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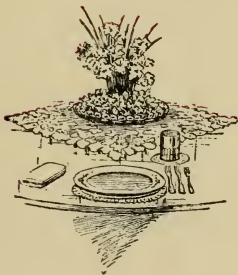






Recs, & Hygiene
" EVERYDAY
LUNCHEONS

BY
OLIVE GREEN [*friend.*]



G. P. PUTNAM'S SONS
NEW YORK AND LONDON
The Knickerbocker Press

1906

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LUNCHEON WISE
AND
LUNCHEON FOOLISH

Judging by the various books on the subject of Luncheons, people do not eat at noon unless they have company. It is very probable that this is often the case, especially among women. The man who goes to a lunch counter and regales his inner self with pie and coffee is not so much of a sinner against health, happiness, and prosperity as the woman who pauses in her daily toil only long enough to nibble at the "left-overs" in the refrigerator.

Far be it from us to advocate an elaborate luncheon for anyone who is not entertaining or being entertained. The apostles of the "simple life" have taught us better than that. In a recent discussion of the subject one woman summarized it thus: "I want something hot and I want to sit down."

What widespread improvement there would be in the feminine disposition if every woman, at noon, sat down and had "something hot"!

Properly to perform its various duties, the body requires energy, and energy comes from food. A furnace supplied at noon with two or three cinders and a shovel full of ashes, would not be expected to heat the house sufficiently during the afternoon. Yet a woman hopes to finish her day creditably on the fuel supplied at noon by cream puffs, ice-cream soda, or nothing at all.

Too much cannot be said in favor of regular hours for meals. Midway between breakfast and dinner there should be a nourishing luncheon, not elaborate in quality or quantity, but sufficient. Expensive machinery is oiled at stated intervals. Furnaces are supplied with coal each day at approximately the same hours. The jewellers who deal in expensive watches will advise winding the watch at exactly the same hour each night. Does not the human body mean as much to the soul that dwells in it as a watch or a furnace?

People who do not take time to eat and sleep, presently are obliged to take time to die. People who, from false notions of economy, live upon improper food, are shortly put to the greater expense of a funeral. It is better to spend the money on porter-house steaks, fresh vegetables, fruits and eggs, than upon wreaths and "gates ajar." The one who leads the procession, with his friends riding behind him in carriages

might better have postponed this particular entertainment for a few years, and, it is not too much to say that in most cases it could be done, by taking more time to live while engaged in the business of living.

The gentlemanly bricklayer and the enterprising carpenter has each his "hour" at noon. Men and women higher in the social scale would gasp at the idea of taking a whole hour out of the middle of the day, when the tide of life runs swiftest. And yet, why not?

Periodical literature furnishes many amusing incidents of women who are "taken by surprise" when a guest suddenly appears at luncheon time. One such story tells of a woman at whose house a club committee met, early in the morning. The session was protracted till past the luncheon hour, and presently the hostess excused herself.

In half an hour, she appeared and invited the committee into the dining-room. There a table was spread with the snowiest of napery, the most exquisite of china, the most gleaming of silver. The "feast of reason" was simply brown bread and butter and tea, which was offered "without a word of apology."

Leaving out the apology, the committee, as well as the hostess, should have had something more than brown bread and butter and tea. An emergency shelf in the store-room is an

ever-present help in time of trouble, and yet the point is simply this—every woman should provide for herself at noon such a luncheon as she would not be ashamed to ask a friend to share with her.

Another story, of a different sort, is told by a well-known authority in household matters. She had two friends, a mother and daughter, who were “very, very poor.” She dropped in unexpectedly upon the V. V. P. people and found them at their noon luncheon, which she shared willingly when asked.

The V. V. P. people were seated at a table covered with an immaculate cloth of the very finest quality—probably one of the pattern cloths which come at twenty-five dollars—the china was fine and thin, and the silver solid. The simple and informal luncheon of the V. V. P. people consisted of a cream soup, with whipped cream on it, Hamburg steaks, with a garnish of fringed celery, French fried potatoes, crackers, imported cheese, a fruit salad, tea, and a “delicious apple pudding.” With all due respect to the household authority, someone must have hinted to the V. V. P. people that she was coming unexpectedly to luncheon. This also, as the lady takes pains to emphasize, was given “without apology.”

The unexpected guest at luncheon has not escaped the finely barbed pen of the satirist.

An imaginary hostess was confronted by a large party of women, most of them strangers, who "dropped in" to luncheon. She was distressed only for lack of dessert. "Proceeding to the pantry," writes the satirist, speaking for the imaginary lady, "I discovered on the shelf before me one cupful of butter, two cupfuls of sugar, three cupfuls of flour, four eggs, one cupful of milk, and two teaspoonfuls of baking powder. These materials I at once mixed into a delicious cup cake and the question of dessert was solved."

Another satirist, with a more trenchant pen, writes of another imaginary lady who was confronted by seven unexpected guests for luncheon when there was absolutely nothing in the house. Being a woman of resource, she made no apologies—they never do in the stories—and within half an hour invited her guests to partake of a particularly fine stew. The hilarity of the occasion was marred only by the four-year-old son of the hostess, who persistently mourned for his lost kitten. Surely satire could go no further than this!

A lively form of entertainment has been recently in vogue. Housekeepers gather together, and the hostess distributes pencils and slips of paper. Each woman writes on as many slips of paper five "left-overs" likely to be in any refrigerator at any time. These are all shaken

up together and each woman draws five. The problem is to get up the best possible luncheon from the "left-overs" on the five slips, and the one who does the best with her materials gets the prize.

It would seem to be a stirring sort of party, and well calculated to try the wits of the guests. It reminds one, however, of a remark of a famous English critic in reference to the average novel-reader, who takes up a book merely for excitement. "The reader, nowadays," quoth the critic, "is in the position of a toad under a harrow."

This would seem to portray, also, the emotions of a guest at an Emergency Party of the kind described above. If anyone feels inclined to give such a party, the author and publisher of this book would modestly suggest that nothing better could possibly be found for a prize.

A luncheon served for only one or two may be just as dainty as the most formal function, and far more satisfactory. A napkin or a carving cloth, spread on the bare table, is all sufficient when time is of great value. A poached egg on a bit of buttered toast, a tomato, made more savory by a spoonful of mayonnaise, a cup of tea, and some simple dessert, is a wise luncheon, if time be taken to serve and eat it properly. A glass of milk and a piece of cake, taken stand-

ing by the refrigerator, is a foolish luncheon, no matter who does it.

In the following pages an effort is made to present recipes for luncheon dishes which are simple, quickly made, and not too great a tax upon the woman who is her own maid. Hygienic preparation, quick cooking, and the economical use of the persistent and impossible left-over, are the principles by which the recipes have been judged.

The menus given in the latter part of the book are intended to be merely suggestive and to show how dainty living is possible when only commonplace materials are at hand.

There is a certain "heartening" quality in a cup of tea, if properly made, but milk, chocolate, lemonade, and the various fruit juices should be used occasionally for the sake of variety. In the suggested menus for everyday luncheons, any preferred beverage may be supplied.

When one eats a hearty breakfast, the noon luncheon should be light and consist mainly of fruit. When breakfast is light, the noon luncheon should be of a more substantial character.

There are few of us, who, if we really give our minds to it, cannot find or make time in which to live rightly, and, by living rightly, we live longer, and gain increased happiness for ourselves and our fellow-men.

QUICK SOUPS

A stock pot is a convenience, but not a necessity, and for a small family is usually impracticable. A very good soup stock can be quickly made from beef extract, water, and vegetables, for which directions are given below.

The following recipes will be found simple, convenient, and satisfactory.

STOCK FROM BEEF EXTRACT

Slice a large onion into a deep granite-ware pan. Add a thick slice of turnip, cut fine, a large carrot, sliced, three stalks of celery, including the green tops, three dozen pepper corns, six cloves, a stick of cinnamon, three bay-leaves, and sprigs of parsley, sage, thyme, and summer savory. Fill the pan with cold water, bring to the boiling point, and simmer slowly until the vegetables are cooked to pieces—probably about an hour and a half. Strain through coarse muslin, and measure the liquor. For each quart of liquor, use one even teaspoonful of beef extract. Dissolve the ex-

tract in a little of the liquor, and add to the rest. Boil up once and serve.

This method does away with all waste of meat, fuel, and time. This stock will keep some time in a refrigerator, and stock made from left-over meats and vegetables may be added to it at any time if both are at the boiling point.

The beef extract may be cooked with the vegetables if desired. This stock may also be used for aspic jelly by using a sufficient amount of gelatine.

BARLEY SOUP

Cook one cupful of barley slowly until soft. Drain, and add to beef stock made as above. Serve very hot.

CARROT SOUP

Add one cupful of minced cooked carrots to six cupfuls of stock.

CORN SOUP

Take one cupful of sweet corn which has been boiled on the cob, or one cupful of canned corn, and press through a sieve. Add the pulp to six cupfuls of stock.

SAGO SOUP

Add one cupful of cooked sago to six cupfuls of stock.

SPAGHETTI SOUP

To six cupfuls of stock add one cupful of cooked spaghetti cut into half-inch pieces.

RICE SOUP

Add one cupful of cooked rice to six cupfuls of stock. Season with curry powder.

CLEAR TOMATO SOUP

Rub tomatoes, either fresh or canned, through a sieve that will keep back the seeds. Add a cupful of pulp to six cupfuls of stock, boil up once and serve.

PEA SOUP

Use one cupful of cooked peas, either fresh or canned. Add to six cupfuls of stock. The peas may be rubbed through a sieve if the pulp only is preferred.

CELERY SOUP

One cupful of celery, cut fine, is cooked until tender in six cupfuls of stock. The roots, tops, and tough, unsightly parts of celery may be used for this soup.

RICE AND TOMATO SOUP

One half cupful of cold boiled rice and one half cupful of tomato pulp, added to six cupfuls of stock.

ONION SOUP

One cupful of minced onion boiled until tender. Drain, and add to six cupfuls of boiling stock.

VERMICELLI SOUP

One cupful of vermicelli broken into small bits is cooked slowly until tender in two quarts of stock.

LENTIL SOUP

One cupful of lentils, boiled slowly until tender, in two quarts of stock.

MACARONI SOUP

One cupful of cold, cooked macaroni, cut fine, added to six cupfuls of stock. Add a tablespoonful of grated Parmesan cheese before serving.

KIDNEY BEAN SOUP

Add one cupful of cooked kidney beans, or black beans, to six cupfuls of stock. The beans may be rubbed through a sieve, if desired.

LIMA BEAN SOUP

One cupful of cold, cooked lima beans, added to six cupfuls of stock. The beans may be rubbed through a sieve if desired.

TURNIP SOUP

One cupful of turnip, cut very fine, and boiled until tender in two quarts of stock.

BEET SOUP

Add one cupful of cooked beets, cut fine, to six cupfuls of stock.

SPLIT PEA SOUP

Soak one cupful of split peas over night. Boil until tender, and drain. Add a sliced onion, a carrot, cut very fine, and half of a turnip, sliced. Brown the vegetables in a little butter. Cover with beef stock, boil up once, rub through a sieve, and re-heat. A ham bone or a little piece of salt pork may be cooked with the soup.

CHICKEN SOUPS

The water in which chickens are boiled should be saved for soup. The bones of cooked chicken, simmered with vegetables in water, make a very good soup foundation. The chicken

juice, which comes in cans, is valuable in an emergency. Following the rules given above, chicken juice may be used in place of beef stock to make barley, sago, spaghetti, rice, vermicelli, pea, noodle, celery, tapioca, and tomato soups. Thick chicken soup is made by adding the yolk of one egg, well beaten, to each quart of soup, and stirring constantly. Minced chicken giblets are an addition to any chicken soup.

CLAM SOUP

The clam juice, which comes in cans, is also valuable. Follow the rules given above. The clam juice may be used with barley, rice, vermicelli, sago, spaghetti, macaroni, noodles, and tomato. These soups may be thickened if desired.

TAPIOCA SOUP

Soak half a cupful of tapioca over night, boil until tender in the water in which it was soaked, and add to two quarts of beef stock or chicken stock.

PURÉE OF LIMA BEANS

Put two cupfuls of lima beans in salted boiling water sufficient to cover. Add one small onion, cut fine, a small clove, and a slice of

carrot. Add a sprig of parsley and a teaspoonful of butter. When soft, drain, and save the liquid. Remove the vegetables and herbs. Rub through a sieve, mix, and re-heat. Skim, season, add another teaspoonful of butter, and serve with dice of fried or toasted bread.

DUTCH SOUP

Put one half cupful of grated cheese into a saucepan with six cupfuls of milk. Simmer gently for ten minutes. When the cheese is dissolved, season with salt and pepper, a tablespoonful of butter, and a pinch of sugar. Add half or three quarters of a cupful of cold, cooked macaroni, cut fine. Beat three eggs thoroughly in a bowl, mix with a little of the soup, and add by degrees to the remainder, stirring constantly. Do not let the soup boil after adding the macaroni and eggs. Serve with dice of toasted bread.

TOMATO SOUP—II

Two cupfuls of canned tomatoes brought to the boiling point. Take from the fire and rub through a sieve. Add two cupfuls of stock. Mix a teaspoonful of corn starch with half a cupful of cold water. Add to the soup and bring to the boil. Stir until the soup is thick. Season with salt, Worcestershire, and mushroom catsup.

TOMATO SOUP—III

Put into a saucepan one tablespoonful of butter, a pinch of salt, and a sprinkle of red and black pepper. When the butter froths, add two tablespoonfuls of flour, and stir until thoroughly blended. Add three cupfuls of cold milk, and stir constantly until the mixture is as thick as cream sauce. Add two cupfuls of stewed and strained tomato which has been pressed through a sieve. Add a pinch of sugar and half a teaspoonful of baking soda. Bring to the boil, stirring constantly, and serve at once. An onion cooked with the tomatoes is a pleasant addition to the soup.

TOMATO SOUP—IV

Boil a quart can of tomatoes with two cupfuls of cold water. Blend together one tablespoonful of butter and two of flour, mix with half a cupful of cold water, add to the soup, and stir constantly until it thickens. Add a grated onion, season with salt and pepper, simmer slowly for twenty minutes. Strain through a sieve, re-heat, add a teaspoonful of baking soda and two cupfuls of milk. Boil one minute and serve.

TOMATO SOUP—V

Slice a large onion, and fry brown in a little butter. Add a can of tomatoes and two cupfuls

of boiling water. Boil fifteen minutes. Rub through a colander, add a cupful of cold, boiled rice, and thicken with one tablespoonful of butter and two tablespoonfuls of flour blended and mixed with a little of the soup before pouring into the remainder.

SCOTCH SOUP

Peel and slice enough onions to make a cupful, cut fine a carrot and two stalks of celery. Fry brown in butter, being careful not to burn. When brown, add six cupfuls of water in which a chicken has been boiled, and from half a cupful to a cupful of cooked chicken, cut fine. Cover the saucepan, and simmer forty minutes. Beat the yolk of an egg thoroughly in a bowl, season with salt and pepper and mix with a little of the soup. Add this mixture carefully to the remainder and heat thoroughly but do not boil. Serve with dice of toasted bread.

GERMAN CHICKEN SOUP

Simmer a ham bone for an hour in six cupfuls of water in which a chicken has been boiled. In a separate saucepan, boil together one cupful of carrots cut into dice, a dozen small onions peeled and sliced, one cupful of turnips cut into dice, two tablespoonfuls of cab-

bage, cut fine, and two tablespoonfuls of rice. Cook slowly in water to cover. When the vegetables are tender, remove the ham bone from the chicken stock, and add the vegetables. Half a cupful of cooked chicken, cut fine, is usually added to this soup. Boil up once, season to taste and serve very hot.

LIVER SOUP

Take half a pound of cold, cooked liver and grind it in a meat chopper, or chop very fine. Fry one large onion, sliced, in two tablespoonfuls of butter, and add the liver. Add one cupful of dried and sifted bread crumbs. Season with salt and pepper and add six cupfuls of stock. Boil fifteen or twenty minutes, press through a colander, and thicken with the yolk of an egg.

ONION SOUP—II

Fry a cupful of sliced onion in a little butter. Add two heaping tablespoonfuls of flour, two cupfuls of boiling milk and two cupfuls of boiling stock. Season with salt, pepper, and minced parsley. Simmer half an hour, and thicken with the yolk of an egg. A tablespoonful of grated Parmesan cheese may be added if desired.

ITALIAN TOMATO SOUP

Use the tomato paste which comes in cans and can be found in any Italian grocery. Mix three tablespoonfuls of the paste with four cupfuls of boiling water. Simmer twenty minutes and serve.

FRENCH MILK SOUP

Boil four cupfuls of milk with a teaspoonful of sugar and half a teaspoonful of salt. Thicken with the well-beaten yolks of four eggs, season to taste and serve. This soup is very nourishing.

TOMATO SOUP—VI

Boil a quart can of tomatoes with two cupfuls of hot water. Add one tablespoonful of sugar, one tablespoonful of salt, four cloves and four pepper corns. Chop a medium sized onion fine and fry brown with one tablespoonful of minced parsley in two tablespoonfuls of butter. Add one tablespoonful of corn starch, mix thoroughly, and add to the boiling tomatoes. Simmer fifteen minutes and strain through a colander.

TOMATO SOUP—VII

Two cans of tomatoes, two teaspoonfuls of grated onion, one teaspoonful of thyme, one

teaspoonful of sweet marjoram, one tablespoonful of celery seed, and one half cupful of pearl tapioca which has been soaked over night in water to cover. Boil until the tapioca is clear, and press through a fine sieve. Fill pint Mason jars with the boiling hot mixture as in canning tomatoes. It will keep indefinitely. Prepare for the table by heating a sufficient quantity, and dilute with boiling water or milk. Minced vegetables may be added at pleasure to vary the flavor of the soup. A tablespoonful of butter should be added.

SPINACH SOUP

Rub one cupful of cold, cooked spinach through a sieve, put into a saucepan with one tablespoonful of butter and one tablespoonful of flour. Add half a teaspoonful of sugar, and pepper and salt to taste. When thoroughly hot add four cupfuls of stock. Serve with dice of toasted bread.

CREAM OF CLAM SOUP

One heaping tablespoonful of butter and two heaping tablespoonfuls of sifted flour, rubbed to a cream. Melt in a saucepan over the stove, and add slowly a quart of milk, stirring constantly. When it thickens, add salt, pepper, a sprinkle of celery salt, and one cupful of minced

clams with their liquor. Let boil up once and serve with crackers. The minced clams which come in small cans are very good in this soup.

CREAM OF CELERY

Have ready one cupful of celery cut fine, boil until tender, and rub through a sieve. Reduce the water in which the celery was boiled to half a cupful, by rapid boiling, and set aside. Put into a saucepan one tablespoonful of butter, season with salt and pepper, and when the butter is hissing hot, stir into it two tablespoonfuls of flour. Stir until the mixture leaves the sides of the pan. Add three cupfuls of cold milk, and stir constantly until it boils. When the mixture is as thick as a very thin cream sauce, add the celery pulp and the half cup of liquid. Mix thoroughly, boil up once, and serve.

CREAM OF RICE

Use one cupful of cold, boiled rice and proceed as above. Season with celery salt or curry powder.

CREAM OF SQUASH

Use one cupful of cooked squash, rub through a sieve and follow directions given for cream of celery.

CREAM OF PEAS

Use one cupful of cooked peas, either fresh or canned, and follow directions given for cream of celery.

CREAM OF ASPARAGUS

Use one cupful of cooked asparagus, rub through a sieve, and follow directions given for cream of celery.

CREAM OF CUCUMBER

Use one cupful of stewed cucumber, pressed through a sieve, and follow the directions given for cream of celery.

CREAM OF SPINACH

Use one cupful of cooked spinach, rub through a sieve, and follow directions given for cream of celery.

CREAM OF PEANUTS

Three quarters of a cupful of salted peanuts, chopped very fine. Fill the cup with cold milk and set aside, then follow directions given for cream of celery.

CREAM OF POTATO

Three quarters of a cup of cold, mashed potatoes. Fill the cup with cold milk and set aside, then follow directions given for cream of celery. Season with salt, pepper, and grated onion.

CREAM OF CORN

One cupful of cooked corn, either fresh or canned, rubbed through a coarse sieve. Follow directions given for cream of celery. This soup may be made suitable for a formal occasion by adding a tablespoonful of unsweetened whipped cream to each plate. A few kernels of freshly popped corn may also be added to each serving of the soup.

CREAM OF LIMA BEANS

One cupful of cooked lima beans rubbed through a sieve. Follow directions given for cream of celery.

CREAM OF CAULIFLOWER

One cupful of cooked cauliflower chopped very fine. Follow directions given for cream of celery. This soup may be seasoned with grated Parmesan cheese.

CREAM OF BEET

One cupful of cooked beets chopped very fine, taking care to save the juice. Follow directions given for cream of celery.

CREAM OF SALSIFY

One cupful of cooked salsify chopped very fine. Follow directions given for cream of celery.

CREAM OF SHRIMPS

Use one small can of shrimps cut very fine. Follow directions given for cream of celery.

CREAM OF ONION

Slice the onions and boil till tender, changing the water twice during the boiling. When done, drain, rub through a coarse sieve, and measure a cupful of the pulp. Cover with cold milk to prevent discoloration, and follow directions given for cream of celery.

CREAM OF LETTUCE

Tough and unsightly leaves of lettuce are used for this soup. Boil until tender and rub through a coarse sieve. Use three quarters of a cupful of the pulp and follow directions given for cream of celery.

CREAM OF STRING BEANS

One cupful of cold, cooked string beans, chopped very fine. Follow directions given for cream of celery.

CREAM OF SALMON

Three quarters of a cupful of canned salmon freed from fat, skin, and bone, and flaked very fine with a silver fork. Follow directions given for cream of celery.

CREAM OF CARROTS

One half cupful of cooked carrots cut very fine. Follow directions given for cream of celery.

BISQUE OF CRABS

One cupful of finely shredded crab meat. Follow directions given for cream of celery.

BISQUE OF OYSTERS

One cupful of parboiled oysters finely minced. Follow directions given for cream of celery.

BISQUE OF BREAD

Half a cupful of dried and sifted bread crumbs. Cover with cold milk and let stand until the crumbs are soft. Follow directions given for cream of celery, and use any preferred seasoning.

BISQUE OF LOBSTER

One cupful of boiled lobster, shredded very fine. Follow directions given for cream of celery.

CREAM OF CHEESE

Slice a large onion into one pint of water and boil until tender. Remove the onion, and add two cupfuls of milk and a pinch of soda. Pour this liquid upon one tablespoonful of butter and one of flour prepared according to directions previously given. When it thickens, add half a cupful of grated cheese and one well-beaten egg. Season with salt and pepper and serve very hot. Do not boil after adding the egg.

CORN AND CHICKEN SOUP

Use six cupfuls of water in which a chicken has been boiled. Add one cupful of corn pulp and half a cupful of cold chicken cut very fine. Season with salt, red pepper, and celery salt. Simmer half an hour, then add a tablespoonful of butter and half a cupful of milk. Bring to the boil and serve. This soup may be thickened with an egg yolk if desired.

VEGETABLE SOUP

Two carrots, one potato and one turnip, peeled and cut fine. Boil until tender in four cupfuls of water. Drain, rub through a sieve, and return the pulp to the water. Add one tablespoonful of chopped onion, a tablespoonful of butter, and a cupful of milk. Season with salt, pepper, and celery salt. Boil five minutes. Blend one tablespoonful of flour with a little cold milk, pour into the soup, and stir until it thickens. Serve with dice of toasted bread.

DUCHESS SOUP

Two slices each of carrot and onion cooked five minutes in a tablespoonful of butter. Add three cupfuls of water, a blade of mace, and cook fifteen minutes. Strain through a colander. Melt two spoonfuls of butter, blend two tablespoonfuls of flour with it, and add the seasoned stock gradually. Season with salt, pepper, and celery salt. Add two cupfuls of milk and four tablespoonfuls of grated cheese. Boil two minutes and serve.

EGG SOUP

Cut two carrots and a small onion into slices, and boil until tender in salted water. When

done, drain, and add to six cupfuls of boiling stock, free from grease. Beat together the yolks of four eggs and four tablespoonfuls of cream. Take the soup from the fire, season with salt and pepper, stir in the egg and serve.

ONION AND CUCUMBER SOUP

Cut two large onions and three cucumbers fine. Cook until tender in boiling water, drain, press through a sieve, and follow directions given for cream of celery. Season with salt, pepper, and celery salt, and serve with dice of toasted bread.

CREAM OF RICE AND CHICKEN

One half cupful of cold boiled rice and one half cupful of cooked chicken, finely minced. Cook until brown, and put into a tablespoonful of butter. Add two tablespoonfuls of flour, and when thoroughly mixed, add six cupfuls of the water in which the chicken was boiled. Season with salt, pepper, and celery salt, and add a little butter or cream just before serving.

PURÉE OF PEAS AND TOMATOES

One cupful of peas and one cupful of tomatoes, either fresh or canned, cooked with a small onion until tender in two cupfuls of water.

Rub through a colander. Add a teaspoonful of sugar, a teaspoonful of minced parsley, and three teaspoonfuls of beef extract. Thicken with one tablespoonful of butter and one of flour, blended and mixed with a little of the soup. Boil until it thickens and serve with dice of toasted bread.

JULIENNE SOUP

Cut into shreds and dice, two carrots, two turnips, three stalks of celery, and two onions. Boil until tender, drain and cool. Add to six cupfuls of boiling stock. Simmer five minutes and serve.

RUSSIAN SOUP

Cut a large onion fine, add an equal quantity of shredded cabbage, and fry in butter with a tablespoonful of minced parsley. Add one tablespoonful of flour when the vegetables are tender, and mix thoroughly. Add to six cupfuls of boiling stock, and simmer ten minutes. Add a teaspoonful of lemon-juice and serve.

TOMATO SOUP—VIII

To one cupful of stewed and strained tomatoes add half a cupful of cooked macaroni cut fine, and four cupfuls of boiling stock. Season with salt, pepper, celery salt, and grated onion.

TOMATO SOUP—IX

Prepare as above, using half a cupful of cooked noodles, cut fine, in place of the macaroni.

ONION AND POTATO SOUP

Slice two onions, and fry brown in a tablespoonful of butter. Add two tablespoonfuls of flour, three cupfuls of milk, and half a cupful of cold, mashed potato. Season with salt, pepper, and celery salt, and stir until thick. Strain through a sieve, re-heat, and serve with dice of toasted bread.

MUTTON SOUPS

Make a stock of the bones and trimmings of mutton or lamb roasts and chops. Either cooked or uncooked meat may be used. Simmer until the meat is in rags. Strain and set aside until cool. When cold, take the cake of fat from the surface, and use the stock in combination with barley, sago, spaghetti, rice, vermicelli, peas, noodles, celery, tapioca, tomato, onion, or lentils. These soups may be thickened with butter and flour, or with the yolk of eggs.

TURKEY SOUP

Make a stock, using the bones and trimmings of turkey, either cooked or uncooked, and omitting the stuffing. Strain the liquor and use with vegetables or grains as suggested above. The soup may be thickened if desired.

CABBAGE SOUP

Fry one cupful of cold, cooked cabbage in a tablespoonful of butter. Add a tablespoonful of flour, salt, pepper, and four cupfuls of stock. Boil until it thickens. Strain through a sieve, re-heat, season with salt, pepper, and onion juice, and serve.

BLACK BEAN SOUP

One cupful of cold, cooked black beans, re-heated in four cupfuls of stock. Boil until the beans are very soft, rub through a sieve, re-heat, season with salt, pepper, and lemon-juice. Add a hard-boiled egg cut fine, and a teaspoonful of sherry.

CREAM OF CHICKEN AND CELERY

Use the root, tops and outer stalks of a head of celery. Chop fine, and boil until tender in two cupfuls of chicken broth. Blend two

tablespoonfuls of butter with two tablespoonfuls of flour, season with salt and pepper. Add two cupfuls of milk, stir constantly until it thickens, then add the chicken broth and celery. Boil up once, strain, re-heat, and serve.

