

Gale 時光餐桌：
一日三餐中的飲食文化與歷史足跡

餐桌作為歷史的鏡子

透過 GALE PRIMARY SOURCES 與 GALE LITERATURE,
看見食物裡的世界故事

- 食物不僅反映生存，也反映權力、階級與文化交流。
- 從殖民貿易到家庭倫理，「吃什麼、怎麼吃」都揭示歷史變化。
- Gale 的兩大資料庫：

Gale Primary Sources（史料）× Gale Literature（想像）。

資料庫導覽簡介

- Gale Primary Source: 真實歷史記錄——報紙、法案、私人信件、家政手冊。
- Literature: 作家筆下的餐桌——象徵、隱喻、人物互動。

一日三餐的時間地圖

- 17 世紀前：多為「兩餐制」。
- 18 – 19 世紀：工業化帶來「早餐—午餐—晚餐」制度化。

SUGGESTIONS FOR THE BREAKFAST TABLE

INDIVIDUAL CHINA

From a Correspondent

Breakfast is an important meal and the mood in which it is taken often influences a whole day. There are those who like to be punctual, those who are invariably late, those who wish to talk and those who wish to read the paper, those who are frankly cheerful and those who can hardly speak until noon; and hostesses will probably agree that **breakfast** is one of the most difficult meals to cater for, whether for a large household or a house party in the country. In Victorian days porridge and a couple of hot dishes on the sideboard solved the problem, with the mother of the family installed behind the tea-urn or, in advanced households, the coffee-pot. In those days of discipline five minutes' grace was all that was allowed to latecomers, and children would forgo their marmalade sooner than ask papa to remove the newspaper propped against it.

SPECIAL DESIGNS

But to-day nearly every one has his or her own menu for **breakfast**, and it is a problem to provide for the individual

preclude tea or coffee. It can be used for fruit juice or a milk drink or hot water, and toast or biscuits.

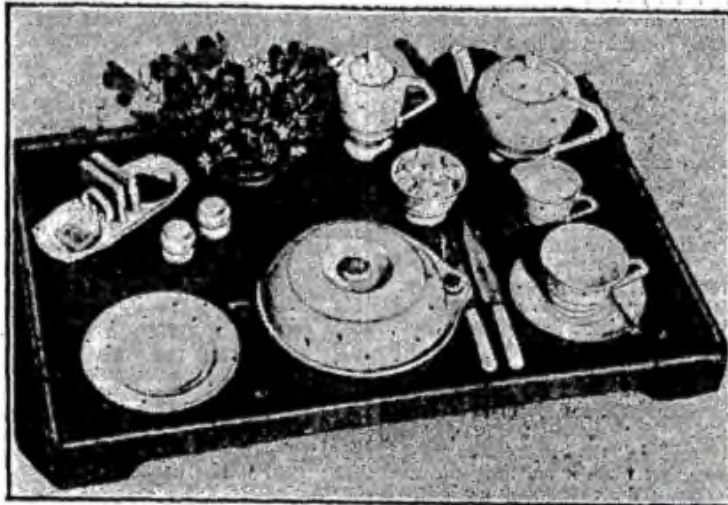
KEEPING FOOD HOT

Another **breakfast** table article with many uses is the individual muffin dish for sausages, egg and a rasher of bacon, a kidney, or a hot roll. Fireproof ramekin dishes of pottery from Barnstaple are made in sets of four, six, or eight, in cream with peach-pink interiors, and their matching trays in the same colour scheme can serve as bacon or omelette dishes when the ramekins are not in use. These individual ramekin dishes have vertical handles instead of horizontal ones in order to facilitate their removal from the tray, and a set of four costs 7s. 11d. There is a china toast rack with a butter and marmalade dish for one at 5s. 11d.

Egg-boilers of different colours are useful when preparing **breakfast** for a family, where there are degrees of hard and soft boiling to be remembered. These boilers may be obtained for 2s. 6d., in red, green, blue, and yellow.



White china with blue and yellow spots makes a decorative set for **breakfast** in bed, which includes a useful hot water plate and lid.



White china with blue and yellow spots makes a decorative set for **breakfast** in bed, which includes a useful hot water plate and lid.

From A Correspondent. "Suggestions For The Breakfast Table." *Times*, 26 Jan. 1938, p. 17. *The Times Digital Archive*, link.gale.com/apps/doc/CS286208570/GDCS?u=nccu&sid=bookmark-GDCS&xid=b3e251df. Accessed 10 July 2025.

早餐——殖民貿易的滋味

從茶與糖看帝國的早晨

- 茶（東印度公司）、糖（西印度群島）、咖啡（阿拉伯與爪哇）組成「帝國早餐」。
- 透過貿易與奴隸制度，甜味與咖啡因成為歐洲人每日的慣例。
- 殖民地產品如何進入英國家庭：報紙、廣告、運輸公司文件。

在茶與咖啡作為早餐必喝之前？

BEER DRINKING AT BREAKFAST

TO THE EDITOR OF THE TIMES

Sir,—In answer to your correspondent who asks for the date when beer drinking at breakfast was replaced by tea drinking, I was told by my father, who was up at Corpus College, Oxford, from 1869 to 1873, that if anyone in college gave a breakfast party the meal began by every one drinking a mug of the college ale. I understood that tea followed after, with the rest of the breakfast, the beer being looked on as an appetizer.

Yours faithfully,

NORTHBROOK.

Pursers, Bramdean, Alresford, Hants, July 3.

NORTHBROOK.
Pursers, Bramdean,
Alresford, Hants,
July 3. "Beer
Drinking At
Breakfast." *Times*,
7 July 1934, p. 13.
*The Times Digital
Archive*,
[link.gale.com/apps
/doc/CS21922890
3/GDCS?u=nccu&s
id=bookmark-
GDCS&xid=8eba16
e1](http://link.gale.com/apps/doc/CS219228903/GDCS?u=nccu&sid=bookmark-GDCS&xid=8eba16e1). Accessed 10
July 2025.

在茶與咖啡作為早餐必嘅

BREAKFAST BEVERAGES

TO THE EDITOR OF THE TIMES

Sir,—The late Archdeacon W. A. Fearon was admitted a Winchester scholar at the beginning of 1852. In his privately printed volume of reminiscences, "The Passing of Old Winchester," he records (p. 25) "in my time tea for breakfast had only recently **been** introduced in place of **beer**. College did not as yet supply the tea. La Croix was allowed to provide it at the College expense, in a little room off the S.E. corner of Hall. Those who wished for tea had to shout out 'La Croix ! tea' and a cup of tea was brought them. The patriots stuck bravely to their **beer**. . . . In my first term Walford who had already done much to improve the food in College, put it to the vote, whether we should not prefer tea to **beer**. All juniors were warned by the candlekeepers [the grade next that of the prefects] to vote like patriots, and by a large majority the Bursar's suggestion was voted down. After a short time he had the wisdom to make the change without asking for a vote."

Yours faithfully,

A. H. SMITH.

2, Balfour Road, Weybridge.

這封信進一步提供了「茶取代啤酒」的時間線索：

約在 1850 年代初期，英國學校體制內開始從「啤酒早餐」轉向「茶早餐」。

SMITH., A. H. "Breakfast Beverages." *Times*, 12 July 1934, p. 15. *The Times Digital Archive*, link.gale.com/apps/doc/CS253176556/GDCS?u=nccu&sid=bookmark-GDCS&pg=15&xid=84e0ec41. Accessed 9 Nov. 2025.

