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SALADS AND SANDWICHES

BY

MARY M. WRIGHT

AUTHOR OF

"CANDY MAKING AT HOME"

"PRESERVING AND PICKLING"

TEMPTING DISHES THAT RE-
QUIRE VERY LITTLE IN THE
WAY OF MATERIALS, BUT WHICH
ARE DELICIOUSLY EATABLE

PHILADELPHIA
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Salads and Sandwiches

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Salads and Sandwiches

I

The Art of Salad Making

CHAPTER I

THE ART OF SALAD MAKING

SALADS are very popular, and there is a good reason for this popularity. In the first place they are healthful. The mineral salts in the vegetables, and the acids in the fruits, combined with the dressing, are of benefit to the human system to a marked degree. The salads made of green vegetables and fruits tend to purify the blood, improve the complexion, and aid digestion. The olive oil used in the mayonnaise and French dressings has a laxative effect which is beneficial to most people; then the eggs, oil, milk, sugar and such ingredients, which are used in most dressings, have a decided food value.

Heavy salads, which are composed of meats, fish, nuts, cheese, and such articles of food, readily take the place of a hot meat-dish, and are best

served at a luncheon or supper. These salads are made appetizing and digestible by being combined with green vegetables such as celery, lettuce, cress, and onion. A salad of some kind should be found on the family menus at least once a day; and they are almost indispensable when it comes to entertaining.

The salad is also an economical dish from the fact that small quantities of food that would not be enough to be used by themselves may be combined together in a salad, made tasty by being well-seasoned and moistened with a dressing. Left-over meats, vegetables and such may be transformed into a delicious salad by adding celery, cress, lettuce, or any raw or cooked vegetables, and dressing; or they may be combined with cheese, nuts, or eggs.

There is an art in making a successful salad as in everything else. When a salad is rightly made it will be a delight to the eye as well as the palate. There is an art in garnishing a salad as well as in combining flavors. The form in which

the salad materials are prepared is of prime importance as well as the food value and the other qualities which go to make up a good salad. The kind of dressing used, and the seasoning has much to do in the making or the mar-
ring of a salad. Another thing that should be kept in mind is that the ingredients must be cold.

In preparing a green salad for the table care should be taken that the greens are well cleansed. All plants that form heads should be separated, and each leaf examined after washing to see that there are no insects or dirt left upon it. Be thorough, but quick. Do not allow the greens to remain too long in the water unless they are badly wilted. (They should always be crisp and fresh if possible.) Drain thoroughly after washing. Next in importance to green salads come those of raw vegetables, such as cucumbers, radishes, tomatoes and onions. These may be sliced thinly, or cut up into fancy shapes, and should be well chilled before serving. Of cooked vege-

tables there are an endless variety. Potatoes, carrots, turnips, beets, and such vegetables may be boiled whole, then diced or cut up into any shape desired, or they may be peeled and cooked in form of balls, slices, either plain or fancy. Use a knife in cutting up potatoes, tomatoes, carrots, beets, and also meats. Shears may be used in cutting many of the ingredients. Some articles of food can be run through a food chopper. Nuts should in most cases be blanched, and broken, or chopped coarsely or finely as the salad requires. Bananas and apples which have a tendency to turn black after being peeled should be sprinkled with lemon juice, and not peeled too soon before being served. Cucumbers and cabbage and onions are improved if they are allowed to stand in ice water for a short time before being used. Drain thoroughly before adding to the salad.

The receptacle in which a salad is served has much to do with its attractiveness. Pretty salad dishes are easily obtained. Salads served in apple,

tomato, or beet cups are pleasing to the eye. Sweet red and green pepper cups are also nice in which to serve individual salads. Halves of oranges, lemons, grapefruits, or melons make nice receptacles for holding salads. These are only suggestive of what can be done in way of serving the salad.

GARNISHING THE SALAD

The salad may be made a beautiful part of the menu as well as a useful part by the garnishing used. A garnish should be appropriate to the salad served. Those oftenest used are tender sprigs of parsley, watercress, celery-tips, mint, the inner leaves of lettuce, cauliflower, cold boiled or pickled beets, carrots, potatoes, gherkins and cucumbers, pimentos, sections of oranges, slices of lemons, pimolas, olives, tomatoes, hard-boiled eggs, stiff mayonnaise, jellied fruit juices, and like garnishes.

All green garnishes should be perfectly clean, crisp and fresh. Combinations of two kinds of

green stuff, as celery and parsley, or cauliflower and cress are effective.

There is almost no limit to the variety of shapes in which hard-boiled eggs and vegetables can be cut; but their decorative effect depends largely upon the uniformity of the pieces. The yolks of the eggs and whites of the eggs may be used together or separately (as best accords with the dish they are to decorate), and cut into rings, circles, cubes, diamonds or strips.

Lemons also may be cut into an almost endless variety of ways for garnishing. Lemon boats holding mayonnaise or other salad dressings are nice served with individual salads.

Pimolas, tiny red peppers, sweet green peppers, and cucumbers may be sliced or cut into rings or fancy shapes and used for garnishing salads. Beets make a very effective garnish. Plain boiled or pickled beets sliced, then cut out in form of stars, or any shape desired, help to give a bit of color to a salad. Tiny beets are often left whole.

Potatoes boiled, then allowed to cool, may be cut into fancy shapes, such as balls, strips, cubes and flutes and used as a garnish for vegetable and meat salads. A potato peeled around and around like an apple, and fried in deep fat, and then used as a garnish is something new. Mashed potatoes may be formed into balls, egg-shape, and into downy chicks, roses, and so forth, and used as a garnish. If they are mixed with chopped parsley or chopped pimentos it will help out the effect. A touch of green, such as a sprig of parsley or a bit of watercress, should always be added to a potato garnish.

Tiny red radishes, pearl onions, tiny cucumbers, small red and yellow tomatoes, all lend themselves admirably to garnishing.

SOME GENERAL DIRECTIONS FOR MAKING SANDWICHES

The possibilities of the sandwich are almost unlimited. It grows into popularity as the days go by. It is the standby of the picnic basket, of the

children's school luncheons, and of all kinds of parties and festive occasions. It is carried along on motor trips, on the cars, and is found at all tea rooms, and where light refreshments are served. It is served at luncheons of all sorts, and is in great favor for the Sunday evening suppers.

Day-old bread is best for sandwiches, and as a general rule should be cut in very thin slices, although these thin sandwiches are generally despised by the men who have hearty appetites; so when preparing sandwiches for men's or boys' luncheons it is well to cut the slices thicker. Remove the crusts from the loaf before slicing the bread; then butter, using creamed butter if possible, as it is easier to spread. Cut up with a knife into squares, triangles, diamonds, strips or halves; and if you wish fancy shapes, such as stars, hearts and the like, use cutters.

The seasoning of the various mixtures used for fillings in the sandwiches is as much an art as the making of the sandwiches. Mayonnaise dressing is excellent to moisten the mixtures used in salad

sandwiches, and also in many of the meat sandwiches. Mustard, horseradish, catsup, paprika, mint, onion, and parsley are all excellent to use for seasoning. A tiny pinch of cayenne, or a tiny bit of garlic, or some finely minced chives may be added to some fillings, such as egg, meat, and cheese.

If sandwiches are not to be eaten immediately they should be wrapped separately in paraffine or waxed paper, and packed in a paper-lined box, or covered with a damp cloth. Salad sandwiches should be made just before they are to be eaten. Graham, entire wheat and brown bread are all excellent for making certain kinds of sandwiches. Sometimes a slice of brown, or graham bread, and one of white are used together in the same sandwich. Graham crackers, wafers, biscuits, and slices of cake may all be used in making sandwiches. In making toasted sandwiches the bread should be delicately browned.

There are many variations of the sandwiches, all of which are eatable. We have classified these

under three heads—the salad sandwiches, the sweet sandwiches, and the substantial sandwiches, so that the housewife and hostess may have no difficulty in finding just what she wants.

II

Salad Dressings in Variety

CHAPTER II

SALAD DRESSINGS IN VARIETY

MAYONNAISE and French salad dressings are most commonly used for vegetable and meat salads, and syrup and custard dressings for fruit salads. Besides these there are a variety of other dressings that may be used with satisfaction, giving a pleasing change to the salads. All measurements are level.

UNCOOKED MAYONNAISE DRESSING

| | |
|--|-----------------------------------|
| 1 cupful olive oil | 1 teaspoonful salt |
| 4 tablespoonfuls lemon juice or vinegar | 2 egg yolks |
| 1 teaspoonful sugar | $\frac{1}{2}$ teaspoonful mustard |
| | 1 tiny pinch of cayenne |

Have the bowl in which the mayonnaise is to be made very cold. Beat up the egg yolks, and add the dry ingredients, and mix thoroughly; add about a teaspoonful of lemon juice or vinegar, then add the oil drop by drop—a half of it at

least—and stir constantly. After half of the oil has been perfectly blended, then it may be added by the half spoonful instead of the drop. Thin with the vinegar or lemon juice as the mixture thickens until all has been added. The mixture should be smooth and not curdled. Half lemon juice and half vinegar may be used if liked.

GREEN MAYONNAISE DRESSING

This is made by adding thick spinach juice to the thick mayonnaise—it is well to add another egg yolk when making the mayonnaise so that it will be thick. It also may be colored green by adding crushed parsley, and a little green vegetable coloring.

BOILED MAYONNAISE DRESSING

| | |
|---|------------------------|
| 1 cupful olive oil | 1 teaspoonful salt |
| 3 egg yolks | 1 cupful water |
| 4 tablespoonfuls vinegar or lemon juice | 3 tablespoonfuls flour |
| | 1 teaspoonful sugar |
| A tiny pinch of cayenne, or a half teaspoonful of paprika | |

Place part of the olive oil in a double boiler, and blend the flour into this; then stir in the

water. Stir constantly until smooth and thick. Season, and then add the vinegar or lemon juice. Beat up the egg yolks, and stir into the dressing after it has been removed from the fire. Stir in the remainder of the oil a little at a time, and whip until smooth and creamy.

CREAM MAYONNAISE DRESSING

This is made by folding a cupful of whipped cream into any thick mayonnaise. Season the cream with a pinch of salt, and a sprinkle of paprika.

SOUR CREAM MAYONNAISE DRESSING

| | |
|------------------------------|-----------------------------|
| 2 egg yolks | $\frac{1}{2}$ cupful water |
| $\frac{1}{2}$ cupful vinegar | 2 tablespoonfuls cornstarch |
| 2 tablespoonfuls sugar | 1 teaspoonful salt |
| 1 tablespoonful mustard | 1 cupful thick sour cream |
| 1 tablespoonful butter | |

Place the vinegar in a double boiler, and bring to a boil; stir in the cornstarch, which has been dissolved in a little cold water, and the egg yolks well-beaten. When thick and smooth add the seasoning. Remove from the fire, and stir in one

cupful of thick sour cream. This makes an excellent dressing for cabbage, cucumbers, beans potatoes and like vegetables.

BOILED DRESSING

| | |
|---|-----------------------------------|
| 2 tablespoonfuls of butter | 1 tablespoonful flour |
| 2 egg yolks | 1 cupful milk or water |
| 1 teaspoonful mustard | 2 level teaspoonfuls salt |
| 1 teaspoonful sugar | $\frac{1}{8}$ teaspoonful cayenne |
| $\frac{1}{4}$ cupful lemon juice or vinegar | |

Blend the butter and flour together in a double boiler, and stir in the milk and beaten yolks of eggs, stirring constantly until thick and smooth. Remove from the fire. Season, and add the vinegar. Beat up well; then add one-half cupful whipped cream if you like.

MUSTARD DRESSING

| | |
|--------------------------------------|------------------------------|
| 2 eggs | $\frac{1}{2}$ cupful vinegar |
| 1 tablespoonful of mustard | 2 tablespoonfuls sugar |
| 1 tablespoonful butter | $\frac{1}{2}$ cupful cream |
| $\frac{1}{4}$ teaspoonful of cayenne | 1 teaspoonful flour |
| $\frac{1}{2}$ cupful water | Salt |

Blend the flour and mustard together, then stir into the melted butter that has been placed in a

double boiler ; then stir in the water and vinegar, and season with salt and the pepper, and sugar. Lastly stir in the beaten eggs and cream blended together. Stir like a boiled custard for about fifteen minutes after it begins to cook. This should be thick, smooth and spongy, and pleasant to the taste.

CHILI DRESSING

Chili sauce

Onion

Mayonnaise or boiled dressing

To a mayonnaise or boiled dressing add chili sauce and grated onion, using to a cupful of mayonnaise two tablespoonfuls of the sauce and one grated onion. This sauce or dressing is nice to serve with fish or meat salads.

PIMENTO DRESSING

Canned pimentos

Mayonnaise or boiled dressing

Pass the pimentos through a food chopper or potato ricer. To a cupful of mayonnaise or boiled dressing add one-half cupful of this pulp, and add a little more seasoning. Good for cheese salads.

CURRY DRESSING

Mayonnaise or boiled dressing

Curry powder

Curry dressing is made by adding a teaspoonful of curry powder to a cupful of dressing. Mix thoroughly into the dressing. This is nice to use as a dressing for rice, meat and cheese salads.

TOMATO DRESSING

1 cupful tomato juice

1 tablespoonful butter

1 tablespoonful flour

 $\frac{1}{4}$ teaspoonful pepper

1 teaspoonful salt

1 teaspoonful sugar

Blend the butter and the flour together in a double boiler and add the tomato juice which can be flavored with onion, celery or spices to suit the taste. Stir until thick and smooth; then add the seasonings. Tomato dressing is good to serve with egg, cheese and macaroni salads, and also with meat salads.

FRENCH DRESSING

1 teaspoonful salt

 $\frac{1}{2}$ teaspoonful pepper

5 tablespoonfuls olive oil

2 tablespoonfuls vinegar

Mix the seasoning thoroughly with the olive oil; then gradually stir in the vinegar, and beat

or shake up until thoroughly blended. Use on the salad at once. This salad dressing may be varied by adding paprika, mustard, sugar or any desired seasoning; or tarragon vinegar may be used instead of the plain vinegar.

CUSTARD DRESSING FOR FRUIT SALADS

| | |
|----------------------------|----------------------------|
| 1 cupful water or milk | $\frac{1}{2}$ cup cream |
| 1 tablespoonful cornstarch | 3 eggs |
| Pinch salt | $\frac{1}{2}$ cupful sugar |
| Flavoring | |

Place the water or milk in a double boiler, add the sugar and salt; when it comes to a boil stir in the cornstarch blended together with two tablespoonfuls of water and the yolks of the eggs. Stir until smooth and thick. Remove from the fire and stir in the beaten whites of the eggs. When cold add one-half cupful of whipped cream if you wish an entirely sweet dressing, or if you wish a partly sour dressing add a half cupful of lemon, cherry, or any other tart fruit juice desired. To add to a sweet dressing, flavor with a

little vanilla, strawberry, pineapple or any extract that combines well with the fruit it is to be used upon.

HONEY DRESSING FOR FRUIT SALADS

| | |
|------------------------------------|-------------------------------------|
| $\frac{1}{2}$ cupful whipped cream | $\frac{1}{2}$ cupful strained honey |
| 1 lemon | 2 eggs |
| 1 tablespoonful water | 1 tablespoonful sugar |

Place the honey, water, lemon juice and sugar in a double boiler, and stir in the egg yolks and boil until thick. When cool fold in the whipped cream.

PINEAPPLE DRESSING

| | |
|------------------------------------|----------------------------|
| 1 cupful pineapple juice | $\frac{1}{4}$ cupful sugar |
| 3 egg yolks | 1 tablespoonful flour |
| 1 tablespoonful butter | 1 lemon |
| $\frac{1}{2}$ cupful whipped cream | |

Blend the flour and butter together in a double boiler, and stir in the pineapple juice, the lemon juice, and the yolks of the eggs well-beaten, and sugar. Stir until smooth and thick. When cool fold in the whipped cream.

LEMON SYRUP DRESSING

1 cupful lemon juice

1 cupful sugar

Add the sugar to the lemon juice, and the grated rind of two lemons. Boil down to a thick syrup. Pineapple, orange, or any fruit syrup may be made in the same way, and a combination of fruit juices may be used. If juices that are not tart are used, always add a little lemon juice to make of the required tartness.

III

Vegetable Salads

CHAPTER III

VEGETABLE SALADS

VEGETABLE salads are both appetizing and healthful. The salt and minerals in green vegetables have a favorable effect on the human system, and with the addition of the dressing have food value as well. All vegetables used in salads should be as crisp and fresh as possible; and all greens, such as lettuce, cress, dandelions, and endive should be thoroughly washed and looked over before being used.