BOMBAY SOUP

One cupful of onions, carrots, and turnips finely minced together. The mixture should be half onion, and half carrot and turnip—a quarter cupful of each. Fry brown in butter. Add four cupfuls of stock, a sour apple cut fine, and season with salt, pepper, and minced parsley. Cook until the apple is done, then add half a cupful of cold boiled rice and a dash of curry powder.

CREAM OF OYSTERS AND CELERY

Use one half cupful of parboiled oysters finely minced, and one half cupful of cooked celery, cut very fine. Follow directions given for cream of celery.

CREAM OF CHICKEN AND TOMATO

One tablespoonful of butter, two tablespoonfuls of flour and two cupfuls of cold milk cooked together until thick. Season with salt and pepper. Add one cupful of chicken stock and

one cupful of stewed and strained tomato. Season with grated onion and celery salt. Add a bit of baking soda if the soup curdles, and serve very hot, with dice of toasted bread.

EGG SOUP—II

To one quart of boiling stock add a grated onion, half a teaspoonful of celery seed, and salt and pepper to taste. Boil five minutes. Add a half cupful of cold boiled rice, bring to the boil once more, take from the fire, add the yolks of two eggs well beaten, and serve at once.

POTATO AND TURNIP SOUP

One half cupful of cold mashed potatoes, one half cupful of cold mashed turnips. Add a teaspoonful of butter, a cupful of hot water, and a teaspoonful of grated onion. Stir until smooth. Add four cupfuls of boiling milk and serve at once.

APPLE SOUP

Rub through a sieve enough apple sauce to make a cupful. Mix a teaspoonful of corn starch with a little cold water, and pour into three cupfuls of boiling water. When thick and transparent, add the apple sauce. Season with salt and cinnamon, and serve either hot or cold.

STRAWBERRY SOUP

Dissolve two teaspoonfuls of arrowroot in a little cold water, and add to two cupfuls of strawberry juice. Boil until it thickens, sweeten to taste and cool. Serve very cold in sherbet cups.

ORANGE SOUP

Thicken orange juice with arrowroot and serve very cold in sherbet cups, with a bit of candied orange peel on top of each glass.

LEMON SOUP

Make a strong, hot lemonade, thicken with arrowroot and serve very cold with a bit of candied peel or preserved ginger in each glass.

SWEDISH SOUP

Boil prunes and raisins very slowly until tender, using half of each. Sweeten, and save the juice. Boil sago until clear, mix with the fruit and juice and serve very cold.

MARQUISE SOUP

Two thirds red raspberry juice and one third currant juice, sweetened, thickened with arrowroot and cooled. Candied orange peel or blanched and shredded almonds may be added.

PINEAPPLE SOUP

Thicken pineapple juice with arrowroot, sweeten to taste, and serve cold.

GRAPE SOUP

Thicken grape juice with arrowroot, sweeten to taste, and serve either hot or cold.

CHERRY SOUP

Drain the juice from a can of red cherries, thicken with arrowroot and serve cold.

By following the above recipes, fruit soups may be made of practically any juicy fruits except melons. Blackberries, black raspberries, gooseberries, plums, and blueberries are used either separately or in combination. Juice from canned fruit may be used in this way as well as the juice of the fresh fruit, but in almost all cases it is necessary to heat the fruit in order to extract the juice.

The fruit soups may be combined with fresh fruit and cracked ice, and are very appetizing for a hot day.

Clear soups of beef or chicken stock can be made richer by the use of gelatine. The vegetables, however, must be strained out. A heap-

ing teaspoonful of granulated gelatine to three cupfuls of stock is about the right proportion. Put the gelatine into cold water, dissolve by gentle heat, and add to the boiling soup. Stir until thoroughly mixed, take from the fire, and pour into cups to cool. A cold soup of beef or chicken stock, partially jellied, is a valuable food in summer.

In spite of the number and variety of the recipes given above, the subject of soups has been scarcely touched upon. Cookery is said to be an art to which scientific principles may be applied, but there is more art than science in the preparation of a good soup.

A skilful soup-maker knows at a glance just what materials will make a savory compound. The bone of yesterday's steak, half of a tomato, a chicken wing, a hard-boiled egg, and a sprig of parsley can be made to produce much.

It is said that at the stock yards in Chicago nothing is wasted but the squeal of the pig, and likewise, in the kitchen of the skilful housekeeper, little is thrown away except potato peelings.

Nearly all soups are highly nutritious and easily digestible, and in this way, as in no other, every ounce of food material is made to yield its last, and in many cases its highest value.

DAINTY DISHES OF FISH

The fish commonly found in market are: Bluefish, Cod, Haddock, Flounder, Herring, Mackerel, Perch, Pike, Red Snapper, Salmon, Shad, Smelt, Weakfish, Whitefish, Halibut, and Trout.

Bass, Halibut, Flounder, and Weakfish are in season all the year, or nearly so. Bluefish are in season from June to October, fresh Cod during the Spring months, Haddock from September to February, Herring from December to April, Mackerel from Spring to Fall, Perch from June to October, Pike from September to February, Red Snapper during the Winter months, Salmon from March to September, Shad from March to June, Smelt from October to April, Whitefish from October to March, Brook Trout from March to August, and Lake Trout from October to March.

All fish are unwholesome out of season. To be eatable, they must be perfectly fresh, with bright eyes and scales. The gills must be red, the flesh firm, and nearly free from odor. Cod, Haddock, and Halibut may be kept one day

before using, but other varieties must be cooked as soon as possible.

The simple preparations of fish are ideal for luncheon, being light and nourishing and rich in phosphates. The various kinds of canned fish, also, deserve to be better known. Among the imported canned fish will be found several varieties which are well worthy of frequent use, and are valuable in emergencies.

FRIED CODFISH STEAKS

Clean the steaks, sprinkle with salt and pepper, brush lightly with beaten egg, and dip in flour, crumbs, or corn-meal. Fry in pork or bacon fat, and drain on brown paper.

CODFISH CUTLETS

Sprinkle slices of fresh cod with lemon-juice, salt, pepper, and minced parsley. Dip in egg and crumbs, then fry in deep fat.

ESCALLOPED COD AND OYSTERS

Butter a small earthen baking-dish, flake cold, boiled cod with a silver fork, and put a layer in the bottom of the baking-dish. Sprinkle with salt and pepper and add a layer of oysters. Add a little grated onion, melted butter, and a dash of lemon-juice, salt, and red pepper, cover

lightly with crumbs, add another layer of cod, and so on until the dish is full, having buttered crumbs on top. Bake about twenty minutes.

CREAMED SALMON

Put one tablespoonful of butter in a saucepan and when it froths, add two tablespoonfuls of flour. Stir until the mixture leaves the sides of the pan, then add two cupfuls of cold milk. Season with salt and pepper, and stir constantly until the sauce is thick. Have ready a can of salmon drained, freed from skin, fat, and bone, and flaked fine with a silver fork. Add to the sauce, let boil up once, and serve.

ESCALLOPED HADDOCK

Remove the skin and bones from boiled haddock, and flake it fine. Make the cream sauce according to directions given for creamed salmon, and use equal parts of cream sauce and flaked fish. Put into a baking-dish or buttered shells or ramekins. Mix half a cupful of melted butter with the same amount of bread-crumbs and spread over the fish. Bake until brown.

CREAMED HADDOCK

Use a cupful of cold boiled haddock flaked fine, then follow directions given for creamed salmon. Serve on toast.

BOILED HERRING

Rub the fish with salt and vinegar. Skewer their tails in their mouth and boil gently for ten or twelve minutes. Drain, and serve with melted butter and minced parsley.

BROILED FRESH MACKEREL

Split the fish, remove the bone, and rub inside and out with melted butter or olive-oil. Grease the broiler, and proceed as with any other fish. Butter it, sprinkle with minced parsley, and serve very hot.

PERCH

These little fish are nearly always fried. Dip in flour or corn-meal and fry in pork or bacon fat.

SALMON STEAKS

Prepare and cook as codfish steaks.

ESCALLOPED SALMON

Prepare creamed salmon according to directions given above. Put a layer of the fish in a baking-dish, sprinkle with crumbs, add another layer of fish, then crumbs, and so on until the dish is full, having crumbs on top. Dot with butter, sprinkle with grated cheese, and brown

in a hot oven. Individual dishes or shells may be used.

ESCALLOPED FISH AND POTATO

Prepare creamed salmon according to directions given above, or use any cold, boiled fish in the same way. Put a layer of creamed fish into a baking-dish, cover with a layer of cold, mashed potato, then add another layer of fish, and so on until the dish is full, having potato on top. Dot with butter, sprinkle with crumbs and grated Parmesan cheese, and bake in a hot oven until brown. Shells or ramekins may be used instead of the baking-dish.

SALMON AND RICE

Line a buttered mould with cold, boiled rice left from breakfast, fill the centre with creamed salmon, cover with more rice, put the cover on the mould, and steam half an hour or more. Serve with cream sauce, which may be seasoned with lemon-juice or curry powder or minced parsley.

PRESSED SALMON

Two eggs, a tablespoonful of butter melted, two cupfuls of rolled and sifted bread-crumbs, and a can of salmon. Mix together thoroughly,

put in a buttered mould, and steam for half an hour. Serve either hot or cold.

BROILED WHITEFISH

Clean, split, remove the bone, rub with lemon-juice and soft butter or olive-oil, and broil slowly.

BOILED HALIBUT

Put a pound of the fish into a saucepan and cover it with fresh water. Add a slice of onion, a slice of carrot, a pinch of salt, and a teaspoonful of vinegar. Cover the water and cook about five minutes after the water begins to boil, then remove the fish, drain, and serve with melted butter.

STEAMED HALIBUT

Place the fish on a plate in the steamer, sprinkle lightly with salt, pepper, and vinegar and steam until very tender. It will take but a few minutes.

BROILED HALIBUT STEAKS

Season first with salt and pepper, then place the steaks on a buttered gridiron, and broil slowly.

BREADED HALIBUT STEAKS

Season with salt and pepper, dip in egg and crumbs, and fry in deep fat.

CARBONADE OF HALIBUT

Cut the fish into pieces about three inches square and half an inch thick. Dip each one into beaten egg, then cover with crumbs. Lay them in a large baking-pan, sprinkle with salt, pepper, and grated onion. Dot with butter, and bake about twelve minutes in a very hot oven.

BAKED SARDINES

Skin twelve large sardines, bring to a boil in a little water, reserving the oil which was drained from the fish. Add a cupful of water, a teaspoonful of Worcestershire, a teaspoonful of made mustard, a teaspoonful of vinegar, salt and pepper to season. Arrange the fish on a stone platter which will bear the heat of the oven and let get very hot. When the sauce is boiling hot add the beaten yolk of an egg and stir until thick. Pour the sauce over the fish and serve at once.

RAW OYSTERS

Raw oysters are best served in their own shells, on plates of cracked ice. Blue points are

the favorite. Salt, red pepper, lemon quarters, horseradish, and tabasco sauce are served with raw oysters.

RAW OYSTERS À L' AMERICAINE

Mix in a bowl a heaping teaspoonful of salt, a scant teaspoonful of white pepper, a medium-sized onion, grated, and a teaspoonful of chopped parsley. Add a teaspoonful of olive-oil, six drops of tabasco sauce, half a teaspoonful of Worcestershire sauce, and six tablespoonfuls of good vinegar. Dip raw oysters in this sauce before serving.

OYSTERS BAKED IN SHELLS

Dip large oysters in well-beaten egg, then in dry bread-crumbs that have been seasoned with salt, pepper, and a grating of nutmeg. Put the oysters into their shells, dot with butter, put the shells into a dripping-pan, and bake until brown. Serve at once in the shells.

CREAMED FINNAN HADDIE WITH GREEN PEPPERS

Use a cupful of cold finnan haddie, flaked, or a cupful of the canned fish. Shred green peppers or cut them into circles. Boil the shredded peppers until tender, drain, and set

aside. Prepare the finnan haddie according to the directions given for creamed salmon. Add the peppers and serve on toast.

ESCALLOPED FINNAN HADDIE

Sprinkle the cold, flaked fish with lemon-juice, and arrange in a baking-dish with cold mashed potato in alternate layers. Dot with crumbs and butter. Add a little milk, and bake until brown.

BAKED OYSTERS ON TOAST

Butter squares of toast, and lay them buttered side down on a stoneware platter that will stand the heat of the oven. Drain the oysters, reserving the liquor, and lay the oysters on the toast. Season the liquor with salt, pepper, and butter, and bring it to the boil. Pour it over the oysters and toast. Put the platter into a very hot oven and cook until the edges of the oysters ruffle. Serve at once on the same dish with lemon quarters.

OYSTER ROAST

Cut thin slices of stale bread to fit patty-pans. Toast the slices, spread with butter, and put into the pans. Moisten with oyster liquor and put a layer of oysters on each round of

toast. Sprinkle with salt and pepper, dot with butter, place all the pans in a baking-pan, cover tightly, and bake from ten to fifteen minutes in a brisk oven. Serve in the pans, with a small fringed doily pinned around each one. Small earthen dishes may be used instead of the patty-pans.

PANNED OYSTERS

Cover the bottom of the baking-dish with oysters and a little of the liquor—not enough to float them. Cover tightly and bake from five to ten minutes in a hot oven. Serve on buttered toast, and pour over the hot juice from the pan.

CREAMED OYSTERS

Make the cream sauce according to directions given in the recipe for creamed salmon. When the sauce is thick, add a cupful of oysters, and cook until the edges of the oysters ruffle. Add a teaspoonful of finely minced parsley and serve at once on toast.

CURRIED OYSTERS

Put a tablespoonful of butter into a saucepan, season with salt, pepper, curry powder, and add a tablespoonful of minced onion. When the onion is partially fried, add two tablespoonfuls

of flour. Stir until the mixture leaves the pan. Add two cupfuls of cold milk, and stir until the sauce is thick. Add a cupful of drained oysters, a teaspoonful of finely minced parsley, and cook until the edges of the oysters ruffle. Serve at once on toast.

ESCALLOPED OYSTERS

Put a layer of oysters in the bottom of the baking-dish, cover with crumbs, season with salt and pepper, and dot with butter. Add another layer of oysters, and so on, until the dish is full, having crumbs and butter on top. Pour a little milk into the pan and bake about twenty minutes. A cupful of oysters, a cupful of crumbs and a cupful of milk will make it about right. A sprinkle of Parmesan cheese may be added.

CREAMED OYSTERS ON THE HALF-SHELL

Prepare creamed oysters according to directions given above. Fill the oyster shell, cover with crumbs, dot with butter and bake until brown. Serve in the shells.

OYSTERS AND MACARONI

One cupful of oysters, one cupful of cooked macaroni broken into half-inch pieces, two

cupfuls of bread-crumbs, and two cupfuls of milk mixed with two well-beaten eggs. Prepare according to directions given for escalloped oysters.

BROILED OYSTERS

Drain large oysters on a cloth and then wipe dry. Dust with salt and pepper, dredge with flour, and broil on a well-buttered gridiron. Serve on squares of buttered toast.

BROILED AND BREADED OYSTERS

Prepare as above, dip in beaten egg, then in crumbs, and broil on a well-buttered gridiron.

OYSTER FRICASSÉE

Bring two cupfuls of oysters to the boil in their own liquor, add a tablespoonful of butter, the juice of half a lemon, a dash of red pepper, and a grating of nutmeg. Beat the yolks of three eggs with three tablespoonfuls of sherry, add to the oysters, stir until thick, and serve at once.

FRIED OYSTERS

Drain large oysters on a cloth and wipe dry. Dip in egg and crumbs, and fry in a wire basket in deep fat.

STEAMED OYSTERS

Open and drain the required number of oysters. Place in a steamer over boiling water, cover closely, and steam ten minutes. Serve in the shells with melted butter.

STEWED OYSTERS

Bring two cupfuls of oysters to the boil in their own liquor. Scald four cupfuls of milk, season with salt and pepper, and thicken with butter and flour, or with two tablespoonfuls of cracker crumbs. When the edges of the oysters curl, pour them into the milk, let boil up once, and serve immediately.

DRY STEW

Make as above, using water instead of milk. Season with butter, pepper, and salt, and a grating of mace or nutmeg.

PLAIN OYSTERS

Boil oysters for five minutes in their own liquor. Season with salt, white pepper, and butter, and serve on buttered toast.

OYSTERS À LA WASHINGTON

Drain a quart of oysters and put the liquor on to boil. Make a paste of the yolks of three

hard-boiled eggs, a tablespoonful of olive-oil, and half a teaspoonful of dry mustard. Add half a cupful of the boiling liquor and mix thoroughly. Add the oysters to the boiling liquor, cook until the edges curl, then add the liquor containing the paste, let boil up once, and pour over slices of toast. Season with salt and pepper.

STEW OF OYSTERS AND CELERY

Dissolve a teaspoonful of beef extract in two cupfuls of boiling water. Add two cupfuls of milk, a heaping teaspoonful of butter, and season with salt, white pepper, and mace. Add a cupful of finely cut celery, and simmer until the celery is transparent. Add a cupful of oysters, parboiled in their own liquor, and half a cupful of cracker crumbs. Bring to a boil and serve at once.

PIGS IN BLANKETS

Use large oysters. Drain on a cloth and wipe dry. Pin a thin slice of bacon around each one, using a wooden toothpick to fasten it. Sauté in a frying-pan until the bacon is crisp.

DEVILLED FRIED OYSTERS

Mix three tablespoonfuls of olive-oil with one of vinegar. Season highly with salt, pepper,

Worcestershire, and a few drops of tabasco sauce. Let large oysters stand five minutes in this sauce, lift out with a fork, dip in crumbs, then in beaten egg, then in crumbs again, and fry in deep fat, using a wire basket.

SPINDLED OYSTERS

Cut thin slices of bacon into squares and alternate with oysters on toothpicks or skewers. Long, slender steel skewers are the best. Cook in a brisk oven until the bacon is crisp, and serve on toast.

OYSTERS À LA DELMONICO

Two tablespoonfuls of butter and one of flour rubbed together with the yolks of three hard-boiled eggs. Add to a cupful of milk and cook until thick, stirring constantly. Season with salt and red pepper, and add two cupfuls of oysters brought to a boil in their own liquor.

OYSTERS À LA NEWBURG

Prepare creamed oysters according to directions given above. Add the yolks of three eggs well beaten and a wineglassful of sherry. Cook until the oysters ruffle, add a wineglassful of Madeira, beat hard for a moment, and serve at once.

OYSTERS À LA QUEBEC

One cupful of chopped oysters, one cupful of cold roast veal, finely minced, one teaspoonful of minced parsley, a tablespoonful of grated onion, salt and pepper to season, and a teaspoonful of tomato catsup. Bind with a raw egg or half a cupful of very thick cream sauce. Shape into balls, dip into beaten egg, then into crumbs, and fry in deep fat.

FRIZZLED OYSTERS

Put half a cupful of butter into a frying-pan. Mix a cupful of cracker crumbs with three well-beaten eggs, and put into the frying-pan. Add two cupfuls of oysters with their liquor, season with salt and pepper, and cook ten minutes, stirring constantly.

OYSTER RAREBIT

One tablespoonful of butter, one teaspoonful of grated onion, and one teaspoonful of chopped parsley. Make very hot in a saucepan. Add three eggs well beaten, one cupful of grated cheese, and one cupful of oysters which have been parboiled in their own liquor and drained. Cook until creamy, stirring constantly, and serve on toast. The cheese used should be very mild.

SMOTHERED OYSTERS

Put a tablespoonful of butter into a saucepan, with a pinch of salt and a dash of paprika. When hissing hot, add two cupfuls of drained oysters. Cover closely and shake the pan to keep the oysters from sticking. Cook five minutes and serve on buttered toast.

OYSTERS À LA GORDON

Bring a cupful of cream to the boil. Add one third of a cupful of dried bread-crumbs, a dash of paprika, a pinch of salt, a grating of nutmeg, and a tablespoonful of butter. Add one cupful of chopped oysters, and cook until very hot.

OYSTERS À LA LONG BRANCH

Drain one pint of oysters. Cook a cupful of finely cut celery in the oyster liquor until transparent, adding water if needed. When the celery is done, add a tablespoonful of butter, the juice of half a lemon, a slight grating of the peel, and a wineglassful of sherry. Bring to the boil, add the oysters, cook until the edges curl and serve on toast.

OYSTERS À LA WALDORF

Put three tablespoonfuls of olive-oil in a saucepan, add a small onion, sliced, and a

shredded green pepper. Fry slowly until the onion and pepper are done. Then add a quart of oysters, a pinch of salt, a dash of red pepper, and a wineglassful of white wine. Cook five minutes, then add a tablespoonful of tomato catsup. Boil up once and serve.

OYSTERS À LA CREOLE

Chop fine a clove of garlic, a green pepper, and a small onion. Season with salt and paprika and cook in two tablespoonfuls of butter. Add a cupful of tomatoes, either fresh or canned, and a cupful of parboiled oysters. Serve very hot on toast, or cover with buttered crumbs and bake.

OYSTERS À LA FRANÇAISE

Make a sauce of one tablespoonful of butter, two tablespoonfuls of flour, and a cupful of tomato juice. Add one tablespoonful of chopped onion and two tablespoonfuls of sherry. Put two cupfuls of oysters into this sauce, cover and cook slowly until the edges curl.

DEVILLED CLAMS

Chop one medium-sized onion and fry brown in two tablespoonfuls of butter. Add two dozen clams chopped fine, or a can of minced clams,

one cupful of canned tomatoes, a teaspoonful each of chopped parsley and Worcestershire sauce, salt and pepper to taste, and half a cupful of dried bread-crumbs. When the tomatoes are cooked through, add two eggs well beaten, stir until smooth, and take from the fire. Fill clam shells or ramekins with the mixture. Cover with crumbs and dots of butter and brown in the oven.

CLAM CUTLETS

A quart of clams, chopped fine, and a cupful or more of dried bread-crumbs. Season with salt and pepper, a teaspoonful of tomato catsup and a teaspoonful of minced parsley. Bind with raw egg, or with a little very thick cream sauce. Shape into cutlets, dip in egg and crumbs, and fry in deep fat.

CLAMS SAUTÉ

Trim off the tough necks of soft-shell clams, and fry brown with rashers of bacon. Serve with toast points.

CURRIED CLAMS

Fry a chopped onion brown in a tablespoonful of olive-oil. Add a teaspoonful of curry powder and a tablespoonful of flour. Add two cupfuls of clams with their liquor and cook five minutes.

ESCALLOPED CLAMS

Prepare according to directions given for escalloped oysters.

BROILED LOBSTER

Split a boiled lobster lengthwise and remove the spongy substance and the intestine. Rub the cut surface with butter or olive-oil and broil slowly. Serve in the shell.

CREAMED LOBSTER

Use boiled lobster meat and prepare according to directions given for creamed oysters.

DEVILLED CRABS

A can of minced crab meat, or two cupfuls of the meat picked from boiled crabs. Prepare according to directions given for creamed oysters. Add the yolks of two hard-boiled eggs, mashed fine, a teaspoonful of Worcestershire sauce, salt, paprika, the juice of half a lemon, a teaspoonful of dried mustard and a few drops of tabasco sauce. Add enough dried bread-crumbs to make into a paste. Fill the crab shells with the mixture, cover with crumbs, dot with butter, and bake until brown. Ramekins may be used.

CRABS À LA CREOLE

Use one cupful of crab meat and prepare according to directions given for oysters à la Creole.

CRABS À LA PROVIDENCE

Dip clean, soft crabs into melted butter and sprinkle thickly with dry bread-crumbs. Put into a dripping-pan and brown in a very hot oven. Serve with a cream sauce seasoned with made mustard.

CREAMED SHRIMPS

Use the canned shrimps and prepare according to directions given for creamed oysters.

ESCALLOPED SHRIMPS

Prepare creamed shrimps and arrange in a baking-pan with alternate layers of seasoned crumbs, having crumbs and dots of butter on top. Sprinkle with grated Parmesan cheese if desired and bake brown. Individual dishes may be used.

SHRIMPS À LA HUDSON

Cook a cupful of tomatoes with a cupful of water and a small onion finely chopped. Rub

through a sieve and thicken into a sauce, using one tablespoonful of butter and two of flour. Season with salt and paprika, add a can of well-washed shrimps, and serve very hot with plain boiled rice.

SHRIMPS AND PEAS

Make the cream sauce and add to it half a cupful of shrimps picked fine, and half a cupful of cooked peas.

SHRIMPS WITH GREEN PEPPERS

Parboil two sweet green peppers and shred. Prepare creamed shrimps according to directions previously given. Add the parboiled peppers. Heat thoroughly and serve on toast.

FRIED SCALLOPS

Drain, dip in eggs and crumbs and fry in deep fat. Serve with rashers of bacon.

CRAB CROQUETTES

Make a cupful of very thick cream sauce. While hot mix with a can of minced crab meat and set aside to cool. When cold, shape into croquettes, dip into egg and crumbs, and fry in deep fat. Lobster, shrimp, clam, and oyster croquettes are made in the same way.

CREAMED SALMON WITH EGGS

Prepare creamed salmon according to directions previously given. Fill buttered ramekins two thirds full. Break a fresh egg into each dish and bake until the egg is set.

CREAMED CODFISH WITH EGGS.

Use creamed salt codfish left from breakfast. Butter ramekins and fill two thirds full of the codfish, alternating with layers of crumbs. Break a fresh egg into each dish and bake until the egg is set.

FRENCH FISH HASH

Butter ramekin dishes and fill half full of any kind of creamed fish. Beat the white of an egg to a stiff froth and stir it into a cupful of cold, mashed potato. Beat with a fork until very light. Fill the ramekin dishes with the potato, piling it in roughly. Sprinkle with grated Parmesan cheese and bake in a very hot oven until the potato is well puffed and brown.

COLD SALMON WITH CAPER SAUCE

Open a can of salmon, drain, and free from skin, fat, and bone. Arrange on a platter, keeping the pieces of salmon as large as possible.

Put into a saucepan one tablespoonful of butter, and when it froths add two tablespoonfuls of flour. Stir until the mixture leaves the sides of the pan. Add two cupfuls of cold water and stir constantly until the sauce is thick. Season with salt and paprika, add a tablespoonful of capers and a tablespoonful of the vinegar from the caper bottle. Pour over the salmon while hot and set away to cool. Serve very cold.

SALMON CROQUETTES

Mix a cupful of canned salmon with an equal quantity of cold, mashed potatoes. Bind with beaten egg or a very thick cream sauce. Shape into croquettes, dip in egg and crumbs and fry in a wire basket in deep fat.

CODFISH BALLS

Two cupfuls of freshened and shredded fish. Two cupfuls of raw, sliced potato, one tablespoonful of butter, half a cupful of milk, two eggs, and a sprinkle of white pepper. Put the potatoes into a pan, spread the fish on top, cover with cold water and boil until the potatoes are done. Drain, mash together, then add the butter, pepper, milk, and beaten egg. Beat until very light. Shape into small flat cakes, dredge in flour and fry brown in deep fat. Serve with a poached egg on each one.

BAKED CODFISH

Cover one cupful of shredded salt codfish with boiling water and set aside. Beat together two cupfuls of cold, mashed potatoes, two cupfuls of milk, two eggs beaten separately, and half a cupful of melted butter. Season with black pepper. Drain the codfish, mix with the potato, put into a buttered baking-dish, and bake about half an hour. Half of this recipe is sufficient for a small family.

CUBAN CODFISH

Chop an onion fine, and fry light brown in butter. Add a cupful of canned tomatoes and a cupful of freshened codfish. Cook ten minutes, stirring constantly. Serve on buttered toast.

CODFISH SURPRISE

Line a small buttered mould with cold, mashed potato, fill the centre with creamed salt codfish left from breakfast, cover with more mashed potato and steam half an hour. Individual dishes may be used.

CHARTREUSE OF FISH

One cupful of cold, flaked fish, seasoned with

salt and pepper and moistened with milk. One cupful of cold, mashed potatoes and two hard-boiled eggs chopped fine. Butter a small mould and put in alternate layers of potato, fish, and egg. Steam twenty minutes, and turn out on a hot plate. Individual dishes may be used.

