

"One word more and I have finished; I conjure thee to tell me truly."

"I promise," he replied, placing his hand on his heart.

"And I receive it," Isaure answered. "Does Lothaire hold thee responsible for the success of this negotiation?"

"Lothaire knows my devotion to him too well to accuse me of aught that might afflict or wrong him."

"That will suffice me," responded Isaure. "For a decision of such importance, it is not too much to ask for a day's delay. To-morrow, Arthus, thou shalt have my positive answer. For the time being, let us think no more of it; we have so many things to say to each other. For two whole years we have been separated. Many events have happened. Alibert and Chevalier

Adelstan gave us some account of all you had accomplished. But the soldier who came in search of Lothaire told us what we could scarcely believe. Arthus, Isaure has a right to know all, even if thy modesty should suffer in the telling, and I exact a sincere report."

Arthus obeyed and gave her a succinct account of all that we already know. Isaure's joy, so unmistakably seen on her expressive countenance, surpassed in sincerity anything that could possibly be said in respect to it.

"It is true, then, that Lothaire owes his life to thee, and also his crown. I see it now, and I feel it. Nothing—no, nothing ought to lessen his love and his gratitude."

Isaure then wished to know how Arthus had discovered her place of refuge; and how he had protected Vufflens from further attacks of invasion from her persecutors.

"Thou art delivered from them for ever," he assured her, presenting one of her bracelets to her. "Now, dear Isaure," he said, "thou knowest all that can be said about Arthus, while I am still in ignorance in regard to thy fortunate escape from thy cruel persecutors."

"Thou art about to know now," she answered.

At this moment the outer door opened.

"My mother!" exclaimed Arthus.

Yes, it was Elise.

"Either thou must return with me to Vufflens," she said to Isaure, "or I remain with thee in the Abbey of Saint-Germain."

This happy trio passed the whole of that happy day together, and but for the emotion by which he felt himself increasingly agitated, it would have been the happiest of Arthus's life:

(To be concluded.)



## AN APPRECIATION OF APPLES.

WHEN we are considering fruit as a food, we should distinguish between one fruit and another, partly with regard to their digestibility as material, and partly with respect to the amount of acidity they contain. There are watery fruits, which supply no solid contribution to diet, and there are those that are of a decidedly nutritious character; there are also acid, sub-acid, and saccharin fruits. Dried fruits, comparatively speaking, are without acids. Fresh currants, cranberries, gooseberries, and most cherries and plums contain little else than acids, phosphates, and water. The sub-acid fruits are peaches, apricots, pears, grapes, and apples, and of them all the last-named fruit stands as pre-eminent for



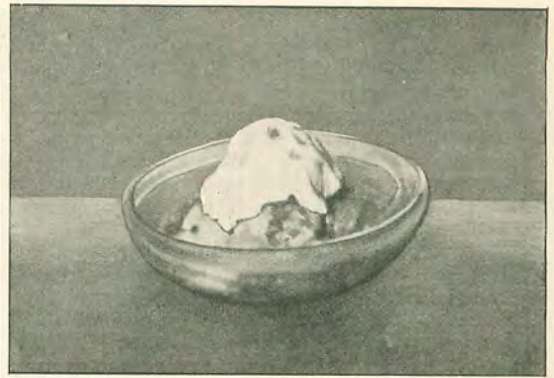
AMBER PUDDING.



APPLE PIE.



SUSSEX PIE.



APPLE TRIFLE.

removing the outer skin, seeing that it cannot but have become somewhat contaminated by handling. The skins of dried fruits can be washed so easily and rendered soft by soaking that they cease to be harmful in any way.

While cooking softens the granules of a hard fruit and makes it digestible, the addition of

food value as it does for the variety of uses it can be put to for the table. It has been remarked that both children and adults who eat freely of good ripe apples, either raw or baked—if the skin is removed—are generally free from any form of indigestion, liver complaint, and constipation; indeed a liberal use of apples in the early autumn, whilst they are full of juice and fresh, will do much to correct the system, and build it up for the winter by putting the digestion into good condition. Cooked apples are often more acceptable than uncooked ones to adult eaters, but a raw apple may be grated, and so become quite as easy to masticate. The skin of an apple or pear is no more desirable as food than the bran of wheat, and is just as irritating, being liable to cause serious trouble in the intestinal canal. In placing a tough, indigestible covering on the outside, Nature's object was to protect the tender pulp and juices within from hurt, and from the depredations of insects. Being largely composed of silica, these skins should be removed, unless we can take the fruit straight off the tree, when it is somewhat less tough. We who live in towns and buy our fruit from shops and stalls have another reason for



BAKED APPLES WHOLE.



BEIGNETS OR FRITTERS.

much sugar is so pernicious that more harm is done by its eating than good, yet it is invariably the fruit which is blamed and not the sugar. Fruits which are preserved in much syrup, and as jam, lose most of their food properties, and are little better than a mass of sugar, and in this way are prone to set up fermentation. If it is desired to get as much benefit from eating cooked fruit as possible, it should be taken with as small an amount of sugar as may be, and a little cream added. This sweetening of fruit has become such a habit that we have got into the way of eating twice as much sugar as is necessary, but perhaps the sugar-tax will do something to bring us right again. All fruits are better when eaten in the early part of the day, and at the close rather than at the beginning of a meal.

Our illustrations show a few of the many modes in which apples can be used for the table. The first is Amber Pudding, the second

the familiar pie with pastry crust. On the next page we have a covered tart, such as appears on the breakfast-table in some country districts, and on the tea-table in Devon, and an Apple Trifle. Then we have a dish of Apple Beignets or Fritters; also a sweet, for luncheon or tea, of apples baked and filled with whipped cream.