LETTUCE SALAD

Lettuce

Green sweet peppers

Onion juice

Parsley

French dressing

Roquefort cheese

Shred some crisp lettuce leaves, and add to each cupful two tablespoonfuls of chopped parsley, one-half cupful of green peppers, and a half teaspoonful of onion juice. Mix thoroughly together and

place on lettuce leaves. Pour over a French dressing, and if liked, grate some Roquefort cheese over the top. This salad is nice when you wish to carry out a green, or green and white color scheme on the table.

SURPRISE LETTUCE SALAD

Hearts of lettuce

Celery

Red sweet peppers

Mayonnaise dressing

Chop the celery and red peppers together, using an equal quantity of each, and moisten with mayonnaise. Open up the lettuce hearts, and fill the mixture into them, then close up so that the filling will not show. Dress the lettuce with a French dressing.

CELERY-CHEESE SALAD

Celery stalks

Cream cheese

Nut meats

Sweet pepper

Mayonnaise dressing

Watercress or lettuce

Select celery stalks with deep grooves in them. Remove the tops, then cut up into three-inch lengths. Mix a soft cream cheese with a bit of salt and paprika, a few chopped nut meats,

a little chopped sweet pepper, and a little mayonnaise. Fill the grooves in the celery stalks with the cheese mixture, and chill. Serve in a nest of shredded lettuce, or with watercress and sliced tomatoes. Either mayonnaise or French dressing is very good with this salad.

CELERY-POTATO SALAD

| | |
|-------------------------------|-----------------|
| 1 cupful cold cooked potatoes | 1 Bermuda onion |
| 1 cupful of chopped celery | French dressing |

Mix the vegetables together. First slice and cut the potatoes into cubes, also the onion; then add the dressing. If preferred a mayonnaise dressing may be used instead of the French dressing. Season the vegetables with salt and pepper before adding the dressing.

CELERY-ONION SALAD

| | |
|-------------------------|-----------------|
| 1 cupful chopped celery | 1 Bermuda onion |
| Green sweet pepper | Lettuce |
| French dressing | |

Slice the onion in large rings, and soak in slightly salted water for several minutes. Ar-

range the lettuce leaves in a salad dish, then add the onion, and the chopped celery. Remove the seeds from a green pepper, slice in rings and place on top. If you wish a bit of color add a few rings of sweet red peppers. Serve with a French dressing.

CABBAGE SALAD IN GREEN PEPPER CASES

Sweet green peppers
French dressing

Green cabbage leaves
Lettuce leaves

Cut off the small ends from sweet green peppers, and remove the seeds. Chop the cabbage very fine, and fill into the pepper cases. If liked a few chopped green peppers may be added to the cabbage. Pour a French dressing over the cabbage. Place each pepper on a lettuce leaf.

CABBAGE AND NUT SALAD

Tender cabbage
Celery

Nut meats
French dressing

Chop tender heart of cabbage very fine and to each pint add one cupful of chopped nut meats,

and one-half cupful of chopped celery. Mix together and marinate well with French dressing. Mayonnaise dressing may be used if preferred.

CABBAGE-CUCUMBER SALAD

2 cupfuls chopped cabbage 1 cupful chopped cucumbers
Mayonnaise or French dressing

Use the tender heart of a cabbage, and chop up. Slice the cucumber very thin, and cut into quarters. Mix together and add the dressing. Good served in cabbage leaves.

CAULIFLOWER SALAD

1 small head cauliflower $\frac{1}{2}$ cupful boiled peas
 $\frac{1}{2}$ cupful of chopped celery Grated cheese
French or mayonnaise dressing

Boil the cauliflower in salted water. When cold break into small pieces. Add the cold boiled peas, the chopped celery, and the dressing. Serve on lettuce leaves. A little grated Parmesan or American cheese may be

sprinkled over the salad before the dressing is added.

HENRY IV SALAD

| | |
|--------------------------|------------------|
| 1 small oucumber | 3 large tomatoes |
| ½ cupful lean cooked ham | 1 pimento |
| Watercress | French dressing |

Peel tomatoes, chill and cut in halves cross-wise. Place each half with the cut side up on a bed of cress on a salad plate. Dress with French dressing. Peel the cucumber, remove seeds from the pimento, and chop cucumber, pimento and ham together. Mix thoroughly with French dressing, and pile on top of the tomatoes.

RED PEPPER AND BEAN SALAD

| | |
|------------------------|-------------------------|
| 2 cupfuls string beans | 1 small can red peppers |
| Mayonnaise dressing | |

Boil string beans in slightly salted water until tender; season to taste. Canned beans may be used instead of fresh if desired. Chop the pep-

pers fine; mix with the beans and dress with mayonnaise. Serve on lettuce leaves garnished with stars cut from red peppers.

GREEN PEPPER SALAD

| | |
|-------------------------|-------------------------------|
| Sweet green peppers | 1 cupful chopped celery |
| 1 cupful chopped tomato | 2 onions |
| Lettuce leaves | Mayonnaise or boiled dressing |

Cut the stems from the large green peppers, and cut into rounds about an inch thick. Remove the seeds, and place each round on a lettuce leaf. Mix the chopped tomato, celery, onion and dressing together, and fill into each round. Serve a ring to each person.

POTATO SALAD No. 1

| | |
|----------------------|-----------------|
| Cold cooked potatoes | Onion |
| Hard-boiled eggs | Boiled dressing |

Cut the potatoes up into cubes, and to each pint of potato add two good-sized onions cut up into bits, and two hard-boiled eggs, sliced. Season well with salt and pepper, and dress with boiled

or mayonnaise dressing. Garnish with rings of hard-boiled eggs.

POTATO SALAD No. 2

| | |
|-------------------------|-------------------------|
| ½ dozen large potatoes | 1 large onion |
| 1 cupful chopped celery | 1 tablespoonful parsley |
| 2 pickled cucumbers | Dressing |

Cut the potatoes up into cubes, chop the onion and add the celery and the cucumbers chopped. Mix thoroughly together. Dress with either a boiled or mayonnaise dressing. Garnish with tiny cucumbers or with slices of hard-boiled egg and cress.

DUBLIN SALAD

| | |
|---|----------------------------------|
| 2 cupfuls of cold mashed potatoes | Mayonnaise dressing |
| 1 tablespoonful of finely chopped onion | 2 tablespoonfuls butter |
| | 1 tablespoonful vinegar |
| | Lettuce |
| | 2 tablespoonfuls chopped parsley |

Place cold mashed potatoes in a bowl; add the melted butter and the other ingredients; season with salt and pepper; mix well and let stand one

hour. Form into small balls. Make little nests of lettuce leaves and put about three balls into each nest, and place a spoonful of mayonnaise on top of each.

CUCUMBER AND POTATO SALAD

Cold-boiled potatoes

Fresh cucumbers

White or green mayonnaise dressing

Peel and dice the potatoes, slice and dice the cucumbers, using one-half cupful of cucumber to each cupful of potato; a little white onion can be added if liked. Dress with a white or green mayonnaise or a French dressing if preferred.

STRING BEAN SALAD

String beans

Cucumbers

Green peppers

French dressing

Lettuce leaves

Cook green string beans in slightly salted water until tender. Add to these one or two green sweet peppers chopped fine, and cucumbers chopped or diced. Dress with a French dressing, and serve on lettuce leaves.

OLIVE AND CELERY SALAD

| | |
|--------|---------------------|
| Celery | Mayonnaise dressing |
| Olives | Lettuce leaves |

Chop an equal quantity of white crisp celery and olives. Mix well and moisten with white or green mayonnaise. Serve on lettuce leaves and garnish with whole olives.

APPLE AND SWEET PEPPER SALAD

| | |
|------------------------------------|---------------------|
| Apples | Green peppers |
| Lettuce leaves or cress or parsley | Mayonnaise dressing |

Choose tart apples with a white flesh, peel, and cut up into dice. Chop an equal quantity of sweet green peppers and mix with mayonnaise dressing—either white or green; fill into green pepper cases, and serve each case on a lettuce leaf or nest of cress or parsley.

RADISH AND OLIVE SALAD

| | |
|--------------------------|-----------------|
| 1 cupful sliced radishes | Lettuce leaves |
| 1 cupful stuffed olives | French dressing |

If the small round radishes are used peel and cut them into quarters; but if the long ones are

used slice them. Arrange the radishes alternately with the olives on lettuce leaves and pour a French dressing over all. Cucumbers and radishes also make a good combination.

SPINACH SALAD

Mayonnaise

Gelatine

Hard-boiled eggs

Spinach

Boil the spinach in slightly salted water until tender. Chop fine and press into individual molds. Add a little gelatine (1 teaspoonful to a cup of juice) to the spinach juice, and pour over the molds. Turn out after standing several hours in a cool place, and serve with rings of the whites of hard-boiled eggs. Place a spoonful of white or green dressing on top of each mold.

CRESS SALAD

Cress

French dressing

Cream cheese

Nut meats

Place the cress in a salad dish, and garnish with little balls of cream cheese with nut meats mixed through it. Dress with a French dressing.

BEEF AND ONION SALAD

| | |
|--------------------------------|-----------------|
| 2 large Spanish onions | 4 large beets |
| French or horseradish dressing | Salt and pepper |
| | Lettuce leaves |

Boil the beets until tender, and let stand until cold; also boil the onions in slightly salted water, drain and when cold slice in thin slices. Slice the beets in thin slices, and arrange half of them on lettuce leaves placed on a plate. On the top of the beet slices sprinkle salt and pepper, and pour over a little of the French dressing; then place the onion slices on top of the beet slices, and on top of the onion the remainder of the beet slices, sprinkling as before with salt and pepper, and pour over some of the dressing. Garnish each slice with a pimola or with a sprig of parsley.

BEEF AND EGG SALAD

| | |
|----------------------------------|---------------------|
| $\frac{1}{2}$ dozen tender beets | 3 hard-boiled eggs |
| $\frac{1}{2}$ dozen pimolas | Mayonnaise dressing |
| | Lettuce leaves |

Boil the beets until tender, and peel, and cut up into cubes. Remove the shells from the eggs,

and slice. Arrange the beet and egg on lettuce leaves in a salad dish, and dress with mayonnaise or boiled dressing. Garnish with the pimolas.

SWEET POTATO SALAD

| | |
|--------------------------|-------------------------|
| 2 cupfuls sweet potatoes | ½ cupful chopped celery |
| Sweet red pepper | 1 onion |
| French dressing | Lettuce leaves |

The potatoes should be cut up into cubes and mixed with the celery, and seasoned to taste. Slice the onion, and separate into rings. Seed the red peppers and cut into rings. Heap the potatoes on lettuce leaves in a salad dish, and decorate with pepper and onion rings. Dress with French dressing.

RUSSIAN SALAD

| | |
|----------------|---------|
| Carrots | Turnips |
| Onion | Celery |
| Potato | Beets |
| Lettuce leaves | Peas |

Mayonnaise dressing

This is made by using a mixture of boiled vegetables, one or two of each kind. Cut up into

cubes, and mix thoroughly together. Mix with mayonnaise dressing, after the mixture has been seasoned to taste with salt and pepper. Heap up onto lettuce leaves in salad dish, and garnish with cucumbers, or tomatoes sliced, or celery tips.

CARROT SALAD No. 1

| | |
|----------------|---------------------|
| Carrots | Mayonnaise dressing |
| Lettuce leaves | Asparagus tips |

Boil the carrots very tender, also boil the asparagus tips in slightly salted water. Cut the carrots in long lengthwise strips, and arrange so as to form a latticework around the edge of the plate covered with lettuce leaves. In the center place the asparagus tips. Dress with mayonnaise dressing.

CARROT SALAD No. 2

| | |
|----------------------|---------------------|
| 1 dozen tiny carrots | 1 can pimentos |
| 1 Spanish onion | Mayonnaise dressing |
| Lettuce leaves | |

Use the young tender carrots, and boil in slightly salted water until tender. Cover a salad

plate with lettuce leaves, arrange the carrots around the edge. Chop up the pimentos and the onion, mix with mayonnaise and heap up in the center. If serving on individual plates place the carrot in the center of the plate on a lettuce leaf, and arrange the pimento and onion mixture around it. This salad is nice to serve when carrying out a green, red and yellow color scheme.

SPRING SALAD

Cress

Onion tops

Lettuce

French dressing

Shred the lettuce and the cress, and add an equal amount of chopped young onion tops. Toss up together and cover with French dressing.

SPRING ONION SALAD

1 cupful cold boiled potatoes

Lettuce leaves

Hard-boiled eggs

1 cupful chopped onions

Mayonnaise or boiled
dressing

The potatoes should be cut up in cubes, and mixed with the chopped young onions. Season to taste, and dress with mayonnaise. Heap up

on lettuce leaves, and garnish with slices of hard-boiled eggs.

MINT-CUCUMBER SALAD

| | |
|------------------------------------|----------------------------|
| 3 cucumbers | 1 cupful chopped celery |
| 3 tablespoonfuls fresh mint leaves | ½ cupful of shredded cress |

French dressing

Peel the cucumbers, and cut into cubes, and chill thoroughly; add the celery, the cress, and the chopped fresh mint leaves. Toss the ingredients together, and dress with a French or mayonnaise dressing as preferred.

TOMATO AND CHEESE SALAD

| | |
|-------------------------------|-----------------|
| Medium-sized tomatoes | Cream cheese |
| Pimentos | Chopped parsley |
| French or mayonnaise dressing | Salt and pepper |
| Lettuce leaves | |

Peel the tomatoes, scoop out the seeds and part of the pulp, sprinkle the cavities with salt and let stand inverted a while. Work into some good cream cheese pimentos chopped fine, and a little chopped parsley. Mix thoroughly with French

or mayonnaise dressing, and fill into the tomato cups. Serve on lettuce leaves and garnish with pimolas.

TOMATO-NUT SALAD

Tomatoes

Nut meats

Celery

Mayonnaise dressing

Lettuce leaves

Peel the tomatoes, scoop out some of the pulp in the center, salt, and invert. Chop the nut meats, and to each cupful add about one-fourth cupful of crisp chopped celery, and a little of the tomato pulp. Mix with thick mayonnaise to make of the right moisture, and fill into the tomato cups. Place each cup on lettuce leaves, with some mayonnaise heaped around, and garnish with half of nut meats.

TOMATO AND SARDINE SALAD

Medium-sized tomatoes

Sardines

Fresh mint

French dressing

Lettuce leaves

Peel and slice the tomatoes. Line a salad dish with lettuce leaves and arrange the slices in this.

On each slice place a sardine that has been drained and wiped dry. Sprinkle fresh mint over the top of the salad and cover with a French dressing.

TOMATO-MUSHROOM SALAD

| | |
|-----------------------|-----------------------|
| Medium-sized tomatoes | 1 cupful of mushrooms |
| Onion | Celery |
| Mayonnaise dressing | |

Peel the tomatoes and scoop out the seeds, sprinkle the cavities with salt and invert and set on ice. Mix with one cupful of mushrooms, one-half cupful of finely chopped celery and one small onion chopped fine. Dress with good thick mayonnaise. Fill the tomato cups with this mushroom mixture. Serve on lettuce leaves with a little mayonnaise around the tomato cups.

TOMATO AND BAKED BEAN SALAD

| | |
|-----------------|-------------|
| Tomatoes | Baked beans |
| Onion | Celery |
| French dressing | |

Peel medium-sized ripe, firm tomatoes, and scoop out the seeds and part of the pulp, salt and

invert. To a cupful of baked beans add a half cupful of tomato pulp, one small onion chopped very fine, and two stalks of celery also chopped fine. Mix with French dressing and fill into the tomato cups, and chill.

MACARONI-TOMATO SALAD

| | |
|-------------------|----------------|
| Macaroni | Tomatoes |
| Cream cheese | Lettuce leaves |
| Tomato mayonnaise | |

Take some cold boiled macaroni and mix in some cream cheese. Dress with a tomato mayonnaise and fill into tomato cups, or arrange in a salad dish lined with lettuce leaves, and garnish with slices of tomatoes cut into fancy shapes.

TOMATO-CELERY SALAD

| | |
|-----------------------|--------|
| Medium-sized tomatoes | Celery |
| French dressing | Onion |
| Lettuce leaves | |

Skin the tomatoes, remove a slice from the stem end of each, and remove part of the pulp.

Sprinkle the inside of these tomato cups with salt, invert, and let stand for about an hour. Chop your celery, adding one small onion, chopped, and some of the tomato pulp that has been removed. Use a French dressing, although mayonnaise may be used if preferred, and mix well. Place the celery mixture inside of the tomato cups, and serve on lettuce leaves. Chill thoroughly before serving.

TOMATO-ASPARAGUS SALAD

Medium-sized tomatoes

Paprika

Pimolas

Asparagus tips

Mayonnaise

Cayenne

Lettuce leaves

Peel the tomatoes after dipping them into boiling water a moment. Scoop out the pulp from the centers, salt the inside slightly, and set on ice until chilled. Boil the asparagus tips in slightly salted water. Drain and season with paprika and cayenne, and mix with thick mayonnaise dressing and chill. Fill into tomato cups, and place each cup on a lettuce leaf, with some may-

onnaise dressing around it and garnish with pimolas.

