

into little balls which are skilfully flicked into the mouth by means of the thumb. The old men come first, followed by the young men and boys, the women and children and finally the dogs, until no grain of rice remains.

In less elaborate Arab hospitality guests are offered fresh khubz, butter or cheese and date syrup. The butter is made by shaking sour milk in a "shishwa" or sheep skin churn, and a man of importance does not sell such a product, but retains it for use in the tribe.

Hospitality takes a high place in the Arab world, and in the absence of the host, his son, his servant or his wife must offer food and drink to a guest. Failure to do so indicates a dislike of visitors and brings the man into disrepute with his neighbours. In the event of no food being available, if this is stated frankly, there can be no criticism, and the unfortunate host is excused from his obligations. Should a guest partake of food and then criticise adversely what has been offered him, he is insulting his host and sowing the seeds of future trouble.

A stranger may remain for three days without presence being questioned, but after that time an explanation is expected. Such passing guests bring news to isolated parts of the desert and the rate at which information is spread from one place to another is quite remarkable.

Among the residents of modern Baghdad the tribal customs of the Arabs have left their influence. There is still to be seen the traditionally lavish display of food, but such a cosmopolitan city has drawn its customs from the west as well as the east in recent years. Kuzi remains the main dish of any large meal but if the number of sheep offered is reduced this is offset by the increase in the variety of other dishes. A purdah pilau may be seen side by side with a potato salad garnished with mayonnaise, and a plate of cocktail sausages pierced with toothpicks may prove as popular as a dish of dolma. Indeed it is impossible to spend an evening in an Iraqi house without seeing the influence of west as well as east on the refreshments offered.

BREAKFAST.

The amount and variety of food, and the hours at which meals are eaten, vary with the inclinations and demands of every family. In former times the breakfast of the well-to-do Iraqi was often as it is to-day, preceded by tea or coffee in bed or on rising. The meal was taken before work and consisted of tea, savoury dishes, khubz, cream and date syrup or honey. Recently the European breakfast has invaded the east and eggs, butter, meat dishes, cream, jam and other delicacies are now enjoyed. Among the poorer classes tea and khubz are the staple fare. In Syria and the Lebanon olive oil, drained leban and summac or thyme with salt are offered. The bread is dipped in the oil and then in the herbs. Tea or milk is drunk.

In continental Europe breakfast may be a light meal but in England it is frequently more substantial than lunch. The American habit of eating fruit with breakfast has also been adopted in Europe and is generally followed by a cereal. Toast, marmalade or honey and coffee or tea complete the meal.

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1. 'Ajja.

- 4 tbsps. olive oil
- 8 eggs

Oil individual cake tins cook in individual tins. When or cold.

This makes a good picn

2. 'Ajjat el Qarnabit.

- 1 cauliflower
- 1 tomato
- 1 onion
- Salt and pepper
- 2 tbsps. chopped parsley

Clean the cauliflower, cu water till tender. Chop the to mix it with the beaten eggs, mixture and the remaining spoonful of cauliflower into th until golden brown on both sid

This may be made with

3. Basturma.

- 4 large intestines
- 7 k. mutton from the leg
- 1 k. mutton breast fat
- $\frac{1}{4}$ tin cloves

Clean the intestines tho and salt. Dry with a clean clo

There is a pleasant custom in some households of helping oneself to what one wants from the sideboard where the different foods are arranged, hot foods being kept warm by a small methylated spirit lamp beneath the breakfast dish, or on a hot plate. Many small American houses are fitted with what is known as a "breakfast nook", which is a narrow table with built in benches in one corner of the kitchen. In the rush of modern servantless life a quick breakfast may be had more conveniently with such an arrangement than when everything must be carried to the dining room. It follows that the kitchen of such a house is a bright and airy room, kept spotlessly clean and tidy. It is painted in gay colours, the windows have dainty curtains and the fittings and equipment are as attractive as they are efficient.

In the east as in the west dishes served at breakfast for instance, may also be eaten at other meals; but in order that the east and west may become familiar with each others customs, the recipes have been classified under the meal at which they would most usually be served.

