

**EA CLARK'S**  
*Extra Strong* **MINERS COUGH CURE**  
For  
**COUGHS, COLDS,  
ASTHMA, BRONCHITIS, ETC.**

(continued from previous page)  
taste of grilled steak—and liked it. Any-  
way, he tried it again—and from then  
on raw meat was out. Cooking not only  
provided a novel change, but without  
doubt primitive man found his digestion  
vastly improved. It was not till the new  
art was properly established, however,

that primitive woman was allowed to  
enter the kitchen cave. And then man  
discovered the real virtue of a club.

The next step forward came with the  
designing and making of pottery, which  
brought an element of refinement into  
the culinary business. It flourished, in-  
deed it became a cult. Each country  
outvied the other to create new and  
characteristic dishes. But the original  
discoverer of cooking appeared to have  
bequeathed his talents to his male suc-  
cessors. Man still remains unchallenged  
in the culinary world. Of course, there  
are good women cooks by the legion, but  
they occupy the humbler spheres. All  
the famous restaurants of the world, all  
leading hotels and hostels are presided  
over by a male chef. This institution is  
so firmly founded that not a lone  
feminine voice is lifted in protest.

A certain H. I. Phillips put it rather  
bluntly—"The first thing a wife should  
realise is that she is catering for her  
husband's appetite—not his curiosity."

We'll let that pass.

Those descriptions in past history of  
monumental feasts, I always regard with  
a peculiar kind of fascination. What  
gastronomic powers those ancients pos-  
sessed. The meals they sat down to  
would put modern man under the table  
—and in the hands of a specialist for  
the rest of his life.

Take Nero as a classic example. His  
session at a banquet table lasted from  
mid-day to midnight. The Emperor  
Vitellius, it is recorded, ate 1,000 oysters  
at one sitting. But then, they may not  
have been of the Stewart Island variety;  
and in any case I can't guarantee that  
legend.

In ancient Roman times, the principal  
meal was eaten at the end of the day.  
The dining-table was rectangular in  
shape, with comfortable couches drawn  
up in lieu of chairs. It was the custom  
for guests to perform ablutions and to  
remove their sandals before settling down  
to a night of food. To say nothing of  
divers beauteous maidens fluttering about  
in attendance. Those noble gentlemen  
certainly did themselves well. One of the  
favourite dishes served at that time was  
a whole pig, boiled on one side and  
roasted on the other.

Strange that there is no mention of  
the morning-after-the-night-before. One's  
imagination can supply the missing de-  
tails. Gastric ulcers must have been the  
fashionable complaint in those brave  
days of appetite.

Still stranger is this. To-day, man's  
appetite in proportion has dwindled to  
an amazing degree. We merely pick at  
our food to-day. And yet the radio, the  
daily papers and journals shout to us a  
thousand-and-one anti-acid cures for dis-  
turbed digestions.

As the Yankees would say—We can't  
take it!

Yours cordially,

*Cynthia*

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is to be found in the British Museum.  
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Elizabeth by one of her courtiers to the  
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every word of it?



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