CUCUMBER-TOMATO SALAD

Medium-sized tomatoes

Onions

Salt and pepper

Cucumbers

Mayonnaise dressing

Lettuce leaves

Skin the tomatoes, and remove a slice from the top and scoop out the seeds, also some of the pulp. Chop up young cucumbers after they have been peeled, also one medium-sized white onion, season with salt and pepper, and mix in enough thick mayonnaise to moisten. Fill this mixture into tomato cups, and place each one on a lettuce leaf.

TOMATO-ONION SALAD

Large firm tomatoes

Salt, pepper and sugar

Bermuda onions

Mayonnaise dressing

Slice the tomato about half an inch thick after peeling, and place on top of this a slice of Bermuda onion about the same thickness. Choose onions the same size as the tomatoes. Place on

the onion slice another slice of tomato. Each slice of tomato should be sprinkled with salt, pepper and sugar, and the onion with salt. With a sharp knife cut into dice. Pour a little French dressing or seasoned vinegar over, and on the top place a mound of stiff yellow mayonnaise. Serve with cheese wafers.

SPANISH TOMATO SALAD

Small tomatoes

Radishes

Onions

Sweet green peppers

French dressing

Use small round tomatoes, peel and cut into thin slices, and place a layer in the bottom of a salad bowl; then place on top of this a layer of white onion sliced very thin; then chopped radish and green peppers mixed. Repeat until the bowl is nearly full. Pour over a French dressing and blend thoroughly. Have the top slices of tomato, and garnish with little stars of mayonnaise, or with little stars cut out of red and green peppers.

EGG SALAD WITH TOMATO MAYONNAISE

Hard-boiled eggs

Tomatoes

Parsley

Olives

Mayonnaise dressing

Chop the hard-boiled eggs, and mix with them a little chopped olives. Season with a little salt and pepper. Make a thick mayonnaise dressing and add to this tomato purée which should be boiled down quite thick, using about one-fourth cupful of the thick tomato purée and enough mayonnaise to make of the right consistency. Garnish with slices of hard-boiled eggs.

IV

Heavy Salads

CHAPTER IV

HEAVY SALADS

HEAVY salads are those made with meats, fish, eggs, cheese, nuts, beans, peas, macaroni, and such articles of food, or combinations, that are substantial and have considerable food value. They are generally served at luncheons and suppers, and take the place of a meat dish. These hearty salads should be made as appetizing as possible by the addition of green vegetables or other articles of food that will add to the tastiness of the dish.

HAM SALAD

2 cupfuls of finely minced

boiled ham

1 head lettuce

Salt and pepper

2 cucumbers

3 hard-boiled eggs

French or mayonnaise
dressing

Chop the cucumbers and hard-boiled eggs, and mix thoroughly with the ham. Add the shredded

lettuce. If liked, a little chopped onion may be used. Serve it with a French dressing, and garnish with tiny cucumber pickles or sprigs of parsley.

CHICKEN SALAD No. 1

| | |
|-------------------------------|-------------------------|
| 2 cupfuls cold boiled chicken | 1 cupful chopped celery |
| Mayonnaise dressing | 1 onion |
| Lettuce leaves or celery tops | |

Cut the cold chicken up into bits, and mix with it the celery and the chopped onion, dress with mayonnaise, and place in salad dish. Garnish with celery tops or lettuce leaves.

CHICKEN SALAD No. 2

| | |
|-------------------------------|-------------------------|
| 2 cupfuls cold boiled chicken | 1 cupful nut meats |
| 1 cupful celery | 3 hard-boiled eggs |
| 1 onion | 1 tablespoonful parsley |
| Salt and paprika | Lettuce leaves |
| Mayonnaise dressing | |

Cut the chicken up into small bits; add the chopped nut meats, celery, onion, hard-boiled eggs and parsley. Mix thoroughly together, and season; then dress with either a mayonnaise,

boiled, or mustard dressing. Serve on lettuce leaves and garnish with parsley.

CHICKEN-CUCUMBER SALAD

| | |
|-------------------------------|----------------------|
| 2 cupfuls cold cooked chicken | 1 onion |
| 2 fresh cucumbers | French or mayonnaise |
| 1 green pepper | dressing |

Chop the chicken up, using both the white and dark part of meat, add the chopped cucumber and onion that have been soaked in slightly salted water for several minutes and drained, add the chopped pepper, and dress with French dressing. If liked the pepper can be used for garnishing. In this case slice in rings.

BACON-POTATO SALAD

| | |
|-------------------------|-----------------|
| ½ dozen boiled potatoes | 2 onions |
| 1 cupful of fried bacon | French dressing |
| Lettuce leaves | Parsley |

Cut the potatoes up into cubes, and season with salt and pepper; then add the onions chopped fine, and the fried bacon cut up into bits. Dress

with a French dressing, heap up on parsley or lettuce leaves, and garnish with parsley.

BACON-BEAN SALAD

| | |
|---|-------------------------|
| 2 cupfuls cold boiled or baked beans | 2 cucumbers (chopped) |
| 1 cupful cooked bacon | 1 cupful chopped celery |
| | Mayonnaise dressing |

Fry the bacon until crisp, and break up into bits, and add to the beans seasoned to taste; add the chopped celery and pickled cucumbers. Dress with sufficient mayonnaise to moisten nicely. Heap up in salad dish and garnish with celery foliage, or tiny cucumber pickles.

BACON-DANDELION SALAD

| | |
|------------------|-----------------|
| Dandelion leaves | Bacon |
| Hard-boiled eggs | French dressing |

Fry the bacon until crisp and cut up into bits. Boil the dandelion leaves in slightly salted water until tender, drain and chop up. Mix in the bacon and to each pint of bacon and dandelion add three hard-boiled eggs, chopped. Dress with

a French dressing, and garnish with rings of hard-boiled eggs.

JAPANESE SALAD

| | |
|-----------------------|---------------------|
| 2 cupfuls cooked rice | ½ cupful celery |
| ½ cupful nut meats | Mayonnaise dressing |
| Lettuce leaves | Pimentos |

Mix with the seasoned rice the celery and the nut meats. Arrange lettuce leaves in a salad dish and heap up the rice mixture in the center. Dress with mayonnaise, and garnish with bits of pimentos cut into fancy shapes, or with halved walnut meats, or almonds.

SARDINE SALAD

| | |
|-------------------------------|-------------------------|
| 3 cans sardines | Lettuce leaves |
| 1 onion | 2 large boiled potatoes |
| 2 hard-boiled eggs | 2 cucumber pickles |
| Mayonnaise or boiled dressing | |

Peel the cold boiled potatoes and cut up into cubes. Slice the cucumbers and onion in thin slices, and also the hard-boiled eggs. Flake the sardines, removing the bones, and add to the other ingredients. Moisten with mayonnaise or

boiled dressing. Place on lettuce leaves in salad dish and garnish with tiny sardines, and parsley.

OYSTER SALAD

| | |
|-------------------|-------------------------------|
| 1 pint oysters | Mayonnaise, boiled or mustard |
| ½ cupful crumbled | dressing |
| crackers | 3 sweet pickles |
| | Lettuce leaves |

Either fresh or canned oysters may be used. Parboil the oysters. Drain, and cut into quarters. Chop up the sweet cucumber pickles and add to the oysters, mix in the crackers. Season to taste, and dress with any of the above named dressings, or with sauce tartare. Heap up on lettuce leaves, and garnish with slices of lemon, or with tiny sweet cucumber pickles.

OYSTER AND SWEETBREAD SALAD

| | |
|-------------------------|----------------------|
| 1 pint oysters | 1 pair sweetbreads |
| 1 cupful cucumbers | ½ cupful celery |
| 1 chopped green pepper | Mayonnaise or French |
| Cress or lettuce leaves | dressing |

Parboil the oysters, and cut up into halves. Parboil the sweetbreads in slightly salted water, chop, and add to the oysters. Add the chopped

celery and chopped fresh cucumbers. If pickled cucumbers are used, only take half the amount. Add the chopped green peppers. Toss lightly together, and marinate with French dressing. Place on lettuce leaves or in a bed of cress, and garnish with mayonnaise, or rings of green pepper.

SARDINE-EGG SALAD

| | |
|---|--------------------------------------|
| 2 cans sardines | Mayonnaise dressing |
| $\frac{1}{2}$ cupful chopped cucumber pickles | $\frac{1}{2}$ dozen hard-boiled eggs |
| | Lettuce leaves |

Drain the oil off the sardines, and flake; then add the chopped pickles and the eggs also chopped. Moisten with mayonnaise, and serve on a bed of cress or lettuce, and garnish with slices of hard-boiled eggs, or tiny cucumber pickles.

SARDINE-RICE SALAD

| | |
|----------------------|-------------------------|
| 1 cupful cooked rice | 2 cans sardines |
| 1 chopped onion | 1 tablespoonful parsley |
| 6 pimolas | Mayonnaise dressing |
| | Lettuce leaves |

Flake the sardines, and mix into the rice that has been seasoned to taste. Add the chopped

parsley, onion and pimolas. Dress with mayonnaise. Heap up on lettuce leaves in a salad dish, and garnish with pimolas, and small sardines.

SHRIMP SALAD

1 can shrimps

2 hard-boiled eggs

Mayonnaise dressing

Lettuce leaves

Chop the hard-boiled eggs, and add to the shrimps. Dress with mayonnaise, and heap up on lettuce leaves. Garnish with slices of hard-boiled eggs, and celery foliage.

SALMON SALAD

1 can salmon

1 cupful celery

3 hard-boiled eggs

Mayonnaise dressing

Lettuce leaves

Remove all the liquid, skin and bones from the salmon and flake. Mix the chopped celery with the salmon, and the whites of the eggs chopped. Rub the yolks into some mayonnaise. Mix thoroughly with the salmon and celery. Serve on lettuce leaves and garnish with tips of celery, and slices of lemon.

CRAB SALAD IN TOMATO CASES

Large ripe tomatoes
Mayonnaise dressing

Crabs
Lettuce leaves

Use one tomato for each person to be served, and one crab to each tomato. Dip the tomatoes in boiling water, remove the skins ; then scoop out the seeds, and part of the pulp. Boil the crab in slightly salted water until tender, then chop up the meat. Mix the crab with part of the tomato pulp, and some mayonnaise. Fill into the tomato cups, the insides of which should have been sprinkled with salt and pepper. Place a small spoonful of mayonnaise on top of each tomato cup, and place the cups on lettuce leaves, and serve one to each person.

FLAKED FISH SALAD

1 can flaked fish
1 onion

1 cupful cucumbers
Mayonnaise dressing

Lettuce leaves

Turn the fish out, add the chopped fresh cucumbers, the chopped onion, and dress with mayonnaise. Serve on a bed of lettuce leaves.

Another fine flaked fish salad can be made by

using a cupful of chopped celery instead of the cucumbers. Pimentos and sweet red peppers chopped fine also make a good combination with fish. This dish is most attractive for luncheon parties. Its simplicity, inexpensiveness and comparative easiness of preparation will appeal to many a hostess.

FLAKED FISH AND POTATO SALAD

1 can flaked fish

Cold boiled potatoes

Mayonnaise dressing

Lettuce leaves

Mix with the flaked fish enough mayonnaise to make of the right consistency to form into balls. The balls should be about the size of a hickory-nut. Arrange on lettuce leaves with potato balls formed out of cooked potatoes, and surround with mayonnaise.

MEAT SALAD

1 cupful cold cooked beef

$\frac{1}{2}$ cupful chopped cabbage

$\frac{1}{2}$ cupful chopped celery

1 chopped onion

Mayonnaise dressing

Parsley

Cut the meat up into bits, and mix with it the chopped cabbage, celery and onion. Mix thor-

oughly with mayonnaise, and garnish with parsley. Good served in curved cabbage leaves.

VEAL SALAD

| | |
|---------------------------|------------------------|
| 1 cupful cold cooked veal | ½ cupful chopped apple |
| 1 cupful nut meats | 1 onion |
| Mayonnaise dressing | Tomatoes |

Cut the meat up into bits, and add the chopped tart apple, nut meats and onion. Dress with mayonnaise, and fill into tomato cups, made by dipping the tomatoes in boiling water to remove the skins. Scoop out the inside, salt and pepper and invert. Chill before serving. If liked some of the tomato may be added to the other ingredients. Place a spoonful of mayonnaise on top of each tomato.

GREEN PEA AND LAMB SALAD

| | |
|----------------------|--------------------------|
| 1 cupful cooked lamb | Seasoning |
| 1 cupful cooked peas | Mint mayonnaise dressing |
| Lettuce leaves | |

Cut the cold cooked lamb into dice; add the well-seasoned peas. Arrange in little nests of

lettuce leaves; dress with a mayonnaise well-flavored with mint. Garnish with capers or tiny pickles.

PEA AND NUT SALAD

| | |
|--------------------------------|--------------------|
| 2 cupfuls of cooked green peas | 1 cupful nut meats |
| Mayonnaise dressing | Cress or parsley |

Chop the nut meats and mix with the seasoned peas, then mix in some thick mayonnaise. Serve in little nests of cress or parsley, and garnish with halves of nut meats.

GREEN PEA AND CHICKEN SALAD

| | |
|-------------------|-------------------|
| Cooked green peas | Breast of chicken |
| Cucumbers | Lettuce leaves |
| French dressing | Salt and pepper |

Use only the white meat of chicken cooked until tender and cut up into bits, add to this the seasoned peas. Season the chicken with a little salt and pepper if not already seasoned. Place on lettuce leaves, pour over a French dressing, and garnish with tiny cucumbers, or fresh cucumbers sliced and cut in fancy shapes.

BEAN AND EGG SALAD

| | |
|------------------|------------------|
| Cold baked beans | Hard-boiled eggs |
| Parsley | Onion |
| French dressing | Celery |

Mix with the cold baked beans a little chopped parsley, a chopped onion, and a half cupful of chopped celery to two cupfuls of the beans. Mix thoroughly together and dress with a French dressing. Place the beans in the center of a dish or plate heaping up into a mound shape. Place parsley leaves all around the edge. Pass the yolks of two or three hard-boiled eggs through a potato ricer, and place around the beans. Garnish with a star cut out of pickled beet, or made of stiff mayonnaise.

BEAN AND ONION SALAD

| | |
|-----------------------------|-----------------------|
| ½ dozen medium-sized onions | 2 cupfuls baked beans |
| 2 hard-boiled eggs | 1 teaspoonful salt |
| 1 teaspoonful paprika | French dressing |
| 2 tablespoonfuls catsup | 1 teaspoonful sugar |
| Lettuce leaves or parsley | |

Place the salt in a pint of ice-cold water; put the sliced onions in this and let stand for one hour, then remove and drain thoroughly. White

onions of a mild flavor should be used. Place the beans in a bowl and season with the catsup, sugar and paprika. If not already salted add a little salt. Add the hard-boiled eggs chopped fine; then mix in the onions. Pour over this a French dressing. Mix the ingredients lightly with a fork, and garnish with crisp lettuce leaves or parsley.

EGG SALAD

| | |
|--------------------------|---------------------|
| 1 dozen hard-boiled eggs | 1 cupful minced ham |
| ½ cupful chopped celery | 1 onion |
| Mayonnaise dressing | Salt and pepper |
| Lettuce leaves | |

Chop the hard-boiled eggs, and season with salt and pepper; then add the minced ham, the celery and chopped onion. Mix all thoroughly together, and dress with a good mayonnaise or boiled dressing. Place on lettuce leaves, and garnish with celery tips or parsley.

EGG-BEET SALAD

| | |
|---------------------|-----------------------|
| ½ dozen eggs | ½ dozen pickled beets |
| Mayonnaise dressing | Lettuce leaves |

Boil the eggs until hard, remove the shells, and cut lengthwise into strips. Place lettuce leaves

on individual plates, and place a thick slice of beet on each lettuce leaf. On top of the beet slices arrange the white of eggs so as to form petals of a daisy. Mix some mayonnaise with the yolk and place in the center. Surround the beet slices with mayonnaise.

TONGUE SALAD

1 tongue

3 cucumber pickles

1 cupful celery

Mayonnaise dressing

Peel the tongue after it has been boiled and chop very fine, add the chopped celery, and mix in the mayonnaise dressing. Season with salt, pepper, or paprika to taste. Serve on lettuce leaves and garnish with capers, or slices of hard-boiled eggs.

