A SIRLOIN FOR TWO.

The modern Gebel Burtal, not very far from Kerz, a spot made familiar to us during the last Egyptian Campaign. The oxen revived their dynasty here, and in 755 B.C. we find a sovereign of this legitimate line reigning as Nesper under the title of Piankhi I., first viceroy 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 Sabauck, was brother to this Queen Amenirdis, and is identical with that So, King of Egypt, to whom Hearsa appealed for assistance against Shalmaneser, King of Assyria. It is worthy of note that several of the carthorse 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 Tirhakah (700 B.C.). What wondrous stirring tales could not these three Lynxes relate, if the spirit of Queen Amenirdis could but speak through them; would she not tell us of the anxieties and wavering hopes of her sister and of Tirhakah, as fortune favored them, and how their great conflict with the Assyrian king? Would she not tell us the exact terms of that agreement by which Tirhakah bound himself to render help to Hecald, King of Judah, when Semmacherib swooped down upon Judea? 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 Semmacherib had been overtaken by that awful visitation of Providence on its impious march against the Holy City? Alas, in the long-ago past, we have not even the mummy to question, of which this figure is but the counterfeit presentment—a work like it has not; perchance in some far off and still unvisited tomb.

"Cased in cedar and shut in sacred gloom, Swathed in linen and precious ungents old; Painted with cinnamon, and rich with gold; Silent she rests in solemn silence, 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, with the hands of the wizard Champollion forced the dead past to burst its ceremonies and mutter its secrets to the modern world.

L. EDW. STEELE, M.A.

SIRLOIN FOR TWO.

Get so tired of chops and steaks, and a roast of beef always means cold leftovers, that I should do well to turn over the inevitable shepherd's pie for days afterwards." So said a young housekeeper to me last week, 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 fat, 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 prepared in its own way. The fillet 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.

First Fillet of Beef.—Trim off the fat and the skin next to the fat, and hard that side of the fillet with fat bacon; put it into a pie-dish with a sliced onion, some 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 will be done in 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 Second 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 Fancy Spiced Roast.—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 bind it with with tape. Pound a quart 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 occasional shepherd's pies. A nice way of re-cooking roast beef is to cut it into three-quarter inch slices, trim them with mustard and bread-crust, 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 stick 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-crumbs, 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 stick, and pinch them. Bake these till the pastry is done, 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 "bubbling and squeak" is a very nice alternative. Cut the spiced beef into thin slices, fry it gently in a little butter and dry it 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 small 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 obstinately resisted, because with many people monotonous diet causes the appetite to fall, and failure of appetite is sure to be followed by failure of health.

S. M. SHEARMAN.