The first dish has a strip of puff paste placed round the edge and crimped; the mixture which fills the dish is composed of apples sliced, and stewed very quickly to a soft pulp, then sweetened with castor sugar; a little dissolved butter, the yolks of two beaten eggs, and a grate of fresh lemon-peel are also added, the whole being whisked till light before pouring into the dish, and baked for perhaps half an hour, or until the pastry edge is nicely browned. The whites of the eggs are whisked to a stiff froth and sweetened, a drop of lemon-juice added, then piled on the top, the dish being again set in the oven to allow the meringue to assume a pale amber colour. The pudding can then be served either cold or hot, as the meringue will not fall much after baking.

For fruit tarts and pies short pastry makes a better covering than a richer kind, and is far more wholesome; the steam from the cooked fruit is apt to soften and spoil a rich paste, but a crust which is made with a little baking-powder will rise and keep its form even though the fruit falls underneath. Do not cover fruit until it is cool, if you have to partly cook it before adding the crust, and add sufficient sugar to sweeten it, with any flavouring or spice that may be liked. One or two cloves give a nice flavour to some kinds of apples. There is a new invention which has lately been introduced that will doubtless be a boon to those who have to bake pies in a hurry and cannot wait for the fruit to cool. A china cover fits over the dish on which the crust is laid; an opening in the support allows of the spoon to be put in for serving the fruit, and of course the support itself greatly assists in keeping the crust a good shape.

The covered tart with its upper and lower crusts, which is called a *Sussex Pie*, is also made with short paste, indeed it is sometimes made with the dough from which bread has been baked—a little shortening being rubbed into it, of course. Cooked apples are piled on the lower crust, sugar, currants, raisins, and spice added, making a mixture similar to mincemeat, the upper crust laid on and the two edges pinched together, the surface brushed over with sugar and milk, then baked until very thoroughly done

through. This is served hot, often with cream, but it need hardly be said that it admits of re-heating in the oven, so can be baked whenever other baking is done.

An *Apple Trifle* is very delicious, and would make a nice sweet for a children's party. Prepare a foundation of sweet biscuits in the hollow of the dish, then pile on cooked and sweetened apples. It is better to have these in rather large pieces, cooking them in clear syrup until tender, then pouring the latter over the biscuits first, placing the apples on next. A few spoonfuls of good custard are next poured over these, then a meringue of whipped cream, sugar, and white of egg—the egg and cream whisked separately—added to crown all.

*Beignets* can be made from many different fruits, but are perhaps best when apples are used, as these quickly become tender, yet are not so juicy as to fall or spoil the frying by exuding juice. Choose large green apples, pare them, remove the core without breaking, then slice rather thinly into rounds. Make a batter (stiff) with the whites of two eggs, a spoonful of salad oil, a little castor sugar, and sufficient flour to mix into a very soft paste, then add a little water to reduce it to a batter. This is true beignet batter, but, needless to say, the ordinary batter of egg, milk, and flour will answer the same purpose, only it will not puff out to the extent of the other. Dip each ring of apple into the batter, drain for a moment, then drop singly into boiling lard, being careful to see that it really is boiling. A few minutes' frying will make these crisp and brown, when they should be lifted out and sprinkled with sugar, then piled on a paper d'ouley and served with as little delay as possible. They will admit of re-warming in the oven, but will of course not be so crisp as at first.

For our last illustration the apples were baked without removing their skins, but the core was taken out and its place filled by sugar, a morsel of butter put on the top and an incision made with a knife around the middle of the apple to prevent the skin cracking. When this incision is made, the fruit swells out, but never loses its shape. The fruit was baked in the oven, and when cool placed in a glass dish, a spoonful of whipped cream and sugar piled on each with more of the same heaped round.

Always rub the skin of apples and pears when setting them out for dessert. A fine polish, which adds greatly to their appearance, can easily be obtained by using a soft cloth.

L. H. YATES.

## PLANTAGENET PIGS.



E gather from *The Guildhall White Book*, lately translated and published by the suggestion of the Master of the Rolls, the following curious regulations as to the City Pigs in the fifteenth century:—

“Pork seems to have been (1412) more extensively consumed than any other kind of butcher's meat, judging from the frequent mention of swine, and the laws about

them, living and dead. ‘Lean Swine’ are named as frequenters of Smithfield Market, apparently as a means of improving their condition. In Edward Longshanks's days, persons living in the City were allowed to keep swine ‘within their houses,’ with as free a range as that porcine pet of the Irish schoolmaster. But these Plantagenet Pigs were not to occupy sites that encroached on the streets. At a later day, the permission to keep them even within one's house would seem to have been limited, as we have seen, to master-bakers; and it seems to have been at all times a standing rule that swine were not to be allowed to

roam about the streets, fosses, or suburbs of the City. If an erring specimen was found grunting along his solitary way, defiant of statutes and ordinances in such cases made and provided, then might such vagrant porker, whether straying in the mere naughtiness of his heart, or compelled by hunger, be lawfully slain by whatsoever citizen lighted on him in his vagabondage, said citizen being also at liberty to retain what had been pig but was now pork, the carcase whole and entire; unless, indeed, the pig's sometime owner bought it of him at a stipulated sum. Not even this license for any citizen to kill any stray pig was considered effectual enough to answer the legislative purpose. The vagrant propensity that emptied so many a sty of its denizen became a nuisance; for we read that early in the reign of Edward I., four men were ‘chosen and sworn to take and kill all swine found wandering within the walls of the City, to whomsoever they might belong.’ We find, however, that the Renter of St. Anthony's Hospital (the patron Saint of swine) was ‘a privileged person’ in this respect, though his honesty was impeachable, since he had to make oath that he would not avow any swine found at large in the City, nor ‘hang any bells around their necks, but only around those pigs which have been given them in pure alms.’”