CODFISH AND MACARONI

Break into bits one cupful of cold, boiled macaroui. Add one cupful of cold, boiled codfish flaked fine. Put into a buttered baking-dish, sprinkle with salt, pepper, and crumbs. Dot with butter, sprinkle with grated cheese, and add sufficient milk to moisten. Bake until brown in a hot oven.

FISH À LA VINAIGRETTE

Use any cold fish which has been baked or boiled, free from skin, fat, and bone, and pile in the centre of a platter. Make a ring of sliced hard-boiled eggs around the base of the fish. Make a sauce of three tablespoonfuls of olive-oil, one tablespoonful of tarragon vinegar, a pinch of salt, a dash of paprika, and one tablespoonful of finely chopped pickle. Pour over the fish, garnish with lettuce leaves, sprinkle with chopped parsley and serve.

CREAMED CODFISH WITH POACHED EGGS

Use cold, creamed codfish left from breakfast, heat thoroughly, spread on buttered toast, and slip a poached egg on each slice.

CURRIED SALMON

Chop a small onion very fine and fry brown in one tablespoonful of butter. Mix one teaspoonful of curry powder with one tablespoonful of flour and a pinch of salt. Stir into the butter. Add slowly one cupful of hot water, stirring briskly. When the sauce is thick, add one cupful of flaked salmon and cook until the salmon is thoroughly hot.

JELLIED FISH

Soak one package of gelatine in cold water to cover, then add enough more water to make a cupful, and dissolve by gentle heat until the liquid is transparent. Have ready four cupfuls of flaked, cooked fish. Season highly with salt, pepper, and lemon-juice or tarragon vinegar. Add the hot gelatine to the fish and stir until it begins to thicken. Pack into an earthen mould which has been rinsed out in cold water, and set away to harden.

SALT FISH HASH

Use finnan haddie, salt mackerel, herring, or codfish left from breakfast. Mix with an equal quantity of cold, mashed potato, and warm in a frying-pan with a little butter. A bit of grated onion may be added for seasoning. The fish and potato may be made into small flat cakes and fried brown in a little butter, or, buttered ramekins may be filled two thirds full of the hash and a fresh egg broken into each dish. Bake in a hot oven until the egg is set.

BOILED FRESH CODFISH

Boil three pounds of fresh cod half an hour in slightly salted and acidulated water. Make a drawn-butter sauce of one tablespoonful of butter, two tablespoonfuls of flour and two cupfuls of cold water. Stir constantly until the sauce is thick. Take from the fire, and add two hard-boiled eggs finely chopped, a teaspoonful of chopped parsley, and the juice of half a lemon. Drain the fish, pour the sauce over and serve. Any firm-fleshed fish of delicate flavor may be used in this way.

CODFISH CUTLETS

Prepare according to directions given for codfish balls. Shape into cutlet form, dip in egg

and crumbs and fry in deep fat. Stick a piece of macaroni in the small end of the cutlet and garnish with a paper frill. Serve with lemon and parsley.

BROILED SMOKED SALMON

Rub with butter and broil with the flesh side towards the fire. Serve on a hot platter with lemon quarters, melted butter, and parsley.

ANCHOVY TOAST

Trim the crust from thin slices of bread and cut into fingers. Butter the toast and arrange the pieces in a baking-pan. Drain anchovies from the oil and lay one on each piece of toast. Sprinkle with pepper and lemon-juice and cook ten minutes in a very hot oven.

SARDINE TOAST

Drain and skin large sardines. Prepare according to directions given for anchovy toast.

SARDINE TOAST—II

Rub sardines to a paste with lemon-juice, and spread on thin slices of toast. Put into a hot oven until heated through, and slip a poached egg on each slice. The same recipe may be used for any salt fish.

MEATS SUITABLE FOR LUNCHEON

NEAPOLITAN BEEF

Cook eight pieces of macaroni in boiling water until very tender. Make a sauce of one teaspoonful of butter, two teaspoonfuls of flour, and a cupful of the juice from canned tomatoes. Drain the macaroni and rinse in boiling water, using a colander. Lay slices of cold, rare, roast beef in a deep platter, cover with the macaroni, spread the sauce over it and sprinkle with grated cheese. Put in a hot oven until the cheese melts.

HAMBURGER STEAKS

Chop raw beef very fine, season with salt, pepper, grated onion, and minced parsley or green pepper. Make into small flat cakes, and fry in lard or dripping. Tomato sauce prepared according to directions given above may be poured over Hamburger steaks.

BREADED TONGUE

Slice cold, cooked tongue very thin, dip the slices in beaten egg, then in bread-crumbs, and

fry in deep fat. Tomato sauce may be served with it.

CREAMED LIVER

Use calf's liver left from breakfast, and chop very fine. Make a cream sauce, add the chopped liver and bring to a boil. Arrange thin slices of crisp bacon on pieces of toast and pour the creamed liver over.

BEEF OLIVES

Take slices of rare, roast beef and roll each one around a thin slice of bacon which has been fried until transparent, but not crisp. Bind with twine and boil rapidly for five minutes, drain, and remove the strings. Add the bacon fat to some of the roast-beef gravy ; season with tomato catsup or Worcestershire ; boil up once and pour over the olives. Serve very hot.

CORNEB-BEEF HASH

Chop cold, cooked corned-beef very fine, and mix with twice its bulk of mashed potato, season with salt, pepper, and sweet green pepper chopped fine. Warm in a frying-pan with a little butter. Corned-beef hash may be served on toast with a poached egg on each slice.

CREAMED DRIED BEEF

Cut dried beef in small bits and pour over boiling water to cover. Make a cream sauce according to directions given in the previous chapter. Drain the beef and put into the sauce. Take from the fire, add one egg well beaten, and serve at once on toast.

LAMB CHOPS

These are of two kinds, loin and rib. The rib chops are considered a little better, and when the meat is scraped from the lower end of the bone, they are called French chops. Lamb chops are usually broiled and served at once on a hot platter without any of the fat which has dripped during the broiling.

BROILED BREAST OF LAMB

Use a thin piece, and remove some of the extra fat. Broil slowly over a clear fire, cover with dots of butter and serve with mint sauce.

LAMB CROQUETTES

Chop cold, cooked lamb very fine, season with salt, pepper, grated onion, and minced parsley. Bind with a raw egg, or with very thick cream sauce. Shape into croquettes, dip into egg and crumbs, and fry in deep fat.

LAMB CUTLETS `A LA MARYLAND

Trim and season lamb cutlets. Dip in egg and crumbs, lay in a dripping-pan in a moderate oven, dot with butter, cover closely, and bake until brown. Serve with a cream sauce.

ESCALLOPED MUTTON

Butter a baking-dish, put a layer of crumbs in the bottom, and lay upon it some thin slices of cold roast or boiled mutton. Place a layer of peeled and sliced tomatoes on the meat, then a layer of crumbs, and so on until the dish is full, having crumbs and dots of butter on top. Bake slowly until brown.

CURRY OF LAMB

Put into a frying-pan three tablespoonfuls of butter and half an onion cut fine. Cook slowly until the onion is brown. Add two tablespoonfuls of flour and a teaspoonful of curry powder. Cook until smooth. Add two cupfuls of stock, or water in which a little beef extract has been dissolved, stir until the sauce boils and let it cook for three minutes. Season with salt and pepper, strain it over slices of cold roast lamb and serve in a deep platter with a border of boiled rice.

DEVILLED MUTTON

Cut two large slices from the remains of an underdone roast—have them about an inch thick. Score each side with a sharp knife. Rub the slices with a marinade made of two tablespoonfuls of olive-oil and one of vinegar, a teaspoonful of dry mustard, and a little black and red pepper. Broil the slices, put on a hot platter, dot with butter, and serve at once.

BROILED MUTTON STEAKS

Have the steak cut half an inch thick. Rub with butter and broil quickly. Place on a hot platter, dot with butter, sprinkle with salt, and garnish with bits of currant jelly.

MUTTON À LA MARQUISE

Chop cold, cooked mutton very fine and mix it with an equal quantity of cold, boiled rice. Season with salt, pepper, chopped parsley, and curry powder. Bind with a raw egg, or very thick cream sauce. Shape into balls, dip in egg and crumbs, and fry in deep fat.

LAMBS' KIDNEYS EN BROCHETTE

Parboil the kidneys, cool, cut in thin slices, and arrange on skewers, with a square of bacon between each two pieces of kidney. Fry, broil,

or roast, as is most convenient, and serve each skewer on a triangle of toast.

BREADED VEAL CUTLET

Have the cutlets less than an inch thick, par-boil, drain, and cool. Season with salt and pepper, dip in beaten egg and crumbs, and fry until brown. Serve with tomato sauce, or a border of green peas.

MOCK FRIED OYSTERS

Cut pieces of veal cutlet into bits about the size of an oyster, and pound with a potato masher until well broken. Season, dip in egg and crumbs, and fry in deep fat.

VEAL CROQUETTES

Chop cold, cooked veal very fine. Season with salt, black pepper, grated onion, paprika, and a little tomato catsup. Bind with a raw egg or with a little very thick cream sauce. Shape into croquettes, dip in egg and crumbs, and fry in deep fat.

MINCED VEAL ON TOAST

Chop cold, cooked veal very fine, season to taste, re-heat in a cream sauce, and spread on

thin slices of buttered toast. Lay slices of hard-boiled egg or a poached egg on top of each piece of toast.

MOCK TERRAPIN

Cut cooked calf's liver into dice. Put a tablespoonful of butter into a saucepan, add salt, pepper, and paprika, and cook until the butter is dark brown, then add two tablespoonfuls of flour and enough stock made from beef extract and water to make a moderately thick sauce. Add a little chopped parsley, half a cupful of cream, two hard-boiled eggs cut fine, a tablespoonful of lemon-juice, and the liver. Cook until the liver is heated through, remove from the stove, add a wineglassful of sherry, beat hard for a moment, and serve at once on slices of buttered toast.

ESCALLOPED VEAL

Mince cold, cooked veal very fine. Butter a baking-dish and put a thin layer of veal in the bottom, with a sprinkling of onion on top. Then add a layer of finely powdered bread or cracker crumbs, dot with butter and chopped parsley, then add another layer of veal, and so on until the dish is full, having crumbs and butter on top. Pour milk into the pan until

the dish seems moist, and bake slowly until it is done, with an inverted pan over it to keep in the steam. Remove the pan ten minutes before serving and let the top brown, putting more butter on if necessary. Sprinkle with grated cheese, or minced parsley.

FRIED SWEETBREADS

Wash very carefully, drain, and dry on a cloth. Lard with narrow strips of fat salt pork and cook in a buttered frying-pan until the pork is crisp. Or, parboil the sweetbreads, drain and dry, dip in egg and crumbs, and fry in deep fat. Serve with tomato sauce.

BROILED SWEETBREADS

Parboil, drain, and dry, rub with butter, sprinkle with pepper and salt, and broil over a clear fire. Serve with melted butter.

CREAMED SWEETBREADS.

Parboil, drain, and cut up, but not too fine. Make a cream sauce and put the parboiled sweetbreads into it. Creamed sweetbreads may be combined with chopped mushrooms, chicken, oysters, lobster, crabs, shrimps, or green peas. Calf's brains may be used in the same way.

PORK TENDERLOINS

Cut the tenderloin in small pieces and fry in hissing-hot fat, using as little as possible. The pieces may be dipped in flour, which has been seasoned with salt, pepper, and a little powdered sage, before frying.

PORK CHOPS

Trim, sprinkle with salt and pepper, dredge with flour, and fry in a hot spider. When done, lift out of the fat and arrange on a platter. Cut apples crosswise, without peeling, into slices, a quarter of an inch thick, and fry until tender in the pork fat. Sprinkle the apples with powdered sugar and a suspicion of spice, and arrange in a ring around the platter of chops.

HAM CROQUETTES

Mince cold, boiled ham very fine. Mix with an equal quantity of crumbs, cold, boiled rice, or cold, mashed potato. Bind with a raw egg; shape into croquettes, dip in egg and crumbs, and fry in deep fat. Drain on brown paper.

FRANKFURTERS

Buy the best. Wash carefully, drop into water that is boiling violently, and cook until white juice spurts from the skin when pricked

with a fork. Serve with potato salad and mustard or tomato sauce.

SAUSAGES

Parboil, then drain, and fry until done. The sausage meat may be made into balls and fried. Sometimes it is mixed with cold, boiled rice, bread-crumbs, or cold, mashed potato.

BROILED CHICKEN

Clean a tender chicken and split it down the back. Break the joints, take out the breast bone, wipe clean, sprinkle with salt and pepper and rub with soft butter. Broil and serve with melted butter.

BROILED CHICKEN WITH BACON

Prepare as above, rubbing the chicken with salt, pepper, and either olive-oil or bacon fat. Broil as usual, serve on toast, sprinkle with lemon-juice and chopped parsley, and garnish with rashers of fried bacon.

CREAMED CHICKEN

Make the cream sauce according to directions previously given, and add to it a cupful of cold, cooked chicken, shredded. Heat thoroughly and serve on toast.

FRENCH CHICKEN HASH

Prepare creamed chicken according to directions given above, and add the well-beaten yolk of an egg after taking from the fire. Beat the white of the egg to a stiff froth, and mix into a cupful of cold, mashed potato. Beat with a fork until very light. Butter a baking-dish or individual dishes. Fill two thirds full of the chicken, cover with the potato, and bake in a hot oven until the potato is puffed and brown.

CHICKEN CROQUETTES

Use the remnants of cold boiled or roast chicken. It may be combined with veal or pork finely minced, or with cold boiled rice or mashed potato. Bind with a raw egg or with very thick cream sauce, season, shape into croquettes, dip into beaten egg and crumbs, and fry in deep fat. The canned boned chicken is very good for croquettes.

CURRIED CHICKEN

Prepare creamed chicken according to directions given above. Add a shredded green pepper, half a cupful of canned tomatoes, and heat thoroughly. Season with salt, pepper, and curry powder.

DEVILLED CHICKEN

Make a sauce of salt, pepper, dry mustard, paprika, grated lemon peel, lemon-juice, sherry wine, Worcestershire, and a few drops of tabasco sauce. Add a large lump of butter when the sauce begins to boil. When very hot, add some cubes of cold, cooked chicken and cook until heated through. Cold cooked veal or roast pork or beef may be used in the same way.

CHICKEN SAUTÉ

Cut up a chicken and pound the pieces with a potato masher until they are flat. Season, dredge with flour, and fry in butter or bacon fat.

CHICKEN À LA MARYLAND

Cut up a tender chicken, season with salt and pepper, dip in egg and crumbs, and arrange the pieces close together in a buttered baking-pan. Dot each piece with butter, cover with another dripping-pan, and bake in a hot oven until brown. Make a cream sauce and scrape the crumbs, butter, and bits of chicken which will stick to the baking-pan into the sauce. Pour the sauce over the chicken.

PORK CHOPS À LA MARYLAND

Select tender pork chops, trim carefully, and remove from the bone, or use pieces of pork

tenderloin cut into small bits. Pound until tender and prepare as above. Serve with cream or tomato sauce.

CREAMED CHICKEN WITH EGGS

Prepare creamed chicken according to directions given above and spread on slices of buttered toast. Put a poached egg on each slice, or slices of hard-boiled eggs.

ESCALLOPED CHICKEN

Use any kind of cold, cooked chicken, freed from skin, fat, and bone. Make a cream sauce. Put a layer of the sauce in a baking-dish, then a layer of the chicken cut fine, then a layer of crumbs, then sauce, and so on until the dish is full, having crumbs and butter on top. Bake in a moderate oven until brown, adding a little milk or water occasionally if it seems likely to burn.

CHICKEN GALLOSCH

Cut into dice two medium-sized raw potatoes. Put into a frying-pan two tablespoonfuls of olive-oil, and when hot, add the potato dice. Stir to keep from burning, and cook for five minutes. Then add a dash of paprika, a cupful of boiling water, a crushed bean of garlic, a cupful of cold, cooked chicken, chopped fine, or a can of

boned chicken, and salt to taste. Cover and cook until the potatoes are done, stirring frequently.

CHICKEN KLOPS

Use two cupfuls of cold, cooked chicken, freed from skin, fat, and bone, or canned chicken. Cut fine. Season with salt, paprika, celery salt, and minced parsley. Bind with the unbeaten whites of four eggs. Make into balls and simmer about ten minutes in water enough to cover. The water must not boil. Lift out, drain, put into a deep platter and serve with a cream sauce to which a minced hard-boiled egg has been added.

DEVILLED KIDNEYS

Broil the kidneys in the usual way, and when half cooked score them with a knife, and put into the cuts a little mustard, paprika, and salt. Finish broiling them. Put them on small squares of buttered toast and keep hot. Make a sauce of melted butter, lemon-juice, and chopped parsley and pour over the kidneys.

SPANISH CHICKEN

Make a sauce of one tablespoonful of butter, two tablespoonfuls of flour and two cupfuls of

water in which a little beef extract has been dissolved. Add one cupful of cold, cooked chicken cut fine, one small onion cut into rings and parboiled, one pimento cut into bits and two tablespoonfuls of cooked peas. Heat thoroughly and serve on toast.

BEEF FRICADELLES

Two cupfuls of cold, cooked beef minced very fine, season with salt, pepper, sage, thyme, lemon-juice, minced parsley, and grated onion. Add half a cupful of cold boiled rice or dry bread-crumbs and one egg well beaten. Add a little water if necessary, to make a paste. Make into small flat cakes and fry in a spider, or shape into croquettes, dip in egg and crumbs and fry in deep fat.

BEEF HASH

Cut cold, cooked beef into small bits, re-heat in beef gravy or in a sauce made of butter, flour, and stock, or water in which a little beef extract has been dissolved. Season with salt, pepper, and grated onion. A little Worcestershire sauce or tomato catsup may be added. Serve on toast.

FRENCH BEEF HASH

Prepare as above, and fill a buttered baking-dish or individual dishes two thirds full. Cover

the top with seasoned mashed potato made very light with the white of an egg beaten to a stiff froth. Bake in a hot oven until the potato is well puffed and brown.

ESCALLOPED TONGUE

Use the unsightly portions of a cooked beef tongue and cut it fine. Season with capers, minced parsley, salt, pepper, and grated onion. Make very moist with water in which a little beef extract has been dissolved. Butter a baking-dish, put in a layer of the tongue, then a layer of crumbs, dot with butter, and so on until the dish is full, having crumbs and butter on top. Bake until brown in a very hot oven.

BOILED LAMBS' TONGUE

Put three or four lambs' tongues into a saucepan with enough cold water to cover, and add the juice of half a lemon. Boil until tender, then drain and serve with any preferred sauce.

BROILED MUTTON CUTLETS

Season mutton cutlets, dip into melted butter, then into dry bread-crumbs, and broil eight minutes. These may be served with tomato sauce.

MUTTON HASH

Prepare according to directions given for beef hash, seasoning with onion, pepper, salt, and chopped pickle.

KIDNEY BACON ROLLS

Cut lamb's kidneys into small bits, roll a slice of bacon around each one and fasten with a toothpick. Roast, broil, or fry, as preferred.

LIVER AND BACON

Fry slices of bacon until crisp, and place on a warm platter. Dredge slices of calf's liver with seasoned flour and fry quickly in the bacon fat. If liver is cooked too long, it will be tough.

HAM AND EGGS

Freshen a slice of ham and fry in a spider. Place on a warm platter, fry fresh eggs in the fat remaining in the pan, and place on the ham.

DEVILLED HAM AND EGGS

Use a small can of devilled ham. Add three times the quantity of crumbs, make very moist with milk, and put into buttered individual dishes, filling the dishes two thirds full. Break a fresh egg into each dish and cook in a hot

oven until the egg is set. Or, the dish may be filled half full of the seasoned crumbs. Break in the egg, cover with dry crumbs and dots of butter, sprinkle with grated Parmesan cheese and bake brown in the oven.

FRIZZLED HAM

Cut a pound of fat ham into very thin slices, put into a very hot frying-pan, and when partly done, dredge with flour and fry until the flour is brown. Mix together one tablespoonful of vinegar and one tablespoonful of dry mustard. When the ham is brown, add the mustard and vinegar and enough boiling water to cover the ham. Boil gently for three minutes.

BLANQUETTE OF VEAL AND HAM

Two cupfuls of cold, cooked veal, cut fine, and half a cupful of finely cut cold ham. Sprinkle with lemon-juice. Make a cream sauce, season with pepper, and add the meat. Beat the yolk of one egg with half a cupful of milk and add to the meat. Stir until thick, and serve on toast, garnishing with slices of hard-boiled egg.

BLANQUETTE OF VEAL WITH PEAS

Prepare as above, omitting the lemon-juice and using half a cupful of cooked peas in place of the ham.

BROILED VEAL CHOPS

Trim the chops, pound until tender, sprinkle with salt, pepper, and lemon-juice, and broil as usual.

ESCALLOPED CHICKEN AND MACARONI

Butter a baking-dish and put into it a layer of cold, cooked chicken, cut fine. Add a layer of cold, cooked macaroni, broken into small bits, then a layer of crumbs, and repeat until the dish is full, having crumbs and butter on top. Add sufficient milk to moisten and bake until brown. Individual dishes may be used.

STEWED KIDNEYS

Slice the kidneys, season with salt, and fry light brown. Take from the pan and add to the fat remaining, enough brown flour to make a sauce. Use stock, or water in which beef extract has been dissolved, for the liquid. When the sauce is thick, add the kidneys and a teaspoonful of minced parsley. When thoroughly hot, serve on toast.

MOCK BIRDS

Use small slices of rare roast beef, veal, or lamb. Make a stuffing of seasoned crumbs,

moistening with melted butter and well-beaten egg. Any herbs desired may be used in the stuffing. Put a spoonful of the stuffing on each slice of meat, roll up and pin in shape with a toothpick or skewer. Dip in melted butter, sprinkle with crumbs and bake half an hour in a moderate oven.

ESCALLOPED TURKEY

Use cold roast turkey and follow directions given for escalloped chicken.

CHARTREUSE OF CHICKEN

Mix one cupful of cooked chicken, finely minced, with a teaspoonful of chopped parsley, half a teaspoonful of grated onion, a pinch of salt, two tablespoonfuls of tomato juice, one egg well beaten, and a dash of pepper. Butter a mould and line it one inch thick with boiled rice left from breakfast. Put the chicken into the centre, cover with more rice, cover the mould, and steam from half an hour to three quarters of an hour.

COLD PRESSED BEEF

Boil a shank of beef until the meat falls from the bone, skim out the meat, pick out every particle of bone and chop the meat fine. Sea-

son with salt and pepper, grated onion, and a little Worcestershire sauce. Boil down the liquor until there is barely enough to cover the chopped meat. Mix with the meat, pack into a mould which has been rinsed in cold water, and set away to cool.

STUFFED PRESSED BEEF

Pound a large round steak until tender. Spread with a moist dressing made of seasoned crumbs. Roll it up, tie it firmly in a cloth and boil three hours in salted water. Take it out, put a weight on it, press until cold, then cut in thin slices.

VEAL LOAF

Three pounds of veal and three quarters of a pound of salt pork, run twice through a meat-chopper. Mix with one and one half cupfuls of bread-crumbs, two eggs well beaten, and half a cupful of water. Season with two teaspoonfuls of salt, one teaspoonful of pepper, one teaspoonful of powdered sage, and one teaspoonful of summer savory. Shape into a loaf. Put into a buttered baking-pan and pour in a cupful of hot water. Roast two hours, basting if necessary. To be sliced cold the next day.

VEAL LOAF—II

Three pounds of veal from the round, chopped very fine. Six tablespoonfuls of rolled cracker crumbs, three eggs well beaten, three teaspoonfuls of salt, one teaspoonful of pepper, three teaspoonfuls of powdered sage, three teaspoonfuls of milk, and one tablespoonful of melted butter. Bake an hour and a half in a moderate oven. It may be served either warm or cold.

LAMB IN ASPIC

Make a highly seasoned soup-stock of vegetables, water, and beef extract. Use a package of gelatine to every quart of the stock. Soak the gelatine in cold water, dissolve by gentle heat until transparent, and add to the boiling stock. Rinse a plain mould in cold water and pour in a layer of the aspic jelly, keeping the remainder warm. When the jelly in the mould is congealed, but not hardened, cover with thin slices of cold roast lamb cut into small bits, and sprinkle with mint sauce. Cover with more jelly, and repeat when the jelly hardens. Continue until the dish is full, having jelly on top. Set on ice to harden.

MOCK DUCK

Pound a pork tenderloin until the fibres are well broken, spread with a stuffing made of

seasoned crumbs, roll up, tie in shape, rub with melted butter, dredge with flour, and roast, basting with the drippings when required. Add a little water if necessary. Roast as usual and when done take out, press with a weight until cool and serve the next day.

FRICATELLI

Grind pork tenderloin very fine in a meat-chopper. Season with salt and pepper, grated onion, and a bit of powdered sage. Take half as much bread as meat, soak the crumbs until soft, squeeze dry, and mix with the meat. Add one or two unbeaten eggs to bind. Shape into small flat cakes, dredge with flour, and fry.

HAM AND NOODLES

Butter an earthen baking-dish, put into the bottom a layer of boiled noodles, add a layer of cold, boiled ham cut into small bits, then another layer of noodles, and so on until the dish is full. Beat an egg with one cupful of milk and pour into the dish. Cover with crumbs, dot with butter and bake in a moderate oven.

GERMAN MEAT BALLS

Take any bits of cold meat and chop fine. Several kinds may be used in the same dish.

Take half as much cold potato as meat, and as much bread as potato, moisten with hot water. Add any cold gravy that may be left and a beaten egg or two to bind. Season to taste, and drop from a spoon into a hot, well-buttered spider. Turn when cooked on one side and cook on the other.

SPICED PRESSED BEEF

Take a shin bone of beef and two pounds of the round. Crack the bone, put the meat into a kettle, cover with cold water, and bring to the boil. Add salt and pepper, two table-spoonfuls of vinegar, a large onion sliced, and cook until the meat falls from the bone. Skim out the meat and bone and reduce the liquor one half by rapid boiling. Pick the meat into small bits, removing every particle of the bone. Strain the liquor through coarse muslin, add a pinch each of powdered mace, cloves, and allspice, half a teaspoonful of dry mustard, a dash of cayenne, and half a teaspoonful of celery salt. Boil the liquor and put the meat back into it, mixing thoroughly. When thoroughly hot, turn into an earthen bowl which has been rinsed in cold water, cover, put a weight on the cover, and set away to cool. Serve in thin slices the next day.

BREADED LIVER WITH SOUR SAUCE

Fry thin slices of bacon until crisp and put on a hot platter. Have ready some thin slices of liver which have been parboiled and cooled. Dip in beaten egg, then in seasoned crumbs, and fry brown in the bacon fat. Lay the slices of liver on the bacon. Season the fat remaining in the pan with vinegar and tomato catsup or with Worcestershire sauce. Pour hot over the liver and serve at once.

LIVER WITH ONION SAUCE

Dredge thin slices of liver with seasoned flour and fry brown in butter or pork fat. Put the liver on a warm platter. Fry a cupful of chopped onions in the fat remaining in the pan, until light brown. Add a tablespoonful of vinegar and pour the sauce over the liver.

RÉCHAUFFÉ OF BEEF

Use left-over steak or roast and trim off the fat. Put into a saucepan one tablespoonful of butter and one tablespoonful of flour. When the flour is brown, add one cupful of cold water in which a teaspoonful of beef extract has been dissolved and one teaspoonful each of Worcestershire sauce and mushroom catsup. Season with salt and pepper to taste, then add the slices of

beef and heat thoroughly. Tomato catsup may be used instead of the Worcestershire.

JELLIED VEAL

Clean a knuckle of veal, and have the bones well broken. Put into a saucepan with sufficient cold water to cover. Tie in a piece of cheese cloth one tablespoonful each of chopped onion, carrot, turnip, and celery. Add two sprigs of parsley, four cloves, and a blade of mace. Put the bag into the pot. Boil gently until the meat falls from the bone, then strain out the meat, remove the bag of seasoning and return the liquor to the saucepan. Season with salt, pepper, and the juice of half a lemon. Reduce the liquor to four cupfuls by rapid boiling. Separate the meat from the bone and chop it fine. Add to the boiling liquor, heat thoroughly, and put into an earthen mould which has been rinsed out with cold water. Slices of hard-boiled egg may alternate with layers of the meat. Set aside to harden, and serve cold the next day.