茶葉自由貿易的前景

Cui bono? : or, The prospects of a free trade in tea : a dialogue between an antimonopolist and a proprietor of East India stock. J. Hatchard and son, 1833. *The Making of the Modern World*,
link.gale.com/apps/doc/U0105257970/GDCS?u=nccu&sid=bookmark-GDCS&xid=6b96fe99&pg=8.
 Accessed 10 Nov. 2025.

Statement showing the prices of tea at Hamburgh, in 1829 and 1832; also the average price at which tea was sold at the India House in 1831.

Teas.	Prices at Hamburgh, January, 1829.				Cost of Tea at Hamburgh, from the "Borsan Halle Hamburgsch Abend Zeitung," April 20, 1832.				Average price at which Tea was sold at the India House in 1831.	
	s.	d.	s.	d.	s.	d.	s.	d.	s.	d.
Bohea per lb.	0	5	to	0	7	1	2½	to	1	3
Congou . .	0	8½	—	0	10½	1	4½	—	1	7½
Campoi . .	0	8½	—	1	0	1	5	—	1	7½
Souchong .	0	5	—	1	3½	1	4½	—	2	0
Hyson . .	1	10	—	2	8½	2	11	—	4	2
Hyson Skin .	0	6½	—	1	0½	1	2½	—	1	10
Twankay . .	0	7½	—	1	3½	1	5½	—	1	10
Pekoe . .	2	10½	—	4	7	3	4	—	10	11
Average . .	1	0	—	1	7½	1	9	—	3	1½
									2	4½

A Breakfast Treat.

A rasher of Davies' famous pea-fed Bacon is a positive revelation to those who try it after being used to the strong-flavoured bacon so frequently put on **the breakfast table.**

DAVIES' PEA-FED BACON

The Wm. Davies Co., Ltd. (the largest curers in the British Empire) have discovered the secret of producing a fine, firm Bacon of *uniform mildness and delicate flavour.*

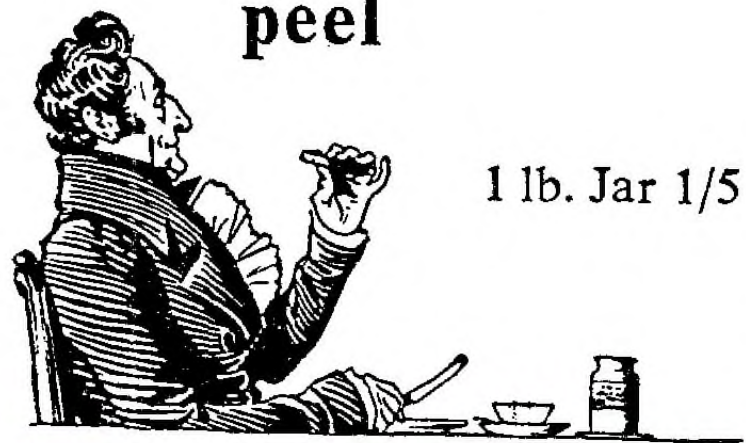
Ladies ordering should see that the name "DAVIES" is plainly branded on the bacon itself.

Of first-class grocers and provision dealers everywhere.



Ask for
Olde English

the
marmalade
with tender
thick-cut
peel



1 lb. Jar 1/5

"THE ARISTOCRAT OF THE BREAKFAST TABLE"



*Make this an Olde
English Christmas!*



**Chivers'
Olde English
Marmalade**

Good King Wenceslas—dear old soul!—did his best to make good fare and comfort "the thing" at Christmas. He would have managed better though, had Chivers' Olde English Marmalade been available: 'tis delicious and digestive—The Aristocrat of the Breakfast Table.

CHIVERS & SONS, Ltd., *The Orchard Factory, Histon, Cambridge*

FAMOUS MARMALADE
RETIRES FOR THE PRESENT **BUT**
HARTLEY'S INTRODUCE
ALL-ORANGE WARTIME
SPECIAL



BY order of the Ministry of Food, our rich Aintree Marmalade can no longer be made in these days of hard living and hard fighting. But it remains our ideal of a really perfect peace-time marmalade and we look forward to making it again as much as you

look forward to its reappearance on the breakfast table. In the meantime, we are making a really excellent new marmalade, half the oranges in it are the finest that come from Seville, the other half being sweet. These, blended with sugar, ensure the very best product that can be made to-day. So look out for its green label. It's a badge of the best that can be done under wartime conditions.

This is the 3rd Week of Ration Period No. 7

H16

Wedding Breakfast is a thing of the past

COOKERY.

THE elaborate cookery for wedding breakfasts, "The Table" says, is a thing of the past, owing to the passing of the new Marriage Act, permitting marriages to be solemnized until three o'clock in the afternoon. In place of the time-bonoured breakfast prepared for some forty or fifty guests, light refreshments for any number up to 200 people are provided. Sandwiches of five or six kinds are the only solids now offered, and these on the buffet. On a table duly ornamented the bride cuts the wedding-cake, and there are cosaques and crackers in abundance, to promote merriment. The wines are champagne and sherry. There are no speeches, and of course the best man is not made nervous as to his reply. One good thing results from this mode of celebrating wedding festivities, there is no awkward questions of selection in issuing invitations, as no limit is required to the number of friends, and all who put in an appearance are welcome.

Fruit and vegetables have been so abundant this season, that the villages near which they have been cultivated have had a bountiful supply. A market gardener in Kent sent fifty vegetable marrows to Dover, and realised a handsome profit of 6d. Another farmer sold sixty bushels of plums, but as no money nor purchaser appeared at the promised time, the man gave them to whoever would fetch them. Another Kentish farmer sold twenty tons of gooseberries and red and black currants, through a London factor, with the result that he was brought in debt twenty shillings to the factor. Whether fact or fable we know not.

BAKED APPLE TARTLET.—Peel, core, and quarter six large apples. Put three large tablespoonfuls of crushed white sugar on a clean pasteboard, rub a lemon on this for the sugar to get all the essence of the lemon on it; put the apples into a clean tin saucepan, add a very little water, an ounce of butter, and six cloves; when the apples are cooked and mashed smoothly, take out the cloves, add a little essence of almonds, the juice of the lemon strained, and the sugar, mash the whole well. Line the edges of a dish with puff paste. Put in the apples and bake for half-an-hour, or till the paste is cooked a very light colour. Squares of quince jelly are very pretty ornaments for the top.

RED APPLE.—A pound of these of a good sort. Pare, core, and cut into quarters, cover with strained lemon juice and with six ounces of white sugar; cover closely and bake slowly for three hours. The apples should be quite red when taken from the oven. Put a layer of ratafia drops at the bottom of a dish, and soak them with a little sherry and water. Pour the apples on the top and serve. Ornament with lumps of red currant jelly.

BLACKBERRIES.—These are very good and wholesome. Make a syrup of a pound of sugar with half-a-pint of water, to 2 lbs. of blackberries, and the strained juice of two lemons. Let the syrup boil, *mash the berries*, and put in the syrup while boiling; let it boil ten minutes, and serve hot or cold. While hot the seeds can be strained from it. Very few persons are aware of the beneficial uses of the blackberry, even such as we have in Britain. Not only is the fruit

"COOKERY." *The Ladies' Treasury: An Illustrated Magazine of Entertaining Literature*, 1 Oct. 1886, p. 594. *Nineteenth Century UK Periodicals*, link.gale.com/apps/doc/DX1902003421/GDCS?u=nccu&sid=bookmark-GDCS&pg=56&xid=a0740f61. Accessed 10 Nov. 2025.