STUFFED PIMENTO SALAD

1 small can pimentos

½ cupful nut meats

1 small onion

1 dozen pimolas

½ cupful cream cheese

Mayonnaise dressing

Lettuce leaves

Mix the cheese with a little of the liquid from around the pimentos until soft; then add the

chopped pimolas or olives, the chopped nut meats and the onion, and season with salt to taste. Fill the pimentos with this mixture. Arrange on lettuce leaves, and dress with mayonnaise dressing. A little mayonnaise may also be added to the filling.

CUCUMBER-VEAL SALAD

Large cucumbers
 ½ dozen olives
 1 small onion

Cold boiled veal
 3 hard-boiled eggs
 Mayonnaise

Lettuce leaves

Boil the cucumbers in slightly salted water after they have been carefully peeled. Cut into halves, and scoop out the center of each. Chill before filling. Chop the veal, hard-boiled eggs, olives, and onion together, season to taste, and add enough mayonnaise to make of the right consistency; then fill into the halved cucumbers. Place each half on a lettuce leaf on individual plates, and serve. Garnish with tiny cucumbers or capers.

MACARONI SALAD

| | |
|--|---------------------|
| 1 cupful cold boiled macaroni | Mayonnaise dressing |
| 1 cupful celery cut up into half-inch lengths | 2 hard-boiled eggs |
| | Salt and pepper |

Cut the tender and slightly salted macaroni in inch lengths. Chop the hard-boiled eggs; season to taste with salt and pepper, mix with celery; add to the macaroni, and blend in the mayonnaise.

MACARONI-TOMATO SALAD

| | |
|---|---|
| 2 cupfuls cold boiled macaroni | Mayonnaise dressing |
| | $\frac{1}{2}$ cupful celery |
| $\frac{1}{2}$ cupful diced cream cheese | $\frac{1}{2}$ dozen medium sized tomatoes |
| 2 sweet red peppers | |
| Lettuce leaves | |

Cut the macaroni up into half-inch lengths, add the chopped celery, and the tomatoes cut up into bits, also the chopped red peppers. Add the cheese, and season with salt and paprika or a little pepper. Dress with mayonnaise, and heap up on lettuce leaves. Garnish with rings of red peppers.

CHEESE SALAD

| | |
|---------------------------|----------------------|
| 1 cupful cream cheese | 1 cupful cooked rice |
| 1 dozen pimolas or olives | 1 cupful cooked peas |
| Lettuce leaves | |

Cut the cheese up into bits or grate and mix with the rice, add the pimolas or olives chopped, and the peas. Dress with a mayonnaise or boiled dressing. Serve on lettuce leaves, and garnish with pimolas.

V

Fruit Salads

CHAPTER V

FRUIT SALADS

FRUIT salads are especially nice to serve at luncheons, late suppers or wherever a light salad is desired. Almost all kinds of fruits may be used in making these salads, and a great variety can be had by combining different fruits or other articles of food with them. Only such fruits as blend well should be used together. If liked, a mayonnaise dressing may be used with many of these fruit salads; but most people prefer a custard dressing or a fruit syrup dressing, recipes for which are found in the chapter on salad dressings.

STRAWBERRY SALAD

1 quart strawberries
2 bananas

1 cupful seeded cherries
1 cupful pineapple

Wash and stem nice large strawberries, and add the cherries, chopped pineapple, and the bananas

sliced. Toss up lightly together, being careful not to mash the berries. Pour over a syrup dressing, and let stand on ice until ready to serve. This may be garnished with candied cherries.

STRAWBERRY AND PINEAPPLE SALAD

1 sugar loaf pineapple

1 quart strawberries

Syrup dressing

Pare the pineapple and cut into small cubes. Wash, drain and stem the strawberries, place with the pineapple in a salad dish, and mix lightly together. Make a syrup dressing with sugar, strawberry and pineapple juice, or with orange and lemon juice. When cold pour over the fruit and let stand until very cold.

CHERRY AND ALMOND SALAD

1 pint pitted cherries

Almonds

Almond flavoring

Sweet custard dressing

For this salad it is best to use the large white cherries, although the red cherries may be used if preferred. Blanch the almonds and pound them into a paste, and flavor with a few drops of almond

extract. Replace the stones of the cherries with this almond paste formed into little balls. Pour over it a sweet custard dressing and garnish with candied cherries. This makes a nice dessert as well as salad.

CHERRY-CELERY SALAD

| | |
|-------------------------------|------------------|
| 1 pint pitted cherries | 1 cupful celery |
| ½ cupful English walnut meats | Custard dressing |
| Lettuce leaves | |

Mince the celery up fine, using only the tender parts, add the chopped walnut meats and the cherries and mix well. To a thick sweet custard add cherry and lemon juice. Mix the dressing lightly through the mixture. Garnish with whole cherries, and serve ice cold on lettuce leaves.

CHERRY AND BANANA JELLIED SALAD

| | |
|----------------------|--|
| 1 quart cherry juice | 2 tablespoonfuls gelatine |
| 3 bananas | 1 cupful pitted cherries |
| Candied cherries | Custard dressing with whipped cream |

Dissolve the gelatine in two tablespoonfuls of water. Heat the red cherry juice and sweeten to

taste ; then stir in the gelatine. When it begins to set drop in slices of banana and a few of the cherries. Line the mold or molds with slices of banana and cherries, candied, or the other cherries can be used for this. Pour the gelatine mixture into the molds and chill on ice. Unmold on plates and pour the dressing around, using a custard dressing with a cupful of whipped cream stirred in. This salad is good to serve when carrying out a red and yellow color scheme on the table.

BANANA AND ORANGE SALAD

½ dozen oranges

Syrup dressing

½ dozen bananas

Peel and cut the oranges in halves and scoop out the pulp, cut the bananas into dice, and mix with the orange pulp. Place in a pretty glass salad dish, and pour over it a syrup dressing. May be garnished with candied orange peel. Serve in little baskets or cups made of the orange shells if you like.

BANANA AND PINEAPPLE SALAD

1 pineapple

3 bananas

Peel and cut the pineapple into small pieces, and slice the bananas in thin slices, sprinkling them with lemon juice to keep from turning black. Toss together, and pour over them a sugar syrup made with orange and lemon juice.

GRAPEFRUIT SALAD

4 grapefruits

2 oranges

2 bananas

 $\frac{1}{2}$ cupful Maraschino cherries

White grapes

Syrup dressing

Halve and carefully remove the pulp from the grapefruit, keeping it in pretty good sized pieces, quarter the oranges and cut up into bits, and slice the bananas. Mix the fruits and the Maraschino cherries well together. Stone the grapes and add. Fill into cups or baskets made of the shells of the grapefruit, and pour some syrup dressing over each portion. Set on ice until ready to serve.

PEACH SALAD

Six large yellow peaches
Syrup dressing

Blanched almonds
Almond extract

Cut the peaches into halves after they have been peeled, and fill the cavities with chopped almonds. Make the syrup dressing with orange and lemon juice, and add a teaspoonful of almond extract to it. Pour over the fruit and let stand at least one hour on ice. Serve on a bed of nasturtium leaves and garnish with the blossoms.

PEAR SALAD

½ dozen large pears
Bananas

Blanched almonds
Syrup dressing

Use only very ripe, fine-flavored pears for this salad, peel, halve and core the pears, making quite good sized cavities where the core is removed. Fill these with bananas cut into dice, and chopped almonds. Make the sugary syrup with sugar and lemon juice, letting some of the rind boil in the syrup to flavor. When

cold pour over the fruit, and serve very cold. Another delicious pear salad is made by stuffing the cavities with cherries, and making the syrup dressing with cherry and lemon juice. Another nice pear salad is made by dipping quartered ripe pears into a custard dressing, then roll them into chopped nuts until entirely covered, then add some more custard dressing flavored with vanilla or lemon, and serve ice cold.

CELERY AND PEAR SALAD

| | |
|---------------------|--------------------------|
| ½ dozen large pears | 9 stalks of crisp celery |
| Mayonnaise dressing | Nut meats |
| Lettuce leaves | |

Use either ripe raw pears or canned cooked pears, and cut into bits. Cut the celery into cubes or chop and mix with the pears, also add a few chopped nut meats. Mix about a cupful of mayonnaise dressing into the fruit. Arrange on a bed of lettuce leaves, and garnish with halves of nuts.

SPICED PEAR SALAD

| | |
|---------------------------------------|----------------------------------|
| $\frac{1}{2}$ dozen spiced pears | 1 cupful nut meats |
| $\frac{1}{4}$ cupful preserved ginger | Lemon, honey or custard dressing |

Chop the spiced pears up into bits, add the chopped nut meats, and the preserved ginger also cut up into bits. Place in a pretty salad dish, pour over a lemon, honey or custard dressing, and garnish with bits of preserved ginger and candied cherries.

PLUM SALAD

| | |
|---------------------------------------|-------------------------------|
| 1 dozen green or yellow gage plums | 1 cupful chopped nut meats |
| Syrup dressing | |

Take the ripe plums and peel, then cut into halves and remove the stones. Arrange in a shallow dish with the cavities up. Fill these with the chopped nut meats, heaping them up. Grate over the plums a little nutmeg, or sprinkle a little cinnamon over them, and then pour over all a lemon or other syrup dressing.

CALIFORNIA SALAD

| | |
|-----------------------|--------------------------|
| 6 sweet oranges | Lemon or orange dressing |
| 2 bananas | 1 cupful English walnut |
| ½ pound Malaga grapes | meats |
| 2 grapefruits | |

Peel, seed, and shred the oranges and grapefruits. Peel the bananas and slice. Cut the grapes in halves and with a sharp knife remove the seeds. Chop up the nuts. Mix all the ingredients together, and place in salad dish and pour over dressing. Garnish with halves of nut meats.

APPLE SALAD

| | |
|-------------------------------|---------------------|
| 1 cupful of apple | 1 cupful of celery |
| 1 cupful of hickory-nut meats | Mayonnaise dressing |

Take any good tasty tart apples, peel and cut up into small cubes. Chop tender celery, and hickory-nut meats, and combine with the apple. Mix in enough mayonnaise dressing to moisten nicely. Serve in red apple cups or on lettuce leaves.

BAKED APPLE SALAD

| | |
|-----------------------------------|-------------------|
| Tart apples | Chopped nut meats |
| Custard or whipped cream dressing | Sugar |

Take nice large apples and cut a slice off the stem end, and core. Place sugar and nuts in the centers, and bake in the oven until tender. When cold place on top of each apple a spoonful of custard dressing into which whipped cream flavored with a little vanilla has been stirred.

APPLE AND DATE SALAD

| | |
|----------------------------------|-----------------------|
| 2 cupfuls of chopped tart apples | 1 cupful stoned dates |
| 1 cupful nut meats | Syrup dressing |

Mix the nuts and apples together, also the dates cut up into bits. Place in pretty salad dish, and pour over a thick syrup dressing made with lemon, orange and pineapple juice, or just a lemon syrup.

DATE AND GRAPEFRUIT SALAD

| | |
|---------------|----------------|
| 1 pound dates | 2 grapefruits |
| 2 oranges | Syrup dressing |

Stone the dates and cut up into bits. Halve the grapefruits and remove the seeds; then

scoop out the pulp, breaking it up into small pieces: Mix with the dates and orange pulp, and place in the grapefruit cups formed of the skins. Pour over all a rich syrup dressing made with orange and lemon juice, and the grapefruit juice.

DATE AND CREAM CHEESE SALAD

1 pound of dates

Cream cheese

Mayonnaise dressing

Lettuce leaves

Choose only nice large firm dates, and stone. Fill the cavities with cream cheese. Place on a bed of lettuce leaves, and pour over a mayonnaise dressing, or a custard dressing if preferred.

PRUNE SALAD

1 pound prunes

Chopped nut meats

Cream cheese

Sugar

Mayonnaise dressing

Lettuce leaves

Wash the prunes thoroughly and soak overnight in cold water, in the morning add a half

cupful of sugar and simmer slowly until tender. Remove from fire and when cold stone carefully, and then fill the cavities with cream cheese. Arrange in a bed of lettuce leaves, sprinkle over with nut meats, and dress with mayonnaise.

NUT AND PRUNE SALAD

| | |
|--------------------------------|----------------------------|
| 1 pound prunes | 1 tablespoonful sugar |
| 1 dozen prune kernels | 1 teaspoonful vanilla |
| $\frac{1}{2}$ cupful nut meats | $\frac{3}{4}$ cupful cream |
| 2 tablespoonfuls lemon juice | Pinch of salt |
| Lettuce leaves | |

Cook the prunes until tender but not soft. Remove the seeds carefully, keeping the prunes as whole as possible. Crack the seeds; remove the kernels and chop fine. Mix these with the nut meats and stuff into the cavities of the prunes. It will take about a pound of prunes to make enough. Make a dressing by whipping the cream until stiff; add the lemon juice, sugar, vanilla, and salt. Arrange the prunes on lettuce leaves and heap the dressing around them.

STUFFED BANANA SALAD

- | | |
|---------------------------------------|----------------|
| 1 cupful of red California cherries | 6 bananas |
| ½ cupful walnut meats | Lettuce leaves |
| Mayonnaise dressing or cream dressing | |

Remove the skins from the bananas carefully, so that they will keep the shape of boats. Cut the bananas in dice; seed the cherries and break the walnuts into pieces. Mix with the dressing. Fill the banana shells with this, and garnish with whole cherries. Place each boat on lettuce leaves.

WHITE GRAPE SALAD

- | | |
|------------------------|---------------------------|
| 2 cupfuls white grapes | 1 cupful chopped apple |
| 1 cupful pineapple | 1 cupful Brazil nuts |
| ½ dozen marshmallows | Custard or cream dressing |

After washing the grapes remove the seeds with a sharp knife, add the chopped apple, the chopped nut meats, the pineapple, and the marshmallows cut up into bits. Mix thoroughly together. Fold in one cupful of whipped cream into a regular custard dressing and heap on top of the mixture, and garnish with grapes. If liked the marshmallows may be omitted and a

cupful of chopped celery added. In this case use a mayonnaise dressing.

GRAPE-PISTACHIO NUT SALAD

| | |
|--------------------------------|------------------------|
| Grapes | Pistachio nuts |
| Mayonnaise, or French dressing | Watercress, lettuce or |
| Custard | grape leaves |

Wash the grapes thoroughly, removing the seeds with a sharp knife. Cut into halves, and mix with them a cupful of chopped pistachio nut meats. Place in a bed of watercress, lettuce or grape leaves, and serve with a mayonnaise or French dressing, or a custard dressing, if preferred.

MELON SALAD

| | |
|--------------|----------------|
| Round melons | Peaches |
| Bananas | White grapes |
| Pears | Syrup dressing |

Choose small round melons for this salad, and cut into halves. Remove the seeds, and all the flesh except what is needed to keep the rinds in shape. Cut the melon flesh up into cubes. Mix with the melon the pears, peaches and bananas cut up into bits. Place in the melon shells, and pour

over this a thick syrup dressing made of orange and lemon juice. Garnish with white grapes. Let stand on ice until ready to serve.

WATERMELON SALAD

| | |
|----------------|---------------------|
| Watermelon | Pineapple |
| Oranges | Maraschino cherries |
| Syrup dressing | Salt |

Slice the watermelon, and then remove the skin, and cut up the red flesh into cubes. Place in a pretty salad dish, and place over the melon bits of pineapple and orange. Sprinkle the melon slightly with salt. Make a syrup dressing with pineapple juice, orange juice and a little of the juice from around the Maraschino cherries. Pour over the fruit mixture, and garnish with the cherries. Serve very cold.

GRAPEFRUIT-TOMATO SALAD

| | |
|-----------------|----------------|
| Grapefruits | Tomatoes |
| French dressing | Lettuce leaves |

Peel nice firm, ripe tomatoes, and slice. Halve the grapefruits, remove the pulp and shred. Line

a salad dish with lettuce leaves, then fill with alternate layers of grapefruit and tomato. Pour over a French dressing, using lemon juice instead of vinegar in making it. If liked the tomatoes may be cut up into cubes, mixed with the grapefruit, and then served in tomato cups, or in the grapefruit shells.

PINEAPPLE-TOMATO SALAD

Pineapple

Medium-sized tomatoes

Nut meats

Mayonnaise dressing

Lettuce leaves

Peel the tomatoes and scoop out the seeds, sprinkle the inside with salt, and invert for an hour. Cut the pineapple into cubes, and add to each cupful one-third cupful of chopped nut meats. Mix all with mayonnaise, and fill into the tomato cups and chill. Place each cup on crisp lettuce leaves, place a little mayonnaise on top, and around them.

VI

Jellied Salads

CHAPTER VI

JELLIED SALADS

JELLIED salads are those that are made with the use of jelly powders or gelatine. The one secret of making jellied salads is to use the correct amount of gelatine, and to mold as quickly as possible. In hot weather it should be placed on ice, or a mixture of ice and salt; but in winter if placed in a cold place or packed in snow it will mold quickly. To unmold the jelly dip the mold into hot water; then carefully turn out.