CHICKEN LOAF

Boil the fowl until the meat falls from the bone. Strain, put the liquor again into the saucepan and reduce by rapid boiling to three cupfuls. Add one half package of soaked gelatine. Separate the meat of the chicken from

the bones and shred fine. Rinse an earthen mould in cold water, put in the chicken, season the liquor, and pour over the chicken. Set it away to harden and serve for luncheon the next day with mayonnaise dressing. A very good imitation of this chicken loaf can be made by using the canned chicken juice, canned boned chicken and a package of gelatine.

BEEF COLLOPS

One tablespoonful of butter, one tablespoonful of flour, one small onion chopped fine, a teaspoonful each of minced parsley and salt, and half a teaspoonful of pepper. Put the butter and onion in a frying-pan, then add the flour, seasoning, and one pound of raw beef cut fine. Cook for five minutes, stirring constantly. Serve very hot on slices of buttered toast.

BEEF COLLOPS—II

Prepare as above, using two cupfuls of cold roast beef cut fine and half a cupful of cold water in which a little beef extract has been dissolved. Make a sauce, add the meat last, and cook only until the meat is heated through.

BAKED SAUSAGES

Prick the sausages with a fork, put into a saucepan, cover with boiling water, and boil ten

minutes. Skim out and rinse in cold water. Wipe dry, roll in beaten egg, then in bread-crumbs. Arrange in a pie tin and bake in a hot oven fifteen minutes.

BAKED SAUSAGES WITH RICE

Cut large pork sausages into thin slices. Butter a baking-dish and fill with cold, boiled rice left from breakfast. Moisten the rice with cold water in which a little beef extract has been dissolved. Spread the sliced sausages over the rice and bake in a hot oven until the slices are crisp.

JELLIED PICKLED PIGS' FEET

Use the pickled pigs' feet which are found at market, and clean carefully. Put into a deep saucepan, and add celery seed to season. Cover with cold water and boil until the meat falls from the bone. Skim out the meat and bones, strain the liquor through coarse muslin, and reduce by rapid boiling to a cupful. Separate the meat from the bones and break into bits. Have ready an earthen mould which has been rinsed in cold water. Put the meat into the bowl, cover with the boiling liquor and set away to harden. Serve for luncheon the next day with potato salad.

QUICK STEW OF BEEF

Cut cold beef into small pieces, dredge with flour, and fry brown in butter. Add sufficient chopped onion to season, a small lump of butter rolled in flour, a little pepper, salt, and lemon-juice. Add enough water in which a little beef extract has been dissolved, to make a gravy. Heat thoroughly and serve.

EASY WAYS OF COOKING VEGETABLES

POTATO OMELET

Use cold, dry, mashed potato. Beat smooth with a fork, turn into a hot omelet pan with a little hot butter, spread evenly, and cook slowly until brown underneath. Fold as an omelet.

POTATOES À LA ROYALE

Two cupfuls of cold, mashed potatoes, half a cupful of cream or milk, two tablespoonfuls of butter, two eggs, the whites beaten separately, and salt and pepper to taste. Beat the potatoes until very light, add the milk, butter, seasoning, about half of the beaten yolks, then the beaten whites. Turn into a buttered baking-dish, smooth with a knife and brush with the remaining yolks. Bake until light and brown—probably from ten to fifteen minutes.

POTATO BORDER

Make a rim of cold, mashed potato on a stone-ware platter, leaving a space in the middle.

Fill the space in the centre with creamed fish. Sprinkle with crumbs and Parmesan cheese, dot with butter and brown in the oven.

ESCALLOPED POTATOES

Cut cold, boiled potatoes into thin slices. Put a layer into a buttered baking-dish, sprinkle with salt and pepper, and dredge with a little flour. Repeat until the dish is nearly full, then add hot milk to cover. Bake until brown in a moderate oven.

BAKED POTATO BALLS

Two cupfuls of cold, mashed potatoes, seasoned with pepper, salt, minced parsley, and butter. Moisten, if necessary, with a little hot milk or cream. Beat one egg light, and add a part of it to the potato. Shape into smooth round balls. Brush with the remainder of the egg and bake on a buttered tin until brown.

POTATO PUFF

Prepare as above, making the mixture very soft with milk. Season the potatoes and add the yolks of two eggs well beaten. Beat the white to a stiff froth and fold lightly into the potato mixture. Butter a shallow baking-dish, pile the potato mixture roughly into it, and

bake in a very hot oven until well puffed and brown.

CREAMED POTATOES

Cut cold, boiled potatoes into dice. Make a cream sauce of one tablespoonful of butter, two tablespoonfuls of flour, and two cupfuls of cold milk. Season to taste and add the potatoes. Heat through and serve. A little minced parsley may be added.

POTATOES AU GRATIN

Prepare as above, omitting the parsley. Spread smoothly in a baking-dish, cover the top thickly with crumbs, grated cheese, and dots of butter. Brown in a very hot oven.

POTATOES À LA MAÎTRE D' HOTEL

Cut raw potatoes into dice, boil, drain, and sprinkle with lemon-juice and chopped parsley. Pour over melted butter and serve.

POTATOES À LA HOLLANDAISE

Cut cold, boiled potatoes into dice, re-heat in a little milk, then drain. Cream one third of a cupful of butter, add a tablespoonful of lemon-juice, a pinch of salt, a dash of cayenne, and

a little chopped parsley. Put on the potatoes and warm in the oven until the butter melts.

STEWED POTATOES

Cut cold, boiled potatoes into dice and re-heat in a little milk, then drain, saving the milk. Dredge with flour, add a teaspoonful of butter and a cupful of milk. Season, and heat over boiling water until the flour is well cooked, stirring constantly.

POTATO MANGLE

Cut cold, boiled potatoes into dice, and add half as much hard-boiled egg coarsely chopped. Season with salt and pepper, add half a cupful of hot milk, and heat thoroughly.

POTATO DICE

Cut cold, boiled potatoes into dice. Put a layer into a buttered baking-dish, sprinkle with salt, pepper, minced parsley, and grated onion. Dot with bits of butter and repeat. Pour on enough milk to fill the dish, and bake twenty minutes in a hot oven.

DUTCH POTATOES

Pare large potatoes, and cut a tunnel through the centre of each one with an apple corer.

Draw a frankfurter sausage through each one, place them in the dripping-pan and lay a slice of fat salt pork or bacon on each one. Bake until the potatoes are done, basting with hot water whenever necessary.

POTATOES À LA BÉCHAMEL

Cook together one tablespoonful of butter and two tablespoonfuls of flour until the flour is brown, add half a cupful of stock, or water in which a little beef extract has been dissolved, and half a cupful of milk. Season, add cold, boiled potatoes cut into dice, and one egg well beaten. Heat thoroughly and serve.

FLORADORA POTATOES

Take cold, boiled potatoes and put into a baking-dish with some meat drippings. Sprinkle with salt and pepper and bake in the fat, basting often.

POTATOES À LA NELSON

Prepare as above, basting with melted butter instead of meat drippings, and just before they are done, sprinkle with grated Parmesan cheese.

POTATOES À LA IRWIN

Cut cold, baked potatoes in half and scoop out the pulp. Mix with creamed codfish or creamed salmon, return to the skins, sprinkle the tops with grated cheese, and put in a hot oven until brown.

POTATO CROQUETTES

Take two cupfuls of cold, mashed potatoes, add the yolks of two eggs well beaten, a tablespoonful of grated onion, two tablespoonfuls of cream, a pinch of salt, a dash of pepper, a teaspoonful of minced parsley, and a heaping teaspoonful of butter. Cook until the mixture leaves the sides of the pan. When cool enough to handle, shape into croquettes, dip in beaten egg, then in crumbs, and fry in deep fat.

POTATO BOULETTES

Prepare as above, omitting the parsley. Season with powdered sweet marjoram, and a dash of curry powder. Shape into balls, dip into egg and crumbs, and fry in deep fat.

BREADED POTATOES

Take small cold, boiled potatoes, dip into beaten egg, then into seasoned crumbs, and fry brown in deep fat.

FRENCH FRIED POTATOES

Pare the potatoes and cut them lengthwise into eighths. Soak ten minutes in cold water. Drain, wipe dry, put into a wire basket, and fry in deep fat.

LYONNAISE POTATOES

Chop a large onion very fine. Fry brown in butter. Add cold, boiled potatoes cut into dice and fry until brown and crisp. Season with salt and pepper and add a little minced parsley if desired.

SARATOGA CHIPS

Slice raw potatoes very thin on a vegetable slicer and rinse very thoroughly in cold water to remove superfluous starch. Drain, wipe dry on a cloth, and fry in a wire basket in deep fat.

JULIENNE POTATOES

Cut large potatoes into thin slices lengthwise. Cut into long straws, rinse in cold water, drain, wipe dry, and fry in a wire basket in deep fat.

POTATO MACARONI

Cut cold, boiled potatoes into straws. Arrange in a shallow baking-dish, cover with

cream sauce, sprinkle with grated cheese, and put into a hot oven until the cheese is melted.

PARISIAN POTATOES

Cut raw potatoes into balls with a French vegetable cutter. Boil three minutes, drain, and fry in deep fat.

POTATO CAKES

Beat cold, mashed potatoes with a little milk until soft, then add an unbeaten egg and beat thoroughly. Form into little flat cakes, dredge with flour, and fry in butter or drippings.

POTATO LOAF

Butter an oblong tin mould and sprinkle the sides and bottom thickly with fine bread-crumbs. Line the mould with cold, mashed potatoes, an inch or more in thickness. Fill the centre with creamed fish, cover the top with more mashed potatoes, and bake until the top is quite hard. Turn out on a platter.

POTATOES À LA FRANÇAISE

Prepare creamed potatoes according to directions previously given. Butter a baking-dish, put in a layer of the creamed potatoes and

sprinkle with crumbs and grated cheese. Repeat until the dish is full, having crumbs and cheese on top. Dot with butter and bake until brown.

FRIED POTATOES À LA WALDORF

Slice cold, boiled potatoes. Put a little olive-oil into a deep frying-pan, and when very hot put in the potatoes. Cover, and cook until the potatoes are golden brown, turning once. Drain, put into a vegetable dish, and sprinkle with salt, pepper, and lemon-juice.

GLAZED POTATOES

Take cold, boiled potatoes, roll them in the well-beaten yolks of two eggs, and put in the oven to brown.

PRINCESS POTATOES

Pack cold, mashed potatoes solidly into a small buttered pan. Turn out and cut into strips, dip into melted butter, then into beaten egg, and put in the oven to brown.

POTATO SALAD—I

Boil eight potatoes in their skins, putting them on in cold, salted water, and bringing

them slowly to the boil. Cook until they can be easily pierced with a fork. Peel and cut into dice while hot. Add three tablespoonfuls of grated onion and a tablespoonful or more of chopped parsley. Make a French dressing of oil and tarragon vinegar, in the proportion of three parts of oil to one of vinegar, season with salt and paprika. Pour a liberal quantity over the potatoes, mix thoroughly, and set the bowl on ice until serving time. This salad is better if made the day before it is to be used.

POTATO SALAD—II

Prepare as above, adding half a cupful or more of cucumber dice to the salad just before serving. The cucumbers will wilt if allowed to stand in French dressing.

POTATO SALAD—III

Prepare as above, adding half a cupful or more of finely cut celery in place of the cucumber.

POTATO SALAD—IV

Prepare potatoes, onion, and parsley according to directions given for Potato Salad—I. Cut a cupful of raw bacon into dice, fry until crisp, drain off the fat and add the bacon to the salad.

Measure the fat, and add one third as much cider vinegar. Season with pepper and salt to suit, and pour over the salad.

POTATO SALAD—V

Prepare the potatoes without the onion, using a little more parsley. Take three quarters of a cupful of sour cream, fill the cup with vinegar, and mix thoroughly. Season with salt, celery salt, and paprika, and pour over the potatoes just before serving.

POTATO SALAD—VI

Prepare the potatoes and onion according to directions given above, omitting the parsley. Make a dressing of one cupful of sugar, one half cupful of cream, one half cupful of vinegar, two tablespoonfuls of olive-oil, and the yolks of two eggs well beaten. Season with salt and pepper to suit, and cook in a double boiler until thick. Pour over the potatoes while hot, and let cool. This is a Swedish recipe and well worth trying.

POTATO SALAD—VII

Cut hot, boiled potatoes into dice. Make a dressing of one half tablespoonful of salt, one

half tablespoonful of mustard, three fourths of a tablespoonful of sugar, one egg slightly beaten, two and one half tablespoonfuls of melted butter, three fourths cupful of cream, and one fourth cupful of vinegar. Cook over boiling water until thick, adding the vinegar very slowly. Strain over the hot potatoes and set away to cool.

SUGARED BEETS

Cut cold, boiled beets in thin slices, season with butter, pepper, salt, and sugar. Set into a baking-dish, and put for a few moments in a very hot oven.

CREAMED BEETS

Cut cold, boiled beets into dice and put into a cream sauce, using enough of the beet-juice to color the sauce a delicate pink. Garnish with hard-boiled eggs and minced parsley.

CREAMED LIMA BEANS

Soak a cupful of dried lima beans over night, drain, and cook in boiling salted water until soft. Drain, add three quarters of a cupful of cream or rich milk, season with butter, pepper, and salt, re-heat and serve.

COLD SLAW

Mix a teaspoonful each of salt and mustard with two teaspoonfuls each of flour and powdered sugar. Add a dash of red pepper, a teaspoonful of melted butter, the yolk of an egg well beaten, one third of a cupful of boiling vinegar, and half a cupful of thick cream. Cook until thick and add the cream after taking from the fire. Cut the heart of the cabbage very fine, put into a vegetable dish and pour the cold dressing over it.

HOT SLAW

Beat the yolks of two eggs with two tablespoonfuls of cold water, a tablespoonful of butter, melted, a pinch of salt, and a quarter of a cupful of hot vinegar. Cook the dressing over boiling water until thick and heat the shredded cabbage in it. Serve hot.

STUFFED CABBAGE

Cut out the stalk end of a large head of cabbage, leaving a hollow shell. Tie the cabbage in mosquito netting and boil carefully until tender. Make a stuffing of seasoned crumbs and any cold, cooked meat. Fill the drained cabbage with the stuffing, sprinkle with crumbs and grated cheese, dot with butter, and bake in a quick oven until brown.

CREAMED CABBAGE

Cut the cabbage fine and boil tender with a chopped onion, changing the water frequently. When done re-heat in a cream sauce.

ESCALLOPED CABBAGE

Fill a buttered baking-dish with alternate layers of creamed cabbage and seasoned crumbs. Have crumbs on top. Dot with butter, sprinkle thickly with grated cheese, and brown in a very hot oven.

FRIED CABBAGE

Chop cold, boiled cabbage and press out all possible moisture. Season with melted butter, pepper, salt, and three or four tablespoonfuls of milk. Add two well-beaten eggs and cook in a buttered frying-pan until smoking hot, stirring constantly, then cease stirring long enough for it to brown on the bottom. Turn out on a platter and garnish with hard-boiled eggs.

CREAMED CELERY

Use the tough, outer stalks and roots. Scrape clean, cook until soft in boiling water, drain, and re-heat in a cream sauce.

ESCALLOPED CELERY

Prepare according to directions given for creamed celery. Put into a baking-dish, cover with crumbs and grated cheese, dot with butter, and bake until brown. Individual dishes may be used.

CREAMED CELERY IN CHEESE SHELL

Prepare the creamed celery according to directions previously given and add to it a cupful or more of parboiled oysters. Turn into the shell of an Edam or pineapple cheese, cover with crumbs, butter, and grated cheese, and brown in a very hot oven. Serve on a fringed napkin. The oyster liquor may be used as part of the liquid in the cream sauce. Spaghetti or macaroni, mixed with grated cheese and tomato sauce, may be served in the cheese shell.

CURRY OF VEGETABLES

One small onion, one small, sour apple, one cupful each of carrot, turnip, and celery cut fine. Make a rich cream sauce, seasoning with salt, pepper, and curry powder. Boil each vegetable separately, drain, and add to the sauce.

BUTTERED CARROTS

Season cold, cooked carrots with salt, pepper, butter, and sugar, and re-heat.

CARROTS AND PEAS

Cut carrots into dice. Cook until soft in boiling water, drain, add twice the quantity of peas. Season with salt, pepper, butter, a sprinkle of sugar, and re-heat.

ESCALLOPED ONIONS

Cut cold, boiled onions fine and reheat in a cream sauce. Put in a baking-dish in layers, with seasoned crumbs and dots of butter between. Have the last layer crumbs, butter, and a bit of grated cheese. Bake until brown.

FRIED ONIONS

Slice and fry in a skillet with plenty of hot lard, stirring constantly until the onions are brown. Sprinkle with salt after taking from the fire. Fried onions are served with broiled beef steak or Hamburg steak.

CREAMED PARSNIPS

Cut cold, boiled parsnips into dice, and re-heat in a cream sauce.

ESCALLOPED PARSNIPS

Prepare as above. Put into a baking-dish in layers, with crumbs, parsley, and grated cheese in between, having crumbs, cheese, and butter on top. Bake until brown.

BAKED PARSNIPS

Put cold, boiled parsnips into a pan with salt, pepper, and meat drippings, and bake until brown, basting when required.

FRIED PARSNIPS

Slice cold, boiled parsnips lengthwise, season with salt and pepper, dredge with flour, and fry in butter until brown.

BREADED PARSNIPS

Prepare as above. Dip the slices in crumbs, then in beaten egg, then in crumbs again, and fry in deep fat.

PARSNIP FRITTERS

Mash cold, boiled parsnips, season with salt, pepper, and melted butter. Make into small, flat cakes, dredge with flour and fry brown in butter.

STUFFED PEPPERS

Parboil shapely, green peppers, cut off the stem end, and scoop out the pulp and seeds. Fill the shells with seasoned crumbs and any remnants of cold meats or vegetables. Bake until done, basting with melted butter when necessary. Serve on toast.

ESCALLOPED TOMATOES

Slice onions, boil until tender, drain, and set aside. Put a can of tomatoes through a sieve fine enough to keep back the seeds. Put a layer of the pulp in a baking-dish, adding bits of stale bread as needed to take up the extra juice, then add a layer of onions, and a layer of American cheese cut in thin slices. Repeat until the dish is full, having crumbs, butter, and cheese on top. Bake until brown.

ASPARAGUS ON TOAST

Trim off the hard woody ends of the stalks, tie in bundles, six or seven stalks to a bundle, and drop into boiling, salted water. Boil rapidly, uncovered, until tender, drain, and serve on long slices of toast with melted butter. Asparagus will keep its color if a small bit of baking soda is added to the water in which it is boiled.

ASPARAGUS CROUSTADES

Use stale rolls. Carefully scrape out the crumb, leaving only a shell. Rub the outside and inside of the shells with melted butter and set in a very hot oven to brown. Cut the asparagus into bits, and boil in plenty of salted water as usual. Make a cream sauce and add the yolks of two eggs, well beaten, just as the sauce is taken from the stove. Season with salt, pepper, and a bit of grated nutmeg, add the drained asparagus, fill the shells, and serve at once upon a napkin. A bit of grated cheese may be sprinkled over the top.

CREAMED ASPARAGUS

Cut the asparagus into half-inch lengths, and boil as usual. Make a plain cream sauce, season with salt and paprika, add the asparagus, and serve on buttered toast.

ESCALLOPED ASPARAGUS

Prepare creamed asparagus according to directions given above. Arrange in a baking-dish with alternate layers of crumbs, seasoned with salt, pepper, and grated cheese. Repeat until the dish is full, having crumbs and cheese on top. Dot with butter and bake until brown.

ASPARAGUS À LA POMPADOUR

Cook cut asparagus until tender, and drain. Make a sauce of three egg yolks, well beaten, three tablespoonfuls of melted butter, and two tablespoonfuls of vinegar. Cook the sauce over boiling water until it thickens, season with salt and pepper, pour over the drained asparagus, and serve on buttered toast.

ASPARAGUS À L' ESPAGNOLE

Cut the asparagus into inch lengths, and cook in boiling, salted water, adding the tips when the remainder is partly done. Drain the asparagus and put into a serving-dish. To the water in which it was cooked add the juice of a lemon, and poach three or four eggs in it. Lift out the eggs, and place carefully upon the asparagus. Make a French dressing, using three tablespoonfuls of oil to one of tarragon vinegar. Season with salt and pepper, and add a teaspoonful each of parsley, capers, and cucumber pickles, minced very fine. Pour over the eggs, and serve at once.

CREAMED ASPARAGUS WITH EGGS

Prepare creamed asparagus according to directions given above. Spread thinly on buttered toast, and put a poached egg on each slice.

ASPARAGUS FRITTERS

Make a fritter batter of egg, flour, and milk, adding salt and pepper, and a little baking powder. Add the cooked and cut asparagus to the batter. The batter must be just stiff enough to drop easily from the tip of a spoon. Fry in deep fat, drain on brown paper, and serve with any preferred sauce.

ESCALLOPED LIMA BEANS

Butter a baking-dish, and fill it with cold, creamed lima beans. Sprinkle with seasoned crumbs and grated cheese, dot with butter, and bake brown in a quick oven.

STRING BEANS

Use either the green or yellow variety, and string carefully. They may be cooked whole or cut into lengths as preferred. Boil in salted water until tender, drain, and serve on toast with melted butter.

STRING BEAN CROUSTADES

Prepare according to directions given for asparagus croustades.

CREAMED STRING BEANS

Prepare according to directions given for creamed asparagus.

ESCALLOPED BEANS

Prepare according to directions given for escalloped asparagus.

STRING BEANS À LA POMPADOUR

Prepare according to directions given for asparagus à la pompadour.

CREAMED CAULIFLOWER

Make a cream sauce, according to directions given above, and add to it a cupful of cold, cooked cauliflower. Heat thoroughly and serve.

ESCALLOPED CAULIFLOWER

Prepare creamed cauliflower according to directions given above. Put a layer of the vegetable in a baking-dish, sprinkle with crumbs, dots of butter, and minced parsley. Add another layer of the vegetable, and repeat until the dish is full, having crumbs and butter on top. Bake until brown.

CAULIFLOWER IN CHEESE CASE

Prepare creamed cauliflower, and bake in the shell of an Edam or pineapple cheese. Cover the top with crumbs and butter.

BOILED CORN

Remove husks and silk, and cook from ten to twenty minutes in boiling, salted water, uncovered. Corn which comes from a city market is better if the husk is turned back and the corn sprinkled with sugar. Tie the husk on closely with a bit of twine, and steam.

SUCCOTASH

Cut hot, boiled corn from the cob, add an equal quantity of cooked lima beans, season with butter, pepper, and salt, re-heat, and serve.

CREAMED SUCCOTASH

Prepare as above, heating the vegetables in a cream sauce. Succotash, cooked according to the recipe for escalloped cauliflower, acceptably takes the place of meat.

CORN OYSTERS

Grate raw corn from the cob, using a coarse grater, or, score the kernels deeply with a sharp knife, cutting down the cob, and press out the pulp with the back of a knife. To every cupful of the pulp add one beaten egg, a quarter of a cupful of sifted flour; and season highly with salt and pepper. Drop by spoonfuls into deep fat, or cook on a griddle like pancakes.

SOUTHERN CORN PUDDING

To two cupfuls of grated corn add two eggs, slightly beaten, a teaspoonful of salt, a dash of red pepper, one and one half tablespoonfuls of melted butter, and two cupfuls of scalded milk. Turn into a buttered pudding-dish, and bake in a slow oven until firm.

CREAMED CORN

Add corn pulp to a well-seasoned cream sauce, and cook until the corn is done. Serve on buttered toast.

CREAMED CORN WITH EGGS

Prepare as above and put a poached egg on each slice of toast.

ESCALLOPED CORN

Prepare according to directions given for scalloped cauliflower.

CORN SCRAMBLE

Use one cupful of cold creamed corn. Beat six eggs slightly with pepper, salt, and two tablespoonfuls of cold water. Add the corn, and cook over a slow fire until thick, stirring constantly. Serve on buttered toast.

CORN CUSTARD

To one cupful of corn pulp add four eggs, slightly beaten, half a teaspoonful of salt, a dash of paprika, a grating of onion, and one and one fourth cupfuls of milk. Bake in buttered cups in hot water until firm, then turn from the moulds and pour over a cream sauce. Serve with broiled tomatoes.

CORN CROQUETTES

Two cupfuls of corn pulp and one cupful of milk, cooked until done, in a double boiler. Add one tablespoonful of butter, one of grated cheese, salt and pepper to taste, and one egg, well beaten. Turn into a buttered pan and set aside to cool. When cold cut into strips, dip in egg and crumbs, and fry in deep fat. If it is not stiff enough to cut, add finely sifted cracker-crums and shape with the fingers.

BAKED CORN

Two cupfuls of corn cut from the cob, one egg, salt and pepper to taste, two tablespoonfuls of melted butter, and one cupful of milk. Mix well, put into a buttered baking-dish, sprinkle with crumbs, grated cheese, and dots of butter. Bake until brown.

CORN FRITTERS

Three eggs well beaten, two cupfuls of milk, one and one half cupfuls of flour, a teaspoonful of baking powder and one teaspoonful of salt. Stir into the batter two cupfuls of cold, cooked corn, cut fine, and drop into deep fat from the tip of a spoon; drain on brown paper. Corn fritters are usually served with fried chicken.

CORN AND TOMATOES

One cupful of corn pulp, and one cupful of tomatoes, sliced and peeled. Season with salt, pepper, a teaspoonful of sugar, and a tablespoonful of butter. Boil until done. If preferred, the corn and tomatoes can be escalloped after cooking, and served in a baking-dish with crumbs, butter, and grated cheese on top, or in a cheese shell.

FRIED CORN

Cut the grains from the cob and fry brown in a little butter, stirring often. Season with salt, pepper, and cream. Cold, cooked corn may be used.

FRIED CUCUMBERS

Cucumbers which are too old and seedy to be eaten raw, are acceptable when cooked. Pare

the cucumbers, cut lengthwise into half-inch slices, and wipe dry with a cloth. Sprinkle with salt and pepper, dredge with flour, and fry a delicate brown.

CUCUMBER FRITTERS

Cut the vegetable into dice, boil until tender, drain, follow directions given for asparagus fritters.

BAKED CUCUMBERS

Select large seedy cucumbers, pare, and boil slowly until tender. Cut in halves lengthwise, scoop out the pulp, mix it with crumbs, grated onion, pepper, salt, and the white of an egg, beaten to a stiff froth. Fill the shells, rub with melted butter, sprinkle with crumbs, and bake until brown. Chopped nuts may be added to the stuffing.

MASHED CUCUMBERS

Cut the cucumbers into dice, boil until tender, drain, mash, using a colander or fruit-press, season with butter, pepper, and salt, and serve at once.

CUCUMBERS ON TOAST

Peel and cut two or three large cucumbers into slices one fourth of an inch thick. Cover

with boiling water and stew gently until tender but not broken. Make a well-seasoned cream sauce, put the drained cucumbers into it, heat through, and pour over buttered toast.

WILTED CUCUMBERS WITH SOUR CREAM

Slice the cucumbers and put into salted water until wilted. Rinse in fresh, cold water, and dry on a cloth. Season with salt and pepper, and serve with thick sour cream poured over them.

FRIED EGG PLANT

Pare and cut in thin slices. Pile the slices on a stoneware plate, and sprinkle each slice with salt. Cover with another stoneware plate, and put a flatiron on top. Let stand one hour. Remove the weight, rinse each slice in cold water, wipe dry, dip in beaten egg, then in seasoned crumbs, and fry until brown.

EGG PLANT FRITTERS

Prepare as above, dip the slices in fritter batter, and fry in deep fat.

STUFFED EGG PLANT

Cut a large egg plant in two and scoop out the pulp, leaving the shell half an inch thick

Cut the pulp fine and add an equal quantity of crumbs. Season with salt, pepper, and a little sugar. Cook in a frying-pan, using enough butter to keep from burning, for about ten minutes. Fill the shell with the cooked mixture, dot with butter, sprinkle with crumbs, and bake until brown.