Cookery and Household Management.

Miss Richardson will be glad to answer in these columns any queries touching on cookery and household management. See "Rules for Correspondents," p. 44. Letters to be addressed to Miss Richardson, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C. Queries must be accompanied by the Correspondence Coupon, cut out of this paper. No notice will be taken of letters sent without this coupon, and answers by post can only be sent in very urgent cases.

THE BREAKFAST-TABLE.

THE characteristics of an Englishman are, perhaps, never more strongly marked than at the breakfast-table, when surrounded by his letters and newspaper. If abroad, he may, and generally does, adopt the continental habit of merely taking a cup of coffee and a roll; but old customs die hard, and he returns willingly to the more substantial meal, necessitated generally by his profession or employment. In these days of ceaseless toil for women as for men, it is not unusual to find two and three members in one family who are obliged to be out all day, so that it follows, not unnaturally, therefore, that breakfast in such households is a more important meal than otherwise would be the case; for those who are compelled to work straight through the day with only a short interval, frequently find it inexpedient to take more than a very light luncheon in the middle of the day; hence the obligation of having a good breakfast before starting. In such cases a good house-wife will, therefore, take especial care in arranging the menu, and will study how to make the breakfast-table look as attractive as possible, and she will endeavour to introduce variety in the dishes. The faculty of imagination is less vivid in the morning and, therefore, originality finds little

or no place; possibly this accounts for the fact that the changes are too frequently rung upon bacon, eggs, and sausages; still, variety at least may be attained.

In small households where economy is essential breakfast dishes are often a problem, because the foundation for made-up dishes must generally be reserved for lunch, besides which, where only one servant is kept, time can never be spared before breakfast for prolonged cooking, which is shown in the fact that frying is the most popular method of cooking for breakfast because it is the most speedy, albeit the most indigestible, way of preparing meat or fish. If, therefore, cooking must be reduced to a minimum, only one hot dish can be attempted, but a good manager will provide also either ham, tongue, or brawn. Ham, however, is too expensive for many people, except when the family is a large one; but cold boiled bacon, if properly cooked, will be found equally nice, besides being half the cost. Recipes for this, and for potted meat, will be given in another article.

In the absence of meat or fish, eggs are an excellent substitute as a foundation for a dish, and there are some twenty simple ways in which they may be cooked without much expenditure of time. The cost, however, of eggs in the winter months is frequently exorbitant, so that, if a fair quantity are used during the week, it is a good plan to have a fixed number sent up every week from the country, for there are many people who would be willing to supply new-laid eggs all the year round at a penny each, postage extra. Of course, it would be extravagant to use these for cooking purposes, as, for instance, in making cakes or puddings; still, it should be remembered that one new-laid egg will often go as far as two designated as "cooking," when in buying eggs at sixteen a shilling, and it is a usual occurrence to find at least two, if not more, unfit for use. New-laid eggs can be whipped up more easily and more effectually than cooking eggs, and so these are essential in making sponge cakes, soufflés, or omelettes.

The following hints may be found useful on some of the different methods of preparing eggs:—

BUTTERED EGGS.—Melt 1oz of butter in an enameled pan; when it begins to froth pour in four eggs, well beaten up, add pepper and salt. Stir well with a fork until it thickens, and serve immediately on rounds of buttered toast previously prepared. The secret of turning this dish out successfully is to cook it slowly, for if great heat were applied the egg would set and become lumpy. Care must be taken to stir the sides and bottom of the pan. The addition of an extra ounce of butter is an improvement, and a little chopped parsley should be lightly sprinkled over it when serving. It is not unusual for this dish to be prepared on a spirit-lamp in the dining-room.

DES OUFES SUR LE PLAT.—Spread a little butter, about half an ounce, on a plate with a knife, break on to it three or four eggs, keeping the yolks unbroken, then sprinkle with pepper and salt; steam over a saucepan of boiling water, or put into a slow oven for about five minutes. Serve immediately on the same dish.

POACHED EGGS.—For this dish half fill a frying-pan with water, add half a teaspoonful of salt and a few drops of some acid, either lemon juice or vinegar, to keep the white a good colour; bring to the boil. Break the egg into a cup, keeping the yolk unbroken; put pastry cutters into the frying-pan and slide the egg gently into the middle. Three or four eggs may be poached at the same time. Do not let the water boil again after the eggs are in. Remove from the frying-pan with a fish slice, and serve on rounds of buttered toast. If the eggs are poached properly, this dish should look very pretty when finished. The advantages of a pastry butter are obvious, but it should not be a large one, because the yolk should be completely covered with the white, so that no yellow is to be seen. Garnish the top with either chopped parsley or chopped yolk.

FRIED EGGS. Put a quarter of an ounce of butter, dripping, or lard into a frying-pan and allow it to melt, and then proceed as for poached eggs. Eggs are generally cooked in this manner when served with bacon; the fat is then utilised. If this dish is to be tempting, it is essential that the frying-pan shall be absolutely clean, and what is more, unburnt. For frying eggs, bacon, omelettes, &c., the success rests almost entirely with the pan. For omelettes a special kind is usually kept, and for bacon a separate one also is advisable, but seldom possible. A frying-pan may appear clean because it is smooth, and water, perhaps may be heated

float about; these are sometimes so apparent that the most unblushing maid-of-all-work hesitates to pour the fat round the bacon, and it is accordingly wasted. A frying pan should be lined with some material that



No. 171. A RENOVATED COAT.

For Descriptions see pages 32 to 33.
Price of Paper Pattern, 6d., post free, of MADAME MYRA, 35, Regent Street, W.

will easily show up any burnt part, and can be kept bright. A steel frying pan can be bought for 1s. 11d., either "bright" or seamless; while an enameled one could be bought for 6d. and under.

OMLETTE.—Beat two or three eggs thoroughly, for ten minutes if possible, add a teaspoonful of chopped herbs, and a small piece of finely minced onion. Melt 2oz of butter in an omelette pan, as it froths pour in the eggs, stirring quickly with a spoon, when it begins to set scrape all into half the pan, to make it semi-circle in shape, and then hold the pan in front of the fire to brown, slanting the omelette as much as possible. A variety of flavourings may be introduced into these omelettes by adding, for instance, chopped mushroom, fish, meat, kidney, oysters, or ham, &c. This could be added either to the eggs, or might be folded in the omelette when nearly set, but whatever is added must be very finely chopped, or the omelette would tend to become heavy.

GOLDEN EGGS.—Boil three or four eggs for ten minutes, put into cold water for a minute or two, remove the shells, and then roll each one in a little flour to dry the surface and to make it less smooth. Brush each with a raw egg beaten up, and then coat well with breadcrumbs or crushed vermicelli. Place in a frying basket and fry in a bath of fat until golden brown. Serve on paper, decorated with parsley, or else serve with rich white sauce.

DES OUFES EN CASSEROLE.—Butter some ramequin cases, and partially fill them with bread-crumbs, chopped herbs, and parsley, and add a little butter; break an egg into each case, and fill up to the top with bread-crumbs mixed with pepper and salt, according to taste. Put on a baking sheet in a quick oven or on a gridiron for three or four minutes. Serve at once. Ramequin cases may be bought for 2d. per dozen, but paper boxes made out of plain white newspaper would answer the purpose equally well. Most people, however, prefer to buy the French fireproof ware, the cost being 2d. each for a small size.

