

MISS ROSE A. L. CONWAY, M.B.N.A. :—

Take 1lb. of fresh beef; remove all fat; put through mincing machine (if possible); put into a perfectly clean pan, with cover; add three half pints of water; cook slowly for two hours, when nearly done add a very little salt; strain through sieve, not too fine. This should make nearly one pint of good beef tea.

MISS ELLEN BUMSTEAD :—

I take 2lb. of lean beef, and cut it into quarter-inch dice; put it with one pint and a-half of cold water into an earthenware jar (glazed inside), which has a close fitting lid, and put the jar into a saucepan of cold water, and place it on the gas stove, with gas half strength, and leave four hours; then strain, and when cold skim off the fat.

MISS HARRIET MAYBLIN, M.B.N.A. :—

One pound of fresh-killed blade-bone of beef. Take away every bit of fat and bone; cut the meat into very small pieces, and pour over it one pint of cold water; add a pinch of pepper and salt if desired; turn into a stone jar which has a closely-fitting lid; put it into a saucepan of boiling water, and let it simmer on the side of the fire for three hours; strain through a coarse colander when cold, remove the fat, and stir the tea up before serving.

MISS M. E. PROCTER :—

Take 6lb. shin of beef, remove all skin and fat; cut the lean up in very small pieces; put in brown earthenware stewpan, with close fitting lid; add seven pints cold water. Put into oven, and after it comes to a boil keep simmering for six hours, when you will have five pints of good beef tea.

MISS ELIZA FLETCHER :—

Beef tea may be made in various ways, but the preparation should always be the same. The beef should be finely divided, and all fat if possible removed; then it should be placed in a jar containing cold water, the proportion of 1lb. of meat to one pint of water; then let it stand for an hour before placing it in the oven for an hour. Remove and strain, taking care that the strainer is not too fine, or the sediment which should be used with the liquid will be lost.

MISS ROSINA ROSS, M.B.N.A. :—

For making beef tea take 1lb. of lean beef—from the shoulder is best. Remove all fat; place on chopping board, and cut it very fine until it becomes a pulp. Add a little salt. Then add a pint of water, and let it soak for one hour and a-quarter; place it over the fire, and let it just boil gently for one to one and a-half hours.

Remove the scum. A little fibre added is a great improvement, and not gelatine. Strain it. Keep it until next day before using it.

MRS. P. L. WOODS :—

A pound of good beef, free from fat, to be cut into small pieces; put into a jar (with close-fitting cover) with two table-spoonfuls of water, the jar placed in a saucepan of cold water, and boiled for from two and a-half to three hours; drain off, and season to taste.

MISS MARY JACOBSON :—

(1) *Raw beef tea*.—1lb. of steak from blade or rump, chopped very small, and one pint of water (cold). Let it stand for one hour and a-half, then strain it. Serve the essence in a coloured glass so as to hide the colour.

(2) *Beef tea quickly made*.—1lb. of steak, one pint of water; chop meat, put into a basin, pour water on; let it stand; then quarter-of-an-hour of cooking; serve at once; little salt, if may be used.

(3) *If to serve in twenty minutes*, put meat in a saucepan; watch carefully—not boil; 212 deg., just under boiling point; remove the fat by laying a paper on the top, and parts of the fat will stick on.

WOMEN AND THEIR WORK.

LADY SECRETARIES.

“What will you be?
A lady secretary.”

I ACKNOWLEDGE I deserve condign punishment for so awful a doggerel couplet, but this is the most usual answer made to the above query when put to a young lady obliged, by stress of circumstances, to earn her bread ere she can eat it. Naturally enough, I suppose, she desires to earn that bread in the easiest way possible, and to write a few letters, which is most ladies' idea of secretarial duties, does not appear to be very difficult of accomplishment. But secretarial work is not so easy as it sounds. It needs a clear head, tact, patience, and business capabilities, in which men ever consider the weaker sex deficient, and not without reason; it includes also the power of exercising the art of silence. An impossibility, does some cynical man happening to read these words cry? Not quite, not quite! There have been women who have never spoken in their lives; but, alas! it has always been because they could not, being dumb, and not because they would not. The penny post is principally responsible for the greatly increased demand for secretaries, for the sight of the pile of letters on the

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