EGG PLANT À L' ALLEMANDE

Prepare fried egg plant according to directions given above, and make a well-seasoned cream sauce. Put a layer of sauce in the baking-dish, then a layer of fried egg plant, sprinkle thickly with grated cheese, add sauce, then egg plant, and so on until the dish is full, having crumbs, butter, and grated cheese on top. Use rather more sauce than seems necessary. In foreign restaurants this is cooked in a brown or blue earthen dish resembling a bean-pot, and the pot is placed, smoking hot, on a platter covered with a fringed napkin. Cold, fried egg plant may be used, but it is not so good.

EGG PLANT STUFFED WITH NUTS

Boil the whole plant until it is tender. Cut a slice off the top, scoop out the pulp, chop fine, add a cupful of chopped hickory nuts, a tablespoonful of bread crumbs, salt and pepper to taste, and two eggs, well beaten. Mix thoroughly, fill the shell, and bake until brown.

BROILED MUSHROOMS

Clean carefully and cut off the stalk. Rub with soft butter, broil over a clear fire, and serve on buttered toast.

FRIED MUSHROOMS

Use large, firm mushrooms. Trim and clean, and fry in melted butter. Mushrooms may be dipped in melted butter, and then in crumbs before frying.

GREEN PEAS

Cook in an uncovered saucepan in boiling, salted water, drain, and serve with melted butter, pepper, and salt. Green peas will keep their color better if a tiny bit of baking soda is added to the water in which they are boiled. In boiling peas, the English add a sprig of spearmint, which is removed when the peas are done. Older peas require a little sugar.

SALSIFY

Scrape, cut into inch lengths, and throw into cold, acidulated water to prevent discoloration. Boil until tender, drain, and put into a cream sauce. Escalloped salsify, salsify fritters, fried salsify and salsify in cheese shell, are prepared according to directions previously given.

SUMMER SQUASH

Boil until tender, peel, and mash. Season with salt, pepper, and melted butter.

STUFFED SUMMER SQUASH

Boil until tender, cut off the top, scoop out the inside, mix with seasoned crumbs, chopped onion, and grated cheese. Fill the shell, dot with butter, sprinkle with crumbs, and bake until brown.

FRIED SUMMER SQUASH

Cut cold, boiled summer squash into cubes. Season with salt and pepper, dip in egg and crumbs, and fry in deep fat.

SPINACH WITH POACHED EGG

Re-heat cold, cooked spinach, and spread on buttered toast. Put a poached egg on each slice. Or, fill buttered individual baking-dishes two thirds full of cold, cooked spinach, break a fresh egg into each, and bake in a hot oven until the egg is set. The spinach may be reheated in a cream sauce.

BROILED TOMATOES

Cut in slices, rub with butter and salt, and broil in a wire broiler over clear coals.

FRIED TOMATOES

Cut in slices, dip in egg and crumbs, and fry in deep fat. Small tomatoes may be peeled, dipped into egg and crumbs, and fried whole.

STUFFED BAKED TOMATOES

Select large, smooth tomatoes, but do not peel. Cut a thin slice from the blossom end and scoop out the pulp with a spoon. Mix the pulp with crumbs seasoned with grated onion, salt, and pepper, and bind with a raw egg. Fill the shells and bake until tender in a pan containing a little hot water. Bits of chicken, left-over meat, fish, or vegetables, chopped nuts, or simply crumbs, with a little seasoning of butter and onion, or cheese, may be used in stuffing for tomatoes or green peppers.

SURPRISE TOMATOES

Select small, smooth tomatoes, cut a slice from the blossom end, and scoop out the pulp. Break a fresh egg into each tomato, sprinkle with crumbs and butter, replace the lid, and bake until tender in a pan containing a little hot water.

TOMATOES À L' ITALIENNE

Mince a bean of garlic, a green pepper, and an onion. Fry brown in olive-oil. Add a can of tomatoes, and season highly with salt and pepper. Add a heaping teaspoonful of beef extract. Cook slowly until the mixture is a thick paste. Spread on slices of buttered toast, and put a poached egg on each slice.

EGGS AND OMELETS

POACHED EGGS

Use a skillet, or muffin rings placed in a pan of water, not too deep. The water should barely cover the eggs. Bring the water to the boiling point, drop in the eggs carefully, one at a time, and remove from the fire immediately. Cover the pan and let stand until cooked. A teaspoonful of lemon-juice or vinegar in the water will keep the whites firm and preserve the shape of the egg. Serve on thin slices of buttered toast.

SCRAMBLED EGGS

Put two heaping tablespoonfuls of butter into a frying-pan. When it sizzles, break into it quickly six fresh eggs, and mix thoroughly with a silver spoon for two minutes without stopping. Season with salt and pepper, and a slight grating of nutmeg, if desired. Scrambled eggs should be thick and creamy.

SCRAMBLED EGGS—II

Beat the eggs thoroughly, add one teaspoonful of cold water or milk for each egg and beat again. Cook as above.

SCRAMBLED EGGS WITH ASPARAGUS
TIPS

Have one cupful of cold, cooked asparagus tips ready. Add to six eggs, well beaten, and cook as above.

SCRAMBLED EGGS WITH DRIED BEEF

Soak one cupful of minced dried beef in boiling water for five minutes. Put it into melted butter, stir over the fire until the butter sizzles, then pour over six or seven well-beaten eggs. Stir until the eggs are smooth and creamy.

FRIED EGGS

Put three tablespoonfuls of butter into a hot frying-pan. When it sizzles, slip in the broken eggs carefully, one at a time. Tip the pan and baste with melted butter while cooking. If wanted crisp on both sides, turn the eggs over when the underside is done. Wet in cold water the saucer on which an egg is broken and the egg will not stick to it, but will slip easily into the pan. Olive-oil may be used instead of butter, but the pan must be covered during the cooking, as the oil spatters.

FRIED EGGS WITH BLACK BUTTER

Fry eggs as above, using butter or oil. When done, skim out, add more butter or oil to that in the pan, season with salt, pepper, vinegar, or lemon-juice, and let brown. When the butter is brown, pour it over the fried eggs, and serve.

CREAMED EGGS

Make a cream sauce, using one tablespoonful of butter, two of flour, two cupfuls of milk, and pepper and salt to season. When the sauce is thick and creamy, add hard-boiled eggs, coarsely chopped, and serve at once on toast. Sprinkle with minced parsley.

EGGS À LA TRIPE

Fry two sliced onions in butter, but do not brown. Stir in one cupful of milk or cream, and enough flour to thicken, rub smooth in a little of the cream or milk. Season with salt, white pepper, and a bit of grated nutmeg. Stir until thick, then add eight hard-boiled eggs, sliced crosswise. Heat thoroughly and serve.

EGGS AU MIROIR

Butter a stone platter that will stand the heat of the oven. Break into it carefully enough

fresh eggs to cover it, taking care not to break the yolks. Place in the oven until the eggs are set. Sprinkle with salt and pepper and minced parsley, and serve at once.

CREAMED CELERY WITH POACHED EGGS

Prepare creamed celery according to directions given in the previous chapter. Spread on buttered toast, and put a poached egg on each slice.

CHICKEN LIVER SCRAMBLE

Use one cupful of chopped, cooked chicken livers and six or seven well-beaten eggs. Prepare like other scrambles.

CHEESE SCRAMBLE

One half cupful of grated American cheese and six well-beaten eggs. Mix the cheese with the eggs before cooking.

EGGS À LA PAYSANNE

Put one half cupful of cream or rich milk into a baking-dish, break into it six fresh eggs, and place in a hot oven until the eggs are set. Sprinkle with salt and pepper, minced parsley, and sweet green pepper.

EGGS À L'AURORE

Make the cream sauce and add it to the shredded whites of six or eight hard-boiled eggs. Spread on buttered toast, and rub the yolks through a sieve, sprinkling each slice of toast with the powdered yolk.

OYSTER SCRAMBLE

One cupful of oysters, cut fine. Pour boiling water over, drain on a fine sieve, and add six or seven well-beaten eggs. Prepare like other scrambles.

MUSHROOM SCRAMBLE

One cupful of cooked mushrooms, cut fine, and six or eight well-beaten eggs. Serve on toast.

LOBSTER SCRAMBLE

One cupful of cold, cooked lobster, six or eight well-beaten eggs. Mix before putting into the hot butter.

TOMATO SCRAMBLE

One cupful of stewed and strained tomato, or of fresh tomatoes peeled and rubbed through a sieve, six or eight well-beaten eggs. Mix before putting into the hot butter.

GREEN PEA SCRAMBLE

One cupful of cold, cooked green peas, six or seven well-beaten eggs. Mix before beginning to cook.

HAM SCRAMBLE

One cupful of cold, boiled ham, minced, mixed with eight well-beaten eggs. Season with a little grated onion.

BACON SCRAMBLE

Fry one cupful of shredded bacon until partially cooked, drain off part of the fat, add six or seven well-beaten eggs, and finish cooking, stirring constantly. A little grated onion may be added with the eggs.

CRAB SCRAMBLE

One cupful of cooked, shredded crab meat, six or seven well-beaten eggs. Shredded green peppers may be added. The canned crab meat is nearly as good as the fresh.

SHRIMP SCRAMBLE

One cupful of finely cut, cooked shrimps, six or seven well-beaten eggs. Green peppers may be added. Canned shrimps may be used.

KIDNEY SCRAMBLE

One cupful of cold, cooked kidneys, cut fine, and six or seven well-beaten eggs. Prepare like other scrambles.

SAUSAGE SCRAMBLE

One cupful of cooked sausages, finely minced, mixed with six or seven well-beaten eggs before cooking. Or, use uncooked sausages and prepare like bacon scramble.

SARDINE SCRAMBLE

Add the juice of half a lemon to one cupful of finely cut sardines. Use the oil from the can instead of butter. Beat six or seven eggs thoroughly and mix with the sardines before cooking.

TONGUE SCRAMBLE

One cupful of finely minced, cooked tongue, six or eight well-beaten eggs. Season with grated onion, shredded green pepper, or minced parsley.

EGGS WITH FINE HERBS

Use a heaping tablespoonful of minced parsley, chives, and tarragon, to eight well-beaten eggs, mixing before putting into the hot butter.

MEXICAN EGGS

Split three sweet green peppers lengthwise, and take out the seeds. Fry two minutes in very hot butter. Fry six very thin slices of ham and place on slices of toast, lay the peppers over the ham, and put a fried or poached egg on each slice.

EGGS IN CRUSTS

Cut stale bread into slices an inch thick. Scoop out the centres of each slice and remove the crust. Rub with butter, drop an egg into each cavity, and put in a hot oven until the eggs are set.

BAKED EGGS WITH CHEESE

Make toast and hollow the slices slightly in the centre. Mix grated cheese to a paste with milk, and spread over the toast. Arrange on a stoneware platter or in a baking-dish, break an egg over each slice, sprinkle with more cheese, and place in a hot oven until the eggs are set.

BAKED EGGS WITH HAM

Make the cream sauce and add to it one cupful of cold, cooked ham, finely minced. Butter custard cups, break an egg into each, and stand

in a pan of hot water in the oven until the eggs are firm. Spread the minced ham on a platter or on slices of toast, and turn the eggs onto it. Sprinkle with salt, pepper, and minced parsley.

CODDLED EGGS

Allow four tablespoonfuls of milk for each egg. Beat together thoroughly, cook in a double boiler until creamy, and serve on toast.

EGGS IN AMBUSH

Scoop out the crumb from stale rolls, first cutting an even slice off the top. Toast or fry the shells thus made, or rub freely with butter and set into a piping hot oven until crisp and brown. Drop a fresh egg into each shell, add a little minced parsley or a teaspoonful of cream if desired, or any preferred seasoning of minced fish, or meat, or vegetable. Bake in a hot oven until the eggs set. Put on the covers, and serve.

EGGS À LA MAÎTRE D'HÔTEL

Make a sauce of half a cupful of melted butter, the juice of half a lemon, and a teaspoonful of minced parsley. Cut hard-boiled eggs in slices lengthwise, arrange on toast, and pour the sauce over the eggs, or, pour over poached eggs on toast just before serving.

POACHED EGGS ON ANCHOVY TOAST

Work a teaspoonful of anchovy paste, or more, if desired, into one third of a cupful of butter. Spread on thin slices of crisp toast, and lay a poached egg on each slice.

EGGS SUR LE PLAT

Beat the white of eggs to a stiff froth, spread on a buttered platter, and make hollows in the froth with a spoon. In these hollows drop carefully the unbroken yolks. Sprinkle with salt and pepper, and place in a hot oven until the eggs are set.

BIRD'S NEST

Prepare as above, arranging on slices of buttered toast instead of on a platter.

SWISS EGGS

Rub a stoneware platter thickly with butter, cover it with very thin slices of cheese, sprinkle with grated nutmeg, pepper, and salt, pour half a cupful of cream over the eggs, sprinkle with the cheese, grated, and bake about fifteen minutes in a hot oven. Serve on the same platter.

CHICKEN SCRAMBLE

Use one cupful of cold, cooked chicken, shredded or chopped, to seven well-beaten eggs, and prepare like other scrambles. Season with green pepper or pimento, chopped fine.

EGGS À LA BONNE FEMME

Fry two sliced onions brown in butter, then add a tablespoonful of vinegar. Butter a platter, spread the fried onions over it, break upon it six fresh eggs, sprinkle with crumbs, dot with butter, and bake in a hot oven until the eggs are set.

EGGS À LA BOURGEOISE

Cut slices of bread half an inch thick and trim off the crust, lay on a buttered platter, and sprinkle with grated cheese. Beat eggs enough to cover the bread, season with salt and pepper, and grated nutmeg, pour over the bread, and bake in a moderate oven until the eggs are set.

EGGS À LA ST. CATHERINE

Cut cold, baked potatoes in halves lengthwise and scoop out a part of the pulp. Break an egg into half, sprinkle with salt and pepper, add a

teaspoonful of cream to each egg, and bake in a moderate oven until the eggs are set. In the meantime, beat the white of an egg to a stiff froth, and work into it gradually the potato pulp which has been scooped out. Heap roughly over the baked eggs, and keep in the oven until well puffed and brown.

EGGS À LA WASHINGTON

Lay a slice of fresh, fried tomato on each slice of buttered toast. On each slice of tomato, arrange some shredded sweet pepper, fried. Lay a poached egg on each slice.

PIMENTO SCRAMBLE

Use the scarlet pimentos which come in cans. Chop rather coarsely and use half a cupful to each four eggs. Prepare like other scrambles.

EGGS À LA ESPAGNOLE

Make a cream sauce and add to it half a cupful of shredded pimentos. Spread over buttered toast and put a poached egg on each slice.

CODFISH SCRAMBLE

Use one cupful of shredded salt cod which has been freshened, and seven well-beaten eggs.

Salt mackerel, finnan haddie, smoked salmon, or other salt fish may be used. Clams, caviare, herring, sturgeon, and many other left-overs are also acceptable.

STEAMED EGGS

Break fresh eggs into buttered custard cups and steam until set.

BAKED EGGS ON RASHERS OF BACON

Have ready some thin slices of bacon fried until transparent, but not crisp. Lay two strips of bacon on each slice of toast, arrange in a baking-pan, break an egg over each slice of toast, and bake until the egg is set.

SCRAMBLED EGGS IN CUPS

Prepare stale rolls as for eggs in ambush, but bake the buttered rolls until crisp and brown, fill with scrambled eggs and serve immediately.

JAPANESE EGGS

Spread hot, boiled rice on a platter, or cold, boiled rice reheated, season with melted butter, lemon-juice, and minced parsley. Poach six eggs and arrange them on the rice.

ESCALLOPED EGGS

Make the cream sauce. Have ready eight hard-boiled eggs and some dry bread-crumbs. Butter ramekins. Put in a layer of crumbs, then sliced eggs, then butter in tiny dots, then sauce, and so on, until the dish is full, having crumbs and butter on top. A little grated cheese may be sprinkled over the top. If too dry, moisten with a little milk or cream. Bake until brown.

PLAIN OMELET

Beat six eggs well, yolks and whites together. Put two tablespoonfuls of butter into a frying-pan. When it is hot, pour in the beaten eggs, which have been seasoned with salt and pepper. With a fork, draw the cooked egg from the outside of the pan to the centre. As soon as it is all thick, lift half of the omelet onto a plate, and turn the other half over it. It should be turned while the centre is still soft, and the fire should not be too hot.

PEA OMELET

Prepare an omelet mixture according to directions given above. As soon as the eggs are in the frying-pan, add a cupful of cooked and drained peas, arranging carefully in the outermost half, so that the other portion will fold over it. Finish as usual.

OMELET WITH ASPARAGUS TIPS

Have ready one cupful of cooked and drained asparagus tips. Prepare according to directions given for pea omelet.

CHEESE OMELET

Prepare an omelet mixture according to directions given above. Add half a cupful of grated Parmesan cheese, or dried and grated American cheese to the egg mixture.

HAM OMELET

Have ready one cupful of cooked ham, very finely minced. Spread on half of the omelet, and fold the other part over it.

OYSTER OMELET

One cupful of cooked oysters, minced or not, as preferred. Lay on half of the omelet and fry.

CLAM OMELET

One cupful of cooked clams finely minced. The canned minced clams may be used. Prepare according to directions given for oyster omelet.

SHRIMP OMELET

One cupful of cooked and shredded shrimps. Prepare according to directions given for oyster omelet.

CRAB OMELET

One cupful of minced, cooked crab meat. Prepare according to directions given for oyster omelet.

LOBSTER OMELET

One cupful of cooked and shredded lobster. Prepare according to directions given for oyster omelet.

TOMATO OMELET

One half cupful of stewed and strained tomatoes, or fresh tomatoes peeled and rubbed through a sieve. Spread on the outermost half of the omelet, sprinkle with salt and pepper, and fold.

SARDINE OMELET

Rub to a paste with melted butter and lemon-juice enough sardines to make half a cupful. Spread thinly on the outer half of an omelet and fold.

BLAZING OMELET

Make a plain omelet, pour over it rum, kirsch, or brandy, ignite, and send to the table blazing. Serve as soon as the fire has gone out.

BREAD OMELET

Soak half a cupful of bread-crumbs in half a cupful of milk, and mix with six well-beaten eggs before cooking.

OMELET À LA CRÈME

Make the cream sauce, mix half a cupful of it with the omelet before cooking. Spread the rest of it on the outermost half of the omelet, finish and fold as usual.

OTHER OMELETS

Following directions given above, acceptable omelets may be made of dried beef, cold, cooked kidney, chicken liver, sausage meat, bacon, tongue, chicken, cauliflower, or other vegetables, anchovy butter, creamed potatoes, or any salt-fish remnant.

SWEET OMELETS

Sweet omelets are delicious. A teaspoonful of powdered sugar should be added to the eggs

before cooking, and the fruit, jam, jelly, or preserves should be very thinly spread, as flavor is desired, and not a dessert. Fresh fruits are cut fine, and sprinkled with powdered sugar, spread on half the omelet, and the other half folded over. In the case of juicy fruits, such as oranges, the juice of the fruit is carefully saved, and poured over the folded omelet just before serving.

Among the fresh fruits suitable for omelets are: apricots, bananas, blackberries, cherries, gooseberries, grapefruit, plums, huckleberries, oranges, pineapples, peaches, raspberries, and strawberries—all crushed very fine and seasoned; the juice, if any, being poured over the omelet.

Among the stewed and preserved fruits are: apples, apricots, cherries, currants, figs, gooseberries, peaches, pears, plums, quinces, rhubarb, and the various fruit jams and jellies. Rum or brandy poured over the omelet and set on fire just before serving is a pleasant addition to many of the fruit omelets.

QUICK BREADS

BAKING-POWDER BISCUITS

Four cupfuls of sifted flour, shortening the size of an egg—equal parts of butter and lard preferred—two heaping teaspoonfuls of baking-powder, and a pinch of salt. Mix thoroughly, rubbing with the finger tips until the flour is granular, like corn-meal. Add cold, sweet milk to make a dough as soft as can be handled, roll out an inch thick, cut into rounds with a biscuit cutter, and bake in a hot oven. The dough must be handled as little as possible after putting in the milk.

SOUTHERN BISCUIT

Two cupfuls of pastry flour, measured after sifting. Add half a teaspoonful of salt and one rounding teaspoonful of baking-powder. Mix thoroughly into the flour, and add one half tablespoonful of lard. Rub it into the flour until the flour grains. Beat the white of one egg to a stiff froth, add one fourth cupful of milk, and mix into the flour with a spoon.

Scrape out onto a floured board, knead lightly until smooth enough to roll, and roll thin. Rub melted butter over half of the dough and fold the other half over it. Prick it with a fork, cut into circles with a biscuit cutter, and bake in a very quick oven.

QUICK BISCUIT

Two cupfuls of buttermilk or sour milk, a teaspoonful of baking-soda, a tablespoonful of melted butter or lard, and flour to make a soft dough. Handle as little as possible, roll out, cut into circles with a biscuit cutter, and bake in a quick oven.

BUTTERMILK BISCUIT

Sift four cupfuls of flour, add a tablespoonful of melted lard, a pinch of salt, a teaspoonful of soda, and enough buttermilk to make a soft dough. Roll thin, handling as little as possible, cut into rounds, and bake in a quick oven.

EGG BISCUIT

Sift three cupfuls of flour, add a teaspoonful of salt, a tablespoonful of sugar, two eggs well beaten, a tablespoonful of melted lard, and a cupful of sweet milk to which has been added half a teaspoonful each of soda and cream of

tartar. Work to a smooth dough, roll out half an inch thick, cut into circles with a biscuit cutter, and bake on buttered pans.

SOUR-MILK BISCUIT

Four cupfuls of flour, one teaspoonful of soda, one teaspoonful of salt, one tablespoonful of butter or lard, and two cupfuls of sour milk. Or, leave out the butter and use sour cream. Mix the salt and the soda with the flour and sift it. Rub in the shortening, mix with the milk, roll the dough half an inch thick, and cut into rounds with a biscuit cutter. Bake from twelve to fifteen minutes in a quick oven.

NEW YORK BISCUIT

Two eggs well beaten, one cupful of milk, one tablespoonful of melted lard, a pinch of salt, two teaspoonfuls of baking-powder, and four cupfuls of sifted flour. Roll out, cut into circles, and bake in a hot oven.

SOUTHERN BATTER BREAD

Half a cupful of cold, boiled rice, two eggs beaten separately, two cupfuls of corn-meal, one tablespoonful of lard or butter, melted, a teaspoonful of salt, and two cupfuls of milk. Beat together until thoroughly mixed, and bake

quickly in buttered muffin-rings or in shallow baking-pans.

SOFT BATTER BREAD

Two cupfuls of sweet milk, two cupfuls of buttermilk, one cupful of white corn-meal, half a teaspoonful of soda, one teaspoonful of salt, three eggs, and one tablespoonful of melted butter. Boil the milk and add the meal slowly, making a mush, then add the salt and butter, and cool. Add the eggs and a tablespoonful of milk in which the soda has been dissolved. Bake in a buttered pan in a moderate oven.

ENGLISH BUNS

Rub half a cupful of butter into two cupfuls of flour, mix with a teaspoonful of salt and two teaspoonfuls of baking-powder. Add three tablespoonfuls of sugar and half a cupful of cleaned currants. Mix well, add two eggs, well beaten, and enough milk to make into a dough. Roll out, cut into rounds with a biscuit cutter, and bake in a slow oven. The buns should be an inch thick when put into the oven.

SOUTHERN CORN PONE

Two cupfuls of yellow corn-meal, one cupful of flour, two cupfuls of milk, two teaspoonfuls

of baking-powder, one tablespoonful each of lard and butter, melted, and two well-beaten eggs. Mix thoroughly, spread thinly on a buttered baking-pan, and bake in a moderate oven.

SOUTHERN CORN PONE—II

Four cupfuls of corn-meal, one teaspoonful of salt, one tablespoonful of melted lard, and enough cold water to make a soft dough. Mould into thin cakes and bake quickly in a well-buttered pan.

CORN MUFFINS

Sift together three quarters of a cupful of corn-meal and the same of flour, half a teaspoonful each of salt and soda, and a tablespoonful of sugar. Mix with one egg, well beaten, and one cupful of thick, sour milk. Bake from twenty to thirty minutes in well-buttered muffin tins.

JOHNNY-CAKE

One cupful of sweet milk, one cupful of buttermilk, one teaspoonful of salt, one teaspoonful of soda, and one tablespoonful of melted butter. Add enough corn-meal to roll, and roll into a sheet half an inch thick. Lay on a buttered baking-pan and bake until brown and

crisp, basting occasionally with melted butter meanwhile. Break instead of cutting, and serve hot.

CORN AND RICE MUFFINS

Two cupfuls of buttermilk, one cupful of white corn-meal, one teaspoonful of soda, a pinch of salt, one egg, half a cupful of cream, and half a cupful of cold, boiled rice. Mash the rice, add the salt, egg, and cream, then the buttermilk mixed with the soda, then the meal. Bake in buttered muffin pans in a quick oven.

APPLE JOHNNY-CAKE

Mix two cupfuls of corn-meal with half a cupful of sugar, a pinch of salt, and a teaspoonful of cream of tartar. Dissolve half a teaspoonful of soda in a cupful and a half of milk, stir in, and add three peeled and cored apples, sliced very thin. Bake in a buttered shallow tin thirty-five minutes in a moderate oven.

CORN PUFFS

Sift together one and two thirds cupfuls of flour, one cupful of corn-meal, and two level teaspoonfuls of baking-powder. Rub two tablespoonfuls of butter to a cream with three tablespoonfuls of sugar, add three well-beaten eggs

and two cupfuls of milk. Combine mixtures, beat thoroughly, pour into well-buttered muffin tins and bake.

FRUIT CORN MUFFINS

Two cupfuls of yellow corn-meal, one cupful of flour, two tablespoonfuls of sugar, a pinch of salt, two teaspoonfuls of baking-powder, one tablespoonful of melted butter, two eggs well beaten, one and one half cupfuls of milk, and one cupful of fruit. Dates, figs, prunes, or other fruits may be used. Stones should be removed, and the fruit cut fine. Bake in well-buttered muffin pans for about twenty minutes.

CORN AND HOMINY MUFFINS

Mash one cupful of cold, boiled hominy with one cupful of corn-meal. Add a pinch of salt, a tablespoonful of sugar, a teaspoonful of baking-powder, a tablespoonful of melted butter, one egg, well beaten, and one cupful of milk. Beat hard for five minutes, pour into buttered gem pans and bake fifteen or twenty minutes in a hot oven.

SOFT CORN BREAD

One cupful of corn-meal, one cupful of sour milk, a pinch of soda, one cupful of sweet milk, a tablespoonful of melted butter, a pinch

of salt, and two well-beaten eggs. Mix thoroughly and bake in a deep baking-dish, well buttered.

FLORIDA CORN BREAD

One cupful of buttermilk, one cupful of sweet milk, one half teaspoonful of soda, two eggs, one cupful of corn-meal, and one teaspoonful of salt. Mix the buttermilk, sweet milk, and soda together, and when the soda is thoroughly dissolved, pour the milk over the beaten egg. Add the corn-meal and beat thoroughly. Spread lard over the bottom and the sides of the baking-tin, place in the oven until very hot, then pour in the batter, and bake in a quick oven until a delicate brown.

CHARLESTON MUFFINS

Beat together one cupful of sugar and one tablespoonful of melted butter. Add two eggs, beaten very light, a pinch of salt, a grating of nutmeg, and one cupful of milk. Sift in two cupfuls of flour and three level teaspoonfuls of baking-powder. Bake in hot buttered muffin tins or in a shallow baking-pan.

DATE GEMS

One cupful of dates, seeded and chopped fine. Two cupfuls of milk, two tablespoonfuls of

melted butter, one heaping teaspoonful of baking-powder, three cupfuls of flour, and one egg well beaten. Mix the egg and milk, sift the dry ingredients together, add the chopped dates, and combine mixtures. Beat hard and bake in well-buttered gem irons for about twenty minutes. Figs or prunes may be used instead of dates.