Any dish composed chiefly of eggs, unless quite hard boiled, should be served at once, because otherwise it becomes most indigestible.

It will be found that none of the above dishes cost more than sixpence, unless eggs are expensive, when an economical housekeeper would probably refrain from using them as far as possible. It is

THE BREAKFAST-TABLE. THE characteristics of an Englishman are, perhaps, never more strongly marked than at the breakfast-table, when surrounded by his letters and newspaper.

RICHARDSON, MONA W. "Cookery and Household Management."

Myra's Journal of Dress and Fashion, vol. XXVI and XXV, no.

11, 1 Nov. 1899, p. 40. *Nineteenth Century UK Periodicals*, link.gale.com/apps/doc/DX1900876145/GDCS?u=nccu&sid=bookmark-GDCS&pg=42&xid=e5ded278.

Accessed 10 Nov. 2025.



No. 170. A NOVEL SKATING DRESS.

For Descriptions see pages 32 to 33.

than I have need not have been at a loss.

No invitation came amiss to her. Her Bath habits made evening parties perfectly natural to her, and Maple Grove had given her a taste for dinners. She was a little shocked at the want of two drawing-rooms, at the poor attempt at rout-cakes, and there being no ice in the Highbury card parties. Mrs. Bates, Mrs. Perry, Mrs. Goddard, and others, were a good deal behindhand in knowledge of the world, but *she* would soon show them how everything ought to be arranged. In the course of the spring she must return their civilities by one very superior party, in which her card tables should be set out with their separate candles and unbroken packs in the true style, and more waiters engaged for the evening than their own establishment could furnish, to carry round the refreshments at exactly the proper hour, and in the proper order.

Emma, in the meanwhile, could not be satisfied without a dinner at Hartfield for the Eltons. They must not do less than others, or she should be exposed to odious suspicions, and imagined capable of pitiful resentment. A dinner there must be. After Emma had talked about it for ten minutes, Mr. Woodhouse felt no unwillingness, and only made the usual stipulation of not sitting at the bottom of the table himself, with the usual regular difficulty of deciding who should do it for him.

AN APPETITE FOR THINGS BRITISH

British food has long presented two contrasting and apparently irreconcilable images. One is that of the table, the breakfast table in particular, groaning under the weight of laden and succulent smelling dishes. The other is that of dingy, dirty cafés pervaded by the smell of boiled cabbage and greasy chips, and serving up food which any self-respecting foreigner would rightly reject with horror.

We pride ourselves on our roast beef and Scotch salmon, on our bacon and eggs and our kippers, our broad beans and new potatoes, our strawberries and Cox's orange pippins, our Stilton and Wensleydale, our fresh cream, scones, chocolate and biscuits. Extending the list to cover drink, we produce the best gin, the only whisky worthy of the name and what we fondly imagine to be the finest beer in the world.

Yet when it comes to cooking, and particularly to restaurant cooking, we all too readily concede superiority to people like the French and the Italians. It took an influx of foreigners to bring about the culinary revolution that occurred in the 1950s and 1960s, and until quite recently it was almost unthinkable deliberately to choose a restaurant that specialised in **British cuisine**. That has changed recently as critics, and particularly foreign critics, have come to recognise the merits of traditional Bri-

tish fare but, balancing that, is the growing penchant among ambitious hostesses for exotic foreign dishes and specialities from the local delicatessen.

Despite having what it claims to be the most efficient and profitable farming industry in Europe, Britain is still by far the largest food importer within the EEC. The reason is partly historical; — an exporter of industrial goods and importer of cheap food from abroad, mainly from the Empire, with in latter days compensation for farmers by means of so called deficiency payments.

When Britain joined the EEC, and with it a completely new agricultural regime, it was the turn of the Danes, the Dutch, the French and the Germans. Aided by an overvalued green pound, they were able to make substantial inroads into the British market for such commodities as bacon, butter and cheese. Extensive and expensive advertising campaigns helped to persuade housewives that the imported product offered better value and superior quality.

Another aspect of EEC membership has been the incentive to British farmers to increase their production. In recent years we have become almost self-sufficient in, or exporters of, a whole range of foodstuffs which were previously imported as a matter of course. According

to Mr Peter Walker our net balance of trade in food has improved by £1,000m since 1978 alone. However, we still import some £3,000m of temperate foodstuffs and manufactured foods which we have the ability and capacity to produce ourselves. Since we cannot impose import barriers against our EEC partners, farmers and food manufacturers have no alternative but to persuade more people at home and abroad to buy British.

The new Food from Britain promotional and marketing organization announced by Mr Walker this week is designed to do just that. Once established by Act of Parliament, it has been promised some £20m in Government aid over a five year period. It has no shortage of critics, both among food producers who fear that it will become another arm of bureaucracy, and among manufacturers who resent the implied slur on their commercial expertise. But export opportunities have been far from fully exploited, as a visit to almost any overseas trade fair will confirm. The recapture of a larger share of the domestic market will be an uphill struggle, and Britain's competitors will not surrender their positions lightly. A centralized organization, along the lines that those very competitors have established with such success, seems at this early stage a sensible and welcome move.

God Sends Meat and the Devil Sends Cooks

SATURDAY, JULY 23, 1892.

“GOD SENDS MEAT and the devil sends cooks” is a saying much in favour with dyspeptics, who, however, often have but too good cause for quarrelling with their “bread and butter.” In spite of the efforts made of late years to improve the **British cuisine**, both in its higher and its lower branches, it must be confessed that our countrymen and countrywomen still lag far behind many Continental nations in what, rightly considered, is one of the most refined and humanising of the arts. Without endorsing the rhapsodical assertion of Kitchiner that cookery is the “very mother of all moral, intellectual, social, and political improvements,” we cannot deny it the possession of strong negative virtues in this regard. The best dishes are sanitary as well as savoury, and, other things being equal, he who has dined well should be a healthy as well as a happy man. Hence, on the *mens sana in corpore sano* principle, there is something to be said for the argument that the intellectual powers can only be maintained at the highest level by means of good as distinguished from gluttonous living. As to the moral aspect of the question, the dietetic

attractive to the Volunteers themselves than the old one. The two facts stand, it is to be feared, in closer relation than they ought. The Volunteer no doubt ought to subordinate every other consideration to the Spartan sense of duty. With early mornings spent in revolver and sporting rifle practice, with days devoted to the small bore or the big in one or other of the programme competitions, and with the frequent and possibly remunerative pool by way of dissipation and distraction, to say nothing of the multifarious domestic duties of a dweller in tents, the Volunteer should have nothing left to sigh for: his hours from gun-fire to gun-fire should be rounded off into a vast content. There are, of course, fluctuations in his felicity regulated by his position in the prize-list, but these, after all, only add an element of excitement corresponding to that which is felt by the players in games of mingled chance and skill. But the volunteer has his share of the human nature which JOSH BILLINGS sapiently detected in man, and of the peculiar “cussedness” which belongs to it. Moreover, the Volunteer is mostly young. The soldierly instincts and aptitudes which led him to Wimbledon were supplemented by his desire to share in such gaieties as were going, and he was by no means disdainful

"GOD SENDS MEAT and the devil sends cooks" is a saying much in favour with dyspeptics, who, however, often have but too good cause for quarrelling with their 'bread and butter.' *The Sporting Gazette*, vol. XXX, no. 1576, 23 July 1892, p. 993. *Nineteenth Century UK Periodicals*, link.gale.com/apps/doc/DX1900929556/GDCS?u=nccu&sid=bookmark-GDCS&pg=5&xid=afa9622a. Accessed 9 Nov. 2025.