1. 'Ajja.

4 tbsp. olive oil	1 tin chopped parsley.
8 eggs	2 small onions finely chopped
	Salt and pepper

Oil individual cake tins. Beat together the remaining ingredient, and cook in individual tins. When firm on top turn for a few moments. Serve hot or cold.

This makes a good picnic dish between slices of bread and butter.

2. 'Ajjat el Qornabit.

1 cauliflower	2 eggs
1 tomato	$\frac{1}{2}$ tin milk or water
1 onion	$\frac{1}{2}$ tin flour
Salt and pepper	$\frac{1}{2}$ tsp. baking powder
2 tbsp. chopped parsley	Frying oil or fat

Clean the cauliflower, cut in small pieces and boil in salted boiling water till tender. Chop the tomato and onion season. Mince the parsley and mix it with the beaten eggs, tomato and onion. Make a batter with the mixture and the remaining ingredients and make fritters by putting a spoonful of cauliflower into the batter and then frying the coated cauliflower until golden brown on both sides. Keep hot till all are ready.

This may be made with other vegetables such as potatoes or truffles.

3. Basturma.

4 large intestines	$\frac{1}{4}$ tin black pepper
7 k. mutton from the leg	$\frac{1}{4}$ tin cubebs
1 k. mutton breast fat	$\frac{1}{4}$ tin cardamoms
$\frac{1}{2}$ tin cloves	2 tbsp. cinnamon
	Salt and pepper

Clean the intestines thoroughly and soak overnight with lemon juice and salt. Dry with a clean cloth. Clean the meat and fat and mince them.

Pound together the spices and add to the meat. Salt thoroughly. Mix well and stuff the intestines with the mixture. Sew up and leave under a heavy weight for 24 hours. The sausages should be hung in an airy place away from the sun and may be used after eight days. When serving cut into thin slices and fry without fat.

4. Brain.

1 brain	1 tbsp. vinegar
1 bay leaf	1 egg
Salt and pepper	Bread crumbs
$\frac{1}{2}$ tsp. pepper corns	Frying fat

Soak the brain in water and clean thoroughly. Add the bay leaf, salt, pepper and vinegar to some water and bring to the boil. Put in the brain, bring to the boil and cook for a few minutes. Allow the brain to cool in the water in which it was cooked. When cold cut into pieces, turn in beaten egg, breadcrumbs and seasonings. Fry till nicely browned.

5. Bully Beef Sausage.

2 12 oz. tins of bully beef	3 eggs
1 tin breadcrumbs	2 hard boiled eggs
1 tsp. finely chopped marjoram	4—8 pickled cucumbers if wanted
1 tbsp. chopped parsley	Finely sifted bread crumbs or glaze
Salt and pepper	

Pound the meat thoroughly, all the tin of soft breadcrumbs, herbs and seasonings to taste. Mix well and add the three eggs. Shell the hard boiled eggs and fold the meat paste round them and shape like a sausage. If liked pickled cucumbers may be put in the meat also. Wrap in a floured cloth and boil for about an hour. When ready remove the cloth and sprinkle with sieved dry breadcrumbs or coat with glaze. Serves 8.

6. Chibir (Anatolian.)

8 poached eggs	Butter
Thick leban	Paprika
Garlic	Salt and pepper

Poach the eggs in hot salted water to which a little vinegar has been added. Have ready some thick leban flavoured with a trace of garlic and hot butter to which paprika has been added.

Cook and drain the eggs, season, dish on toast if liked, pour over the thick leban and over that pour boiling butter and paprika.

7. Croquettes.

1½ tins minced cold cooked meat or fish	$\frac{1}{4}$ tin strong seasoned stock
$\frac{1}{2}$ tin mashed potatoes, soft crumbs or boiled chopped macaroni	$\frac{1}{4}$ tin milk, cream or other suitable fluid
	Chopped herbs or spices

2 tbsp. butter or cooking
2 tbsp. flour

Mince finely any cold meat and add to a sauce by melting the butter and mixing well. It is essential that the chopped herbs such as parsley and onion for croquettes are made of fish and meat for improvement. Season. Mix with a little very soft flour the hands of a rolling pin ready a beaten egg to which a little salt, eggs, and finely sifted bread crumbs. When all are mixed together browned. The croquettes should be fried inside. Serve with any savoury sauce.

