

FOR THE LADIES.

French "As She is Spoke" Explained So That She Who Runs May Read—Items From a Milliner's Note-Book.

A Forceful Plea for the Practical Training of Girls—Architecture as a Profession for Women.

FRENCH "AS SHE IS SPOKE."

Aspic—Savory jelly for cold dishes.
Au gratin—Dishes prepared with sauce and crumbs, and baked.

Bouchées—Very tiny patties or cakes, as name indicates—mouthfuls.

Baba—A peculiar, sweet French yeast cake.

Bechamel—A rich, white sauce made with stock.

Bisque—A white soup made of shell fish.

To Blanch—To place any article on the fire till it boils, then plunge it in cold water, to whiten poultry, vegetables, etc. To remove the skin by immersing in boiling water.

Bouillon—A clear soup, stronger than broth, yet not so strong as *consomme* which is "reduced" soup.

Braise—Meat cooked in a closely covered stew-pan, so that it retains its own flavor, and those of the vegetables and flavorings put with it.

Brioche—A very rich unsweetened French cake, made with yeast.

Canneton—stuffed, rolled up meat.

Consomme—Clear soup or bouillon boiled down till very rich—i. e., consumed.

Croquettes—A savory mince of fish or fowl, made with sauce into shapes, and fried.

Croustades—Fried forms of bread to serve minces, or other meats upon.

Entree—A small dish, usually served between the courses at dinner.

Fondue—A light preparation of melted cheese.

Fondant—Sugar boiled, and beaten to creamy paste.

Hollandaise Sauce—A rich sauce, something like hot mayonnaise.

Matelote—A rich fish stew, with wine.

Mayonnaise—A rich salad dressing.

Meringue—Sugar and white of egg beaten to sauce.

Marinade—A liquor of spices, vinegar, etc., in which fish or meats are steeped before cooking.

Mirton—Cold meat warmed in various ways—and dished in circular form.

Purée—This name is given to very thick sops, the ingredients for thickening which have been rubbed through a sieve.

Ponlette Sauce—A bechamel sauce, to which white wine and sometimes eggs are added.

Ragout—A rich, brown stew, with mushrooms, vegetables, etc.

Piquante—A sauce of several flavors, acid predominating.

Quenelles—Farcemeat with bread, yolk of eggs, highly seasoned, and formed with a spoon to an oval shape, then poached and used either as a dish by themselves, or to garnish.

Remoulade—A salad dressing differing from mayonnaise, in that the eggs are hard boiled, and rubbed in a mortar with mustard, herbs, etc.

Rissote—Rich mince of meat or fish, rolled in thin pastry and fried.

Roux—A cooked mixture of butter and flour, for thickening soups and stews.

Salmi—A rich stew of game, cut up and dressed, when half roasted.

Sauter—To toss meat, etc., over the fire, in a little fat.

Soufflee—A very light, much-whipped-up pudding or omelette.

Timbale—A sort of pie in a mould.

Vol au vents—Patties of very light puff paste, made without a dish or mould, and filled with meats or preserves, etc.—*Catherine Owen, in Good Housekeeping.*

FROM A MILLINER'S NOTE-BOOK.

White nainsook ruchings have an outside ruche of pink, blue, yellow, or red. Oil of geranium, which commonly is bought for altar roses, is said to keep insects at a safe distance.

The Russian turbans have taken precedence of other hats, and are very popular and serviceable as well.

Linen collars and cuffs are again fashionable, and it is possible, with the added bit of color, for all to wear them.

Ellen Terry has set a pretty fashion in the "Viola" sash, which is in soft China silk, embroidered in yellow or gold threads.

Cape scarfs are very much worn, put loosely across the shoulders, knotted in front; the netted fringed ends hang below the waist line. These pretty things come in every color.

Red shoes, with the inevitable red stockings, which are very stylish with black house costumes at present, give a delicate, dainty young girl a look of unwonted diablerie not entirely harmonious.

Dainty breakfast caps are made of lace plaited over a Fanchon shape, the back laced with narrow Tom Thumb ribbon in blue, red, black, or any color one may fancy, the ribbon forming a confusion of loops on the top and front.

Pretty sets—collarette and cuffs—are made of a double or triple row of narrow satin ribbon in loops of contrasting color—orange and blue, orange and black, or orange and olive green, pink and blue, mingled with black or white lace or ruching.

Very elaborate plastrons are made of crape, blue, pink, white or black; the collar is high and flaring, edged with large satin beads the color of crape, the heads covering the collar in loops or stars, while the plastron is covered with long pendants and fringe of the same.