午餐——工業社會的正午餐桌

穀物法與飢餓的政治

- 1815 年《穀物法》：保護地主、壓迫工人。
- 「Dear Bread」成為群眾口號；午餐象徵飢餓與抗爭。
- 麵包價格的上升如何影響城市勞工。

THE PRICE OF CORN.

TO THE EDITOR OF THE TIMES.

Sir,—The attention of the public is diverted from the true issue by the many statistics and statements that are being published on the subject of the proposal to change in some way our fiscal system, and the sensational cry of dear bread is being used for all it is worth.

The great question is, Who will pay a corn tax—the home consumer or the foreign producer? The main point to decide is whether or not a moderate fixed duty on foreign corn will raise the price. The conditions in other countries are so different that no fair inference can be drawn from their experience, and we must seek some other guide to enable us to form a correct judgment.

Leaving out of the question the purchasing power of money, it will be admitted that the price of any commodity is governed by supply and demand. In the case of wheat, demand, when not a constant quantity, is ruled by price. This leaves us with supply as the sole factor governing the price of wheat. Within limits, supply is not affected by price, as the subjoined table clearly shows. I take the figures from the last statistical abstract, and it will be noted that we have three denominations, imported wheat in cwts., home produce in bushels, and price at per quarter.

Year.	Wheat Imported in cwts.	Wheat Estimated Produce U.K. in bushels.	Average Price per Imperial Quarter.
1888	80,426,000	74,493,000	31s. 10d.
1891	89,639,000	75,243,000	32s. 0d.

THE CORN LAW CONFERENCE (YESTERDAY.)—The largest meeting of the Anti-Corn Law delegates which has yet been held, took place yesterday at the Crown and Anchor, Mr. Taylor in the chair, at which the plan proposed by Sir R. Peel in the House of Commons last night, was universally denounced as altogether unsatisfactory, and not at all calculated to relieve the distresses of the people. Colonel P. Thompson addressed the meeting at some length, and confuted many of the arguments of the right hon. baronet. He proposed a resolution confirming and adopting those agreed upon on Wednesday evening at the meeting held at Brown's Hotel in Palace-yard, in favour of a total repeal and no compromise. Mr. Stansfield seconded the resolution. Mr. O'Connell attended, and addressed the meeting. The resolution was unanimously adopted.

The Marquis of Hertford has recently been suffering from paralysis in his hands and other complaints, in consequence of the variable state of the atmosphere. His Lordship has, in consequence, determined to return to the continent for two or three months.

NATIONAL CORN TRADE ASSOCIATIONS

Following the meeting of the National Federation of Corn Trade Associations, Mr E. A. G. Caroe was elected president for the ensuing year, and Mr. R. M. Colebrook was elected vice-president.

The Riot: or Half a Loaf is Better than No Bread

In 1791 she was asked by the Bishop of London, a friend of hers, to provide an answer to Thomas Paine's *Rights of Man* in a way that would reach common people. She immediately wrote a pamphlet ***Village Politics by Will Chip, a Country Carpenter***. It was a dialogue between Jack Anvil, a blacksmith and Tom Hood, a mason. The gist of the pamphlet was that "... the gentry look after the worthy poor; no relation exists between government and want; government is no concern of the common man. God knows what is best for his people".² A few years later More published a ballad in the same tone, ***The Riot: or Half a Loaf is Better than No Bread***. She told in it of the dire consequences of rioting. The clarity of the language, its simplicity, earned the author new fame. Church circles were so pleased that a project was formed to publish a series of ***Cheap Repository Tracts*** with Hannah More as the author of most texts.

THE **ANTI-CORN LAW** GIANT, AND THE DWARFS OF MONOPOLY.



POLICEMAN PEEL.—You can't pass this way.

DWARFS.—Stop his progress, big as he is, or he'll infect the whole nation with his sedition, and then it will end our beloved Class Legislation in **Dear Bread**, High Rents, Low Wages, Universal Starvation and Screwing Taxation, which is the life and strength of us Lords of the Land.

PEEL.—Go back; for see, we are the strongest in **PHYSICAL FORCE**!

THE GIANT COBDEN.—True, but I am stronger in **MORAL FORCE**; behold! (holding up the League packet of pamphlets and a placard): These are **MY WHAPONS—TRUTH AND REASON**, and they will soon prevail over your deadly ones. It is true, your name is **LEGION**—but mine is **LEAGUE**—a **LEAGUE** of the good of the nation; a **LEAGUE** of holiness, (strengthened by Providence) pleading the cause of the famishing millions; a **LEAGUE** of humanity against avarice and ambition.—Yes, we **League** against the enemies of this great Nation, and wish to save it from destruction; consequently, we are your friends! Give us a free trade in Corn, and we promise you in return, that your Broad Acres shall be more valuable to you than they are now. Refuse us a little longer, deny us the right of giving our labour in exchange for Bread at the cheapest market—we fear—we dread the awful consequences!!!

晚餐——家庭、性別與現代化

家庭晚餐的誕生

- 維多利亞時代：晚餐成為家庭核心活動。
- 「女主人（mistress of the house）」是餐桌秩序的守護者。
- 家政書教導晚餐禮儀、僕人分工、座位安排。

M'CULLOCH'S OPENING REPAST.—On Wednesday night last, Mr. M'Culloch, the vocalist, gave a substantial repast of beef, ham, lamb, &c. &c. to a select number of friends at his "Victualling and Excise Office," the "Plough," in Museum-street, Bloomsbury.—The chair was taken by a celebrated "King of the Butt," who by his good humour, and excellent selection, catered most bountifully in every respect for his numerous guests; and adhering most pertinaciously to the agricultural interest—to the cultivation of Miss Hop—and the general diffusion of Sir John Barley-corn, he most appropriately gave, as his first toast, "God speed the Plough!" This toast was received and drunk most enthusiastically—leaving in the glasses neither "waste nor returns!"—M'Culloch and a host of professional and amateur singers then proceeded to "discourse most excellent music;" not, however, until they had done ample justice to the substantials. "Mine host" of the "Blue Boar," in Russell-street, neither looked *blue*, nor was he a *bore*; for, having sacrificed a bottle of excellent Port at the shrine of the jolly god, he *chaffed* without offence—blended wit with his satire, and humour with his jollity. Our Bardolphian friend of "The Lion," near the Church, was *spirited*, without being in *spirits*; and happy, because he saw others so. The night indeed (which, as Paddy O'Rourke would say, was protracted until morning) was devoted to an interchange of friendship and harmony amongst the devotees to mirth and sociality, and at an early hour in the morning the worthy Chairman quitted his *exalted station* (a post

"M'CULLOCH'S OPENING REPAST." *Bell's Life in London and Sporting Chronicle*, vol. IX, no. 422, 2 May 1830. *Nineteenth Century UK Periodicals*, link.gale.com/apps/doc/DX1900080742/GDCS?u=nccu&sid=bookmark-GDCS&pg=3&xid=08b62765. Accessed 10 Nov. 2025.

THE BOOK

OF

HOUSEHOLD MANAGEMENT.