GRAHAM BISCUIT

Three cupfuls of Graham flour, one cupful of white flour, three cupfuls of milk, two tablespoonfuls of lard, one heaping tablespoonful of sugar, a pinch of salt, and two heaping teaspoonfuls of baking-powder. Mix and bake like baking-powder biscuits.

GRAHAM PUFFS

One cupful of Graham flour, two cupfuls of boiling milk, and half a teaspoonful of salt. The dough should be as soft as it can be handled. Roll an inch thick, cut into circles, arrange on a buttered pan, and bake in the hottest kind of an oven. If the oven is right they will be very light.

GRAHAM DROP CAKES

Sift together a cupful and a half of Graham meal, half a teaspoonful each of salt and soda,

and a quarter of a cupful of brown sugar. Add enough sour milk to make a stiff batter. Drop by spoonfuls on a buttered baking-pan, and bake fifteen minutes in a hot oven.

HOMINY MUFFINS

Two cupfuls of cold, cooked hominy, three eggs, three cupfuls of sour milk, half a cupful of melted butter, two tablespoonfuls of sugar, one teaspoonful of baking-soda dissolved in hot water, and flour to make a good batter—probably about a cupful and a half. Add the milk to the hominy, then the salt, sugar, butter, and eggs, then the soda, and the flour last. Beat hard and bake in a quick oven.

HOMINY DROP CAKES

Two cupfuls of cold, boiled hominy, one tablespoonful of cold water, two eggs, well beaten, a pinch of salt, and a teaspoonful of baking-powder sifted into enough flour to make a good batter. Drop by spoonfuls on a buttered baking-sheet, and bake brown in a quick oven.

PLAIN MUFFINS

Sift together four cupfuls of flour, a teaspoonful of salt, and two heaping teaspoonfuls of baking-powder. Add a tablespoonful of sugar. Stir in two cupfuls of milk, four eggs well

beaten, and three tablespoonfuls of melted butter. Bake twenty-five or thirty minutes in muffin tins. Half of this recipe is sufficient for a small family.

CREAM MUFFINS

Two cupfuls of flour, two cupfuls of milk, three eggs beaten separately, one teaspoonful of melted butter, and one teaspoonful of melted lard. Bake in buttered muffin-rings filled half full of the batter.

BUTTERMILK MUFFINS

Two cupfuls of buttermilk or of curdled, sour milk, one egg, half a teaspoonful of soda dissolved in a little hot water, half a teaspoonful of salt, and enough sifted flour to make a good batter. Mix thoroughly, adding the soda last. Bake in a quick oven.

BLUEBERRY MUFFINS

Use any muffin mixture, lessening slightly the quantity of milk. Add a cupful of blueberries and bake quickly.

CEREALINE MUFFINS

Three fourths of a cupful of flour, a pinch of salt, one egg, well beaten, one cupful of

cerealine, and one cupful of milk. Mix thoroughly and bake in buttered muffin pans.

BATTER MUFFINS

Three cupfuls of sour milk and one teaspoonful of soda beaten together. Beat the yolks of three eggs and add to the milk, then stir in a pinch of salt and flour enough to make a moderately stiff batter. Beat the whites of the eggs to a stiff froth and fold in the last thing. Bake in buttered muffin tins.

SOUTHERN MUFFINS

Two eggs, two cupfuls of milk, two cupfuls of flour, a pinch of salt, and a teaspoonful of melted butter. Beat the eggs separately, then add the milk and butter to the yolks, then the flour, then the stiffly beaten whites. Bake in hot buttered muffin tins.

SOUR-MILK MUFFINS

Three cupfuls of sour milk, three cupfuls of flour, two eggs, well beaten, one teaspoonful each of soda, cream tartar, and salt. Sift the dry ingredients together, add the milk, then the eggs, and bake in buttered muffin tins in a hot oven.

POPOVERS

One cupful of flour, measured after sifting, one egg, unbeaten, one cupful of milk, and a pinch of salt. Butter a gem pan and put it into a hot oven. Mix all the ingredients together, stirring hard with a wooden spoon. When the pan is hissing hot, pour in the batter, filling each compartment half or two thirds full. Bake in a very hot oven until well puffed and golden brown, cover with a paper, and finish baking. This quantity makes a dozen popovers.

FRUIT POPOVERS

Make the batter according to directions given above. Drop a piece of banana, a few blueberries, or a bit of preserved fruit or jam, or a steamed fig, into each small cup of batter, which will rise in the cup and almost cover the fruit. These may be served with a simple syrup for dessert.

ONE HUNDRED SANDWICH FILLINGS

1. One half pound of Roquefort cheese, one fourth as much butter, and half a teaspoonful of paprika. Mix to a paste with sherry wine. Spread on wafers or toasted rye bread.

2. Remove all the seeds from a pepper, chop fine, and simmer ten minutes in a tablespoonful of butter. Add a dash of salt, and set aside to cool.

3. Chopped dates seasoned with grated lemon-peel and clove or cinnamon.

4. Corned beef cut in thin slices and spread with mustard.

5. Tongue cut in thin slices, spread with mustard.

6. Grated horseradish spread on buttered bread.

7. Swiss cheese cut in thin slices.

8. Dutch cheese made into a paste with cream.

9. Same as above with chopped nuts added.

10. The meat of a liver sausage seasoned with chopped onion and celery.

11. Prunes chopped with half the quantity

of English walnut meats, seasoned with lemon-juice and powdered sugar.

12. Equal parts of chicken and cold ham, finely minced and seasoned with curry powder.

13. Drained and boned anchovies pounded to a paste with butter.

14. Thin slices of cucumber dipped in French dressing.

15. Minced tongue and hard-boiled eggs, seasoned with mustard.

16. Thin slices of roast veal covered with chopped pickles.

17. Sardines made to a paste with lemon-juice.

18. Shrimps picked fine, seasoned with lemon-juice.

19. Cold roast turkey cut into thin slices.

20. Minced hard-boiled eggs, one sardine to every three, seasoned with lemon-juice.

21. Thin slices of cold roast chicken.

22. Watercress chopped fine and seasoned with salt and pepper.

23. Same as twenty-two, mix with chopped, hard-boiled eggs.

24. Minced hard-boiled eggs mixed with grated cheese, seasoned with mustard.

25. Cold baked beans mashed to a paste and seasoned with mustard or chopped celery.

26. Thin slices of banana dressed with oil and lemon-juice.

27. Finely cut celery mixed with mayonnaise.
28. Dutch cheese mixed with chopped olives.
29. Large figs cut in halves.
30. Equal parts of minced ham and celery mixed with mayonnaise.
31. Ham mixed with chopped pickle and celery.
32. Petals or leaves of nasturtiums.
33. Equal parts of grated Swiss cheese and chopped English walnuts.
34. Olives chopped fine and mixed with mayonnaise.
35. Peanuts mashed to a paste with mayonnaise.
36. Caviare mixed with a little lemon-juice.
37. Cold roast beef cut in thin slices.
38. Minced hard-boiled eggs mixed with mayonnaise.
39. Lobster meat mixed with mayonnaise.
40. Canned salmon mixed with hard-boiled eggs chopped fine.
41. Strawberries mashed with powdered sugar and seasoned with a little lemon-juice.
42. Figs and nuts chopped fine.
43. Nuts and raisins chopped fine.
44. Cold roast chicken and cold, cooked oysters chopped fine.
45. Cold chicken and one fourth the quantity of blanched almonds chopped fine and mixed to a paste with cream.

46. Five heaping teaspoonfuls of powdered sugar, two of cocoa, and two of boiling water. Stir over the fire until smooth. Add a few drops of vanilla and cool.

47. Minced hard-boiled eggs, grated cheese, and made mustard, mixed to a paste with olive-oil.

48. Equal parts of cold roast beef, boiled tongue, ham, and cold roast turkey. Season with chopped pickle and mix with mayonnaise.

49. One cupful of cold roast chicken, three olives, one pickle, and a tablespoonful of capers. Mince fine and mix with mayonnaise.

50. Orange marmalade.

51. Cream cheese, lettuce leaves, and French dressing.

52. Lettuce leaves and mayonnaise.

53. Salmon, capers, chopped chives, and mayonnaise.

54. Cold, cooked veal chopped fine with hard-boiled eggs. Season with tomato catsup.

55. Hard-boiled eggs cut into slices, sprinkled with salt and pepper and chopped parsley.

56. Cold roast chicken and finely cut celery mixed with mayonnaise.

57. Lettuce leaves, pimentos, and mayonnaise.

58. Cottage cheese seasoned with mustard and chopped olives, mixed with mayonnaise.

59. Minced ham, olives, and parsley.

60. Cold corned-beef and green peppers, minced.

61. Cold roast lamb, minced, seasoned with minced olives and tomato catsup.

62. Raisins and candied lemon-peel chopped and made into a paste with lemon-juice.

63. Dates chopped fine, with half the quantity of English walnuts or pecans.

64. Chinese preserved ginger chopped fine.

65. Equal parts of grated cheese and English walnuts, chopped fine, and rubbed to a paste with cream.

66. Cold, cooked sweetbreads chopped fine.

67. Cold mutton chopped fine, and seasoned with mint sauce.

68. Hard-boiled eggs and watercress finely minced and mixed with mayonnaise.

69. Pickled lambs' tongues chopped very fine with capers.

70. Olives and pimentos finely chopped, lettuce leaves, and mayonnaise.

71. Dutch cheese and finely minced watercress.

72. Sour apples and celery, minced very fine, and mixed with mayonnaise.

73. Cucumber, grated onion, and mayonnaise.

74. Leaves of endive and French dressing.

75. Grated cheese, seasoned with salt, paprika, mustard, vinegar, and anchovy paste.

76. Same as seventy-five, with chopped olives or pickles added.

77. Cold, fried oysters chopped fine, lettuce leaves, and French dressing.

78. Equal parts of banana pulp and crushed red raspberries, mashed with sugar, and made into a paste with cream.

79. Grated cocoanut, chopped nuts, sugar, and lemon-juice.

80. Orange marmalade and English walnut meats.

81. Preserved ginger and candied orange-peel chopped fine.

82. Maraschino cherries and nut meats chopped fine.

83. Cottage cheese and jam or marmalade.

84. Cream cheese and bar le duc mixed to a paste.

85. Hard-boiled eggs, chopped fine, and seasoned with anchovy paste.

86. Chopped figs and chopped peanuts, seasoned with lemon-juice.

87. Chopped English walnuts mixed with quince-jelly.

88. Cabbage, finely chopped, and mixed with salad dressing.

89. Thinly sliced bananas spread with mayonnaise.

90. The tender tops of celery, minced fine, and mixed with mayonnaise.

91. Figs and raisins chopped together.
92. Boiled ham, sardines, and pickles, minced, seasoned with mustard, catsup, and vinegar.
93. Cottage cheese, lettuce leaves, and French dressing.
94. Cold, cooked chicken and mushrooms mixed with mayonnaise.
95. Cottage cheese and minced hard-boiled eggs, mixed with mayonnaise.
96. Cold roast beef, chopped fine, seasoned with tomato catsup, celery salt, Worcestershire, and grated onion.
97. Raisins chopped fine and worked to a paste with sherry.
98. Cream cheese and shredded green peppers.
99. Equal parts of tongue and chicken, minced fine, and mixed with mayonnaise.
100. Cold, boiled shad roe and cucumbers, finely minced, and mixed with French dressing or mayonnaise.
101. People who are not satisfied with the above fillings are at liberty to invent their own.

SIMPLE SALADS

A salad with mayonnaise dressing is an ideal *piece de resistance* for luncheon. It furnishes the necessary carbon in a light and easily assimilated form, and, if well made, is always palatable.

Strictly speaking, there are but two salad dressings, French and mayonnaise. The boiled dressing, with all its variations, is, technically, a sauce. A true salad dressing is made almost entirely of oil.

To make French dressing, put into a bowl or soup plate a pinch of salt, a dash of red pepper, and three tablespoonfuls of olive-oil. Stir with a silver spoon until thoroughly mixed, then add one tablespoonful of tarragon vinegar, and stir until thick. French dressing must not be made until it is to be used, as it very quickly wilts a vegetable salad. Four or five tablespoonfuls of oil may be used to one of vinegar or lemon-juice if desired, and French dressing may also be seasoned with tabasco sauce, Worcestershire, dry mustard, celery salt, or any preferred condiment.

To make mayonnaise, put into an earthen bowl

the yolk of a fresh egg and a pinch of salt, a dash of red pepper and half a teaspoonful of dry mustard. Place the bowl on ice or in ice water. Pour one cupful of olive-oil into a small pitcher from which it will drop easily. When the egg and seasoning are thoroughly mixed, begin to add the oil, using a silver teaspoon, and rubbing rather than stirring. Add the oil until a clear spot is formed upon the egg, then mix until smooth. Only a few drops can be added at first, but the quantity may be gradually increased. The clear spot upon the egg is an infallible test of the right quantity of oil. If too much oil is added, the dressing will curdle. A few drops of lemon-juice and long beating will usually make it right again. If this fails, set the bowl directly on the ice in the refrigerator, and let stand half an hour. If it is still curdled, begin again with the yolk of another egg and add the curdled mayonnaise by degrees to the new dressing.

When the mayonnaise is so thick that it is difficult to stir it, add the juice of half a lemon, or more if desired. If wanted still thinner, add a little cream at serving-time, but a stiff, creamy-yellow mayonnaise is a culinary triumph.

With a little experience, mayonnaise is very quickly made. It need not take more than ten or fifteen minutes to make enough

abundantly to serve six people. Packed in jelly glasses, and covered with wax paper, or the cover of a jelly glass, mayonnaise will keep a week or more in a cool place.

A quick mayonnaise can be made by putting into a bowl half a teaspoonful of salt, a dash of red pepper, half a teaspoonful of dry mustard, the yolk of an egg, four tablespoonfuls of olive-oil, one tablespoonful of lemon-juice or tarragon vinegar, and beating all together with the egg beater. If it fails to thicken, it is because the egg is not strictly fresh, but even if it does not thicken, it is palatable. A small jar of mayonnaise dressing, kept upon the ice, is an ever present help in time of trouble.

All vegetables used for salads must be in prime condition. Lettuce must be crisp, and only the perfect leaves used. Ragged edges may be trimmed off with the scissors. The head lettuce is best for all salads, but the leaf lettuce may be used if the other is not obtainable. It is sometimes shredded into ribbons with a sharp knife or scissors, but lettuce should be torn rather than cut, as cutting breaks and bruises the fibres.

Salads with mayonnaise dressing are too rich to serve at dinner, and hence are relegated to luncheons, Sunday-night suppers, and hot-weather dinners, where no other meat is served.

The variety of salads is inexhaustible, and new combinations are invented every day, many of them elaborate and very difficult to make. The following salads, however, will be found simple, convenient, and in every way satisfactory.

CHICKEN SALAD

Mix cold, cooked, shredded chicken with half the quantity of finely cut celery, mix with mayonnaise dressing, and serve on a bit of lettuce. Garnish with parsley and slices of hard-boiled egg. Canned chicken may be used, but it is not as good.

CHICKEN AND MUSHROOM SALAD

Equal parts of chicken and cooked mushrooms. Mayonnaise.

MOCK CHICKEN SALAD

Cold roast pork, shredded with the fingers and mixed with half as much finely cut celery. Mayonnaise.

CHICKEN AND SWEETBREAD SALAD

Cold, cooked, shredded chicken, and half the quantity of cooked sweetbreads cut fine. Mayonnaise.

CHICKEN AND NUT SALAD

Add a few pecans or English walnuts, cut coarsely, to chicken salad.

ALMOND SALAD

Stone and chop six olives. Add half a cupful of blanched and shredded almonds, and half a cupful of tender celery cut fine. Serve on lettuce leaves, with mayonnaise.

ASPARAGUS SALAD

Boil, drain, and cool the asparagus. Serve on lettuce leaves with French dressing, and garnish with slices of hard-boiled egg.

APPLE AND CRESS SALAD

Cut sour apples into dice. Mix with watercress, carefully picked over, and French dressing.

APRICOT SALAD

Chill the fruit, pare, stone, cut in halves, arrange on lettuce leaves, and pour over French dressing made with lemon-juice.

ASPARAGUS AND SALMON SALAD

Flake cold, boiled salmon, mix with cooked asparagus tips, and add a little finely cut celery. Mayonnaise.

BEAN SALAD

Lima beans boiled, drained, and cooled, chopped onion and minced parsley. Mayonnaise.

BORDEAUX SALAD

Celery and olives, coarsely cut. Mayonnaise.

BANANA SALAD

Chill the fruit, peel, slice thin, pour over French dressing made with lemon-juice, and serve at once on lettuce leaves.

BANANA AND CHERRY SALAD

Prepare as above, mixing the bananas with a few maraschino cherries, cut into quarters.

BANANA AND PIMENTO SALAD

Prepare as above, using shredded scarlet pimentos instead of the cherries.

BANANA AND CELERY SALAD

Six bananas, half a cupful of nuts cut fine, and two stalks of celery cut fine. Peel the bananas carefully, cut the fruit into dice, mix with the nuts and celery, add mayonnaise, fill the banana skins, chill, and serve on lettuce leaves.

BIRD'S-NEST SALAD

Take the yolks of hard-boiled eggs and rub to a paste with an equal quantity of Neufchatel cheese. Season with salt and paprika, and make into egg-shaped balls. Make a mound of the shredded whites and lay the egg-balls upon it, flecking them with black pepper. Surround the dish with the heart-leaves of head lettuce, and serve mayonnaise dressing in a dish apart.

CELERY SALAD

Crisp, tender celery cut fine, mixed with a little chopped onion and mayonnaise. Serve on lettuce.

CAULIFLOWER SALAD

Boil a large cauliflower in salted water until tender. Drain, cool, separate the flowerets, sprinkle with chopped onion and parsley, and set on ice. When thoroughly chilled, mix with mayonnaise, and serve on lettuce leaves.

BOHEMIAN SALAD

Mix fried oysters or fried scallops, cold, with half the quantity of finely cut celery. Serve very cold on lettuce leaves with mayonnaise.

CRAB SALAD

Use the meat of boiled crabs flaked into pieces of uniform size. The canned crab meat is very good. Add half the quantity of finely cut celery, mix with mayonnaise, and serve on lettuce leaves.

CRESS SALAD

Watercress and nasturtium leaves. French dressing. Garnish with nasturtium blossoms.

CALF'S-BRAIN SALAD

Parboil the brains in acidulated water, blanch, cool, and remove all veins and membranes. Break in pieces and proceed as for crab salad.

CUCUMBER SALAD

Peel, slice, and chill the cucumbers. Drain, mix with chopped onion, or small bits of the large white onions. French dressing.

CUCUMBER AND RADISH SALAD

Prepare as above, and add a few radishes, sliced but not peeled. The onion may be omitted.

COTTAGE CHEESE SALAD

Make soft cottage cheese into balls the size of a bird's egg. Arrange carefully with cucumber dice and a little chopped onion. French dressing.

CREAM CHEESE SALAD

Prepare cheese as above, coloring the balls with spinach juice or green color paste. Sprinkle with chopped parsley, arrange on lettuce leaves, and pour over French dressing.

CUCUMBER JELLY

Cut peeled tomatoes and cucumbers into dice, saving the juice. Season with grated onion, pepper, and salt. Mix with hot water, in which gelatine has been dissolved, let cool, break up and serve in tomato shells with mayonnaise. When gelatine is used in salads, half a package to each two cupfuls of salad material is about the right proportion.

CHERRY SALAD

Maraschino or ox-heart cherries stuffed with hazel nuts. Serve very cold on lettuce leaves with mayonnaise.

CELERY AND NUT SALAD

Celery and pecans, or English walnuts, coarsely cut. Mayonnaise.

CAULIFLOWER AND BEET SALAD

Cooked cauliflower flowerets and dice of cold, boiled beets. Serve on lettuce with mayonnaise.

CHEESE AND TOMATO SALAD

Slices of tomato with small bits of Edam cheese. Serve on lettuce leaves with French dressing.

CELERY JELLY SALAD

Put into a saucepan two cupfuls of strained tomatoes, a tablespoonful of grated onion, a bay leaf, and a pinch of celery seed. Bring to a boil, set aside for fifteen minutes, add half a package of gelatine that has been soaked in half a cupful of cold water, half a teaspoonful of salt, and the juice of half a lemon. Stand over boiling water until the gelatine is all dissolved. Strain, stir in a quantity of finely cut celery, set on ice, stir until it begins to thicken, mould in small cups, and chill. At serving-time, turn out on a bed of lettuce leaves and mask with mayonnaise.

CHESTNUT SALAD

Shell and blanch the nuts, boil until tender, drain, and peel. Add an equal quantity of finely cut celery and some bits of pimento. Mayonnaise.

CHICKEN ASPIC SALAD

Use strong, clear chicken stock or the chicken juice which comes in cans, and half a package of gelatine to each pint. When the jelly begins to thicken, stir in lightly broken English walnuts, mould, chill, turn out on plates covered with lettuce leaves, and mask with mayonnaise.

TOMATO ASPIC SALAD

Use the juice and strained pulp of fresh or canned tomatoes. Season highly with salt, pepper, grated onion, and vinegar. Use half a package of gelatine to each two cupfuls of juice and pulp, mould in small cups, chill, turn out on lettuce leaves, and mask with mayonnaise.

BELLEVUE SALAD

Make the tomato aspic according to directions given above. When it begins to stiffen, stir in lightly flaked shrimps and cucumber dice, mould, chill, turn out on individual serving

dishes, surround with the tender heart-leaves of head lettuce, and mask with mayonnaise dressing.

CHICKEN SALAD EN BELLEVUE

Make the tomato aspic and mould in a border mould. At serving-time turn out upon a platter, fill the centre with chicken salad and surround with tomato aspic. Garnish with the heart-leaves of head lettuce.

CUCUMBER ASPIC SALAD

Chop cucumbers fine, or grate on a coarse grater. Season with onion and celery, or a little celery seed. Add salt, pepper, and vinegar to taste, and save every drop of the juice. Tint with green color paste if desired. Use one package of gelatine to each quart of the pulp, and proceed according to directions given for other aspic salads. Turn into a border mould and chill on ice. At serving-time cover the platter with lettuce leaves, turn the border out of the mould and fill the centre with a fish salad.

CELERY AND RADISH SALAD

Prepare the celery as usual, but do not peel the radishes. Slice them thin and leave the little red line around each slice. Chill thoroughly,

mix with mayonnaise, and serve on lettuce leaves. Garnish with whole radishes.

CABBAGE SALAD

Select a small, heavy, shapely head of white cabbage. Cut a slice off the top and scoop out the interior carefully, leaving a thin shell. Shred the inner portion with an equal quantity of crisp celery, mix with mayonnaise and serve in the cabbage. A few nut meats may be added. Sometimes the cabbage bowl is filled with fried oysters, and the celery and cabbage salad served on lettuce leaves.

SALAD À L'ESPAGNOLE

Scald, skin, and cool large, smooth tomatoes, cut a slice off the blossom end and scoop out the pulp with a silver spoon. Drain the pulp, add an equal quantity of cucumber dice, cut small, and a little grated onion to season, mix with a French dressing and fill the tomato shell with the mixture. Put a spoonful of mayonnaise on top of each tomato and serve on individual plates covered with lettuce leaves.

GRAPE SALAD

Use large, white, California grapes, peel, seed, and cut in halves. Mix with sour orange slices,

and any preferred nuts. Use French dressing made with lemon-juice, and serve on lettuce leaves.

GRAPE SALAD—II

Prepare as above, using apples in place of the oranges.

GRAPE FRUIT SALAD

Break the pulp of grape fruit into small bits and drain, reserving the juice. Arrange on lettuce leaves, sprinkle with cut English walnuts, and pour over a French dressing made of oil and the juice of the fruit.

ITALIAN SALAD

Six cold, cooked potatoes, cut in dice, six flaked sardines, three small cucumber pickles, chopped, and a stalk of celery cut fine. French dressing.

LETTUCE SALAD

Use the crisp heart-leaves of head lettuce, and dress with French dressing. Serve with cheese and toasted crackers.

ENDIVE SALAD

Use the crisp leaves of endive and prepare as above.

MARGUERITE SALAD

Make a bed of lettuce leaves on each individual dish. Slice hard-boiled eggs lengthwise, and remove the yolks whole. Put a yolk in the centre of each plate and arrange the white around it, cut in strips to resemble the petals of a Marguerite. French dressing.

MARQUISE SALAD

Tomatoes sliced and sprinkled with chopped onion, parsley and finely cut celery. Serve on lettuce leaves with French dressing.

NORMANDY SALAD

Three cucumbers and three hard-boiled eggs, cut in dice, a cupful of olive meat, and half a cupful of pecan or English walnut meat, broken, but not chopped. Mayonnaise. The egg may be omitted.

NUT AND SWEETBREAD SALAD

A can of shrimps, a pound and a half of sweetbreads, cooked and cut into dice, a can of French peas, a can of mushrooms, a cupful of English walnuts, half a cupful of blanched almonds, and a cupful of finely cut celery. Mix with mayonnaise and serve on lettuce leaves. Half, or even a third, of this quantity is sufficient for a small family.

ORANGE SALAD

Thin slices of very sour oranges, sprinkled with cut English walnuts. Serve on lettuce leaves with French dressing made with lemon-juice. Especially good with game.

PIMENTO SALAD

Shredded pimentos, sliced olives, finely cut celery, and a tablespoonful of chopped onion to each pint. Mayonnaise. This salad should be half celery, one fourth pimentos, and one fourth olives.

PIMENTO SALAD—II

Hard-boiled eggs cut into eighths. Half the quantity of shredded pimentos, and as much olive meat as pimentos. To each pint of the salad add one tablespoonful of the tiny pearl onions which come in bottles. Mix with mayonnaise, and serve on lettuce leaves.

PEPPER SALAD

Sliced tomatoes and cucumbers, shredded green peppers, chopped onion, and French dressing.

PARISIAN SALAD

Boil French peas in their own juice, drain, cool, and mix with cut walnut meats. Soak for

an hour in French dressing, drain, put into lemon cups on lettuce leaves, and serve with a spoonful of mayonnaise on top.

PORTUGUESE SALAD

Celery, English walnuts, and shredded pimentos. Mayonnaise.

PEACH SALAD

Prepare according to directions given for apricot salad, and stuff the halves with maraschino cherries and chopped nuts.

RUSSIAN SALAD

Make tomato aspic in a border mould, turn out on a platter and fill the centre with celery mayonnaise.

PINEAPPLE SALAD

Pineapple, oranges, bananas, and strawberries, cut coarsely. French dressing made with lemon-juice. Serve in the pineapple shell, or in orange baskets, or banana skins.

SCALLOP SALAD

Parboil the scallops, drain, and cool. Cut coarsely, and mix with half the quantity of finely cut celery. Mayonnaise.

OYSTER SALAD

Prepare according to directions given above. Mushrooms may be added if desired.

STUFFED-TOMATO SALAD

Scald, drain, skin, and chill large, well-shaped, ripe tomatoes. Cut a slice off the blossom end, scoop out the pulp, drain, mix with an equal quantity of finely cut celery and a little minced onion. Mix with mayonnaise, fill the shells, put a spoonful of stiff mayonnaise on top, with a little sprig of parsley upright for a garnish, or an English walnut meat. Any salad which combines well with the flavor of tomato may be served in tomato shells, and as a cupful of salad will stuff several tomatoes, the problem of insignificant salad left-overs is often solved in this way.

SHRIMP SALAD

Use either canned or fresh shrimps. Break into small bits, mix with mayonnaise, and serve on lettuce leaves.

SUMMER SALAD

Slice peeled tomatoes, drain, and mix with sliced cucumbers and finely chopped onion. Mayonnaise.

SALMON SALAD

Use boiled, fresh salmon. Free from skin, fat, and bone, and flake. Mix with finely cut celery and a few capers. Mayonnaise.

SALMON SALAD—II

Prepare as above, using cucumber dice and a bit of chopped onion instead of the celery and capers. Mayonnaise.

SARDINE SALAD

Drain the sardines, sprinkle with lemon-juice, and alternate with hard-boiled egg quarters on a bed of lettuce leaves. French dressing.

SHAD ROE SALAD

Boil the roe, chill, slice, and add finely cut celery and boiled beet dice. Mayonnaise.