JELLIED CHICKEN SALAD

- | | |
|---------------------------|--------------------------|
| 1 pint diced cold chicken | 1 tablespoonful gelatine |
| 1 cupful mayonnaise | 1 pint stock |
| 3 hard-boiled eggs | 1 cupful chopped celery |
| Lettuce leaves | |

Dissolve the gelatine in a fourth cupful of cold

water and then stir into the hot seasoned stock. Strain into a bowl and allow to chill, then beat in the mayonnaise. Pour into a wet mold about a half or fourth of an inch thick. Place in a layer of the seasoned chicken, mixed with the chopped celery. Cover with a few slices of hard-boiled eggs. Add some of the gelatine mixture, then another layer of chicken. Repeat until all the ingredients are used. When cold and jellied turn out on a bed of lettuce leaves, and garnish with slices of hard-boiled eggs mayonnaise.

GREEN PEA AND VEAL JELLIED SALAD

| | |
|------------------------------|-------------------------------------|
| 1 cupful of cold boiled peas | 1 cupful diced veal |
| 2 cupfuls stock | $\frac{1}{2}$ cupful chopped celery |
| Lettuce leaves | Salt and pepper |
| Mayonnaise dressing | Capers and cucumber pickles |
| | 1 tablespoonful gelatine |

Dissolve the gelatine in a little cold water and stir into the well-seasoned stock, heated to the boiling point. When it begins to thicken stir in one cupful of mayonnaise dressing, and the

chopped celery. Season the cooked veal, and add to it the peas. Pour a layer of the jelly into a wet mold, place in a layer of the veal and peas, then pour over some more of the jelly. Repeat until all the ingredients are used, having a layer of jelly on top. Chill and turn out when firm on to lettuce leaves and garnish with capers and tiny cucumber pickles.

BEET AND BEAN SALAD

| | |
|--------------------------------------|----------------|
| 1 cupful boiled lima or butter beans | Mayonnaise |
| 1 cupful diced beets | 1 cupful stock |
| 1 teaspoonful gelatine | Seasoning |
| Lettuce leaves | |

Dissolve the gelatine in a little cold water and stir into the hot stock, and when it begins to thicken add the mayonnaise, then pour half into a wet mold and add the seasoned beets and beans, and pour the remainder of the jelly over the vegetables. Line the mold or dish with little stars cut out of beets. Turn out on lettuce leaves and garnish with beet stars.

JELLIED PEA AND CARROT SALAD

| | |
|------------------------------|-------------------------|
| 2 cupfuls of vegetable stock | 1 cupful boiled peas |
| 1 tablespoonful gelatine | 1 cupful cooked carrots |
| Mayonnaise dressing | Lettuce leaves |

This pretty green and yellow salad is made by dissolving the gelatine in two tablespoonfuls of cold water, and then stirring it into the hot, well-seasoned vegetable stock. When it begins to thicken stir in the vegetables. Pour a layer of this in a wet mold, then add a layer of mayonnaise about an inch thick, and pour in the remainder of the gelatine mixture. Chill and turn out into a bed of lettuce leaves, and cover with some mayonnaise.

JELLIED LAMB SALAD

| | |
|-------------------------|--------------------------|
| 1 pint cold cooked lamb | Mint |
| 1 pint stock | 1 tablespoonful gelatine |
| Lettuce leaves | |

Dice the lamb and season. Dissolve the gelatine in two tablespoonfuls of cold water and stir into the seasoned stock. Add enough mint leaves to flavor nicely. When the stock begins to thicken stir in the lamb, and pour into a mold.

Chill and turn out and serve in lettuce leaf nests with mayonnaise heaped around, and garnish with mint leaves or slices of lemon.

SALMON SALAD AND LEMON JELLY

| | |
|---------------------|----------------|
| Lemon jelly | Canned salmon |
| Mayonnaise dressing | Lettuce leaves |

Make a sour lemon jelly with lemon juice water and gelatine and mold in a square mold. Turn out and cut into squares. When thoroughly chilled and stiff, with a hot spoon scoop out some of the center and fill in with salmon, mixed with mayonnaise. Serve each square on a lettuce leaf.

COMBINATION VEGETABLE SALAD

| | |
|--------------------------|---------------------------------|
| 1 cupful vegetable stock | $\frac{1}{2}$ cupful mayonnaise |
| 2 teaspoonfuls gelatine | Vegetables |
| Lettuce leaves | Parsley |

Soften the gelatine in a little cold water and then stir into hot stock. Vegetable stock is the water in which the vegetables have been boiled, but if preferred chicken or beef stock may be used. Have the stock well-seasoned, and when it

begins to thicken, stir in the mayonnaise. Pour part of this jelly into a mold and then add the seasoned vegetables. Any variety of vegetables may be used, as cucumbers, tomatoes, peas, asparagus, string beans, beets and so forth. If peas, beans, beets and similar vegetables are used, they should be first boiled until tender. Pour on top the remainder of the jellied stock, and set on ice to cool. When ready to serve unmold on a bed of lettuce leaves; garnish with parsley, and serve with mayonnaise.

JELLIED TOMATO SALAD

| | |
|-----------------------|----------------------------|
| Medium-sized tomatoes | 1 tablespoonful gelatine |
| Salt and peppercorns | Bay leaf, cloves and onion |
| Celery | Mayonnaise |

Peel the tomatoes, remove a thin slice from the top and scoop out as much of the inside as you can without breaking through the skin, and salt slightly. To the removed pulp add enough water to make a quart in all. If canned tomatoes are used a quart can should be used. Add to the tomatoes one bay leaf, three or four cloves, a slice

or two of onion, a half dozen small red peppercorns, and season with salt to taste. Simmer slowly for twenty minutes, then remove from the fire and strain. There should be a pint of this tomato juice. Dissolve the gelatine in a little cold water, and stir into the hot tomato juice. When it begins to set pour it into the tomato cups until about half full; then drop in some nice crisp celery that has been cut up into half inch lengths. Chill on ice, and when ready to serve place a mayonnaise star on the top of each. Nice to use when carrying out a red and yellow color scheme on the table.

TOMATO-SALMON SALAD

| | |
|--------------------------------|----------------------------------|
| 1 quart tomato juice | 2 tablespoonfuls gelatine |
| 2 tablespoonfuls chopped onion | $\frac{1}{2}$ teaspoonful pepper |
| 2 tablespoonfuls sugar | 1 tablespoonful parsley |
| 1 bay leaf | 6 cloves |
| Salt | Salmon |

Mayonnaise dressing

Dissolve the gelatine in a little cold water, and stir into the hot seasoned tomato juice. Stir until dissolved, and pour over salmon that has been arranged in a dish. When cold turn out, and

serve with mayonnaise dressing. Garnish with parsley or celery tops.

TOMATO-PEA SALAD

| | |
|----------------|---------------------|
| Tomato jelly | Cooked green peas |
| Lettuce leaves | Mayonnaise dressing |

Make the jelly after either the above recipes. After it begins to thicken stir in one cupful or two cupfuls of cooked green peas according to the amount of tomato jelly made. Chill on ice, and when firm turn out on a bed of lettuce leaves, and garnish with mayonnaise dressing.

TOMATO-EGG SALAD

| | |
|---------------------|------------------|
| Tomato jelly | Hard-boiled eggs |
| Mayonnaise dressing | Lettuce leaves |

Make the tomato jelly after one of the above recipes given for it. Line a mold with slices of hard-boiled eggs, pour in the tomato jelly, and let stand until cold. Remove a little of the jelly from the center, fill with mayonnaise, and chopped hard-boiled egg; then turn out on lettuce leaves, and serve with mayonnaise around it.

JELLIED EGG SALAD

| | |
|---------------------|-------------------------|
| 1 quart clear stock | 1 bay leaf |
| Hard-boiled eggs | 1 small onion |
| 1 stalk celery | 3 small peppercorns |
| 3 cloves | Salt and pepper |
| Parsley | Mayonnaise dressing |
| 1 ounce gelatine | $\frac{1}{3}$ cup water |
| Lettuce leaves | |

Boil the eggs hard, remove the shells and cut into halves. Remove the yolks, and mix with mayonnaise and chopped parsley. Fill into the cavities in the whites. Place each egg half in an individual mold. Place the spices and vegetables together with the stock in a kettle and simmer slowly for twenty minutes, then strain. Dissolve the gelatine in the water, and stir into the hot stock. When the gelatine mixture begins to stiffen pour some of it around each egg, enough to have it completely covered. Chill and when ready to serve turn out each mould onto a lettuce leaf, and dress with a little mayonnaise around the sides. The egg will look pretty showing through the clear jelly.

CORN JELLIED SALAD

| | |
|-------------------------------|---------------------|
| 1 cupful of cooked sweet corn | ½ cupful tomatoes |
| 1 slice onion | 1 stalk celery |
| 2 sprigs of parsley | 1 bay leaf |
| ½ cupful water | 1 teaspoonful salt |
| 2 peppercorns | 1 teaspoonful sugar |
| 1 tablespoonful gelatine | Lettuce leaves |

Place the tomato and water with the onion, celery, and spices in a kettle and simmer for fifteen or twenty minutes. Strain, and add one tablespoonful of gelatine that has been dissolved in a little cold water; then add the corn, and pour into individual molds, and chill. When cold turn out on lettuce leaves, and garnish with mayonnaise.

ASPIC SALMON SALAD

| | |
|---------------------------|--------------------------|
| 2 cupfuls stock | 1 tablespoonful gelatine |
| ½ cupful cold water | 1 can salmon |
| ½ dozen stuffed olives | 1 tablespoonful catsup |
| 1 tablespoonful nut meats | Mayonnaise dressing |
| Lettuce leaves | |

Dissolve the gelatine in the cold water, then stir into the hot stock, season to taste with salt and pepper, add the chopped olives, the nut meats

and the tomato catsup. When half cooled add the small can of salmon, and chill on ice. Turn out on lettuce leaves and garnish with capers or small cucumber pickles, and with mayonnaise.

PIMENTO-CELERY SALAD

| | |
|--------------------------------------|--------------------------|
| 2 cupfuls seasoned stock or water | ½ can of pimentos |
| ½ cupful celery | ½ dozen pimolas |
| Mayonnaise | 1 tablespoonful gelatine |
| | Lettuce leaves |

Dissolve the gelatine in a little cold water, and stir into the hot seasoned stock. When the mixture begins to thicken add the pimentos cut up into fancy shapes, the celery cut into inch lengths, and the pimolas. Let this harden in a long narrow mold, slice off, and serve each bit on a lettuce leaf, and dress with mayonnaise.

CUCUMBER SALAD

| | |
|----------------------------|--------------------------|
| 1 tablespoonful gelatine | 1 cupful sliced cucumber |
| 2 cupfuls of chicken stock | Sprigs of parsley |
| 1 small onion | Green coloring |
| Mayonnaise dressing | |

Let the onion and parsley simmer in the

chicken stock a few minutes, and strain. Dissolve the gelatine in two tablespoonfuls cold water, and stir into the hot stock. Color a light green with green vegetable coloring, and when it begins to stiffen up add the cucumbers that have been soaked a few minutes in slightly salted water.

Chill on ice and turn out of mold, and garnish with parsley and mayonnaise dressing.

JELLIED POTATO SALAD

| | |
|--------------------------------------|--------------------------|
| 2 cupfuls vegetable or soup stock | 1 small carrot |
| 1 pint cold potatoes | 1 tablespoonful gelatine |
| 1 bay leaf | 2 cloves |
| 1 stalk celery | 1 small onion |
| | Pimolas |

Mayonnaise dressing

Place the stock with the spices, celery and onion, also finely chopped carrot in the stock and simmer slowly for twenty minutes. Dissolve the gelatine in a half cupful of cold water. Strain the stock, and stir in the gelatine. Cut the potatoes up into cubes, and season with salt and

pepper to taste; then when the gelatine mixture begins to stiffen up stir in the potatoes. Line a mold with sliced pimolas and pour in the potato mixture. Chill on ice and when ready to serve turn out, and garnish with parsley and with mayonnaise.

JELLIED ASPARAGUS SALAD

| | |
|---------------------------|--------------------------|
| 2 cupfuls asparagus stock | 1 pint asparagus |
| Hard-boiled eggs | 1 tablespoonful gelatine |
| Parsley | Mayonnaise dressing |
| Peppercorns | Bay leaf |

Boil the asparagus in slightly salted water until tender. Add to the stock a bay leaf, a few sprigs of parsley, a slice of onion, a few peppercorns and any other seasoning desired. Simmer slowly for about twenty minutes, then strain and add enough water or stock to make two cups. Dissolve the gelatine in a little cold water and stir into the hot stock. Line a mold with slices of hard-boiled eggs, and when the stock thickens stir in the asparagus tips. Pour in mold. Chill, turn out and serve with mayonnaise.

MOLDED DANDELION SALAD

| | |
|------------------------|---------------------|
| Dandelion plants | Lettuce leaves |
| 1 teaspoonful gelatine | Hard-boiled eggs |
| Salt and pepper | Mayonnaise dressing |

Boil the dandelion leaves until quite tender, then drain and pass through a coarse sieve or potato ricer. To two cupfuls of this dandelion pulp add three chopped hard-boiled eggs. Season to taste with salt and pepper. In one cup of the hot liquid in which the dandelions have been boiled stir in one teaspoonful of gelatine that has been dissolved in a little water. When it begins to stiffen stir in one-fourth cupful of mayonnaise. Mix with the dandelions and eggs, and pour into a mold that has been lined with slices of hard-boiled egg. Chill, and when ready to serve turn out onto lettuce leaves, and place a little mayonnaise on top.

MINT CUCUMBER JELLY SALAD

| | |
|-----------------------|--------------------------|
| 2 cupfuls clear stock | 1 tablespoonful gelatine |
| Mint, salt and pepper | Cucumbers |
| Mayonnaise dressing | Lettuce leaves |

Use lamb stock if you have it. Dissolve the gelatine in a half cupful of cold water, and stir

into the hot stock that has been well-seasoned with fresh mint, salt and pepper. When it begins to stiffen add a cupful of sliced fresh cucumbers. Pour into a mold, and when chilled and ready to serve turn out onto lettuce leaves, and garnish with slices of cucumber cut into fancy shapes, and mayonnaise dressing.

TUTTI-FRUTTI JELLY SALAD

1 quart pineapple juice

Dates and figs

Pineapple and orange

English walnut meats

Peaches and plums

Grapes and apricots

2 tablespoonfuls gelatine

Custard dressing

Heat the pineapple juice and stir in the gelatine that has been dissolved in a little cold water. Place the kettle on ice or in very cold water until it begins to thicken up. Have the different fruits ready. Since there are so many kinds you will need only a small amount of each. Line the mold with the halved walnut meats, and halved white grapes. Pour in a part of the gelatine; then arrange a layer of the mixed fruits, then pour in

some more gelatine until all the fruit and gelatine have been used. Chill on ice and turn out onto a plate. Serve with a custard or whipped cream dressing, and garnish with candied cherries or orange rind. If the canned pineapple juice is not sweet enough add more sugar.

COMBINATION FRUIT SALAD

| | |
|---------------------------|---------------------------|
| 1 cupful pineapple juice | 1 cupful cherry juice |
| 1 cupful strawberry juice | 1 cupful orange juice |
| Pineapples and oranges | Cherries and strawberries |
| 2 tablespoonfuls gelatine | Custard dressing |

Sugar

Combine the different juices and heat, sweeten to taste; then stir in the gelatine that has been dissolved in two tablespoonfuls of cold water. Line a mold with whole strawberries, and pitted cherries. Pour in a little of the gelatine; then add a layer of pineapple and orange, pour in more gelatine, then add a layer of strawberries and cherries. Let stand on ice until perfectly cold. Turn out and heap around with custard or whipped cream dressing.

ORANGE JELLY SALAD

| | |
|--------------------------------|---------------------------|
| ½ dozen oranges | 1 cupful walnut meats |
| 1½ pints orange juice | 2 tablespoonfuls gelatine |
| Custard or mayonnaise dressing | 1 cupful water |

Peel and seed the oranges, and cut the pulp up into bits. Stir the dissolved gelatine into a cupful of boiling water, then add the orange juice. Arrange the orange pulp and nut meats into a dish or mold, and pour over the gelatine mixture. Chill, and when ready to serve turn out on lettuce leaves, and serve with a custard or mayonnaise dressing as preferred.

VII

Salads for Special Days and Occasions

CHAPTER VII

SALADS FOR SPECIAL DAYS AND OCCASIONS

THE salad is always the decorative part of the menu, and can be made to serve as a part of the table decoration if liked. On holidays and special days we like to serve dishes that are especially appropriate to the occasion, and at the same time ornamental. In this chapter are given a number of salads that should be of help to the hostess when entertaining on holidays and other special days of the year.