Mrs. Beeton's Book of Household Management

教導女主人如何規劃菜單、侍者、燈光，
「晚餐」不僅是食物的排列，更是女性
對家庭的控制與責任。



Pearl's recollections in Anne Tyler's **Dinner** at the Homesick Restaurant mirror the ambivalence of feeling that comes with the birth of children and follows a mother even unto death. They suggest emotions common to many women as they grapple with maternal roles and struggle to give their children earnest measures of love and acceptance. However, Pearl's recollections represent just one perspective, a singular look at a fragmented and troubled family. In **Dinner** at the Homesick Restaurant, Tyler examines many facets of family relationships, particularly as they evolve between mother and child, fester between siblings, and extend into the world beyond. In life, as in Tyler's novel, the family is the base from which the individual moves into society and acquires a sense of community. The community serves in turn as an enlarged version of the family, a larger arena for each person to act out the same conflicts, struggles, hopes, and dreams as he did in his family of origin. However troubled and strained relationships may be, family and community represent "home," and, for better or worse, the individual must come to terms with this. In Tyler's novel these things are no less true. Depicting the dynamics of the Tull family with a shrewd and keen insight, Tyler carefully explores its members' connections to the past, to the community, and with each other.

Breakfast table bid for accounts

The increasing competition for savings has reached the breakfast table with a scheme which could cost participating banks £12m.

In an attempt to encourage children to open savings accounts, three of the High Street banks have got together with Britain's biggest cereal manufacturer, Kellogg's to offer children free cash in return for tokens cut from cornflakes packets.

At a time when, according to another food form popular with children, Birds Eye Wall's, pocket money is being slashed, this might appear to be a hard offer to turn down.

The three banks — Barclays, Bank of Scotland and Allied Irish Banks — will pay children up to £5 if they open a savings account using the tokens — provided they match the amount with an equal sum of their own.

Underlying this outbreak of generosity is the Jesuitical

which would put the banks' outlay at £500,000.

Johnson's estimate is based on the response to previous tie-ups with British Rail and the Post Office, during which free rail tokens and stamps were offered to children. The response to the banks' offer is likely to be lower because, in addition to collecting the tokens, children must find their local branch and open the savings account in person, an experience many may find daunting.

In an attempt to make the bank seem less forbidding, Barclays is launching a Supersavers Club for children opening an account through the Kellogg's scheme.

Members will receive a brightly coloured paying-in book, a badge and a membership card which looks like a younger version of the Barclaycard.

Menu items

NEW YORK

Restaurant chains must now list the calorie content of the food they sell

IN JANUARY New York became the first American city to pass a law requiring restaurant chains to state the number of calories in everything on their **menus**, right down to the last pretzel. Full enforcement of the new rules began last month. Other cities and counties have since followed. Los Angeles is expected to vote on its own law within the next two weeks. California, meanwhile, is considering a statewide bill.

Fans of **menu** labelling say it helps consumers, who tend to underestimate the calories in the food they buy. Critics say it is another step towards a nanny state. Companies complain that it is costly to reprint **menus**, and the National Restaurant Association says restaurants will find it difficult to meet a “patchwork” of city, county and state standards. The New York State Restaurant Association was so outraged by the New York regulations that it sued, claiming infringement of commercial freedom of speech under the First Amendment. The case is now in the New York courts on appeal, and a decision is expected any day.

also happens to be cheaper.) Dunkin’ Donuts has a new lower-calorie line called “DD Smart” that is designed to appeal to the health-conscious with such things as egg-white flatbreads and fruit smoothies. And McDonald’s has reduced the size of a helping of French fries, cutting the number of calories—and costs.

Le Pain Quotidien, a mid-range bakery chain with \$165m in worldwide sales and 17 outlets in New York, thinks it has profited by adapting quickly to the new rules. Jack Moran, the company’s vice-president of branding, initially thought it was “frightening” that customers would be able to see



That’s more than six Chicken McNuggets

Oscar Wilde's reply to a customs officer on entering the US in 1882 that he had nothing to declare but his genius may have been apocryphal. But half a century earlier, in 1836, Franz Liszt and George Sand did jokingly fill in a hotel declaration form about their status as travellers in Chamonix, with Sand listing her place of birth as "Europe". Wilde, Sand and Liszt lived in the century which first saw the European state apparatus try to regulate migration. The first British law about the regulation of migrants, for example, was the Aliens Act of 1793, drafted under Pitt's government in a time of anxiety about the influx of French refugees from the Revolution: were they worthy of British compassion or could they amount to a fifth column sent to radicalize this side of the Channel?

Moving half a century forward from Oscar Wilde we reach a very different stage in the history of European migration, the chaos of displaced peoples, exiles, refugees and those being repatriated at the end of the Second World War which forms the opening section of Peter Gatrell's compelling book. Where Wilde and Liszt were individuals responding playfully to migratory regulation, the hundreds of thousands displaced in 1945 were subject to the mobilization of vast resources and logistical nous directed at moving peoples to suit governmental dictates as much as personal desires. The regulation of migration had become a vast apparatus of surveillance that controlled bodies and cultures in a way previously unimaginable.

Sausages and kebabs

A continent's response to immigration

ROBERT J. MAYHEW

Peter Gatrell

THE UNSETTLING OF EUROPE

The great migration, 1945 to the present
548pp. Allen Lane. £30.
978 0 241 29045 3

The Unsettling of Europe traces, with extraordinary thoroughness, seven decades of this migratory regime. Gatrell's broad narrative is fairly straightforward: after the great upheavals of the immediate postwar period, a permissive time in which Western European nations encouraged immigration for economic purposes took hold in the 1950s and 60s, this being mainly from other countries in Western Europe and by means of internal migration in Eastern Europe. Recession in the early 1970s led to a hardening of attitudes towards migrants, while the collapse of the communist bloc in the early 1990s led to another great phase of uprooting and re-sorting on a scale not seen since 1945. One consequence of the collapse of the communist states was still further tightening of the European Union's rules regarding migration. Where historians often struggle to narrate the recent past, in Gatrell's

case the historical perspective he brings allows him to show in stark relief the shape of the current migration regime in Europe. The European Union wants to allow full freedom of movement within the Schengen area but can only do so with an ever more absolute border enclosing that area; porous national borders are predicated on the hardest of continental barriers to entry. This has led to what might be called the "geographical outsourcing" of migration control, with the EU offering states on its borders generous packages to host refugee camps. As a result, most modern migrants to Europe in fact never reach its borders, although those who do draw the headlines and have also led states within Europe such as Austria and Hungary to reimpose internal migratory controls.

At one level, *The Unsettling of Europe* is rather repetitive. It's no fault of Gatrell's narrative, but the lines of anxiety about migrants, imagined as "floods" and "drains", as spies and spongers, and the paradoxes of governmental responses to these anxieties – tough rhetorics of control vitiated by economic arguments for admission – recur throughout the decades with astonishing fixity. The residents of the Greek island of Chios feared that Turkish refugees in 2017 were a covert Mus-

lim incursion working for rather than fleeing the regime of Recep Erdoğan, in ways similar to Pitt's fears about French refugees 225 earlier. And if Pitt's supporters also feared the French corruption of British cuisine, the German response to Turkish *Gastarbeiter* in the 1960s was the same: "Bockwurst statt Döner", sausages not kebabs. And yet Gatrell deftly enlivens his narrative by refusing to remain focused exclusively on governmental vacillations about, and popular hostility to, migrants. Throughout his book, attention is paid to the voices of migrants themselves and to the response to migration in the creative arts with a particular focus on cinema, thereby recognizing that migration is a cultural as much as a socio-economic phenomenon, and that brute realities only make sense when mediated through the framings of all participants.

