

the leaves and roots. "Cassia" of the ancients was probably derived from the bark of several species of *Cinnamomum*, but the cassia of modern commerce ("Chinese Cassia") is the fragrant bark of *C. Cassia* (*C. aromaticum*), a plant growing abundantly in southern China, whence there is a large export. The bark is often used to adulterate true cinnamon. Saigon Cassia is regarded as superior to Chinese Cassia; it is grown in French Indo-China.

CARDAMOMS

This spice, better known in India and the East than in Europe, consists of the seeds of two species of *Elettaria*, viz., *E. Cardamomum*, the Malabar cardamom, found in the moist forests of north Canara, Coorg, and Wynad; and *E. major*, the Ceylon cardamom, a variety of the first species. The plants have a reed-like habit and bear long, loose racemes of flowers succeeded by triangular capsules containing the seeds.

The fruits, which vary from half-an-inch to two inches in length, are collected from wild plants and also from plantations, the latter being generally laid out in partially cleared forests in which the wild plants are known to occur. When about three years old the plants begin to bear. The capsules do not all ripen at the same time, and the harvest lasts for nearly three months. The capsules are gathered before they are ripe and then cured in the sun, after which the stalks and remains of the flowers are carefully removed by means of scissors. Cardamoms are exported in the capsules in order to prevent adulteration of the seeds. The seeds are small and irregularly angular, possessing a very delicate aroma. They were well known to the ancients, and are very largely used throughout the East as a condiment. They are employed to a small extent in Europe for flavouring sweetmeats. At the present time great interest is being taken in cardamom cultivation in Ceylon, and special efforts are being made to push the sale of the product in the markets of Australia and Europe.

Several other varieties of Cardamom enter into the commerce of the East, but they are all inferior to those described above.

CHILLIES AND CAYENNE PEPPER

Chillies are the dried fruits of *Capsicum minimum* and *C. frutescens*, small erect shrubs with spreading branches. The former is the more important, and, although a native of India, it is now found in all parts of the tropics, being largely cultivated in East and Central Africa and in South America. The pointed, oblong fruits are about three-quarters of an inch in length, and of a bright scarlet colour, changing to orange-red on drying. They are used for pickling, and, when ground in a mill form "cayenne pepper." The pungent principle of the condiment exists chiefly in the partition dividing the fruit into two chambers.

MUSTARD

This popular condiment should consist, properly speaking, of the flour obtained by grinding the seeds of *Brassica nigra* (Black Mustard) and *B. alba* (White Mustard), plants belonging to the Crucifer family, and widely distributed in Europe and certain districts of North Africa and Asia. Much adulteration is practised, however, with starch, turmeric, and other substances. The plants mentioned are largely cultivated in several parts of the Continent, and in the eastern counties of England. The finest mustard is obtained from the small reddish-brown seeds of *B. nigra*, the larger yellow seeds of *B. alba* yielding inferior qualities. When ripe the seeds are threshed from the plants, ground between rollers and pounded, the resulting flour being sifted into various grades.

Brassica juncea, largely cultivated in India, is the source of "Indian" or "Brown" mustard.