DATE SALAD IN ORANGE CUPS

Nice large dates

Oranges

Nut meats

Syrup dressing

Cut the tops off as many oranges as there are persons to be served, and carefully remove the

pulp without breaking the rinds. Remove the seeds from the pulp, and break up into bits. Seed the dates. Chop the nut meats, and work into a paste with a little thick cream, and fill into cavities in dates. Mix with the orange pulp, and fill into the orange cups, and pour over a thick syrup dressing, either lemon, pineapple or orange. Cut the date of the year out of black paper and paste on the sides of the oranges. This salad is nice to serve at New Year festivities.

HEART SALAD

| | |
|---------------------|---------------------------|
| 1 quart tomatoes | 1 stalk celery |
| 1 slice onion | 3 peppercorns |
| 3 cloves | ½ stick cinnamon |
| 1 teaspoonful sugar | Salt |
| Lettuce leaves | Mayonnaise |
| 4 sprigs parsley | 2 tablespoonfuls gelatine |

Place the tomatoes, vegetables and spices together in a kettle and simmer slowly for twenty minutes; then remove and strain and season with salt and sugar. Dissolve the gelatine in a half cupful of cold water, and stir into the hot tomato.

Pour into heart-shaped molds. Arrange lettuce leaves on individual salad plates, cover with some green or white mayonnaise, and turn out an individual heart on each plate. Place a little pimento heart in the center of each tomato heart.

HEART FRUIT SALAD

| | |
|---|--|
| 1 quart strawberry or red cherry juice | Whipped cream dressing Candied cherries |
| 2 tablespoonfuls gelatine | Sliced pineapple |

Dissolve the gelatine in one-half cupful cold water, and stir into the hot fruit juice after it has been sweetened to taste. If not a nice pink or red color add a little fruit coloring. Pour into heart-shaped molds. Place slices of pineapple on individual plates, and fill the center with the whipped cream dressing. When the fruit hearts are firm, turn out onto the pineapple slices. Cut little hearts out of candied cherries, and arrange around the edge of the pineapple. Place a rim of dressing around the pineapple.

ST. PATRICK'S SALAD

| | |
|----------------|----------------------|
| Pistachio nuts | Green part of celery |
| Pineapple | Green mayonnaise |
| Lettuce leaves | |

To each cupful of pistachio nut meats add one-half cupful of chopped celery, and one-half cupful of pineapple cut up into bits. Mix with green mayonnaise. Arrange on lettuce leaves, and garnish with pistachio nuts and green mint cherries.

SHAMROCK SALAD

| | |
|------------------|----------------------|
| Green peppers | Lettuce leaves |
| Green mayonnaise | Green cabbage leaves |

Cut the green canned peppers, the lettuce leaves and the cabbage leaves in form of shamrocks. Dress with a green mayonnaise, and arrange on lettuce leaves.

ERIN SALAD

| | |
|----------------------|----------------------|
| Cold boiled potatoes | Cold chicken or veal |
| Onion | Celery |
| Mayonnaise dressing | Lettuce leaves |

Choose nice smooth round potatoes for this salad, peel, and out of one side scoop out part of

the potato, leaving a cup. Mix with the chicken, cut up into bits, some chopped celery and onion, and dress with mayonnaise. Fill into the potato cups. Place each potato on a lettuce leaf and serve on individual plates.

EASTER CHEESE SALAD

Cream cheese

Olives

Mayonnaise

Pimentos

Parsley

Salt and pepper

Work the cream cheese up with a fork, then work into one-half the portion chopped pimentos, add a little juice from the can and make into a creamy mass, then form into shape of small eggs. In the other half of the cheese mix chopped olives, and a little green mayonnaise or green coloring, and form into shape of eggs. Place these colored eggs in nests of parsley, and heap around them some yellow or green mayonnaise. If liked some of the cheese can be left white, then you will have the pink, green, white and yellow in the color scheme, or if the green mayonnaise is used just the three colors.

EASTER EGG AND CHEESE SALAD

| | |
|------------------|--------------|
| Hard-boiled eggs | Cream cheese |
| Mayonnaise | Celery |
| Lettuce leaves | |

Remove the yolks from the whites and work into a paste with mayonnaise dressing, and then add an equal portion of cream cheese and form into balls. Add some chopped celery to the rest of the cream cheese and mix thoroughly, and form into eggs. Arrange these little cheese and egg balls in nests of lettuce and surround with mayonnaise.

EASTER POTATO SALAD

| | |
|-----------------------------------|-----------------|
| 2 cupfuls cold mashed potatoes | Lettuce leaves |
| Mayonnaise dressing | 1 can pimentos |
| | Salt and pepper |
| Vinegar | |

Chop a can of pimentos up fine, and mix into the potatoes, season with salt and pepper to taste, and one teaspoonful of clear vinegar. Form into small eggs, and place in little cups made of lettuce leaves. Color a mayonnaise dressing a pretty green with vegetable coloring, and surround the eggs with some of this.

EASTER EGG SALAD

Eggs
OlivesChopped celery
Mayonnaise dressing

Parsley, cress, or lettuce

Boil the eggs hard—one for each person to be served—and carefully remove the shells. Cut off a slice from the small end, and carefully remove the yolks and part of the white, but leaving the egg as whole as possible. Mix with the yolk and white removed finely chopped celery, and a few chopped olives or pimolas. Work into a creamy mass with mayonnaise dressing, and season well; then fill into the egg cups. Place the slice that was removed on again, and place the eggs in nests of parsley, cress, or lettuce. Surround with mayonnaise.

EASTER LILY SALAD

Hard-boiled eggs
Green mayonnaise
Yellow mayonnaiseSpinach jelly
Yellow cream cheese
Lettuce leaves

Remove the shells from the eggs, commence at small end and cut lengthwise so as to form six

petals. Remove the yolk, and mash into a paste with a little cream cheese, and yellow mayonnaise. The spinach jelly is made by coloring any clear aspic jelly with spinach juice until a pale green. Pour into shallow molds or saucers. Chill and when firm turn out onto individual plates. Arrange the egg whites to form petals on top of the molds. Fill the center in with the yolk paste for the centers of the lily. Roll up lettuce leaves to form stem. Over the jelly molds place a little of the green mayonnaise, and a narrow strip of the green mayonnaise may be put up the center of the petals.

EASTER FLOWER SALAD

Pink pickled beets

Egg yolks

Mayonnaise

Lettuce leaves

Slice the pickled beets, and cut out to form petals for pink wild roses. Arrange these on lettuce leaves, using the yolks worked into a paste with mayonnaise for the centers of flowers. Place some mayonnaise on the lettuce.

FOURTH OF JULY SALAD

Celery

Pimentos

French dressing

Choose celery that has large grooves in the stalks, and cut in two-inch lengths. Chop the pimentos up, and fill into the grooves. Place a half dozen or so of these celery sticks on blue plates, and dress with a French dressing.

PATRIOTIC SALAD

Tomatoes

Cucumbers

Mayonnaise dressing

Slice large tomatoes into about inch thick slices and place each slice on an individual blue plate. Peel large cucumbers, and cut into two-inch lengths. Scoop out some of the cucumber from one end so as to form a cup. Place on a tomato slice with the cup side up. Fill the cups with white mayonnaise. Here you have the red, white and blue color scheme as in the above salad.

A FOURTH OF JULY FRUIT SALAD

Strawberry gelatine jelly

Grape gelatine jelly

Orange gelatine jelly

Whipped cream dressing

Dissolve one scant tablespoonful of gelatine in one-half cupful cold water, and stir into one cupful of hot, sweetened strawberry juice. Color with a little red fruit coloring. Pour into a square mold. Dissolve one scant tablespoonful of gelatine in a little cold water and stir into a cupful of orange juice sweetened to taste. When it begins to thicken stir in one-half cupful whipped cream and one egg white beaten stiff. Beat up until mossy. Pour over the strawberry jelly in the mold, but not until it is firm. Dissolve one tablespoonful of gelatine in a little cold water and stir into one cup of hot grape juice, and pour over the white layer in the mold after it is firm enough so that the two will not mix. Place on ice until cold, and when ready to serve turn out, and slice down, and you will have red, white and blue jelly. Place the slices on individual plates, and heap around with a whipped cream dressing.

GOOD LUCK SALAD

Beets

Lettuce

Mayonnaise

Marzapane

Slice pink and red pickled beets very thin, and cut in shape of horseshoes, and swastikas. Cut the lettuce in shape of four-leaved clovers, using a pair of scissors. Mix mayonnaise dressing with these, and heap up on lettuce leaves. Garnish with marzapane wish-bones made by pounding almonds to a paste. Add the stiffly beaten whites of two eggs to make a paste that can be formed readily into the shape of wish-bones.

HALLOWE'EN SALAD

1 cupful tart apples

1 cupful celery

1 cupful nut meats

Mayonnaise dressing

Cut the apples up into cubes, and sprinkle with lemon juice, mix in the chopped celery and nut meats. Dress with mayonnaise or boiled dressing. Serve in apple cups made by taking a slice from the stem end of the apples, and removing the pulp. If the apples are red, paste on the sides eyes, nose and mouth cut out of black or

white paper to form a face; if the apples are yellow or white red paper can be used for this purpose.

HOBGOBLIN SALAD

| | |
|---------------------|------------------|
| Cucumber | Tomato jelly |
| Radishes | Lettuce leaves |
| Mayonnaise dressing | Cress or parsley |

Take a cucumber and hollow it out to resemble a boat. Make a tomato jelly after the recipes found in the jellied salads. Pour this into tiny pumpkin molds. A lettuce leaf is put on top, and radishes cut to represent witches' faces crown the hobgoblin body. Mayonnaise dressing is poured inside the pumpkin cups, and into the cucumber boat in which the hobgoblins are placed. Decorate with parsley or cress around the boat.

A THANKSGIVING SALAD

| | |
|----------------|---------------------|
| Turnips | Peas |
| Carrots | Mayonnaise dressing |
| Lettuce leaves | |

Parboil the turnips in slightly salted water

after they have been peeled. Cool, and carefully cut them to form cup-like receptacles. Scallop the top with a knife. Cook until tender in slightly salted water, then drain. Sprinkle each cup with a little pepper, and brush with butter. Mix together some boiled peas and carrots, season well, and dress with mayonnaise dressing. Fill into the turnip cups, and place each on a lettuce leaf on individual plates.

ANOTHER THANKSGIVING SALAD

Whole pickled beets

Lima beans

Cucumber pickle

Celery

Mayonnaise dressing

Scoop out the centers from whole pickled beets. Boil the lima beans until tender in slightly salted water. Mix with some chopped cucumber pickle and celery or onion, dress with mayonnaise dressing, and fill into the beet cups. Chicken mixed with celery and pickle and a little onion also makes a good filling for these pickled beets.

CHRISTMAS FRUIT SALAD

| | |
|---------------------|----------------|
| Sliced pineapple | Currant jelly |
| Nut meats | Grated cheese |
| Mayonnaise dressing | Lettuce leaves |

Place lettuce leaves on individual plates, and on each plate place a slice of pineapple. Mix with a thick currant or cranberry jelly, some chopped nut meats, and heap up in the hole in the pineapple. Grate some cream cheese over the pineapple, and dot with mayonnaise. On each bit of mayonnaise place a candied cherry or cranberry. If liked a custard dressing may be used instead of the mayonnaise. Here you will have the Christmas colors of red, green and yellow.

CHRISTMAS VEGETABLE SALAD

| | |
|----------------|------------------|
| Pickled beets | Cooked peas |
| Celery | Green mayonnaise |
| Lettuce leaves | |

Place lettuce leaves on individual plates, and on each plate place a beet cup made by scooping out some of the center of the whole pickled beets.

To a cupful of cooked, seasoned peas, add one-half cupful of chopped celery, and mix with green mayonnaise. Fill the pea mixture into the beet cups and place some mayonnaise on top of each, and on top of the mayonnaise place a tiny star cut out of pickled beet.

CANDLE SALAD

Sliced pineapple

Bananas

Cream cheese

Ground nut meats

Mayonnaise or boiled dressing for fruit salads

Place slices of pineapple on individual plates. Grate over the pineapple a little cream cheese and then spread with dressing. Cut the ends of some bananas (one for each pineapple slice) and stick the cut end of the banana into the hole in the pineapple slice to form the candle, the slice of pineapple serving as the holder. Place a candied cherry on the top if you wish to represent a lighted candle or stick an almond meat in the top if the candle is unlighted. Sprinkle some of the nut meats over the dressing, but this may be omitted if preferred. Nice for birthday parties.

RING SALAD

| | |
|---------------------|---------------------------|
| 1 can tomatoes | 1 slice onion |
| 3 stalks celery | ½ bay leaf |
| 3 cloves | 3 peppercorns |
| 1 teaspoonful sugar | Celery |
| Mayonnaise dressing | 2 tablespoonfuls gelatine |
| Lettuce leaves | |

Turn the tomatoes into a double boiler, add the onion, celery and other seasoning, and simmer slowly for twenty minutes. Pass through a sieve. Dissolve the gelatine in a little cold water, and stir into three cupfuls of the hot tomato purée. Turn into ring molds, or if you do not have these, invert tumblers after dipping them in cold water in the center of saucers, and pour the tomato purée around these. When set remove the tumblers, and a ring will be left. Chop some tender celery into bits, mix with a good mayonnaise dressing and fill into center rings. Turn out on individual plates covered with lettuce leaves, and then fill.

VIII

Salad Sandwiches

CHAPTER VIII

SALAD SANDWICHES

SALAD sandwiches are those with a salad mixture for fillings. For these salad fillers one may use many of the green vegetables, such as lettuce, cress, celery, onion, tomatoes, radishes; also beans, olives, pickles and such like. These sandwiches are very appetizing, and are especially nice for spring and summer days. Most of the salad sandwiches should be made just a short time before they are to be served, while the vegetables are fresh and still crisp.

TOMATO AND ONION SANDWICHES

| | |
|-------------------------|---------------------|
| Tomatoes | Spanish onions |
| Lettuce leaves | Mayonnaise dressing |
| Salt and cayenne pepper | Bread and butter |

Select large, firm tomatoes, and slice very thin. Spread some thin rounds of bread, just the size of

the tomato rounds, with butter. Place on half of the slices crisp lettuce leaves, then a layer of mayonnaise, then a slice of tomato, one of onion, and another of tomato. Place the other slices of bread on top in sandwich fashion. Each slice of tomato and onion should be slightly dusted with salt and pepper.

TOMATO SANDWICHES

| | |
|------------------|--------------------------|
| Tomatoes | Cream cheese |
| Mustard dressing | Salt, pepper and paprika |
| Sugar | Brown bread |

Chop the tomatoes very fine, and mix with it the mustard dressing, salt, pepper and paprika, and one teaspoonful sugar. Spread slices of brown bread with cream cheese, then add a layer of the tomato mixture.

LETTUCE SANDWICHES

| | |
|---------------------|------------------------|
| Lettuce | Nuts |
| Mayonnaise dressing | Brown bread and butter |

Cut the bread into very thin slices, and spread well with butter, and place a crisp lettuce leaf on

each slice. Mix some chopped meats with the mayonnaise dressing, and place a layer of this on the lettuce leaf ; then form into sandwiches.

CUCUMBER SANDWICHES

Cucumbers
Onion

Mayonnaise dressing
Bread and butter

Chop the young cucumbers very fine, squeezing out as much of the moisture as possible. Chop the onion very fine, and add to the cucumber, mix with mayonnaise dressing and spread on slices of buttered bread. If you wish the onion may be omitted.

MINT CUCUMBER SANDWICHES

Young cucumbers
French dressing

Fresh mint
Bread and butter

Slice the cucumbers very thin, and place in the French dressing and let stand for a while, then remove and place on thin slices of bread spread with butter. Sprinkle some finely chopped fresh mint over the cucumbers and place the top slice of buttered bread on to form the sandwich.

CELERY SANDWICHES

| | |
|---------------------|------------------|
| Celery | Pimolas |
| Mayonnaise dressing | Bread and butter |

Use the tender hearts of celery and chop fine with an equal quantity of pimolas. Mix with mayonnaise to make of the right consistency, and spread between thin slices of buttered bread.

SWEET PEPPER SANDWICHES

| | |
|--------------------------|------------------------|
| Sweet peppers | Cream cheese |
| Mustard, salt and pepper | Brown bread and butter |

Chop either the sweet green or red pepper until fine, work them into an equal quantity of cream cheese, season with salt, pepper and a little mustard, or if preferred a little thick mayonnaise dressing can be used. Spread on thin slices of buttered brown bread.

PIQUANT SALAD SANDWICHES

| | |
|---------------------|-----------------|
| Green peppers | Onions |
| Mayonnaise dressing | Salt and pepper |
| Paprika | |

Chop the peppers fine and also the onion, using an equal quantity of each, season with salt and

pepper and a pinch of paprika. Mix with enough mayonnaise to make of right consistency and spread between slices of brown or white bread.

