

At one of these shops, where a dish with a great roast crane with spits sticking in it, a peacock's tail, and a lobster were figured on the walls, and on a table in front were displayed a pile of oysters and another of snails, Garfried halted and called for Aulus Plautius, neglecting the little slave boy who was in charge.

A close-clipped black Roman head was uplifted on the stone stair.

"Ha! friend Aulus, canst give me a dinner? I have ridden from Friedholm since dawn, and I need some sustenance ere meeting King Theudebert."

"At thy will, valorous Count. Here are steaks from a stately hart just brought in from the Vosges by a Frank hunter; or rabbits flavored in Italian mode; or, in ten minutes' time, there will be the leg of a calf roasted with oysters."

"For that I have scarce time to wait," said Garfried, descending the steps and being led to the back of the house to a tiled room, having one side open to a vine-clad veranda with a garden beyond, and with tables with the couches for three, in Italian fashion, set on three sides of them. One end of the room communicated with the kitchen, furnished with pigeon-holed stoves of brick, like Leo's own, whence came a delicious odor for hungry men. Leo's heart warmed to the sight and scent, but he stood discreetly behind his master to wait upon him, while Garfried settled himself, but with his feet on the ground, not enjoying the reclining fashion.

Steaming dishes and cups of wine were carried in turn to Garfried, and were carved with his dagger, while he detained the master beside him, and after due compliments he asked, "Does Hunderik frequent this place as heretofore?"

"Hunderik of Hundingburg? Oh yes; he never comes to a muster without gorging himself over my table, though he does not know a daintily fed, chestnut-fatted swine's ham from that of a boar fed on the city's garbage."

"Is he yet arrived?"

"I think not, sir, but he is certain to be here before night."

"I want thee to do me a good turn. Thou seest this dark-skinned slave? He is a cook as good as is here except thyself. Thou mayest prove him. I want thee to induce Hunderik to purchase him without mentioning my name."

"Hunderik! Hath he committed a crime that thy countship would pass him on to that wild barbarian?"

"Not at all. He is a thoroughly trustworthy good Christian man, but such a sale suits my purposes and his."

"And Hunderik alone will serve the pur-

pose? For I could find a better master, who would give a better price; if, indeed, Hunderik will give any price at all."

"That is not the point. The need is that this man should be in Hunderik's service."

"May I know whence he comes?"

"Better that thou shouldst be ignorant. The need is that he should be sold to Hunderik, and without mention of me. Whatever price Hunderik gives shall be thine own, Aulus, if thou wilt stand our friend and be discreet."

"And what explanation shall I give?" asked the cook.

"What thou wilt. Thine invention will be the freer for knowing nothing," said Garfried, smiling. "Meantime, I will leave Leo here to give thee a taste of his skill; but I shall remain at hand, and come back after the Council has broken up to see how thou hast succeeded."

*(To be continued.)*

#### PLAIN LIVING vs. RICH.

IT is not a generally understood fact, but a fact nevertheless, that some of the wealthiest people live on the plainest food. There are children in the families of millionaires who would no more be permitted to partake of such meals as are given to the children of many a laboring man than they would be allowed to use articles that were known to be poisonous. Many a mechanic's little ones live on meat, warm bread, all the butter they want, and that of an inferior quality, coffee as much as they choose, and cheap baker's cake, which is in itself enough to ruin the digestion of an ostrich.

The children in one family, renowned for its immense wealth, make their breakfast of oatmeal or some other cereal and milk, with bread at least twenty-four hours old, a little, very little, butter, sometimes none at all. A fresh egg is often the only article outside farinaceous food that they are allowed. For dinner, which is in the middle of the day, they have some well-cooked meat, one or two vegetables, a cup of milk if they like it, and a simple dessert. Supper, which is a very light meal, frequently consisting of bread and milk, and sometimes rice pudding, but nothing more elaborate.

The parents of poor children who are injudiciously fed would undoubtedly say that they gave their little ones the best they could afford, but this is exactly the cause of the trouble. They gave them too much and too expensive food. A proper diet would cost a third of the money, and would undoubtedly save health and doctors' bills, to say nothing of lives.—*Quarterly Mag. Parochial Order.*