

known as bread in this country is to be obtained in all towns of any magnitude. The miserable substitute for such among the peasantry of the East is rendered palatable with milk, or the prepared butter, *yagh* of the Turks, *ghi* or *ghee* of the Arabs, *pachos* of the Greeks, *maslo* of the Servians. This is indeed the common butter of the country. Fresh butter is churned for the Constantinopolitans at the village of Belgrade, and near some other large towns, but is exceedingly rare. Milk is rarely consumed as such, but slightly acidulated by the addition of oak leaves. This is the *yagh-urt* of the Turks, and *leban* of the Arabs, and it is common to Persia and India also, being both pleasant and nutritious in a hot climate, and more refreshing and less indigestible than our butter-milk. In summer-time fruit is also consumed at breakfast, and there are few cottagers but have in winter a little milk-cheese—the same as the *Ceret* of Switzerland, and the *Ricotta* of the Italians. Lastly, as a great treat, they put *Kaimak*—the cream that forms on milk previous to ebullition, and which is skimmed off—on the cakes, and a little white sugar superadded makes them really palatable. *Kaimak*, like *yagh-urt* and *yagh*, are common throughout all Turkey and Western Asia, but all are variously prepared, and such preparations have different names in different countries. In Bosnia and Herzegovina the *Kaimak* is so thick as only to want a yellow colour to be like butter. When procurable it is also eaten with honey. There are also preparations of goat's and sheep's milk; and as a rule in Asia the tribes who live in tents, as the Arabs, some Kurds, and especially the Turkoman tribes, from having more cattle, are much better off than those who dwell in huts or villages.

The common dinner of the peasant is wheat or maize crushed in a mortar and then boiled. This is rendered more palatable by the occasional addition of milk, boiled butter, or salt and pepper; it is the peasant's standard dish, and is generally known as *Burghul*. When rice can be obtained, it is, however, preferred, and is similarly treated. The *pilaw* or *pilaf*, in which boiled fowls or meat are superadded to the rice, is a festive dish, and the guest's common resource, as are also eggs fried in *yagh* or *ghee*. The Arabs fry eggs and dates in *ghee* and call it a "royal dish."