings, a small onion very finely chopped, a dessertspoonful of parsley also chopped finely, a little pepper and water, barely enough to cover. Stew for half an hour or until the potatoes are cooked.

APPLE CHARLOTTE.

Some thin slices of bread and butter, one pound and a half of apples, sugar, the juice of a lemon. Butter a pie-dish and cover the bottom and sides of it with thin slices of bread and butter. Peel and slice the apples, put them on the bread with some sugar and the lemon juice, cover the top with thin slices of bread buttered on both sides, and bake in a hot oven for an hour. This may be eaten hot or cold; if the latter, turn it out of the pie-dish and sift sugar over it.

RABBIT BALLS.

Boil a rabbit slowly with a bouquet garni and two onions (lid lightly cooked); take off the meat from the bones, carefully mix with ½ lb of boiled bacon and some cold boiled potatoes. Pass all through a mincing machine. Season to taste, put into a basin, add ½ lb of butter, some chopped parsley, pepper, and salt to taste. Make all into balls, wrap in thin pastry, brush over with beaten egg, roll in crushed vermicelli, and fry to a golden brown. Serve at once with a garnish of boiled peas and young carrots.

FISH ROLLS.

Take the flesh from one boiled or steamed whiting. Remove all bones and skin. Put it in a mortar with one and a half tablespoonful of fresh white crumbs, half a tablespoonful of warmed butter, salt and pepper. Pound well to a paste. Next put in the mortar one well-beaten egg. Pound again, and then rub the mixture through a wire sieve. Add one teaspoonful of chopped parsley, and, if liked, half a teaspoonful of anchovy essence. Then brush over with raw beaten egg, and cover again with crumbs. Fry in hot fat till a golden brown. Drain on paper, and garnish with parsley.

KIDNEYS A LITAIENNE.

Four sheep's kidneys, two tomatoes, two teaspoonfuls of chopped ham, three level teaspoonfuls of flour, quarter-ounce butter, half a pint of stock, one teaspoonful each of mushroom ketchup and chopped parsley, salt and pepper. Skin, halve and grill the kidneys for about four minutes on each side; melt the butter, stir in the flour; add the stock, stir till it boils; add the chopped ham and parsley, also the ketchup; mix and season carefully; slice the tomatoes, add, and boil for five minutes gently; put in the kidneys, reheat, but do not boil; turn into a hot dish; put neat snippets of fine bread or toast round.

STEWED CHICKEN.

Truss and stuff a young chicken with bread crumbs, a little butter, a slice of onion finely minced and a seasoning of pepper, salt, and powdered herbs (a very little of the latter). Place the bird in a shallow stewpan with a pint

and a half of water, a tablespoonful of butter, a little clarified dripping, an onion, gashed across, and a small muslin bag of spice. Let the chicken simmer in this, breast downwards, for an hour, then remove the spice and onion, and add two tablespoonfuls of vermicelli, and one of tomato sauce. Stew gently for another half-hour, and just before serving, beat up an egg in a glass of white wine, and stir it into the sauce. You must be careful that the cause is not boiling when you add the egg.

Does Marriage Improve People?

It is extremely doubtful if any change of life has more influence upon the disposition and nature of a person than marriage. In fact, it may truthfully be said of matrimony that it either makes or mars the characters of a man or woman.

As a general rule, marriage does improve people. But, like every other rule, it has its exceptions and when for instance, a couple marry for other reasons than the right one, namely love, it should not come as a great surprise to find that the effect upon their characters is the reverse of beneficial. Marriage, where there is love, is one of the most potent factors of improvement in the world. But where there is no love, it is apt to deteriorate people, instead of making them better.

When you see married people who are not as nice and pleasing as they were before marriage, you may be pretty sure of one thing—that they married for some other reason than because they loved one another. If love had been there, the new relationship could not have failed to bring about the improvement it ought to make in their characters.

There is a certain something in a love match which brings out and develops the good traits in one's nature. Look around your circle of acquaintances, and you will quickly see the truth of this assertion. There, for instance, is Smith, whom you knew so well in his bachelor days as being somewhat selfish and careless in his ways; a little morose, probably, from having lived so much alone, and rather ill-tempered and disagreeable at times.

In spite of this, however, he fell a victim to the wiles of Cupid, married a girl, whom he fondly loved, and who loved him in return, in spite of all his faults. (Perhaps you remember that at the time you rather pitied the girl he married.) A year or so afterwards, however, you begin to accuse yourself of having misjudged Smith's character, for a nicer and more sociable fellow could scarcely be met. Instead of being a confirmed pessimist as you imagined, he has developed into a delightful optimist. He thinks of other people as well as himself, is particular in his habits, and avoids passing ill-mannered and disagreeable opinions about people who do not please him. Altogether he is a transformed and reformed man.

Then, again, there is Mrs. Tomlinson, nee Brown, whom you once described as an odious, feather-headed girl, who was never so happy as when flirting or gushing. But now you are only too happy to number her amongst your acquaintances and wonder why you ever thought her anything but delightful. She is sympathetic, gentle and patient, and exhibits none of that shallowness which irritated you before.

Marriage, and marriage alone, is responsible for those changes. Mr. Smith and Miss Brown might have retained their faults to the end of their lives. But matrimony rubbed down the corners, and softened the angles. It taught both the lesson of forbearance and the advantages of being patient, considerate and careful.

When a woman makes a match she may be said to have attained the ambition of her life. She has got a husband and a home of her own, and looks forward to a happy life. In fact, the future is as bright as it could possibly be. This is bound to tell. Perhaps before marriage she was inclined to peevishness; she might even have had a dread of becoming an old maid, or have had a discontented family circle to deal with, and so on.

These things are all brushed away when she marries. She enters a condition which enables her to see the roseate hue on the most ordinary things of life, and happiness prevails. If this does not improve her temper and disposition nothing can.

There are other things in married life which tend to improve a man's disposition. While living with his mother and sisters he may have been well enough attended to; but there was always a certain lack of interest which a wife never fails to bestow. He has love waiting on him at all times, and this, coupled with the feeling that he has a comfortable home of his own in which he can do what he pleases, has a sweetening effect on his temper and disposition. Where mercenary motives enter into a marriage however, one cannot hope for improvement. If Mrs. Tomlinson had married her husband for his money, she would probably have grown selfish, cold, and self-absorbed. If Smith had not loved the girl he married, she would never have been able to influence him for good. And so it is the same in every case; marriage only improves people when it is brought about by mutual love.

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