

The rolling-pin she uses for this purpose will also be used for rolling out her *chapatties*. These latter are a sort of pancake made of flour (wheat or some other grain) and water, with a little salt, and occasionally a little ghee or clarified butter.

These *Chapatties* form the staple food of the Hindu. Along with them will be eaten

some cooked greens or vegetables, and it is for these the spice is preparing. The Hindus are very fond of spice and often red peppers will be eaten with their chapatties as a relish much the same as we eat radishes at home.

Fruits in season, raw cucumbers, melons, parched grains, sweet meats, etc., form ad-



ditions to the meal of those who can afford them. Meat is as a rule eaten only by low caste Hindus, and then only mutton or goat's meat.

In South India rice largely takes the place of wheat as the staple food, and with the rice curry is often eaten.

The Hindu is as a rule very plain and simple in his food, unless it may be at feast times. But, alas, poverty is so prevalent that many millions, even with this simplicity, are unable to get food enough to satisfy their constant hunger.