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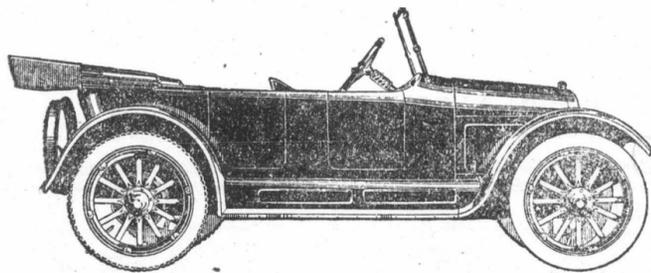
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**English Rulers
And Their Meals**

WILLIAM THE FIRST loved the tall deer as if he were their father; his favorite dish was venison. William the Second ate venison like his father, but preferred boar's head. Henry the First was so fond of lampreys that he eventually died of a surfeit of them. Stephen was the first king to introduce foreign cookery, that of the Empire, in an abridged form. Henry the Second returned to the old fish and vegetable diet of the Church with an occasional game pie as an interlude. In the reign of Richard the First meat and game and venison pasties were fashionable, and the preparers were called "Pastelers." King John was exceedingly fond of lampreys and a royal lamprey pie with the Arms of Gloucester on it was presented at Court annually from his reign to the Diamond Jubilee of Queen Victoria.

During the reign of Henry the Third the Ancient Company of Cooks, founded in 1211, first became powerful, and roasting and boiling superseded pasties. Edward the First was very fond of roast ox, and introduced Welsh mutton into England after his conquest. Edward the Second favored French cooking as then known, a connoisseur of the kitchen, and pioneered the custom of householders having their meals professionally cooked.

Henry the Seventh opposed the Continental modes of his predecessor, and reintroduced English meats and pies, especially lamb pie. The Eighth dined at 11 a.m. and started with roast beef. Edward the Sixth was very fond of eggs and omelettes; he also named a dish of beef after his mother, Jane Seymour. Queen Mary was partial to sherry long before she married Philip the Second, and introduced garlic into English cookery. Queen Elizabeth's favorite dish at the Kenilworth festivities was peacock pie, and she loved the dainties of the Netherlands. James the First introduced baggis into England, and was more partial to French than German or Spanish dishes.

For the merit of roast beef Charles the First knighted it, and with his sword over the joint, said, "Arise, thou famed Sir Loin!" The knighting of the sirloin is also ascribed to James the First and Charles the Second. Sturgeon has always been a royal fish, the king's perquisite without payment, and Charles the Second kept fisher-boats to catch them in the Thames for himself. James the Second attempted to introduce la haute cuisine of the Louis the Fourteenth period, William the Third introduced Dutch cookery—salads, cured and smoked fish—under a Dutch chef, Ulrich Hortfner. Queen Anna was a

great culinary artist and inventor of maids of honor cakes, as sold at Richmond, so called because an archbishop calling on the Queen surprised her and her maids making cakes. George the First introduced German dishes, both ate and spoke German, was a gourmand, not a gourmet; in his reign catering first became international, and the English cuisine known as that of Queen Anne died out.

George the Second was very fond of mutton pies, and in his reign the Kit Kat Club was founded by Christopher Katt, a famous mutton-pie cook, who supplied the Duke of Marlborough, Addison, Walpole, and others. George the Third liked boiled mutton, carrots, and turnip best; in his younger days tENCH, mullets, and doreys attracted him, and he made "blonanges" fashionable. George the Fourth employed the famous chef Careme and set the fashion of French cuisine in England; his kitchen at Brighton, says the "Restaurateur," was the most up-to-date in England, and, according to John Wilson Croker, "possessed contrivances for roasting, boiling, stewing, and frying, steaming and heating, hot plates, hot closets, hot air, with all manner of coaks for hot water and cold water and warm water and steam, and twenty saucepans all decorated and labelled, placed up to their necks in a vapour bottle." His favorite diet was roast neck of mutton and bubble and squeak.

William the Fourth was partial to whitebait dinners, which soon came fashionable at Greenwich. A pie dumplings and roast pork, with kidneys and bacon for breakfast, was the diet of the sailor Prince of Wales. In her younger days, she was partial to turbot with festoons lobster and a saddle of mutton; she gave her name to a consommé, sauce, a garnish for lobster, and pudding. King Edward had a great partiality for tripe suppers, and gave his name to a mode of serving game.