Gatrell offers a fascinating, humanizing chapter on the burial and religious practices of migrants in contemporary Europe, these being the life experiences where migrant peoples feel the most painful choices are to be made about assimilation, identity and home. This voicing of individual migrants' lives stands in stark contrast to the picture painted of present EU policy towards migrants. Where wealthy migrants can buy their way into the Schengen area with ease, the poor are left adrift, sometimes literally, the flotsam and jetsam of the apparatus of regulatory control. Seventy-five years after the Second World War, if we echo George Sand's declaration of Europeanness, is this a badge of cosmopolitan honour or a mark of exclusionary shame?

Over all scholarly histories of food hangs the shadow of Professor Barbara Bookish, that wicked invention of Paul Levy and Ann Barr in *The Official Foodie Handbook* (1984). Professor Bookish spends her days in the Bodleian Library researching medieval recipes and her evenings consuming dyed kippers and fruit yogurt purchased by her charlady. Within this caricature lies an invaluable grain of truth. I now put all culinary scholarship to the Bookish test: does this writer actually enjoy food? Because if he or she does not, then it will make for dull reading.

Colin Spencer's study of British food fulfils the essential criterion. He is not only an eminent authority, food columnist of the *Guardian* for thirteen years and a former President of the Guild of Food Writers, he clearly loves eating, and has actually cooked many of the historical dishes to which he refers. This is vital; he can note, for example, that the Norman habit of add-

Jane Austen's sauce

JANE JAKEMAN

Colin Spencer

BRITISH FOOD

An extraordinary 1,000 years of history
400pp. Grub Street. £25.
1 904010 164

ing a pinch of sugar to ginger-flavoured pasta brings out the full taste of the root. His approach is further enlivened by some innovative theories, presented with impeccable scholarship. His range covers the food consumed in the British Isles from prehistoric times to the present in a chronological arrangement, with a general introduction to political and economic events, followed by an analysis of recipes and records of consumption in each era, and a strong emphasis always on food in its social context.

Spencer puts paid to some dreary myths. Medieval cooks did not add spices to disguise the taste of rotten food, as schoolteachers have told us so often. "Fast food" is not a modern phenomenon; in the form of pies, spicy pasties and sausages, it has been a feature of our cities from

medieval times. There is a refreshing attack on the pretensions of the Victorian dining table, and Spencer refuses to kowtow before the ghost of Isabella Beeton. Among the original ideas proposed is the relationship between food and religion, as epitomized in the Tudor period by the conflict between old Catholic eating habits, such as the imposition of fasts and "fish days", and the wider tolerance allowed by Protestantism, which nevertheless brought its own habits of asceticism in its wake. Elizabeth I emerges as a more Spartan figure than one might think; her famously lavish wardrobe expenditure was counterbalanced by moderation in food and drink.

On the vexed question of what constitutes "British" food, Spencer admits that, in the nineteenth and twentieth centuries, British culinary skills declined to the point where our food became a joke. The causes of this include the nineteenth-century love of economical "mock" ingredients, a bourgeois monarchy, the effects of poverty, social disruption and war, and the more modern disasters of factory farming and loss of skills. Although *British Food* concentrates mainly on the food of the English, there are sections on Scotland, Ireland and Wales. I found the section on Wales too rural, failing to include the mining communities, where country skills and tastes clung on against all the odds. My grandmother remembered workers from the Rhondda, where not even elder would grow in the sooty soil, taking the train to places where they could pick elderflowers for wine, and her own pantry often had junket and nettle beer, alongside the Camp cof-

fee and gravy browning, both perpetually creeping out of their bottles.

Spencer believes that French influence has had a particularly baneful effect, causing snobbish British cooks to pursue elaborate fancy dishes at the expense of quality of ingredients. Here, I think he is too harsh on the French: food snobbery is our own responsibility, and the most striking characteristic of **French cuisine** is surely the universal insistence on basic quality. **British** markets proudly display stale and bruised fruit and vegetables that in France would be considered unfit for consumption.

Fortunately, Spencer sees a recent regeneration in our eating habits. I am glad he does not attribute it all to that supposed heroine, Elizabeth David, usually credited with single-handedly re-introducing post-war Britain to the joys of French food, the culinary equivalent of John Wayne winning the Second World War. Her real achievement was surely making it socially acceptable for a bourgeoisie, deprived of its servants, to go into the kitchen and cook. The pretensions attached to French food and the consequent decline of our own tradition identified by Spencer owe as much to David as to any previous influence.

British Food is a stimulating work and even those who don't appreciate the joys of the table will find much of interest. What did the Brontës dine on at Haworth Parsonage? How did Jane Austen's family cook prepare the sauce? Colin Spencer will tell you. His book is a joyous, lively mine of information.

Dr Sarah Alyn Stacey, editor
(Trinity College Dublin)

Essays on Heroism in Sport in Ireland and France

220pp

£69.95

January 2003

0-7734-6919-2



The Edwin Mellen Press, Mellen House,
Lampeter, Ceredigion, Wales SA48 8LT, U.K.,
telephone 01570 423356 fax 01570 423775
Email: emp@mellen.demon.co.uk
visit Mellen's website www.mellenpress.com

AGENDA

TODAY AGENDA

- Gale基本介紹
- Gale Primary Source
- Gale Literature

關於Gale

- Gale: 45年來打造全球最大的一手史料數位圖書館
- 典藏時間跨度達 560 年，涵蓋全球歷史超過 60 個數位典藏，超過 2 億頁珍貴史料，包括：

The Times Digital Archive (泰晤士報數位檔案)

China and the Modern World (中國與近現代世界)

Eighteenth Century Collections Online (18 世紀文獻線上)

Nineteenth Century Collections Online (19 世紀文獻線上)

U.S. Declassified Documents Online (美國解密檔案)