OUR GIRLS.

A writer in an exchange offers the following forcible plea for the more practical training of girls: "It should be the aim of all to give the girls just as broad a business education as the boys. It makes them capable of taking care of the family, if such responsibilities are

placed upon them; it broadens their ideas and makes them nobler and better. Girls, as a rule, are fully as clear-headed as boys when young, but if, as is the common practice, the girls are brought up to do nothing, to think but little except of dress and amusements, they fall far behind the young man, at the age of 20, in mental ability.

"What is needed is, that at home and at school, they be taught that to shine in social circles or to roll in wealth is not the highest aim of womanhood. But let them be taught to make a home joyful and happy, and yet be prepared, if necessary, for life's bitterest struggles. The young woman who is best equipped for life's battles is the one who has been brought up to see and know something of the shadows as well as the sunshine of everyday life; who knows what poverty is, what work is, and what true happiness is. No person, whether man or woman, can be truly happy with nothing but idleness on hand, and girls should be educated that work of some kind is necessary to health and happiness. Give girls life's practical lessons—lessons that once learned are never forgotten. Let them understand thoroughly the details of everyday life, the value of all kinds of commodities used daily, how to make a check, draft, note, and receipt. Let them be told the truth about themselves and about the world. They should know something about the snares and pitfalls that beset them. Let them be thoroughly impressed with the fact that on themselves, in a large degree, depends the success of the men they marry. Let them know how to cook, giving them a thorough course in the kitchen. Let them begin where their mothers left off, and we shall have a generation of girls strong, hopeful, ambitious and self-reliant, that will elevate the men, and make a harder and more aggressive people, and thousands of firesides happier and better."

ARCHITECTURE FOR WOMEN.

The *Southern Woman* suggests architecture as a profession for women. There are magnificent and costly houses whose kitchen arrangements are a marvel of inconvenience; and the woman of the house often says with a groan, "No woman would have planned things so." By all means let women be architects.

They would naturally make better architects than men, for the reason that they have more practical knowledge of convenience and economy, especially in the arrangement of dwellings and other buildings appropriated wholly, or in part, to the use of their sex. There are, or could be, a thousand little intricacies about our homes which the masculine mind would never conceive, but which would add immeasurably to the comfort and convenience of the tidy, ambitious housewife. Since the trace of a woman's hand is so easily discernable in indoor decorations and adornments, why should she not cultivate and develop this, as any other talent, giving to her varied genius a wider field of activity and usefulness?

The Boy in Nature.

The book for every farmer's boy to read is the open book of Nature. There was none ever written that contains one-half of the information, none other half so fascinating, none so perfect and pure. Nature teaches us to dwell as much as possible upon the beautiful and good, and to ignore at all times the evil and the false.

Let us take a single tree for an object lesson and see what it will teach us. Vegetable and animal lives in no way differ in principle; there is a perfect analogy between the two. All plants possess real life—they eat, drink, feel, sleep, breathe and secrete—in short perform all the functions of supply, repair, development and reproduction. The intelligence they manifest in searching for food is simply wonderful, while the actions of climbing plants in search of supports are equally strange. All these wonderful peculiarities of plants are but little seen or appreciated. Not one man in ten ever saw the true roots of a tree, or knows that they are put forth in spring simultaneously with the leaves and are shed with them in autumn.

To make the farm attractive, show the child its attractions; how plants know when there has been a storehouse of food placed within their reach, and will immediately turn their attention to it. Show how each and every plant takes from the earth and atmosphere different elementary substances, and how they are stored up for our use. Show the child the plant's adaptation to the necessities of other living organisms in the localities where they are indigenous; how that in every locality the animal and plant support and sustain each other.

How interesting it is to watch the plant industries as they are carried on side by side, each doing its own work wisely and well and without exciting in the least the envy of its neighbor, and without contention or strife. We see the Maple collecting saccharine juices, the Pine, resin; the Poppy, opium; the Oak, tannin; and so on through the list. In our gardens the Aconite collects a deadly poison which it stores up in its tubers, and by its side the Potato gathers in starch for the sustenance of man. The plant's adaptation to the soil and climate in which it is to grow, is one of the most beautiful and useful studies for the old as well as the young. —C. L. Allen.

"God help the stranger that is taken sick there," writes an officer of the United States steamship *Gallatin*, speaking of Aspinwall. "It is not uncommon for people to lie down in the street and die in broad daylight, and when dying receive no offer of assistance, even in answer to an appeal for a drink of water. The people appear to be heartless, as if their familiarity with death had made them callous."

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