CRESS SANDWICHES

Watercress

Bread and butter

Mayonnaise dressing

Spread the slices of bread with butter and then with mayonnaise dressing, sprinkle each slice over with sprigs of watercress, and form into sandwiches. If liked a little chopped chicken breast can be mixed in with the mayonnaise dressing, and this will improve it for many.

OLIVE SANDWICHES

Olives

Mayonnaise dressing

Cracker dust

Bread and butter

Pour boiling water over the olives and let stand about five minutes, then drain and cover with ice water. When cold and crisp wipe dry, stone and chop very fine with a silver knife. Have a very stiff mayonnaise, and add a little

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cracker dust, then mix in the chopped olives. Spread on thin slices of slightly buttered bread.

OLIVE AND CHEESE SANDWICHES

| | |
|---------------------|------------------|
| Olives | Cream cheese |
| Mayonnaise dressing | Bread and butter |

Use the olives stuffed with red peppers. Chop fine and blend into the cream cheese, add a little seasoned mayonnaise and spread on thin slices of buttered white or brown bread.

DUTCH SANDWICHES

| | |
|-------------------------|---------------------------|
| 1 cupful baked beans | 1 tablespoonful parsley |
| ½ cupful chopped celery | 1 teaspoonful onion juice |
| Mayonnaise dressing | Brown bread and butter |

Chop the parsley and celery and mix with the baked beans, also onion juice if liked. Mix in enough seasoned mayonnaise dressing to make of the right consistency to spread. Season with a little salt and pepper if necessary, and spread between slices of buttered brown bread.

BEAN AND BEET SANDWICHES

1 cupful baked beans
Mayonnaise dressing

Pickled beets
Bread and butter

Chop the pickled beets into bits, use two or three according to size, mix into the beans, and blend in a little mayonnaise dressing. Spread on thin slices of brown bread and form into sandwiches.

CABBAGE SANDWICHES

A heart of cabbage
Celery
Mayonnaise dressing

Lettuce
White onion
Bread and butter

Use only the tender heart of a cabbage, and chop very fine, add a little chopped crisp celery, and one onion also chopped fine. Blend into this stiff mayonnaise dressing. Spread thin slices of bread with butter, and place on each slice a lettuce leaf. Spread on some of the cabbage mixture, and form into sandwiches.

CELERY AND RED PEPPER SANDWICHES

Tender hearts of celery
Cream cheese

Sweet red peppers
Mayonnaise dressing

Chop the celery fine, and to each cup of celery

add one tablespoonful of chopped red pepper, and add stiff mayonnaise dressing. Spread thin slices of bread with cream cheese and spread with a layer of celery mixture, put on top slice spread with cream cheese.

SALMON SALAD SANDWICHES

| | |
|--------------------|-------------------------|
| 1 can salmon | 2 tablespoonfuls pickle |
| 3 hard-boiled eggs | 1 teaspoonful mustard |
| 2 lemons | Salt and pepper |
| Lettuce leaves | Butter or oil |

Remove all liquid, skin and bones from the salmon. Chop the pickles up very fine, also the hard-boiled eggs. Mix together, then add the seasoning and one tablespoonful melted butter or oil. Mix thoroughly and spread on very thin slices of buttered bread on which has been placed crisp lettuce leaves. Form into sandwiches.

CHICKEN SALAD SANDWICHES

| | |
|---------------------|-----------------------------|
| 1 cupful chicken | $\frac{1}{2}$ cupful celery |
| Mayonnaise dressing | Bread and butter |

Chop the chicken, also the celery, and mix, then blend in enough of seasoned mayonnaise

dressing to make of the right consistency to spread. Place between thin slices of buttered bread.

NUT AND CELERY SANDWICHES

| | |
|---------------------|------------------|
| Nuts | Celery |
| Mayonnaise dressing | Bread and butter |

Mix together an equal quantity of chopped nuts and tender celery, and mix with mayonnaise to make of the right consistency to spread. Spread on thin slices of white or brown bread.

CELERY-CHEESE SANDWICHES

| | |
|------------------|---------------------|
| Cream cheese | Celery |
| English walnuts | Mayonnaise dressing |
| Bread and butter | Salt and pepper |

Chop the celery very fine, and mix in the cream cheese, using an equal quantity of each; add a few chopped walnut meats, and enough mayonnaise to make of the right consistency to spread. Season with salt and pepper to taste.

CELERY-OLIVE SANDWICHES

| | |
|---------------------|------------------|
| Olives | Celery |
| Mayonnaise dressing | Bread and butter |

Use an equal quantity of chopped olives and chopped celery for this filler. Mix to a paste with mayonnaise, and season to taste. Spread between thin slices of buttered bread.

OLIVE-PIMENTO SANDWICHES

| | |
|---------------------|------------------|
| Pimentos | Olives |
| Mayonnaise dressing | Bread and butter |

Chop the olives fine, and mix into the pimentos, add enough mayonnaise to season nicely, and use as a filler between slices of buttered bread. If liked lettuce leaves may be used also.

RADISH SANDWICHES

| | |
|---------------------|------------------|
| Radishes | Cucumber |
| Lettuce leaves | Onions |
| Mayonnaise dressing | Bread and butter |

Spread some very thin slices of bread with butter, and on each slice lay a lettuce leaf. To each half dozen radishes add one cucumber, and

two small onions. Chop very fine, and mix well together. Add enough well-seasoned mayonnaise to form a paste that will spread nicely, and use as a filler.

NASTURTIUM SANDWICHES

Nasturtium leaves

Hard-boiled eggs

Mayonnaise dressing

Bread and butter

Chop the hard-boiled egg until fine, then add the mayonnaise and the nasturtium leaves chopped rather finely. Use the leaves according to the flavor desired. If you wish a sandwich with a "hot" flavor then use a good many of the leaves, but if you only wish them slightly hot then use fewer leaves. Use as a filler between buttered slices of either white or brown bread.

PARSLEY SANDWICHES

Chopped parsley

Fresh butter

Salt and pepper

Bread and butter

Into a half pound of fresh butter blend in a half cupful of chopped parsley, season with salt

and pepper to taste. Spread on thin slices of bread.

BEET AND EGG SANDWICHES

| | |
|-----------------|------------------|
| Pickled beets | Hard-boiled eggs |
| Salt and pepper | Bread and butter |
| Melted butter | |

Chop the hard-boiled eggs up fine, and season to taste with salt and pepper and a little melted butter; then add chopped beet pickles, using about half the quantity of beets that you have of eggs. Spread on thin slices of buttered bread, and arrange in sandwich fashion.

PIMENTO AND ASPARAGUS SANDWICHES

| | |
|-----------------------|---------------------|
| Boiled asparagus tips | Pimentos |
| Celery | Mayonnaise dressing |
| Lettuce leaves | |

To a cupful of asparagus tips that have been boiled in slightly salted water, add a half cupful of chopped pimentos, and one-half cupful of chopped celery. Mix with thick mayonnaise

dressing. Place a lettuce leaf on each slice of buttered bread, and use this mixture for a filler.

ONION-CHEESE SANDWICHES

| | |
|---------------------|--------------|
| 1 Bermuda onion | Cream cheese |
| Mayonnaise dressing | Salt |

Chop the onion up fine, and season with salt; then stir into cream cheese; add enough mayonnaise to make of a nice consistency to spread, and use as a filler between buttered slices of brown or white bread.

CABBAGE SANDWICHES

| | |
|------------------|---------------------|
| Heart of cabbage | Mayonnaise dressing |
| Bread and butter | Salt and pepper |

Chop the tender heart of cabbage very fine, and season well with salt and pepper and a little sugar; add enough mayonnaise to make of the right consistency, and use as a filler between white or brown bread. Lettuce leaves may be used in these sandwiches if preferred.

CABBAGE-POTATO SANDWICHES

Heart of cabbage

1 onion

Cold boiled potatoes

Mayonnaise dressing

Chop the cabbage and onion up very fine, also chop the potatoes or else slice in very thin slices. If slices are used place these on the buttered bread, and place the cabbage and onion mixture moistened with mayonnaise between. If the potato is chopped mix all the ingredients thoroughly together, and blend in the mayonnaise. Season with salt and pepper to make them tasty.

IX

Sweet Sandwiches

CHAPTER IX

SWEET SANDWICHES

SWEET sandwiches are especially nice to serve at teas, receptions and luncheons, and also make a good picnic sandwich. They usually have some sort of fruit filling, and one can have quite a variety by using different combinations.

GINGER SANDWICHES

1 cupful preserved ginger Thick sweet cream
Bread and butter

Chop the preserved ginger very fine and blend with it enough of the thick cream to make of the right consistency to spread nicely. Butter thin slices of brown bread, spread this mixture upon it, and form into sandwiches.

GINGER AND ORANGE SANDWICHES

Candied orange peel

Orange juice

Preserved ginger

Ginger syrup

Chop the candied orange peel and the preserved ginger until fine, using an equal quantity of each. Mix in enough of ginger syrup and orange juice to make it of the right consistency. Spread on thin slices of bread spread with unsalted butter.

GINGER-NUT SANDWICHES

Preserved ginger

Brown sugar

Nuts

Thick sweet cream

Chop the ginger and nuts and blend together, using an equal quantity of each. Then work in the sugar, about a tablespoonful to a cupful of the mixture, moisten with the cream. Spread between thin slices of bread.

MAPLE SANDWICHES

Maple sugar

Nuts

Dates

Thick sweet cream

Run the dates and nuts through a food chopper,

using half as many nuts as dates; add to each cupful of this mixture a fourth cupful of maple sugar and work in until well mixed, then add enough thick sweet cream to make of the right consistency to spread nicely. Spread on thin slices of buttered white or brown bread and form into sandwiches.

CHOCOLATE SANDWICHES

Sweet chocolate

Brown sugar

Vanilla

Nut meats

Thick sweet cream

Bread and butter

Melt the chocolate, and then add the sugar and cream. To two squares of melted chocolate add one-half cupful of brown sugar and two table-spoonfuls of thick cream. Flavor with a teaspoonful of vanilla, and add enough finely chopped nut meats to make of the right consistency to spread. Use as a filling between very thin slices of bread, —or a delicious sandwich can be made by spreading it on thin slices of stale sponge cake or any loaf cake.

BANANA SANDWICHES

Bananas

Peanuts

Lemon juice

Sugar

Slice the good ripe bananas very thin, and sprinkle with sugar and lemon juice. Spread thin slices of bread with butter, and sprinkle over them finely chopped or ground roasted peanuts. Place on top of this slices of the bananas, then the top slice of bread.

STRAWBERRY SANDWICHES

Preserved strawberries

Cocoanut

Pineapple juice

Bread and butter

Take a glass of thick strawberry preserves, and add a tablespoonful of pineapple juice, then work into it enough of grated cocoanut to make of the right consistency to spread.

QUINCE SANDWICHES

Quince jelly

Fresh mint

Mix the jelly with a few shredded mint leaves, or crystallized mint may be used. Spread thin

slices of bread with butter, and then spread the jelly on this, and form into sandwiches. Cut into dainty shapes and garnish with mint.

CURRANT SANDWICHES

Currant jelly

Nut meats

Mix a cupful of currant juice and one-half cupful of hickory-nut or pecan nut meats that have been chopped fine, and spread on buttered bread.

FIG SANDWICHES

Figs

Nut meats

Thick sweet cream

Lemon juice

Run the figs and nuts through a food chopper, using an equal quantity of each ; then work into a paste with a little sweet cream and lemon juice, or if preferred a little vanilla may be used instead of the lemon juice. Spread on thin slices of bread and form into sandwiches.

PINEAPPLE SANDWICHES

Preserved pineapple

Dates

Pineapple juice

Bread and butter

Chop the preserved pineapple, and add half as

much chopped dates. Mix into a paste with a little pineapple juice, or syrup from the preserved pineapple. Spread on thin slices of white or brown bread, and form into sandwiches.

CHERRY AND ALMOND SANDWICHES

Candied or preserved cherries

Almonds

Almond flavoring

Thick sweet cream

Chop the cherries, and blanch the almonds and pound into a paste, mix the two well together; then add the almond flavoring and the cream and blend all together. Spread on thin slices of bread and form into sandwiches.

HONEY SANDWICHES

Dates and raisins

Nuts

Honey

Orange juice

Run the dates, raisins and nuts through a food chopper, using an equal quantity of each. To each cupful of this mixture add two tablespoonfuls of honey and one of orange juice. Spread between thin slices of buttered bread.

TUTTI-FRUTTI SANDWICHES

Dates and figs

Almonds

Candied orange and lemon

Candied cherries

peel

Citron

Pineapple juice

Chop an equal quantity of dates and figs very fine, add one-half as many candied cherries chopped, and a little bit of candied orange peel, lemon peel and citron. If you use a cup each of dates and figs, then have a half cupful of candied cherries, and one tablespoonful each of the other fruits. Blanch a cupful of almonds and grind. Moisten with pineapple juice to make a paste that will spread nicely. Spread on thin slices of bread, and form into sandwiches.

DATE SANDWICHES

1 cupful of dates

Thick sweet cream

 $\frac{1}{2}$ cupful of nut meats

Stone the dates and chop, and then add one-half cupful of nut meats chopped fine. Work into a paste with a little thick cream flavored with vanilla. Spread between thin slices of bread.

NUT AND RAISIN SANDWICHES

| | |
|---------------------|--------------------------------|
| 1 cupful of raisins | $\frac{1}{2}$ cupful nut meats |
| Thick sweet cream | 1 teaspoonful orange juice |

Run the raisins through a food chopper, also the nuts, add the orange juice and enough thick sweet cream to make a paste that will spread nicely. Spread on slices of buttered brown bread, and form into sandwiches.

COCOANUT SANDWICHES

| | |
|---------------------------------------|-------------------------------|
| $\frac{1}{2}$ cupful grated chocolate | $\frac{1}{2}$ cupful cocoanut |
| Thick sweet cream | $\frac{1}{2}$ cupful sugar |

Use bitter chocolate and mix with the cocoanut and the sugar; then add enough thick sweet cream to make of the right consistency to spread. Use as a filler between thin slices of buttered bread, wafers, or stale sponge cake.

LEMON-DATE SANDWICHES

| | |
|---|-------------|
| 1 cupful chopped dates | Lemon juice |
| $\frac{1}{2}$ cupful candied lemon rind | |

Cut the lemon rind into bits, and stir into the

chopped dates, add enough lemon juice to make of the right consistency to spread ; or if preferred thick sweet cream may be used.

PRUNE-CHEESE SANDWICHES

Prunes

Thick cream

Cream cheese

Sugar

Wash the prunes thoroughly, and cover with water and soak overnight ; in the morning add a half cupful of sugar, and simmer very slowly until tender and the juice is all absorbed. To a cupful of the prune pulp add a half cupful of grated cheese, and a little thick cream if needed. Use as a filler between whole wheat or brown bread.

PRUNE-PECAN SANDWICHES

Large prunes

Sweet cream

Pecan nut meats

Bread and butter

Wash the prunes thoroughly and soak overnight. In the morning simmer slowly until ten-

der, adding about two tablespoonfuls of sugar to each half pound of prunes. Remove the seeds and mash up, and add an equal quantity of chopped nut meats; add a very thick sweet cream, or, if of the right consistency to spread, this may be omitted. Spread thin slices of white or brown bread with fresh butter, and use the prune and nut mixture for a filler.

ORANGE MARMALADE SANDWICHES

½ dozen oranges
1 cupful sugar

1 lemon
1 cupful walnut meats

Remove the skin and seeds from the oranges and shred up into bits; add a little of the yellow rind, being careful not to get any of the bitter white pith. Slice the lemon in very thin slices. Add a little water and simmer for fifteen or twenty minutes, then add the sugar and the nut meats and boil down to a thick marmalade. Spread between thin slices of bread, or on graham crackers.

FIG MARMALADE SANDWICHES

| | |
|---------------------|------------------|
| Rhubarb | Bread and butter |
| Candied orange rind | Figs |
| 1 lemon | Sugar |
| Cream cheese | |

Cut up the rhubarb into small pieces, and to each quart add one-half pound of figs cut up into bits, one-half cupful of candied orange peel, the grated rind and juice of one lemon, and two pounds of sugar. Boil down to a thick marmalade. Spread thin slices of bread with cream cheese worked into a paste with thick cream. Use the marmalade as a filler between the thin slices of bread. If liked the cheese may be omitted, but most people will like it with the cheese as it gives the sandwiches a delicious flavor.

CINNAMON SANDWICHES

| | |
|--------------|-----------------|
| Cinnamon | Unsalted butter |
| Raisin bread | Sugar |

Blend a tablespoonful of cinnamon into one-half cupful of unsalted butter, or as nearly un-

salted butter as you can obtain. Stir in two tablespoonfuls of brown sugar. Spread this on thin slices of raisin bread, and place together in sandwich fashion.