以及更多珍貴典藏！



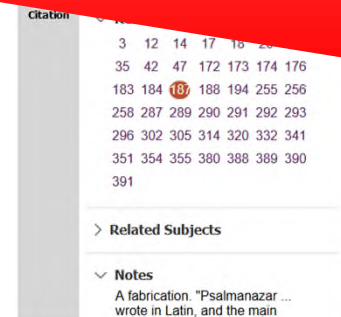
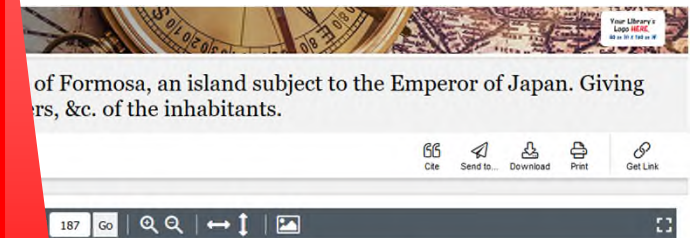
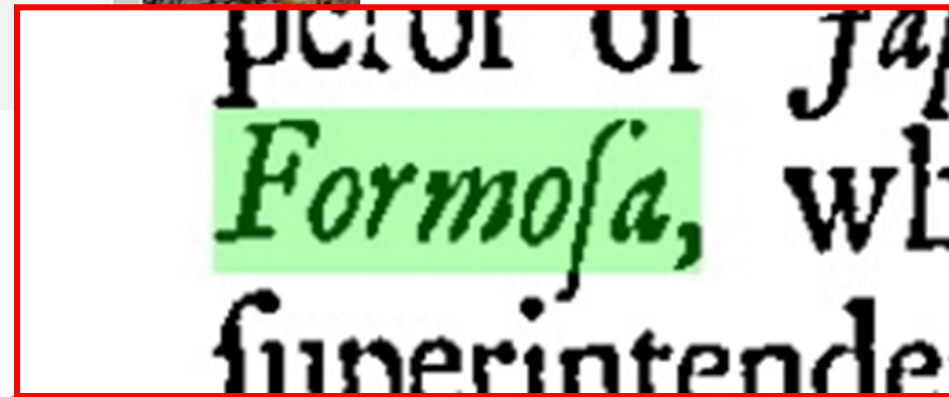
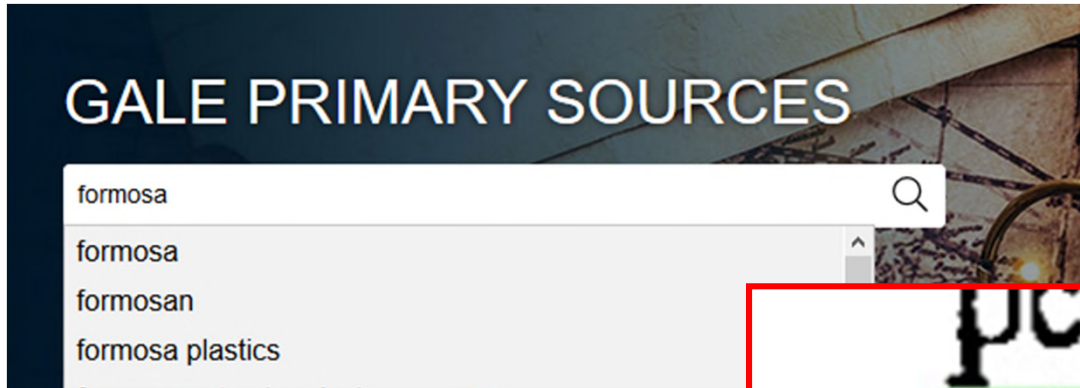
原始館藏機構示例



掃描與數位化珍貴歷史文獻



實現印刷頁面的全文檢索



160 *A Description of the Isle Formosa.*
peror of Japan, without the Effusion of much Blood. And from that time the Emperor of Japan sends a King into the Isle *Formosa*, who is called *Tano Angon*, or the superintendent King : But he who was King before, in that Isle, is only as a *Baga-landro* or Viceroy, or one that is next to the King in Dignity without any Power. And this is a short History of the manner

OCR = Optical Character Recognition

揭示隱藏的歷史語彙

GALE PRIMARY SOURCES

China and the Modern World

treaty port

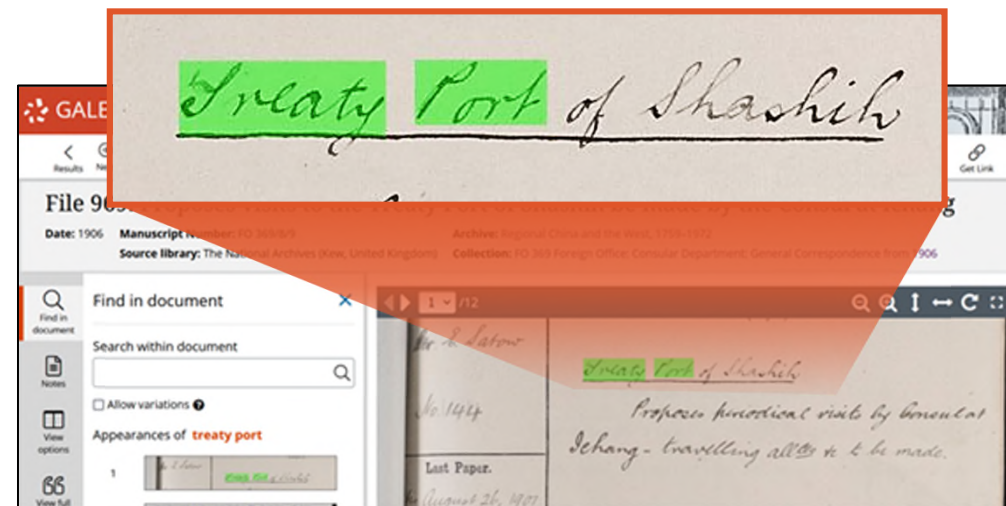
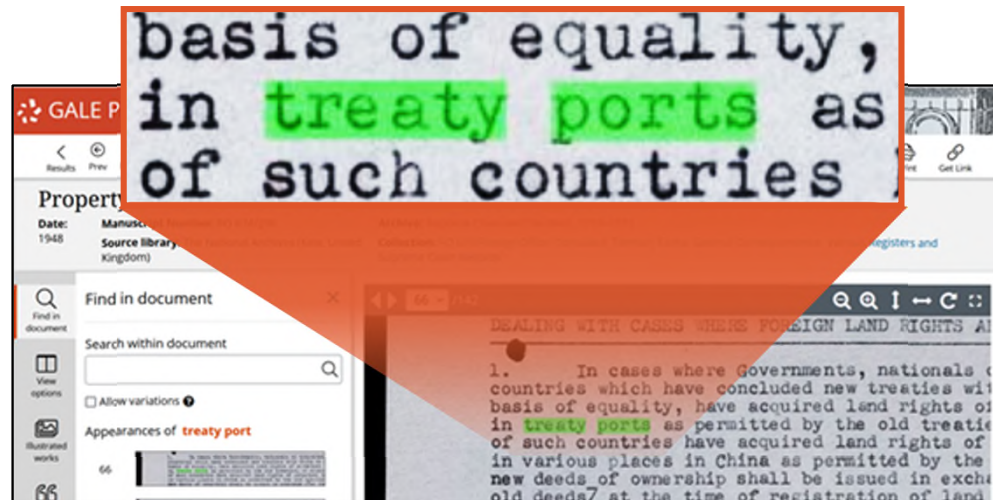
Advanced Search

OCR = Optical Character Recognition

HTR = Handwritten Text Recognition

HTR 技術適用於以下《China and the Modern World》模組：

- Imperial China and the West, Parts I and II
- Hong Kong, Britain, and China, Parts I and II
- Records of Shanghai and the International Settlement
- Regional China and the West



Gale 交叉搜索平台

Gale Power Search vs Gale Primary Sources vs Gale Literature



GALE PRODUCT MENU

可跨庫搜尋電子書、期刊庫



All Databases



In Context



eBooks



Periodicals



Primary Sources



Literature



Business



More



Cross Search

• Gale Primary Sources

可跨庫搜尋所有的原始文獻

Use the cross-search experience to search across multiple products from your library's Gale resources.

General Research



Gale Power Search

Cross-search content from select Gale products, including Gale's OneFile periodicals, In Context products, and/or eBooks.

• Gale Literature

可跨庫搜尋所有文學資料庫

Primary Sources



Gale Primary Sources

Search across all available *Gale Primary Sources* archives.

Literature



Gale Literature

Cross-search Gale's literature resources, which include coverage of authors, literary works and movements, book reviews, and more.

Thank You

謝謝

GaleAsia@cengage.com