SHAD ROE SALAD—II

Prepare the roe as above and mix with sliced cucumbers. Season with chopped onion and mix with mayonnaise.

SWEETBREAD SALAD

Prepare according to directions given for calf's brain salad.

SALSIFY SALAD

Boil, drain, and cool, cut into dice and combine with an equal quantity of potatoes, lima beans, or cauliflower. French dressing.

SPINACH SALAD

Mould cooked and chopped spinach in small cups. Turn out on individual dishes, garnish with hard-boiled eggs and beet dice. French dressing.

STRING BEANS SALAD

String the beans, but do not cut them. Boil, drain, and cool. Serve on lettuce leaves with French dressing and garnish with nasturtium blossoms.

SHRIMP AND CUCUMBER SALAD

Cut the shrimps coarsely and sprinkle with French dressing. At serving-time, drain, mix with an equal quantity of crisp cucumber dice, and serve on lettuce leaves with mayonnaise.

VIENNA SALAD

Finely cut celery, apple dice, and shreds of green pepper. Mayonnaise.

WALDORF SALAD

Sour apples, peeled and sliced, English walnuts, and finely cut celery. Mayonnaise.

MUTTON SALAD

Cut cold roast or boiled mutton into dice, using none of the fat. Arrange on lettuce leaves, season with salt and pepper, add a few capers, and mix with mayonnaise dressing.

MUTTON AND ASPARAGUS SALAD

Prepare according to directions given above, using an equal quantity of cold, cooked asparagus instead of the capers.

MUTTON AND PEA SALAD

Prepare according to directions given above, using peas instead of asparagus.

CHESTNUT SALAD—II

Prepare according to directions given for Chestnut Salad—I. Mix with an equal quantity of sour apples cut into dice. Mayonnaise.

CRESS AND WALNUT SALAD

Wash and drain a bunch of watercress, pick off the tender sprigs and place in a salad bowl.

Add half the quantity of broken English walnuts which have been soaked in lemon-juice. Dress with a French dressing made of twice as much oil as vinegar and no seasoning except salt.

SHAD ROE SALAD—III

Cook the roe with a slice of onion in salted, acidulated water for twenty minutes. Drain, cool, cut into slices, and sprinkle with French dressing. Add cucumber dice and chopped olives. Mix with mayonnaise, garnish with peppers, and serve on lettuce leaves.

SALMON SALAD—III

Open a can of salmon, break into large pieces, remove the bones, skin, and fat, and lay on a plate. Slice two tomatoes and mince finely a few small cucumber pickles. Mix the tomatoes with the pickle and put around the salmon, with a little on top. Cover with a mayonnaise, to which chopped pickles and capers have been added, and garnish with lettuce and parsley.

ITALIAN SARDINE SALAD

Four sardines, three large potatoes, three eggs, seasoning, four anchovies, half a cupful of lima beans cooked, and plenty of oil and

vinegar. Bake the potatoes, peel them, and set them aside to cool. Boil the eggs hard. Slice the potatoes into a bowl and add the beans. Skin and bone the sardines and anchovies, break into bits, and mix them with the vegetable. Put the yolks of two of the eggs into a bowl, add a pinch each of mustard and salt and enough oil to make a smooth cream. Add one third as much vinegar as oil. Pour this dressing over the vegetables and add the shredded whites of the eggs. Garnish with the whole egg cut in slices and a few stoned olives.

EGG AND CHEESE SALAD

Slice half a dozen hard-boiled eggs. Line a salad dish with lettuce leaves, cover with a layer of the eggs, and sprinkle thickly with grated cheese. Thin some mayonnaise with a little cream and spread over the cheese. Add another layer of eggs and cheese and a sprinkling of chopped cucumber pickle. Put in the remainder of the eggs, cover with mayonnaise and sprinkle more cheese over all.

CELERY AND PINEAPPLE SALAD

Use equal parts of shredded pineapple and celery, cut fine. Sprinkle with lemon-juice, and chill. Add a few blanched and pounded

almonds, mix with mayonnaise, and serve on lettuce leaves.

VEAL SALAD

One cupful of cold roast veal cut into dice. Add one cupful of cooked peas. Sprinkle with celery salt, chopped capers and pickles, and pour over a French dressing, seasoned with dry mustard and chopped mint. In making the French dressing for this salad, use ordinary cider vinegar instead of tarragon vinegar.

TOMATOES STUFFED WITH ASPARAGUS TIPS

Prepare tomato shells according to directions previously given. Cut cold, cooked asparagus tips in small bits, mix with mayonnaise, and fill the shells. Season with grated onion if desired.

TUTTI-FRUITTI SALAD

One half pound of figs, cut in small pieces, one quarter pound of stoned dates, four oranges cut into small slices, one cupful of canned strawberries, one cupful of canned pineapple, the juice of one lemon, three or four table-spoonfuls of sugar, and one cupful of sherry. While this is not strictly a salad, it is served on lettuce leaves in place of a salad. Half or a

third of the quantity is sufficient for a small family.

SPAGHETTI SALAD

Shredded celery, boiled spaghetti broken into inch pieces, and bits of Spanish pimento. Mix with mayonnaise and serve on lettuce leaves.

SWEETBREAD AND CUCUMBER SALAD

Mix cooked sweetbreads, cut into dice, with half the amount of cucumbers cut the same size, and a little finely cut celery. Mix with mayonnaise and serve on lettuce leaves.

HAM AND CELERY SALAD

Cut cold, cooked ham into bits and mix with half as much celery cut fine. Mix with mayonnaise and serve on lettuce leaves. Garnish with hard-boiled eggs cut in slices.

EGG AND POTATO SALAD

Dress slices of cold, hard-boiled eggs and potatoes with French dressing, arrange on lettuce leaves, and garnish with stoned olives.

CHEESE AND PARSLEY SALAD

Moisten Neufchatel or cream cheese with cream, and shape in tiny balls. Roll in very

finely minced parsely, and serve on lettuce leaves with French dressing.

CHERRY AND PINEAPPLE SALAD

Half of a banana, one orange, one cupful of shredded pineapple, one cupful of stoned cherries, one fourth cupful of blanched almonds, the juice of half a lemon, and one tablespoonful of powdered sugar. Use the cherry juice in a French dressing.

SHRIMP AND CELERY SALAD

Equal parts of shredded shrimps and finely cut celery. Mix with mayonnaise and serve on lettuce leaves.

POTATO AND NUT SALAD

Three cold, boiled potatoes, three hard-boiled eggs, one half cupful of walnuts, and a dozen olives. Cut the potatoes and eggs into dice, stone the olives, cut fine, break up the nut meats and mix all together. Pour over a small quantity of French dressing and let stand on ice. At serving-time, mix with a little mayonnaise.

EGG AND CHICKEN SALAD

Chop cold roast chicken very fine. Mix the yolks of hard-boiled eggs with the chicken,

adding enough mayonnaise to make the mixture easily into balls. Cut the whites of the eggs into rings, and serve the balls and the rings together on lettuce leaves.

CABBAGE AND PEPPER SALAD

Shred finely a crisp, raw cabbage. Mix with half as much shredded green pepper. Serve on lettuce leaves with mayonnaise.

CHEESE AND CELERY SALAD

Cut crisp, tender celery into small bits, sprinkle with grated Parmesan cheese and serve on lettuce leaves with French dressing.

CELERY AND CAULIFLOWER SALAD

Equal parts of finely cut celery and cold, cooked cauliflower broken into bits. Either French dressing or mayonnaise.

CAULIFLOWER AND CARROT SALAD

Cold, cooked cauliflower broken into bits, and one third the quantity of cooked carrots cut into dice. Either French or mayonnaise dressing.

PEA AND WALNUT SALAD

Equal quantities of cold, cooked peas and English walnuts broken into small bits. Sprinkle with French dressing, let stand half an hour and mix with mayonnaise. Serve on lettuce leaves or in lemon cups.

RUSSIAN SALAD—II

Equal quantities of cooked potato dice, peas, carrots, lima beans, shredded celery, sliced tomatoes, chopped onion, cucumber dice and anchovies broken into small bits. French dressing, using more vinegar than usual.

GERMAN CAULIFLOWER SALAD

Use cold, cooked cauliflower separated into flowerets. Fry shredded bacon until crisp, drain, and mix with the cauliflower. Make a French dressing, using the bacon fat instead of oil, and cider vinegar instead of tarragon. Pour hot over the salad and set away to cool.

SPANISH SALAD

Cut into dice three slices of stale bread. Add an equal quantity of cold, cooked potatoes, three tomatoes, sliced, and one onion chopped fine. Rub the salad bowl with the cut side of a clove of garlic, put in the salad, and pour over plenty of French dressing.

ONION SALAD

Peel two or three onions, soak in water two hours, chop, put into a salad bowl, add a tablespoonful of minced parsley and pour over French dressing. The large, white Spanish onions are best for this salad. One large onion is usually enough.

RUSSIAN SALAD—III

Cut crisp, tender celery into small bits, add one fourth the quantity of Russian caviare and the same quantity of anchovies as caviare. Add half as much tomato pulp as celery and mix with mayonnaise. Serve in tomato shells.

STRAWBERRY SALAD

Arrange tender, white lettuce leaves in cup shapes. Fill each cup with strawberries and put a tablespoonful of mayonnaise in each cup. Mayonnaise for this salad should have the mustard and tarragon vinegar omitted.

BANANA AND PEANUT SALAD

Slice bananas lengthwise, cover with finely ground peanuts, and serve on lettuce leaves with mayonnaise.

EGG AND ASPARAGUS SALAD

Cut boiled, fresh asparagus into bits. Mix with slices of hard-boiled egg and serve on lettuce leaves with a French dressing to which chopped pickles and capers have been added.

EGG AND CUCUMBER SALAD

Slice cucumbers and hard-boiled eggs. Alternate slices of each in a circle around a bed of watercress, and serve with French dressing.

TOMATO AND CHIVE SALAD

Peel and chill the tomatoes, and cut into halves. Sprinkle with finely chopped chives, and put a spoonful of mayonnaise on each half. Serve on lettuce.

GRAPE FRUIT AND CELERY SALAD

Mix grape fruit pulp with finely cut celery, using twice as much grape fruit as celery. Serve on lettuce leaves with mayonnaise.

CUCUMBER AND PIMOLA SALAD

Mix in equal parts, slicing both thin. Use French dressing and serve on lettuce.

EGG AND CELERY SALAD

Two heads of celery cut fine, two hard-boiled eggs, and half a cupful of English walnuts. Break the nuts into small pieces, slice the eggs and mix all together. Serve on lettuce with mayonnaise.

CABBAGE SALAD—II

Mix shredded, raw cabbage with mayonnaise, and sprinkle with celery seed.

CABBAGE SALAD—III

Cut off the small ends of green peppers, scoop out the seeds, and fill with cabbage salad prepared as above.

EGG-BALL SALAD

Separate the whites and yolks of hard-boiled eggs. Cut the whites into shreds with the scissors. Rub the yolks through a sieve and mix to a paste with mayonnaise, adding sardines, anchovies, salmon, or any preferred meat or fish which has been cooked and pounded fine. Shape the egg mixture into balls the size of marbles. Spread lettuce leaves with mayonnaise, sprinkle it with the shredded whites of the eggs, and drop the balls of yolk paste upon it.

STUFFED-EGG SALAD

Divide hard-boiled eggs in the middle, take out the yolks, cut a thin slice from the bottom of each to make them stand firm, and drop in a little mayonnaise. Mix the yolks to a paste with mayonnaise, using any preferred minced meat, fish, or vegetable for seasoning. Fill the shells, spread with mayonnaise, and sprinkle with chopped parsley.

CELERY AND APPLE SALAD

Mix equal parts of finely cut celery and shredded sour apple. Serve on lettuce leaves with mayonnaise.

TOMATO AND CELERY SALAD

Peel large, ripe tomatoes and cut into cubes. Drain in a colander until dry. Mix with half as much finely cut celery, and serve on lettuce leaves, with mayonnaise.

SHRIMP AND NUT SALAD

Break the shrimps into thirds. Use one half or one third the quantity of pecan or English walnut meats. Serve on lettuce with mayonnaise.

SMOKED HERRING SALAD

Skin and bone the herring and flake the meat. Use as much hard-boiled egg as herring, and twice as much potato dice as herring. Season with grated onion, and mix with French dressing.

HALIBUT SALAD

Steam halibut steaks until tender, arrange on a bed of lettuce and remove the skin and bone. Cover with a layer of shredded sweet pepper, hard-boiled eggs, and olives sliced thin. Serve with a French dressing which has been seasoned with grated onion.

HALIBUT SALAD—II

Prepare halibut steaks according to directions given above. Sprinkle with French dressing, cover with cucumbers sliced thin, and spread with mayonnaise.

HALIBUT SALAD—III

Prepare the fish according to directions given above, and flake it. Add half the quantity of finely cut celery. Serve on lettuce leaves with mayonnaise.

HALIBUT SALAD—IV

Prepare according to directions given for Halibut Salad—III, adding as much cucumber dice as celery.

SMELT SALAD

Boil the smelts, drain, cool, and flake the meat. Mix with cucumber dice, or finely cut celery, and serve on lettuce leaves with mayonnaise.

LOBSTER SALAD—I

Pick out the meat of a cold, boiled lobster, mix with mayonnaise, and serve on lettuce leaves.

LOBSTER SALAD—II

Prepare according to directions given for Lobster Salad—I, adding half the quantity of finely cut celery to the fish.

SHRIMP AND TOMATO SALAD

Break the shrimps into half-inch bits, and mix with twice the quantity of peeled, sliced, and drained tomatoes. Serve on lettuce leaves with mayonnaise. The tomatoes may be cut into quarters, instead of slicing.

CRAB AND CUCUMBER SALAD

Use equal quantities of crab meat, broken into inch pieces, and cucumber dice. Season with a little grated onion, and mix with mayonnaise.

TURKEY SALAD

Use cold roast turkey and prepare according to directions given for Chicken Salad.

EGG AND CABBAGE SALAD

Boil six eggs hard. When cold, cut in two lengthwise, and take out the yolks. Rub the yolks through a sieve, season with salt, pepper, and grated onion, and mix to a paste with mayonnaise. Mould into small balls and set aside. Shred the whites with the scissors, and add twice as much shredded cabbage. Mix with mayonnaise, arrange on a bed of lettuce leaves, and drop the egg balls on the salad.

EGG AND SARDINE SALAD

Boil three eggs hard. Cut in two lengthwise, and take out the yolks. Rub the yolks through a sieve with four sardines, season with salt and pepper, and add enough cream or oil to make a paste. Shape into balls. Shred the whites of

the eggs with the scissors, and mix with twice the quantity of finely cut celery. Mix the celery and egg together with mayonnaise, arrange on lettuce leaves, and drop the balls of egg paste upon the salad.

TONGUE AND POTATO SALAD

Cut cold, cooked, pickled lamb's tongues into dice, mix with twice the quantity of cold, boiled potatoes cut into dice, and add a little hard-boiled egg, finely chopped. Pour over a French dressing to which a tablespoonful of chopped cucumber pickle has been added.

SHREDDED LETTUCE SALAD

Use the leaf lettuce and cut crosswise into narrow ribbons, using scissors or a very sharp knife. Serve with French dressing. Sliced hard-boiled eggs may be mixed with this salad.

GERMAN CABBAGE SALAD

Fry a cupful of finely cut bacon until crisp, and drain off the fat. Add the bacon to three times the quantity of shredded, raw cabbage. Make a salad dressing of the bacon fat and vinegar, seasoning to taste. Pour hot over the cabbage and set away to cool.

IRWIN SALAD

Six medium-sized tomatoes, peeled and quartered, two or three cucumbers cut in thin slices, one Spanish onion chopped fine, three green peppers, shredded, and two large sour apples cut into dice. Rub the salad bowl with the cut side of a clove of garlic and put in the salad. Make a dressing with six tablespoonfuls of oil, three of wine vinegar, half a teaspoonful of mustard, a teaspoonful each of Worcestershire sauce, brown sugar, and salt. Sprinkle liberally with red pepper and set the bowl on ice until thoroughly cold.

BEVERAGES

Inasmuch as coffee usually appears both at breakfast and dinner, it is well to bar it out absolutely from the luncheon table. Too much coffee drinking is injurious, as the makers of imitation coffees assure us daily through the medium of expensive advertisements. Though nothing else is quite as good as coffee, yet there are many other beverages which will prove acceptable at luncheon.

MILK

Serve from an earthen pitcher, either hot or cold as preferred.

BUTTERMILK

Buttermilk is always served ice cold. On a hot day a glass of buttermilk, and a cracker or a bit of salted toast will often prove a sufficient luncheon.

TEA

Use the best tea. The cheap tea is dear at any price. Scald out the tea-pot, which should never be of metal, and put into it a teaspoonful

of tea for each person and one for the pot. Add as many cupfuls of hot water as there are teaspoonfuls of tea. Cover and let steep for a moment, but never allow it to boil. The water for tea must be freshly boiled and taken at the first vigorous boil. When tea is boiled, tannin is extracted from the grounds, and tannin, even in the most minute quantities, has a very injurious effect upon the lining of the stomach.

VIENNA CHOCOLATE

Three heaping tablespoonfuls of grated chocolate mixed to a paste with cold water. Pour it into a double boiler with four cupfuls of milk boiling hot. Add sugar to taste, and let cook five minutes. Beat the whites of two eggs to a stiff froth and put into the chocolate pot. Put a teaspoonful of vanilla into the chocolate after taking from the fire, and pour the hot chocolate very slowly upon the eggs, stirring constantly with a silver spoon or the wooden stick which comes for the purpose. It makes a delicious, frothy chocolate. The cocoa which comes in packages may be used instead of grated chocolate.

COCOA

Directions are given on the package the cocoa comes in. If not, buy another kind next time.

LEMONADE

Select perfect lemons and roll until soft. Extract the juice, using a glass lemon squeezer, and rejecting the seeds and pulp. Rub cut loaf sugar over the peel of the lemon to extract the oil, and add to the lemon-juice. Fill a glass pitcher one third full of broken ice, pour the lemon-juice upon the ice, and add granulated sugar and water to taste.

ICED TEA

Make tea according to directions given above, using two or three extra teaspoonfuls of tea. Fill a glass pitcher half full of broken ice, and pour the tea, scalding hot, upon the ice, being careful that the steam strikes the ice, and not the pitcher. Serve with cut loaf sugar, and slices of lemon.

PINEAPPLE CUP

Put into a bowl the juice of three lemons, two oranges, sliced and seeded, one grated pineapple, and one cupful of sugar. Let stand an hour to extract the juice, then strain through a fruit press. Add to the juice as much cold water as desired, and two slices of pineapple, shredded. Pour into glasses half full of cracked ice.

RASPBERRY CUP

Mash and strain two cupfuls of currants stripped from the stems. Mash also an equal quantity of raspberries. Mix the juices, sweeten to taste, and serve in glasses with cracked ice and cold water.

PINEAPPLE LEMONADE

One cupful of sugar, one cupful of canned pineapple, one cupful of water and the juice of two lemons. Boil the sugar and water until it threads. Put the pineapple through the fruit press and add to the syrup with the juice of the lemons. When ready to serve, add water and sugar to taste. Serve ice cold.

GRAPE JUICE

Stem ripe Concord grapes. Do not wash unless necessary. Cover with cold water and put into a saucepan over a slow fire. Boil until the grapes are in pieces, then strain through coarse cheese-cloth and sweeten to taste. Serve in glasses with plenty of cracked ice.

BLACKBERRY SHRUB

For every cupful of fruit juice take one half cupful of cider vinegar and two cupfuls of sugar. Put the fruit, sugar, and vinegar over

the fire, stir until the sugar dissolves, and boil until a thick syrup. Skim if necessary, strain, and bottle. When served, allow one fourth cupful of syrup to half or three fourths of a cupful of ice water.

RASPBERRY SHRUB

Use ripe red raspberries, and prepare according to directions given for blackberry shrub.

RASPBERRY DASH

Fill the tumbler half full of cracked ice. Add one tablespoonful of sweetened raspberry juice and one tablespoonful of cream. Fill the glass with soda water.

MINT SANGAREE

Crush two or three sprays of mint with a lump of sugar. Put into a glass half full of cracked ice. Add four tablespoonfuls of grape juice and fill the glass to the brim with charged water. Shake thoroughly and strain into another glass.

SELTZER LEMONADE

Squeeze the juice of a lemon into a tall glass, add two inches of shaved ice, two heaping teaspoonfuls of sugar and fill the glass with seltzer or Apollinaris.

TEMPERANCE PUNCH

Upon a tablespoonful of good tea pour two quarts of boiling water. In the meantime have ready the juice and peelings of three lemons and one orange in a pitcher. When the tea has steeped for five minutes, strain through a fine strainer into the pitcher. Add a cupful of sugar and cool slowly. At serving-time put into glasses with plenty of ice.

EASY DESSERTS FOR LUNCHEON

APPLE FLOAT

Make apple sauce and rub it through a coarse sieve. Sweeten to taste and flavor with a little cinnamon or nutmeg; then add a little cream if the sauce is too stiff. To a pint of apple sauce use the whites of three eggs, beaten to a stiff froth. Add the apple sauce to the eggs by spoonfuls, folding rather than stirring, and slip into a hot oven. When well puffed and brown, sprinkle with powdered sugar and serve with cream.

APPLE CUSTARD

Use five eggs, well beaten, to a quart of milk. Stir in a pint of apple sauce, sweeten and flavor to taste, and bake carefully. Set the custard into a pan of water in the oven to prevent burning.

APPLE COBLER

Peel and core eight medium-sized apples. Arrange in a baking-dish, and fill the cores with

sugar. Make a batter of three cupfuls of milk, three ounces of flour and four eggs, well beaten. Pour over the apples and bake until the fruit is done. Serve with any preferred pudding sauce.

ALMOND BLANC MANGE

Make a paste of four tablespoonfuls of corn starch, wet with a little cold water. Stir it into a quart of milk, with four tablespoonfuls of sugar, and boil until thick. Flavor with a drop or two of bitter almond, and stir in one cupful of blanched and shredded almonds. Mould, chill, and serve with cream.

BANANA PUFFS

One cupful of sugar, one cupful of flour, one teaspoonful of baking-powder, three eggs well beaten, and cold water enough to make a batter, probably about one fourth of a cupful. Mix, and stir in three bananas, peeled and sliced thin. Half fill buttered custard cups, steam one hour, and serve with lemon sauce.

BROWN BETTY

In a quart pudding-dish arrange alternate layers of sliced apples and bread-crumbs. Season each layer with butter, sugar, nutmeg,

clove and cinnamon. When the dish is full, pour over it half a cupful each of molasses and water well mixed. Cover with crumbs. Set the dish into a pan of hot water and bake until the apples are soft, adding more molasses and water if needed. A few raisins or nuts may be added to this pudding. Serve with cream.

BAKED RICE PUDDING

One cupful of rice, one cupful of sugar, one teaspoonful of salt, six cupfuls of milk and a cupful of stoned raisins. Put the rice into a baking-dish, add the other ingredients, flavor with cinnamon or nutmeg and bake in a very slow oven for three or four hours. Stir two or three times during the first hour, and if the top browns too quickly, cover with buttered paper. If the pudding seems dry, add another cupful of milk. Half of this recipe is sufficient for a small family.

BAKED PEARS

Use the large, hard pears which are sold for cooking. Core, but do not peel. Fill the cores with brown sugar, and bake in a pan containing a little water. Baste occasionally and cook until tender. Serve hot or cold with cream or boiled custard.

BREAD PUDDING

One quart of milk, one pint of bread-crumbs, two eggs well beaten, a pinch of salt, and one tablespoonful of butter. Bake about twenty minutes. Nuts or raisins are agreeable additions to this pudding. After it is baked, jam or jelly may be spread over the top and then a meringue made of the whites of two eggs beaten stiff with a little powdered sugar. Bake until the meringue is brown.

CUP CUSTARDS

Six eggs, half a cupful of sugar, and one quart of new milk. Beat the eggs with the sugar and add a teaspoonful of vanilla. Mix carefully with the milk, fill the custard cups, and set into a pan of hot water in a slow oven. Anything which has eggs and milk in combination must be cooked at a low temperature. When the handle of a spoon or the blade of a knife comes out clean from the custard, it is done. Set aside to cool. A little nutmeg is often grated over the top of these cup custards, just as they come from the oven. They are served in the cups in which they are baked.

BAKED COCOANUT CUSTARDS

Use the fresh cocoanut if possible. If not, soak a package of dessicated cocoanut for ten

minutes in boiling water, then drain and dry. Add one cupful of cream to the cocoanut and sweeten to taste. Stir in gradually a cupful of rich milk. Add gradually the whites of four eggs beaten to a stiff froth, flavor with nutmeg and cinnamon, and bake according to directions given above. Serve cold with a sprinkle of granulated sugar in each cup.

BORDEAUX PUDDING

Cut a sponge cake into three layers, spread with jam, put together again, cover with whipped cream, sweetened and flavored, and sprinkle with chopped nuts. Serve on a platter.

CHOCOLATE PUDDING

One cupful of stale bread-crumbs and enough milk to make a smooth paste when boiled. Add a heaping tablespoonful of butter, a heaping tablespoonful of cocoa, sugar to taste, and a few drops of vanilla. Take from the fire and add three eggs beaten separately, first the yolks, then the whites beaten to a stiff froth. Put into a buttered pudding-dish and bake carefully. Serve with cream, either whipped or plain.

CHOCOLATE BLANC MANGE

One pint of milk, two eggs, a pinch of salt, two tablespoonfuls of sugar, two tablespoonfuls

of corn starch, a square of chocolate, and half a teaspoonful of vanilla. Heat the milk in a double boiler and melt the chocolate. Make a paste of the starch with a little cold water and beat the eggs with the sugar. When the milk is hot, stir in the other ingredients carefully and add the melted chocolate last. Pour into moulds and cool. Serve with whipped cream.

COFFEE BLANC MANGE

Two cupfuls each of coffee and milk. Add four tablespoonfuls of corn starch, wet to a paste with cold water, and four tablespoonfuls of sugar. Cook until it thickens, then pour into a wet mould and chill. Serve with cream, either whipped or plain.

FRENCH PANCAKES

Use any good pancake batter, except buckwheat, and bake in small, round, thin pancakes. Spread with jelly or jam, roll up, sprinkle with powdered sugar, and serve hot.

FRUIT PUDDING

One cupful of milk and one cupful of canned fruit juice. Add two tablespoonfuls of powdered sugar and bring to a boil. Remove from the fire and stir in quickly the well-beaten yolks of

four eggs. Butter a pudding-dish and put into it a large cupful of canned fruit. Beat the whites of the eggs to a stiff froth, stir into the custard, pour over the fruit and bake half an hour.

FRUIT SPONGE

Soak half a package of gelatine in a little cold water, dissolve over steam, and add to one cupful of fruit pulp which has been mashed through a sieve and heavily sweetened. Stir until cool. When the fruit mixture begins to thicken stir in lightly the whites of six eggs which have been beaten to a stiff froth. Pour into a chilled mould and cool. Grated pineapple, banana, and peach sponges are very satisfactory.

LEMON SPONGE

Whip the whites of six eggs to a stiff froth. Soak half a package of gelatine in a little cold water, and dissolve over steam. Add to the gelatine the grated rind and juice of half a lemon and enough sugar to make very sweet. Stir until cool, but not stiff, then fold lightly into the egg mixture and when it begins to congeal, pour into a wet mould and chill. Orange, cherry, raspberry, and currant sponges are made in the same way, mixing the fruit juice with the gelatine. These puddings may be served

with boiled custard or whipped cream for a sauce.

FRUIT BLANC MANGE

Drain the juice from canned fruit and allow two tablespoonfuls of corn starch to each pint of fruit juice. Cold water may be added to the juice to make up the requisite quantity. Add cold water to the starch until a smooth paste is formed, stir it into the hot juice, cook until thick, add the drained fruit, mould, and chill.

FARINA PUDDING

Three heaping tablespoonfuls of farina boiled in milk, with a bit of stick cinnamon and a pinch of salt. When cold, add the yolks of four eggs, well beaten, with sugar sufficient to sweeten, and lastly the whites of the eggs beaten to a stiff froth. Steam in a mould for an hour or more and serve with vanilla sauce.