MINT SANDWICHES

Pear preserves

Bread and butter

Fresh mint

To each pint of thick pear preserves add about a fourth cupful of fresh mint chopped fine. Use as a filler between thin slices of buttered bread.

GRAHAM CRACKER SANDWICHES

Figs

Dates

Raisins

Nut meats

Graham crackers

Sweet cream

Run the fruits and nuts through a food chopper using an equal quantity of each. Use enough thick sweet cream to make of the right consistency, spread on graham crackers, and place together in sandwich fashion.

SPONGE CAKE SANDWICHES

Stale sponge cake

Currant preserves

Slice the sponge cake in thin slices, and toast a delicate brown in the oven, then spread each slice with thick currant or strawberry preserves, and place together in sandwich fashion. If liked a few chopped nut meats may be added to the preserves.

X

Substantial Sandwiches



CHAPTER X

SUBSTANTIAL SANDWICHES

SUBSTANTIAL sandwiches are those that have meat, egg, cheese, nuts, etc., for the fillers; these are best adapted to the picnic and lunch baskets. They are nice to serve at luncheons when there is no meat on the menu, and are satisfying for most occasions at which sandwiches are served.

HAM SANDWICH No. 1

Cold boiled ham

Butter

French mustard

Hard-boiled eggs

Lemon juice

Pepper

Chop some cold boiled ham very fine, and to every cupful of ham add the yolks of two hard-boiled eggs, one tablespoonful of melted butter, one teaspoonful lemon juice, one teaspoonful mustard, and one-fourth teaspoonful of white pepper. Mix into a paste and spread on thin slices of buttered bread, and form into sandwiches.

HAM SANDWICH No. 2

Cold boiled ham

Pickles

Mayonnaise

To each cupful of chopped cold boiled ham add two crisp pickles chopped fine. Mix with mayonnaise and spread on whole wheat or brown bread.

CHICKEN SANDWICH No. 1

Cold boiled chicken

Celery

Cream dressing

Blanched almonds

Chop the breast of chicken very fine, add to each cupful one tablespoonful of celery, one-half cupful of chopped almonds, and enough highly seasoned thick cream sauce to make a mixture that will spread nicely. Use as a filler between thin slices of buttered bread.

CHICKEN SANDWICH No. 2

Cold boiled chicken

Olives

Nut meats

Cream dressing or mayonnaise

To a cupful of chopped chicken add a half cupful of chopped olives, and one-half cupful of

chopped nut meats. Add enough cream dressing or mayonnaise to make a mixture of the right consistency to spread. Use as a filler between thin slices of buttered bread.

LAMB SANDWICHES

| | |
|---------------------|--------------------------|
| Cold roast lamb | Hard-boiled eggs |
| Mayonnaise dressing | Salt, pepper and paprika |

Mince the lamb fine, and to each cupful add two hard-boiled eggs chopped, and season to taste. Add enough mayonnaise or thick cream sauce, or just thick cream to make of the right consistency to spread.

TURKEY SANDWICHES

| | |
|--------------------|----------------|
| Cold boiled turkey | Olives |
| Almonds | Lettuce leaves |
| Mayonnaise | |

To a cupful of chopped turkey meat add a half cupful of chopped almonds, one-fourth cupful of stuffed olives also chopped fine. Add enough mayonnaise dressing to make of the right consistency. Spread thin slices of bread with butter,

and then place crisp lettuce leaves on top. Place the turkey filling between the lettuce and form into sandwiches.

BEEF SANDWICHES

Cold roast beef
Salt and pepper

Pimentos
Melted butter

Chop the cold beef fine and to each cupful of the meat add one dozen pimentos chopped. Season with salt and pepper, and add enough butter or thick sweet cream to make of the right consistency. Spread on thin slices of buttered bread.

TONGUE SANDWICHES

Boiled tongue
Parsley

Mayonnaise dressing
Bread and butter

Chop the tongue fine, and add one tablespoonful chopped parsley. Watercress may be used, or shredded lettuce leaves. Mix with enough of the mayonnaise dressing to make of the right consistency. Spread on thin slices of bread.

LOBSTER SANDWICHES

Lobster
Nutmeg and paprika

Lemon juice
Butter

Pound the lobster meat fine, add to each cupful of the meat one-fourth cupful of the coral, dried and mashed smooth, a tablespoonful of lemon juice, and one-half cupful of soft butter. Mix all to a smooth paste, and spread between thin slices of bread and butter.

OYSTER SANDWICHES

| | |
|---------------------------------------|----------------------------------|
| 1 pint of raw oysters | $\frac{1}{2}$ teaspoonful salt |
| 3 tablespoonfuls of cracker crumbs | 2 tablespoonfuls of butter |
| 2 eggs | $\frac{1}{2}$ cup cream |
| | 1 teaspoonful lemon juice |
| | $\frac{1}{4}$ teaspoonful pepper |

Remove the muscles from a pint of solid raw oysters and chop fine, add the seasoning, with a dash of cayenne. Put the butter in a saucepan and add the oysters and the cracker crumbs and heat until steaming; then add the thick cream into which has been beaten the yolks of the eggs. Stir until the mixture thickens. Remove from

the fire, add the lemon juice and more seasoning if not tasty enough. Set aside until cool, then spread on slices of buttered bread.

FISH SANDWICHES

| | |
|------------------|------------------|
| Cold boiled fish | Onion |
| Vinegar | Mayonnaise |
| Watercress | Bread and butter |

Take any good boiled fish and pick into bits, add a slice of onion chopped fine and a little tarragon vinegar. Moisten with mayonnaise. Chop a bunch of watercress and mix with some of the mayonnaise. Spread this on buttered bread, then add the fish mixture, and press the slices lightly together.

SALMAGUNDI SANDWICHES

| | |
|--------------------------|--------------------|
| 1 herring | Chicken breast |
| $\frac{1}{3}$ cupful ham | 2 hard-boiled eggs |
| Onion | French dressing |

Wash, skin and bone the Holland herring and chop very fine; add the chicken breast and the ham also chopped fine, and the hard-boiled eggs

and the onion all chopped as fine as possible. Blend together with French dressing, and spread on buttered slices of bread. Other kinds of meat may be combined in making these sandwiches.

MEAT AND NUT SANDWICHES

| | |
|------------------|----------------------|
| Cold boiled meat | Roasted peanuts |
| Melted butter | Worcestershire sauce |
| Salt and pepper | Tomato ketchup |

For these sandwiches you may use any kind of cold boiled meat. Chop fine. Run an equal quantity of roasted peanuts through a meat grinder, and mix with the meat, season with salt, pepper and the sauce and ketchup ; then blend in enough melted butter to make of the right consistency to spread. Place between slices of buttered bread.

BACON APPETIZER SANDWICHES

| | |
|-----------------|--------|
| Bacon | Onions |
| Green peppers | Egg |
| Salt and pepper | |

Fry the bacon until crisp, then break up into bits, add the onions and green peppers chopped

fine, using about three small onions and one large green pepper to each six slices of bacon. Season to taste, then when the onion and pepper is cooked enough, stir in one egg. Stir until thoroughly mixed, then spread on thin slices of bread.

MUTTON SANDWICHES

Cold boiled or roasted mutton

Mint

Salt and pepper

Capers

Lemon juice

Lettuce leaves

Chop the mutton fine, and to each cupful of the mutton add one teaspoonful of chopped mint, one teaspoonful of capers, one tablespoonful of lemon juice, and salt and pepper to taste. Spread thin slices of bread with butter, and place a crisp lettuce leaf on each slice. On half of the slices spread the mutton mixture, and then place the other slices on top in sandwich fashion.

SAUSAGE SANDWICHES

Sausage

Lettuce leaves

Celery

Paprika

Fry the sausages until a nice brown, and when

cold mix into it a little cut up celery, and season with paprika. If liked a little lemon juice can be added, or a few chopped pickles. Spread the bread with butter and place on them crisp lettuce leaves, then place between them the sausage mixture.

BACON AND EGG SANDWICHES

Bacon

Butter

Hard-boiled eggs

Lettuce leaves

Fry the bacon until crisp, and break into bits. Mix with hard-boiled egg yolks worked into a paste with a little butter. Spread between slices of bread. Lettuce leaves can be used in these sandwiches if liked. A little parsley mixed in with the bacon and egg will also improve them for many.

SARDINE SANDWICHES

A box of sardines

2 hard-boiled eggs

French mustard

½ teaspoonful horseradish

Remove bones and skin from the sardines, and chop fine; add two hard-boiled eggs, chopped,

and season with mustard and horseradish ; use about one-half teaspoonful of the mustard. If preferred use lemon juice instead of the prepared horseradish. Mix all the ingredients well together, and spread between thin slices of bread and butter.

ANCHOVY SANDWICHES

Hard-boiled eggs
Olives

Anchovy essence
Bread and butter

Rub the yolks of the hard-boiled eggs to a paste, add a few chopped olives, and season to taste with anchovy essence. Spread on thin slices of bread and cut into fancy shapes after forming them into sandwiches.

EGG SANDWICHES

Hard-boiled eggs
Vinegar

Melted butter
Salt and pepper

Chop the whites of the eggs fine and work the yolks into a paste with the melted butter ; season to taste with salt, pepper, and vinegar. Blend

the whites and yolks together, and spread on thin slices of buttered bread. If preferred mayonnaise dressing may be used to moisten the mixture instead of the butter and vinegar. Worcestershire sauce is also excellent mixed with the egg.

DEVEILED SANDWICHES

Hard-boiled eggs

Cream cheese

Capers

Mustard and paprika

Mayonnaise dressing

Salt and pepper

Mix into a half pound of cream cheese worked to a paste three hard-boiled eggs chopped very fine, add a few capers chopped fine, and season with the mustard, salt and paprika and a pinch of cayenne. Add enough mayonnaise to make of the right consistency, and spread on thin slices of buttered bread. Form into sandwiches.

CREAM CHEESE SANDWICHES

Cream cheese

English walnuts

Mayonnaise dressing

Brown or graham bread

Mix together the cream cheese and the chopped

walnuts, using an equal quantity of each, add enough thick mayonnaise dressing to make of a nice consistency to spread. Spread on thin slices of brown or graham bread.

PIMENTO SANDWICHES

Cream cheese

Pimentos

Mayonnaise dressing

Bread and butter

Chop the pimentos fine and work into the cream cheese, using an equal quantity of each, then blend in some thick mayonnaise dressing. Spread on thin slices of white bread.

CHEESE AND PEPPER SANDWICHES

Cream cheese

Green peppers

Salt and pepper

Thick cream

Chop the peppers very fine and work into soft cream cheese, season with salt and pepper, and a little mustard if liked. Add just enough cream to make of the right consistency and spread on thin slices of bread.

OLIVE AND CHEESE SANDWICHES

Cream cheese

Olives

Mayonnaise dressing

Brown or graham bread

Chop the olives fine, and mix into an equal quantity of cream cheese, moisten with enough thick mayonnaise to make a nice paste. Spread on thin slices of buttered brown or graham bread.

SWEETBREAD SANDWICHES

Cooked sweetbreads

Pimolas

Lettuce

French dressing

Chop the sweetbreads and olives or pimolas together, using an equal amount of each, add a little shredded lettuce, and moisten with well-seasoned French dressing. Spread on thin slices of white bread.

CAVIARE SANDWICHES

Fresh caviare

Lemon juice

Lobster

Salt and pepper

Season the caviare with lemon juice and a dash of salt and pepper, and spread on thin slices of

buttered bread; over this lay a little minced lobster, and put on the top slice of buttered bread.

NUT SANDWICHES

| | |
|------------------------|------------------|
| Almonds | English walnuts |
| Pecans or hickory-nuts | Maple sugar |
| Thick cream | Bread and butter |

Grind an equal quantity of the different nuts through a food chopper; to each cupful of nuts add one tablespoonful maple sugar, and enough thick cream to make a paste that will spread nicely. Use as a filling between thin slices of bread.

PEANUT BUTTER SANDWICHES

| | |
|---------------|------------------|
| Peanut butter | Paprika |
| Olives | Bread and butter |

Add a few chopped olives to the peanut butter, and a little paprika. Mix thoroughly and spread on thin slices of white or graham bread.

COLLEGE SANDWICHES

| | |
|---------------|----------------------|
| Peanut butter | Sweet milk chocolate |
| | Bread and butter |

Grate the chocolate and stir into the peanut

butter, and spread on thin slices of buttered bread. These make nourishing sandwiches that are excellent for the children's school lunches.

NUT BREAD AND CHEESE SANDWICHES

Nut bread

Cream cheese

Paprika

Salt and pepper

Thick sweet cream

Work the cream cheese into a paste with a little thick cream or mayonnaise dressing. Season to taste, and spread on thin slices of buttered nut bread.

PINEAPPLE-NUT SANDWICHES

Candied pineapple

Chopped nut meats

Thick cream

Bread and butter

Chop the candied pineapple, add to the nuts, and make of the right consistency with thick cream. Spread on thin slices of bread and make into sandwiches.

PEANUT SANDWICHES

Roasted peanuts

Mayonnaise dressing

Skin fresh roasted peanuts and pass through a

food chopper, then mix with a little thick mayonnaise, well seasoned with salt. Spread on thin slices of buttered white or brown bread; or it is nice to have one slice brown and the other slice white.

MUSHROOM SANDWICHES

| | |
|-----------------|---------------------|
| Fresh mushrooms | Cold cooked chicken |
| Butter | Salt, pepper |
| | Paprika |

Peel the mushrooms and fry in butter until tender, add chicken, season well with salt and pepper and paprika. Spread on thin slices of buttered bread.

COMBINATION SANDWICHES

| | |
|---------------------|---------------------|
| ½ cupful boiled ham | ½ cupful chicken |
| 3 hard-boiled eggs | 2 sardines |
| 2 cucumber pickles | ¼ cupful celery |
| Salt and pepper | Mayonnaise dressing |

Chop the meats up fine, also the eggs and pickles, celery and sardines. Season with salt and pepper and add enough mayonnaise to make of the right consistency to spread; but if preferred

melted butter or thick sweet cream may be used. Spread on buttered bread, and form into sandwiches.

DRIED BEEF SANDWICHES

| | |
|------------------|---------------------|
| Dried beef | Cucumber pickles |
| Bread and butter | Mayonnaise dressing |

Shred the dried beef up into bits, chop the cucumber pickles up quite fine, and mix with the beef. Add enough thick mayonnaise to make of a nice consistency to spread, and use as a filler between thin slices of white or brown bread.

SPICED DRIED BEEF SANDWICHES

| | |
|-------------------------------------|------------------|
| $\frac{1}{2}$ pound dried beef | Bread and butter |
| $\frac{1}{2}$ cupful spiced vinegar | |

Make a spiced vinegar as you would make for sweet pickles, adding mixed spices, sugar, and pepper to the vinegar. The vinegar ought not to be too strong. Place the beef in the vinegar and simmer slowly until all the vinegar has been absorbed. Butter thin slices of bread, and place a

lettuce leaf on half the slices, then spread with the dried beef, and form into sandwiches.

SPICED FISH SANDWICHES

Fish spiced in the same manner is fine to use in sandwiches. Do not have the vinegar too strong. These spiced meat sandwiches are very appetizing.

FLAKED FISH SANDWICHES

| | |
|---|---|
| 1 cupful flaked fish | Salt and pepper |
| 3 tablespoonfuls chopped celery | $\frac{1}{2}$ cupful mayonnaise |
| 1 tablespoonful chopped cu- cumber pickles | 1 tablespoonful Worcester- shire sauce or tomato catsup |

Bread and butter

Mix the ingredients well together, seasoning with salt and pepper to taste. Use as a filler between thin slices of buttered bread.

CLUB SANDWICHES

| | |
|---------|-------------------|
| Bacon | Chicken or turkey |
| Lettuce | Bread and butter |

Place on a slice of thin buttered bread a crisp lettuce leaf, on top of this place a slice or two of

very thin cooked bacon; then a slice of cooked chicken or turkey, then two more slices of thin bacon, and on top of this a lettuce leaf. Cover with a slice of buttered bread. Press firmly with the hand.

TOASTED CHEESE SANDWICHES

Cream cheese

Bread and butter

Place a slice of cream cheese between slices of bread spread but slightly with butter. Place in the oven and toast a delicate brown on both sides. Sprinkle the cheese with a little salt and paprika before putting in the sandwiches.

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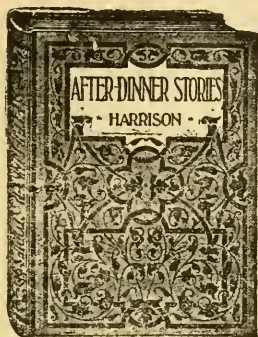
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