8. Eggs and Cheese.

4 eggs
$\frac{3}{4}$ tin grated cheese

Butter a fireproof dish with a little oil in four eggs and cover with a little salt and pepper and bake in a moderate oven. They are served cooked as one wants. They are served with a little sauce.

9. Kidney Saute.

2 veal kidneys
1 tsp. salt
$\frac{1}{2}$ tsp. white pepper
1 tbsp. flour

Blanch the kidneys, then wash and cook several minutes. Drain and wash, pare and slice the kidneys. Heat the pan frequently. Add the kidneys and bring to the boil and serve with a little sauce.

10. Kukue Sabzy.

$\frac{1}{2}$ k. chives
6 eggs
$\frac{1}{2}$ tin finely chopped walnuts
$\frac{1}{3}$ tin Persian currants

Chop the chives finely and mix with the eggs, add the walnuts and currants. Melt some fat in a rather shallow pan in the mixture and cook for a few minutes in the pan or in the oven. Remove the centre to the heat and serve immediately.

2 tbsp. butter or cooking fat
2 tbsp. flour

Salt and pepper
Eggs and breadcrumbs

Mince finely any cold cooked meat, or fish. Add to the potatoes. Make a sauce by melting the butter, adding the flour and the stock and milk. Cook well. It is essential that the stock be strong and well flavoured. Finely chopped herbs such as parsley or marjoram may be added and if the croquettes are made of fish, lemon juice and a dash of nutmeg are an improvement. Season. Mix all together and the resultant paste should be very soft. Flour the hands and form into cakes of any shape wanted. Have ready a beaten egg to which a little milk has been added, or better 2 beaten eggs, and finely sifted bread-crumbs. Dip the croquettes in the egg and coat with crumbs. When all are done repeat the process. Fry in hot fat till well browned. The croquettes should be very crisp on the outside and very soft inside. Serve with any savoury sauce.

8. Eggs and Cheese.

4 eggs
 $\frac{3}{4}$ tin grated cheese

Butter
Salt and pepper

Butter a fireproof dish, sprinkle with a layer of grated cheese, break in four eggs and cover with the remainder of the cheese. Sprinkle with salt and pepper and bake in a quick oven till the eggs are not quite as much cooked as one wants. They continue cooking after removal from the oven.

9. Kidney Saute.

2 veal kidneys
1 tsp. salt
 $\frac{1}{4}$ tsp. white pepper
1 tbsp. flour

2 tins mushrooms
 $\frac{1}{4}$ tin butter
 $\frac{1}{4}$ tin brown stock
 $\frac{1}{2}$ tin sherry or Madeira

Blanch the kidneys, that is put in cold salted water, bring to the boil and cook several minutes. Drain. When cold slice, season and turn in flour. Wash, pare and slice the mushrooms, and brown both in hot butter, shaking the pan frequently. Add the stock and cook for ten minutes. Add the wine, bring to the boil and serve very hot.

10. Kukue Sabzy.

$\frac{1}{2}$ k. chives
6 eggs
 $\frac{1}{2}$ tin finely chopped walnuts
 $\frac{1}{3}$ tin Persian currants

Salt and pepper
Turmeric and saffron
Frying fat
4 tbsp. dry breadcrumbs

Chop the chives finely, wash and drain very thoroughly indeed. Beat eggs, add the walnuts and currants beat in the chives and season to taste. Melt some fat in a rather small pan, for the omelette must be thick, pour in the mixture and cook for five minutes either with charcoal on the lid of the pan or in the oven. Remove the lid, cut right across in two directions to expose the centre to the heat, turn to cook the other side and when ready serve immediately.