



Hades

Hades is the brother of Zeus. After the overthrow of their Father Cronus he drew lots with Zeus and Poseidon, another brother, for shares of the world. He had the worst draw and was made lord of the underworld, ruling over the dead. He is a greedy god who is greatly concerned with increasing his subjects. Those whose calling increase the number of dead are seen favorably. The Erinyes are welcomed guests. He is exceedingly disinclined to allow any of his subjects leave.

He is also the god of wealth, due to the precious metals mined from the earth. He has a helmet that makes him invisible. He rarely leaves the underworld. He is unyielding and terrible, but not capricious. His wife is Persephone whom Hades abducted. He is the King of the dead but, death itself is another god, Thanatos.



Hestia

Hestia is Zeus sister. She is a virgin goddess. She does not have a distinct personality. She plays no part in myths. She is the Goddess of the Hearth, the symbol of the house around which a new born child is carried before it is received into the family. Each city had a public hearth sacred to Hestia, where the fire was never allowed to go out. Of all the Olympians, she is the mildest, most upright and most charitable.

greek tales

THERE are so many tales of the vanity of kings and queens that the half of them cannot be told.

There was Cassiopeia, queen of Ethiopia, who boasted that her beauty outshone the beauty of all the sea-nymphs, so that in anger they sent a horrible sea serpent to ravage the coast. The king prayed of an Oracle to know how the monster might be appeased, and learned that he must offer up his own daughter, Andromeda. The maiden was therefore chained to a rock by the seaside, and left to her fate. But who should come to rescue her but a certain young hero, Perseus, who was hastening homeward after a perilous adventure with the snaky-haired Gorgons. Filled with pity at the story of Andromeda, he waited for the dragon, met and slew him, and set the maiden free. As for the boastful queen, the gods forgave her, and at her death she was set among the stars. That story ended well.

But there was once a queen of Thebes, Niobe, fortunate above all women, and yet arrogant in the face of the gods. Very beautiful she was, and nobly born, but above all things she boasted of her children, for she had seven sons and seven daughters.

Now there came the day when the people were wont to celebrate the feast of Latona, mother of Apollo and Diana; and Niobe, as she stood looking on the worshippers on their way to the temple, was filled with overweening pride.

"Why do you worship Latona before me?" she cried out.

"What d'cs she possess that I have not in greater abundance? She has but two children, while I have seven sons and as many daughters. Nay, if she robbed me out of envy, I should still be rich. Go back to your houses; you have not eyes to know the rightful goddess."

Such impiety was enough to frighten anyone, and her subjects returned to their daily work, awestruck and silent.

But Apollo and Diana were filled with wrath at this insult to their divine mother. Not only was she a great goddess and a power in the heavens, but also during her life on earth she had suffered many hardships for their sake. The serpent Python had been sent to torment her; and, driven from land to land, under an evil spell, beset with dangers, she had found no resting-place but the island of Delos, held sacred ever after to her and her children. Once she had even been refused water by some churlish peasants, who could not believe in a goddess if she appeared in humble guise and travel-worn. But these men were all changed into frogs.

It needed no word from Latona herself to rouse her children to vengeance. Swift as a thought, the two immortal



Niobe

archers, brother and sister, stood in Thebes, on the towers of the citadel. Near by, the youth were pursuing their sports, while the feast of Latona went neglected. The sons of Queen Niobe were there, and against them Apollo bent his golden bow. An arrow crossed the air like a sunbeam, and without a word the eldest prince fell from his horse. One by one his brothers died by the same hand, so swiftly that they knew not what had befallen them, till all the sons of the royal house lay slain. Only the people of Thebes, stricken with terror, bore the news to Queen Niobe, where she sat with her seven daughters. She would not believe in such a sorrow.

"Savage Latona," she cried, lifting her arms against the heavens, "never think that you have conquered. I am still the greater."

At that moment one of her daughters sank beside her. Diana had sped an arrow from her bow that is like the crescent moon. Without a cry, nay, even as they murmured words of comfort, the sisters died, one by one. It was all as swift and soundless as snowfall.

Only the guilty mother was left, transfixed with grief. Tears flowed from her eyes, but she spoke not a word, her heart never softened; and at last she turned to stone, and the tears flowed down her cold face forever.

Ancient Greek Recipes.

Today, it is very difficult to prepare a dish exactly as it was prepared in ancient times. We do not have the right utensils or the many different spices that were used by the ancient chefs to bind together the sweet, bitter and sour tastes. There is also the problem of not having the exact instructions to fix the recipes. Most of the cooking guides from ancient times have been lost but we do know that they did not give exact details. They were mostly guides that gave lists of types of ingredients and spices to use to spark the imagination of the trained chef, who, of course, added his own personal touch to each meal depending on the occasion. In the last few centuries many people, including chefs, philologists, archeologists, botanists, have

become interested in the art of ancient Greek cooking, starting from pre-historic times and the Greek years. By continually testing, modifying and improving, they have managed to give us some recipes that have turned the tide toward the first flavors used. They are good recipes that are tasty and enjoyable. For us

Greeks, as we will see further down, the continuing thread of flavors doesn't seem to have been cut. In forgotten corners of our country one is pleasantly surprised by food that is clearly prepared as it was in centuries past.

INGREDIENTS

6 small or 3 large red mullets, cleaned 2 handfuls of

fresh herbs finely chopped (thyme, spearmint, coriander, marjoram, parsley, rosemary. If you do not have fresh herbs use one soup-spoon of each. 3 soupspoons olive oil juice of one lemon salt and pepper

METHOD

Mix the herbs together with the oil, the lemon juice, the salt and pepper. Spread the mixture on the belly and the outside of the mullets. Line a pan with aluminum foil and put the fish on top. Put it on the grill and grill the fish 4-10 minutes on each side, according to the size of the fish. Sprinkle continuously with lemon juice. Grill until the flesh easily comes away from the bone. Serve immediately with bread and green salad.

