

the modern Gebel Barkal, not very far from Korti, a spot made familiar to us during the last Egyptian Campaign. The exiles revived their dynasty here, and in 755 B.C. we find a sovereign of this legitimate line reigning as Noph under the title of Piankhi I., first sovereign of the twenty-fifth dynasty. His history, and that of his successors, is merely the incidents of a sore and fluctuating struggle with Assyria. Presently we come across the account of an awful and tragic event. There reigns at Memphis a rival king, Bocchoris by name; Shabak, a successor to Piankhi I., defeats him, seizes him, and burns him alive. This is probably the earliest instance of the infliction of this terrible death, which became familiar in Christian times. Shabak or Sabaco, was brother to this Queen Ameniritis, and is identical with that So, King of Egypt, to whom Hoshea appealed for assistance against Shalmaneser, King of Assyria. It is worthy of note that several of the *cartouches* on the

base of the statue at Cairo have been carefully erased; most probably those which contained the name of her husband, and whose memory was hateful to some succeeding monarch. But Shabak had another sister, who married another sovereign of this twenty-fifth dynasty, a king whose name the Bible has made very familiar to us, namely Tirkahak (700 B.C.). What wondrous stirring tales could not these stone lips recite, if the spirit of Queen Ameniritis could but speak through them; would she not tell us of the anxieties and wavering hopes of her sister and of Tirkahak, as fortune favoured one side or the other, in that terrible conflict with the Assyrian king? Would she not tell us the exact terms of that agreement by which Tirkahak bound himself to render help to Hezekiah, King of Judah, when Sennacherib swooped down upon Judæa? Would she not tell us, in exciting and burning words, of the day when the whole land of Egypt rang with the joyful news that the army of Sennacherib

had been overtaken by that awful visitation of Providence on its impious march against the Holy City? Alas, these lips are sealed; we have not even the mummy to question, of which this figure is but the counterfeit presentment; where it lies we know not; perchance in some far off and still unrisen tomb—

"Cased in cedar and shut in sacred gloom,
Swathed in linen and precious unguents
old;

Painted with cinnabar, and rich with gold;
Silent she rests in solemn salvatory,
Sealed from the moth and the owl and
the flitter-mouse."

We must be content with this tale, which we have been enabled to weave with the assistance of that magic black stone, which in the hands of the wizard Champollion forced the dead past to burst its cerements and mutter its secrets to the modern world.

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SIRLOIN FOR TWO.



E get so tired of chops and steaks, and a roast of beef always means cold beef or the inevitable shepherd's pie for days afterwards." So said a young house-keeper to me lately, and she seemed so pleased when I told her our way of managing a

sirloin for two that I feel encouraged to write out the method for the readers of *THE GIRL'S OWN PAPER*.

Choose a small piece of beef from the middle cut of the sirloin. With a sharp knife cut out the fillet, cut off the lap, and then cut the upper part from the bones. If you are nervous about cutting it yourself, get the butcher to do it for you, but there is no difficulty whatsoever in the operation, if your knife be sharp. You have only to keep quite close to the bone in order to leave no scraps of beef behind. You have now three separate pieces of beef each to be treated in a distinct manner. The bones may be broken into small pieces and put down to make gravy. There are two ways of cooking the fillet, both of which are good.

Roast Fillet of Beef.—Trim off the fat and the skin next to the fat, and lard that side of the fillet with fat bacon; put it into a pie-dish with a sliced onion, some parsley, pepper and salt, pour over it sufficient vinegar to cover it and let it remain for twelve hours. Take it out of this pickle and roast it before a nice clear fire, basting it frequently. It should not be overdone. Serve it with good gravy; potatoes tossed in butter are a nice addition.

Stewed Fillet of Beef.—Put the fillet into a stewpan, cover it with stock, and add a tablespoonful of ketchup, two tablespoonfuls of vinegar, some savoury herbs, an onion, a few cloves, pepper and salt, let it stew gently for

about two hours. Take the fillet out of the pan, put it on a very hot dish and keep it hot, strain and skim the gravy, thicken it with flour and butter, and if liked, add half a glass of port wine. Pour the gravy over the meat, which if properly stewed should be exceedingly tender.

The stewed Lap with Vegetables.—Trim off as much fat as convenient, cut some carrots and turnips into dice, and an onion into slices, slightly fry them in a little of the fat, but do not allow them to take colour. Lay the beef in a stewpan, then the vegetables, and cover with stock; bring it to a boil and then set it to one side to simmer gently until the meat is tender. Skim the gravy carefully, season and thicken it, serve it and the vegetables round the meat.

The upper side of the sirloin may be cooked in various ways. It is very nice rolled and roasted in the ordinary manner, served with horseradish sauce and Yorkshire pudding; or it may be stuffed with forcemeat, securely bound up and roasted. Plenty of good thick gravy should then be served with it, some poured round it, and the remainder sent to table in a tureen. A third way is less common.

A tiny spiced Round.—Before spicing the beef rub it well with salt and a little powdered saltpetre, and let it remain for a day and a night. Roll it and skewer it into a nice shape, or better still, bind it firmly with tape. Pound a quarter of an ounce of allspice, one small teaspoonful of black pepper, about eight cloves, a quarter of a nutmeg, powder them all finely, and mix with a quarter of a pound of treacle. Place the beef upon a flat dish and pour the mixture over it. Turn the beef daily, pouring the mixture over it with a spoon. In about a week it will be ready for use, and may be boiled in the usual way.

Probably there will be something remaining from each of these three dinners, but it is by no means necessary to have perpetual shepherd's pies. A nice way of re-cooking roast beef is to cut it into three-quarter inch slices, trim them neatly, dip them into egg and bread crumb, and fry them as you would cutlets. Serve them with good brown gravy.

The stewed beef can be nicely re-dressed in

several ways. Take some lean ham or bacon in the proportion of one part to two of beef. Mince these very finely. Put into a saucepan a little of the thick brown gravy over from the stew, flavour it with a squeeze of lemon-juice and a little of the grated rind, add some very finely chopped onion, seasoning of pepper and salt, and a little Worcester sauce or ketchup. Stir in the minced beef until thoroughly blended, but do not let it boil. Turn it out on a plate to get quite cold, and then shape the mixture into balls or cakes, dip into egg and bread crumb, and fry in plenty of boiling fat. For variety, little turnovers may be made by rolling out some short paste rather thin; cut it into rounds, lay a teaspoonful of mince upon each, fold them over; moisten the edges to make them adhere, and pinch them. Bake these till the pastry is cooked, or else dip them into a beaten egg, and then into vermicelli broken up very finely, and fry them in plenty of hot fat. Serve them very hot. The chief charm in these little dishes is in the flavouring. It can be frequently varied; for instance, when mushrooms are obtainable, one minced up with the beef is an improvement, but the flavour should always be delicate, and no one flavour should predominate over the others.

Few people object to cold spiced beef once in a way, but for those who do an old-fashioned dish called "bubble and squeak" is a very nice alternative. Cut the spiced beef into thin slices, fry it gently in butter, taking care not to dry it up. Lay the slices upon a very hot dish, and keep them hot. Have ready some cabbage-sprouts nicely boiled, well drained, and minced finely. Fry this with a sliced onion in butter, season with pepper and salt, and pile upon the slices of beef. Serve very hot.

It is so very much easier to have the same bill of fare repeatedly, that one is apt to yield to the temptation to become a monotonous housekeeper. It is a temptation, however, which should be conscientiously resisted, because with many people monotonous diet causes the appetite to fail, and failure of appetite is sure to be followed by failure of health.

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