Mazeppa.

Mazeppa, according to some authorities, was by birth a Cossack, becoming when very young a page at the Court of John Casimir, King of Poland. Being discovered in an intrigue with a noble lady, the jealous husband caused him to be bound to the back of a wild horse. The animal bore him off to his native woods in the Ukraine, where some Cossacks released the exhausted youth. He became their leader, was made a noble by Peter the Great, but deserted the cause of Russia during the invasion of the Swedes under Charles the Twelfth, and after the disastrous battle of Poltava killed himself by poison. Pushkin made Mazeppa the hero of his drama, "Poltava," and Victor Hugo wrote a poem on the subject. A portrait of Mazeppa, painted from life, was discovered in 1886 at Kiev, in Southern Russia.

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The Model for "Peer Gynt."

There are many models back of "Peer Gynt," and among them a young Dane. Ibsen met the young man frequently in Italy. He was a peculiarly concealed and affected young bluffer. He used to tell the Italian girls at Ischia and Capri that his father, a school teacher in reality, was the best friend of the king of Denmark, and that he himself was one of the greatest men in Denmark. To prove this, he often appeared in entire suits of white satin. He called himself a poet, but could find poetical inspiration only in the wilderness or in desolate, dreary spots. He once went to Crete to write, he said, a great drama or tragedy. He returned, however, without having accomplished his purpose. He averred that he could feel tragic emotion only in the mountains, and lived in self-delusion and illusion.

Some of his characteristics have passed in "Peer Gynt." Otherwise "Peer Gynt" is supposed to be an incarnation of Norwegian foibles. Peer's lies are not really falsehoods, if this implies the intention to deceive others. They are rather self-deceptions. "Peer Gynt" has something in common with Cervantes' "Don Quixote," and is more closely related to Daudet's "Tartarin."

An Interesting Russian City.

Kieff, more familiarly known as Kiev, is the earliest seat of Christianity in Russia. As the most ancient capital of the Empire it has earned the title of mother of cities. Its monastery of Peteherskaya Lavra, with its far-reaching grounds, is one of the wonders of the world. With many a church and chapel and innumerable monks' cells within its high wall, the "City of Caves" forms a town by itself. To the catacombs cut out of the solid rock every year go pilgrims from all over Russia to worship at the shrines of the saints who went years ago from Byzantium. But Kieff is not a typically Russian city. It has lost its early Byzantine character without gaining the modern Russian spirit—a result attributed to the rule of the Poles, who kept the city under their influence for centuries. It has been said one may call the Kieff people Little Russians, who differ from the Great Russians as much as the English do from the Scots. Imperialists did their best seventy years ago by establishing a local university to Russify the town, but most writers agree that ancient elements are still alive.

A Kissless People.

The Maori women of New Zealand know nothing about kissing. Nose-rubbing is their form of salutation, and when two friends meet they hold each other by the hands, bend their heads until their noses touch, and then rub them gently from side to side. This form of greeting is not confined to the women, but is practised by the men; they seldom meet without rubbing noses. In times of lamentation the Maori women will sit for hours with their noses touching, and moan for the loss of some child in a constant state of unrest, and, if not attended to, endanger life. The child can be spared much suffering and the mother much anxiety by the best worm remedy that can be got, Miller's Worm-Powder, which are sure death to worms in any shape.

COOKING POTATOES.

Waste That Comes With Paring and Soaking Before Boiling.
Paring and cooking is the most wasteful method, and added to this some cooks soak the potatoes in water after they are pared. Starting to cook them in cold water also adds to the amount of waste.

Twice as much nutritive matter is lost if paring is done before boiling as there is if it is done after boiling, not figuring the waste in cutting away the potato. The juices of the potato contain 85 per cent of the protein and 85 per cent of the ash, and these substances are easily extracted when the protection of the skin has been removed.

A pared potato soaked from three to five hours loses about three times as much of its mineral matter and seven times as much of its protein as one that is pared and immediately cooked. In the most wasteful method of cooking, paring, soaking and starting to cook in cold water the loss of protein is 51 per cent and 39 per cent of ash. When cooked with the skins on potatoes not soaked and dropped into boiling water lose only 1.6 per cent of protein and only 4.9 per cent of ash.

Baking and steaming are the most economical methods of cooking potatoes when food is considered. Potatoes cannot be baked well in a slow oven.

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