A SIMPLE PUDDING SAUCE

Put one tablespoonful of butter into a saucepan and when it froths add two tablespoonfuls of flour. Cook until the mixture leaves the sides of the pan, then add two cupfuls of cold water. Stir constantly until the sauce is thick, then sweeten and flavor to taste.

FRITTERS.

Two eggs, one tablespoonful of melted butter, one cupful of flour, half a cupful of cold water, a pinch of salt and a teaspoonful of sugar. A little more melted butter may be needed. The batter should be just barely stiff enough to hold shape. Slices of apples, peaches, apricots, oranges, pineapples, or bananas are dipped into this batter and fried immediately in deep fat. Drain on brown paper and serve with a sweet sauce flavored with lemon or with fruit juice. Canned fruit may be used in fritters. Bananas for fritters are sprinkled with lemon-juice, cut into quarters lengthwise, and dipped into the batter. Banana fritters are delicious with a sauce flavored with grated lemon-peel and made tart with the juice of the lemon.

GRAHAM FRUIT PUDDING

Two cupfuls of Graham flour, one cupful of raisins or currants, one cupful of sweet milk, one cupful of molasses, one egg well beaten, one teaspoonful of salt, and one teaspoonful of soda. Mix carefully, pour into a pudding mould and steam three hours. For the sauce, use a tablespoonful each of butter and corn starch and sufficient boiling water to make it of the proper consistency. Add half a cupful of sugar and the juice of half a lemon. Boil up once and serve.

INDIAN PUDDING

One cupful of Indian meal, one cupful of molasses, two quarts of milk, two teaspoonfuls of salt, three tablespoonfuls of butter, one quart of pared, cored, and quartered apples, half a teaspoonful of ginger, and half a teaspoonful of grated nutmeg. Put the milk on in a double boiler. When it boils, sprinkle the meal into it gradually, stirring all the time. Cook half an hour or more, stirring often. Add the molasses, butter, seasoning, and apple. Butter a pudding-dish and pour the mixture into it. Bake slowly for three hours. This is an old New England recipe.

JAM PUDDING

Melt two ounces of butter and add it to two well-beaten eggs, then stir in a cupful of any preferred jam or marmalade. Butter a pudding mould and put in a layer of bread-crumbs, then a layer of the jam mixture, and so on until the dish is full, having crumbs on top. Bake or steam, as is most convenient, and serve either hot or cold with cream.

JAM PUDDING—II

Three fourths of a cupful of butter beaten to a cream, a cupful and a half of flour, three eggs beaten separately, one cupful of sugar, half a

cupful of sour cream, a pinch of soda, and one cupful of any preferred jam. Bake until done and serve with sauce.

MARQUISE PUDDING

Get an oblong loaf of angel food from the baker's and scrape off the frosting. Cut the cake into half-inch slices and arrange on a platter. Sprinkle with candied fruit and chopped nuts, and cover with whipped cream.

MAPLE CUSTARD

Six eggs, three cupfuls of milk, a pinch of salt, and half a cupful of heavy maple syrup. Mix and bake according to directions given for cup custards.

ORANGE JELLY

Half a package of gelatine, half a cupful of cold water, the juice of a lemon, one cupful of boiling water, and two cupfuls of orange-juice. Soak the gelatine in cold water, add the boiling water and half a cupful or more of sugar. When cool, add the lemon- and orange-juice, strain through cheese-cloth into moulds and chill. A fine orange flavor may be secured by grating the orange rind into the juice, letting it stand for an hour or two, and straining

through cheese-cloth before putting into the jelly. Or, use loaf sugar, and rub the lumps upon the orange rind to extract the zest.

ORANGE CUSTARD

Beat the yolks of five eggs with the whites of two, then add four ounces of sugar. Stir into a quart of milk which is just at the boiling point, and add the grated rind of an orange. Pour into a buttered pudding-dish, set the pan into another of boiling water and bake until a knife comes out clean. Make a meringue of the whites of the eggs beaten to a stiff froth with a little powdered sugar, flavored with orange-juice, sprinkle with powdered sugar and a little of the grated rind, and brown quickly in the oven. Serve either hot or cold.

FIG DESSERT

Use one pound of California figs. Soak in cold water until soft, then stew slowly until tender. Add sugar enough to make a rich, heavy syrup, and flavor with a few drops of vanilla. Cool and turn into a glass dish. Just before serving, cover the figs with whipped cream which has been sweetened and flavored with vanilla. Serve small plain cakes or wafers with it.

PINEAPPLE PUDDING.

Three scant cupfuls of scalded milk, one fourth of a cupful of cold milk, one third of a cupful of corn starch, one fourth of a cupful of sugar, a few grains of salt, the whites of three eggs, and half a can of grated pineapple. If the pineapple is very sweet, a sprinkle of lemon-juice will improve it. Mix the corn starch, sugar, and salt, add to the cold milk, stir into the hot milk, and cook about fifteen minutes. Add the pineapple and the whites of the eggs beaten to a stiff froth, mould, chill, and serve with cream.

PEACH KISSES

Peel large, ripe peaches, remove the stones, and in each cavity put a marshmallow. Sprinkle with powdered sugar, and cover with whipped cream.

PRUNE JELLY WITH ALMONDS

Make a strong, clear, lemon jelly, according to directions given for orange jelly. It will take much less lemon-juice. Soak the prunes over night and stew gently until tender, using very little sugar, if any. Pour the lemon jelly into small cups, and as it begins to stiffen drop a prune or two into each cup, together with a few blanched and shredded almonds. If the

work is carefully done, the prunes and almonds will be moulded in the jelly. Chill and turn out of the cups at serving-time.

PRUNE SOUFFLE

Soak eighteen prunes over night and stew until tender. Remove the stones and rub the prunes through a sieve until the pulp is smooth. Beat the whites of eight eggs to a stiff froth with seven tablespoonfuls of powdered sugar, fold the prune pulp carefully in, turn into a buttered pudding-dish, and bake twenty minutes. Serve immediately, or it will fall.

ROLY POLY

Make a biscuit dough according to directions given in a previous chapter for baking-powder biscuits. Roll it into a long oblong sheet, spread with fruit, either fresh or canned,—apples, pears, peaches, pineapple, strawberries, raspberries, plums, gooseberries, huckleberries, or cherries,—roll up, tie in a cloth, tying closely at the ends, and steam until done. Serve in slices with lemon sauce, or with sauce flavored with the juices of the fruit used.

SNOW-BALLS

Boil rice until tender, or use cold, boiled rice. Spread it, an inch thick, over small squares of

coarse muslin wet in cold water. In the centre place an apricot, or a canned peach, a few canned cherries, drained of their juice, a canned pear, plum, or any suitable fruit. Tie the cloth carefully, covering the fruit with the rice. Steam ten minutes, then remove the cloths and serve with a syrup flavored with the juice of the canned fruit used.

SURPRISE PUDDING

Mould boiled rice in a border mould, turn out on a stone platter, dot with butter, sprinkle with sugar, and put in the oven until brown. Fill the centre with canned peaches, or apricots, or pears, drained of their juice, pile whipped cream over the top, sprinkle with chopped nuts, and serve.

SPANISH CREAM

Scald a quart of milk, and add to it half a package of gelatine which has been soaked and dissolved by gentle heat. Beat the yolks of three eggs very light with a cupful of sugar, and stir carefully into the hot milk. Cook very slowly until the mixture coats the spoon, remove from the fire, flavor with lemon or vanilla, strain into a mould which has been wet in cold water, and set aside to harden.

SAGO CREAM

Cook half a cupful of sago in two cupfuls of milk until clear, add a pinch of salt and three tablespoonfuls of sugar. Beat the whites of three eggs, add to the mixture, and cook for two minutes. Flavor with lemon when a little cool, and fold in lightly one cupful of whipped cream. Pour into a mould and set 'on ice. Serve with a sauce of fresh fruit, crushed and sweetened.

SNOW PUDDING

One third of a package of gelatine, one fourth of a cupful of cold water, the whites of three eggs, one cupful of boiling water, one cupful of sugar, and one fourth of a cupful of lemon-juice. Soak the gelatine in the cold water, dissolve in the boiling water, add the lemon-juice, strain, and set aside in a cool place. When cool, but not stiff, beat in the stiffly-beaten whites of the eggs, and pour into a shallow oblong mould to chill. The whites of the eggs will rise to the top. When cold, cut into squares and serve with a boiled custard sauce.

SPICED APPLES WITH CIDER

One cupful of brown sugar, one cupful of cider, one fourth of a cupful of good vinegar, two bay leaves, twenty whole cloves, six whole

allspice, two inches of stick cinnamon, and a blade of mace. Put into a saucepan and bring to a boil. Pare and core eight tart apples, quarter, add to the syrup, and simmer gently until tender. Skim out the fruit, boil down the syrup until as thick as honey, pour over the fruit, and serve very cold with cake.

TARTLETS

Line small patty-pans with good paste and bake until brown. Fill with any kind of canned fruit, drained of its juice, or jam. Cover with a meringue and brown in the oven, or, at serving-time, put a spoonful of whipped cream on each one.

TAPIOCA PUDDING

Use the pearl tapioca and soak over night, or the minute tapioca which requires no soaking. Cook slowly in plenty of water until transparent, and have the tapioca just thick enough to pour easily. Butter a baking-dish, put in a layer of the tapioca, and then a layer of any kind of fruit, either fresh or canned, apples, peaches, pears, pineapple, apricots, plums, preserved quinces or gooseberries. Use sugar with discretion if the canned fruit is to serve for the pudding, and quite liberally if fresh fruit is used. Have sugar on top, dot with butter,

and bake until the fruit is done and the top brown. Serve cold, with or without cream or sauce. Apple tapioca is particularly good, flavored with nutmeg or cinnamon.

TAPIOCA CREAM

Soak three heaping tablespoonfuls of flake tapioca in a cupful of cold water over night. Bring a quart of milk to the boil, add a pinch of salt and the tapioca, and stir until it thickens. Add a cupful of sugar and the well-beaten yolks of three eggs. Take from the fire and let cool a few moments, then stir in the whites of the eggs, beaten to a stiff froth, and any preferred flavoring. Chill and serve with cake.

WINE JELLY

Prepare according to directions given for orange jelly, using wine instead of orange-juice. The lemon-juice brings out the flavor of the wine.

SWEET RICE CROQUETTES

Cook a cupful of blanched rice with a teaspoonful of salt in three cupfuls of milk until tender and dry, add three egg yolks well beaten, one fourth of a cupful each of butter, sugar, whipped cream, and candied orange-peel shredded fine. When cool, shape into

croquettes, dip in egg and crumbs, and fry in deep fat. Serve with fresh raspberries and powdered sugar, or with the juice of canned raspberries.

VANITIES

Beat two eggs very light, add half a teaspoonful of salt, and work in enough flour to roll. Roll as thin as paper and cut with a large biscuit cutter, dropping the scraps into cold water to keep soft. The scraps may be rolled again by working in a little flour. Drop the vanities into deep, boiling fat, let brown very lightly, skim out, drain on brown paper, and sprinkle with powdered sugar and cinnamon.

ÉCLAIRS

Boil together until thick one cupful of water, half a cupful of butter, and one cupful of flour. When cool, stir in, one at a time, three unbeaten eggs. Bake in gem pans in a steady oven. When cool, slit them at the side and fill with boiled custard or whipped cream. They may be frosted with chocolate frosting if desired.

SOFT COOKIES

One cupful of butter, one and one half cupfuls of sugar, two eggs, three tablespoonfuls of

milk, one teaspoonful of baking-powder, and flour enough to roll into a soft dough. Cut in rounds and bake in a quick oven.

COCOANUT COOKIES

One cupful of butter, two cupfuls of sugar, two eggs well beaten, one cupful of grated cocoanut, one teaspoonful of vanilla, two teaspoonfuls of baking-powder, and enough sifted flour to roll out. Bake a pale brown.

CHOCOLATE CAKES

Two tablespoonfuls of butter, one cupful of sugar, half a cupful of water, one and one half cupfuls of flour, a pinch of salt, one teaspoonful of baking-powder, two eggs, four tablespoonfuls of grated chocolate melted over hot water, and one teaspoonful of vanilla. Cream the butter, add the sugar, the beaten eggs, the chocolate, and lastly the flour, into which has been sifted the salt and baking-powder. Alternate the flour with the water. Bake in patty-pans in a moderate oven.

NORWEGIAN PUDDING

Soak one cupful of sago in cold water for four hours, then boil two cupfuls of gooseberries or

red currants in two cupfuls of water, sweetened to taste. When the fruit is soft, rub through a fine sieve and return to the saucepan with the sago. Stir over the fire until the sago is clear, then pour into a mould. When set, turn it out carefully, and serve with whipped or plain cream.

BREAD AND COCOANUT PUDDING

Cover a cupful of freshly grated bread-crumbs with two cupfuls of hot milk, add a heaping tablespoonful of butter, stir until melted, and set aside to cool. Beat the yolks of two eggs with half a cupful of sugar and a tablespoonful of lemon-juice. Add a little of the grated lemon rind, half a teaspoonful of vanilla, one half cupful of grated cocoanut, and the bread mixture. Bake in a buttered pudding-dish in a moderate oven until the pudding is of the consistency of custard. Spread with jelly or jam and add a meringue if desired.

RICE WITH BANANAS

Season cold, boiled rice with melted butter, the grated rind of lemon, and sugar. Make into a paste with the well-beaten yolks of eggs. Cook until the rice is thick, then pack into a buttered border mould and keep warm for ten

minutes. Turn out carefully upon a plate and fill the centre with sliced bananas. Pour over the pudding a sugar syrup flavored with lemon, orange, or any preferred fruit juice.

RICE AND COCOANUT CUSTARD

Put half a cupful of well-washed rice into a double boiler with three pints of milk and let it cook until very soft, then set aside to cool. Beat together five eggs, leaving out the whites of two, one cupful of sugar, and one grated cocoanut. Stir in the cold rice mixture and bake in the oven to a soft custard. Make a meringue of the whites of the eggs and six tablespoonfuls of powdered sugar. Pile on top of the pudding and set back into the oven until brown.

JAM AND CORN STARCH PUDDING

Scald two cupfuls of milk in the double boiler, mix together three tablespoonfuls of corn starch with a little cold milk, stir into the hot milk and cook fifteen minutes. Add three tablespoonfuls of sugar beaten with a few grains of salt and the yolks of three eggs. Stir and cook this for three minutes, then mix in lightly one teaspoonful of vanilla and the whites of the eggs beaten stiffly. Pour the pudding into custard

cups which have been rinsed in cold water, and set away to cool. Before serving, turn out, scoop a teaspoonful of pudding from the top of each, and fill the cavities with jam.

BLÉNHEIM PUDDING

Make a custard with one egg, one tablespoonful of sugar, and a cupful of milk. Butter a pudding-dish, put a layer of jam at the bottom, then slices of buttered bread, then a layer of thinly cut citron, and some raisins. Pour the custard over and bake.

INDIVIDUAL CHOCOLATE PUDDINGS

Mix well one fourth of a pound of powdered sugar and one fourth of a pound of butter, add one fourth of a pound of grated chocolate and the yolks of five eggs. Cook five minutes, then remove from the fire and let cool. When cold, fold in the stiffly-beaten whites of the eggs. Butter six custard cups, and sprinkle the insides with sugar. Fill with the pudding and bake in a pan of hot water in a moderate oven. It will take about thirty minutes.

FLOATING ISLANDS OF CREAM

Put one glass of jelly or jam into a bowl with the whites of two eggs, and beat them well.

Whip one pint of cream to a stiff froth and put into a glass dish. Drop tablespoonfuls of jelly into the cream. This pudding may be served in sherbert cups.

JELLIED PRUNES

Stew one pound of prunes with a handful of raisins, and after taking from the fire, add lemon-juice and sugar to taste. When soft, pour off the water and stone the fruit. Soak one tablespoonful of gelatine, dissolve over steam, and stir into the fruit juice. When it begins to thicken, add the fruit and set away to harden. Serve cold with cream.

SPONGE CAKE AND WHIPPED CREAM

Slice a sponge cake, or buy small square sponge cakes at the bakery. Arrange in a glass dish, sprinkle with wine, and pour over sweetened whipped cream flavored with vanilla.

CHOCOLATE AND APPLE CUSTARD

Peel, core, and quarter half a dozen apples, put into a pan with a little water, and season with sugar and cinnamon. Cook until the apples are reduced to a pulp. Scrape a pound of chocolate into a saucepan with three quarters

of a cupful of sugar and one quart of milk. Beat the yolks of six eggs with the whites of two, and add a tablespoonful of canned cherries. When the chocolate and milk begin to boil, pour in the eggs, stirring gently all the time. Pour the chocolate over the apple pulp, set the dish into a pan of boiling water, and put into the oven until firm.

DATE PUDDING

Two thirds of a cupful of chopped suet, one cupful of stale bread-crumbs, one egg well beaten, two tablespoonfuls of sugar, one cupful of milk, one cupful of stoned dates cut fine, one teaspoonful of vanilla, two teaspoonfuls of baking-powder, a pinch of salt, and enough sifted flour to make a thick batter. Steam three hours, and serve with a soft sauce.

DATE DESSERT

Boil together for three minutes one cupful of sugar and two cupfuls of water. Add a pound of stoned dates and simmer until tender. Skim out the dates and boil down the syrup until reduced one half, flavor with vanilla and sherry, pour over the dates, and serve cold with whipped cream.

CREAM PUFFS

Boil together one half cupful of butter and one cupful of water. Stir in one cupful of flour, take from the fire, cool, and add three unbeaten eggs, one at a time. Beat until thoroughly mixed and drop by spoonfuls far apart on buttered tins. Bake from twenty to thirty minutes in a quick oven. Make a filling of three cupfuls of milk, two eggs well beaten, half a cupful of sugar, and two tablespoonfuls of corn starch dissolved in a little water. Cook in a double boiler until thick, take from the fire and flavor to taste. Slit the puffs and fill with the cold custard.

BOILED RICE PUDDING

Wash two cupfuls of rice and soak it in water for half an hour, then turn off the water and mix the rice with a cupful of stoned raisins cut in halves. Add a pinch of salt and tie the whole in a cloth, leaving room for the rice to double in bulk. Boil two hours in plenty of water and serve with wine or with spice sauce.

LEMON BLANC MANGE

One third of a cupful of lemon-juice, two thirds of a cupful of orange-juice, and one cupful of cold water. Boil, add three tablespoonfuls

of corn starch dissolved in a little cold water, three tablespoonfuls of sugar, and a pinch of salt. Boil slowly for ten minutes, stirring constantly, then add the whites of three eggs beaten to a stiff froth. Stir well, remove from the fire, mould, and chill. Serve with a custard made of the yolks of the eggs, two cupfuls of milk, three tablespoonfuls of sugar, and half a teaspoonful of lemon extract. Cook the custard in a double boiler until it coats the spoon.

HAMBURG SPONGE

Soak a tablespoonful of granulated gelatine in two tablespoonfuls of cold water and add the juice of an orange. Beat the yolks of three eggs with half a cupful of sugar until very light, then add the dissolved gelatine and a little of the grated rind of the orange. Beat until it thickens, then add the whites of the eggs beaten stiff. Mould and chill. Serve with strawberries crushed with powdered sugar.

STRAWBERRY CREAM CAKE

Cut a sponge cake into three layers, and put together with crushed and sweetened strawberries in between. Cover the cake with whipped cream and garnish with whole strawberries.

STRAWBERRY SHORTCAKE

Prepare the dough according to directions given for baking-powder biscuits in a previous chapter. Cut into two round cakes the size of a pie tin, spread one with soft butter and put the other on top of it. Bake in a moderate oven. When done, tear the layers apart, spread with soft butter and put together with crushed and sweetened strawberries in between. Pour over the cake more crushed and sweetened strawberries, with their juice, and serve hot.

STUFFED PRUNES

Soak large, fine prunes in sherry over night, drain, remove the stones, stuff with cut marshmallows and broken English walnut meats, and roll in powdered sugar.

HICKORY-NUT MACAROONS

One pound of powdered sugar, one pound of chopped hickory nuts, the whites of five unbeaten eggs, half a cupful of flour, and one teaspoonful of baking-powder. Drop on buttered paper and bake in a slow oven.

BANANA SHORTCAKE

Slice the bananas, sprinkle with sugar and lemon-juice, and prepare according to directions given for strawberry shortcake. Serve with whipped cream.

PEACH SHORTCAKE

Peel large, ripe peaches, cut fine, and prepare according to directions given for strawberry shortcake. Serve with whipped cream.

GOLDEN BALL FRITTERS

Put into a saucepan two cupfuls of water, one tablespoonful of butter, and half a cupful of sugar. When it boils, stir into it two cupfuls of sifted flour and mix thoroughly. Remove from the fire, and when nearly cold, add four unbeaten eggs, one at a time, and one cupful of preserved ginger, chopped fine. Drop by spoonfuls into deep fat and fry a golden brown. Drain on brown paper, and serve with a sauce made from the ginger syrup and flavored with lemon-juice.

GOOD FRIDAY PUDDING

One and one half cupfuls of bread-crumbs and the same quantity of chopped apples, one cupful of raisins and three well-beaten eggs. Put into a buttered mould and steam an hour and a half. Serve with a brandy sauce.

BANANA TRIFLE

Cut stale sponge cake into small squares. Arrange in a glass dish with alternate layers of

sliced and sugared bananas, having cake on top. Pour over sweetened whipped cream flavored with sherry.

PUFFS

Prepare the mixture for golden ball fritters, leaving out the ginger. Fry in deep fat. Make an incision in one side of the puff, fill with jelly or jam, and keep warm in the oven. Serve with or without sauce.

STUFFED APPLES

Core good cooking apples, and stuff the centres with chopped nuts and brown sugar. Put a teaspoonful of brandy into each core, and bake. Serve cold with cream.

PEANUT COOKIES

Pound or chop one cupful of peanuts, reserving a few whole ones for decoration. Prepare a dough of one tablespoonful of butter, one half cupful of sugar, one egg well beaten, two tablespoonfuls of milk, one cupful of flour, and one teaspoonful of salt. Add the peanuts and mould with a teaspoon into two dozen balls. Put half-peanuts on the top, and bake about fifteen minutes.

NUT WAFERS

Beat the whites of two eggs to a stiff froth. Stir into the eggs enough pulverized sugar to

make a very stiff icing. Spread the icing over crisp, sweet wafers, strew thickly with finely chopped nuts, and brown in a quick oven.

FRUIT COOKIES

One cupful of sugar, two well-beaten eggs, three tablespooufuls of sour milk, one fourth of a teaspoonful of soda, one half cupful of chopped raisins, one half teaspoonful of cinnamon and one fourth teaspoonful each of cloves and nutmeg. Add enough sifted flour to make a very stiff batter. Drop by spoonfuls in buttered pans and bake in a quick oven.

SOFT GINGERBREAD

One half cupful each of sugar, butter, and molasses. Lard or drippings may be used in place of the butter. Mix in a bowl, add one egg well beaten, one and one half cupfuls of flour, one teaspoonful of soda dissolved in a little boiling water, and one teaspoonful of ginger. Beat thoroughly and bake in a moderate oven.

FRUIT WAFERS

Into one cupful of cold, sweet cream stir three cupfuls of sifted Graham flour, or enough whole wheat flour to make a stiff dough. Knead it thoroughly and divide in halves. Roll each

sheet very thin. On one spread a thick layer of chopped figs, dates, marmalade or jam, lay the other sheet upon it, and press them together by rolling slightly with the rolling-pin. Cut into small squares and bake quickly.

PLAIN CAKE

One half cupful of butter, one and one half cupfuls of sugar, the yolks of two eggs, well beaten, one cupful of milk, one teaspoonful of vanilla, two cupfuls of pastry flour, sifted with three level teaspoonfuls of baking-powder, and the whites of the two eggs, beaten to a stiff froth. Mix in the order given and bake in patty-pans or in three layers. Put together with any preferred filling.

NEW YORK PUDDING

Make a plain cake according to the recipe given above, omitting the yolks of the eggs. Bake in a round, deep tin. When cold cut off a slice half an inch thick from the top of the cake, keeping it whole, then scoop out the centre of the cake, leaving a shell about an inch thick. Make a boiled custard, and when cold add a few nuts and raisins and enough of the cake crumbs to thicken. Fill the cake shell with this mixture, put on the cover, and ice the cake with colored icing, or pour over whipped cream or boiled custard.

ARROWROOT PUDDING

Put four teaspoonfuls of arrowroot into half a cupful of cold water, add two cupfuls of boiling water, bring to the boiling point, and cook until thick. Take from the fire, add four tablespoonfuls of powdered sugar and a few drops of bitter almond extract. Beat the whites of four eggs to a stiff froth, and mix into the pudding when partially cool. At serving-time arrange sliced fresh peaches in a serving dish, cover with sweetened whipped cream, and pour the arrowroot pudding on top. Cover with more whipped cream and serve.

PRUNE FLUFF

One half cupful of stewed, stoned, and mashed prunes, three tablespoonfuls of powdered sugar, one fourth cupful of chopped raisins, and the juice of half a lemon. Beat together very thoroughly and when cold, fold in the whites of three eggs beaten to a stiff froth. Put into a buttered pudding-dish, set into a pan of hot water, and bake twenty minutes in a hot oven. Sprinkle chopped nut meats over the top.

STRAWBERRY SAGO

Soak one half cupful of sago in one cupful of cold water for an hour, add two cupfuls of strawberry juice and half a cupful of sugar. Cook

until the sago is transparent. Serve cold with cream, or with fresh strawberries crushed with powdered sugar.

NORWEGIAN PRUNE PUDDING

One pound of prunes, one quart of water, two cupfuls of sugar, five tablespoonfuls of corn starch, and a small piece of stick cinnamon. Soak the prunes in cold water over night, and boil in the same water. Stone, add one pint of water, put on to cook again, and while boiling, add sugar, cinnamon, and corn starch mixed with a little cold water. Boil until thick, stirring constantly, remove the cinnamon, and pour into a mould to cool.

QUICK BREAD PUDDING

Cut thin slices of bread into two-inch squares and arrange in a buttered baking-dish with layers of raisins, chopped figs, or canned grated pineapple. Pour over it four cupfuls of sweetened milk in which two eggs have been beaten, set the dish into a hot oven and bake about twenty minutes.

RASPBERRY CHARLOTTE

Two cupfuls of canned raspberries, if the fresh fruit is not at hand, the juice of half a lemon, four stale lady-fingers rolled into crumbs,

and the whites of four eggs beaten to a stiff froth. Put into a buttered baking-dish, set into a pan of hot water, and bake twenty-five minutes. Serve with a custard sauce.

BAKED PEACHES

Pare whole peaches, and pack into a deep baking-dish. Sprinkle with sugar, dot with butter, add one cupful of hot water, cover, and bake until the peaches are very tender. Serve cold with cream.

SURPRISE PEARS

Pare and core Seckel pears, and put a bit of preserved ginger into the centre of each. Season cold, cooked rice with sugar, salt, and lemon-juice. Make the rice into a paste with the yolks of two eggs, well beaten. Cover each pear with the rice, dip in crumbs, then in beaten egg, then in crumbs, and fry brown in deep fat.

THREE HUNDRED AND SIXTY- FIVE EVERYDAY LUNCHEONS

JANUARY

January 1.

Oysters à la Gordon, Cold Slaw,
Baking-Powder Biscuit,
Apple Float.

January 2.

Cold Roast Turkey, Cranberry Sauce,
Potato Salad—I, Corn and Rice Muffins,
French Pancakes.

January 3.

Creamed Salmon on Toast, Potato Omelet,
Sandwiches 27,
Snow Pudding.

January 4.

Turkey Soup, Escalloped Tomatoes,
Sugared Beets, Sandwiches 5,
Stewed Prunes.

Everyday Luncheons

January 5.

Oysters à la Long Branch,	Hot Slaw,
Soft Corn Bread,	Brown Betty.

January 6.

Fried Codfish Steaks,	Potatoes à la Royale,
Sandwiches 1,	Lettuce Salad.

January 7.

Sago Soup,	
Stuffed Cabbage,	Southern Biscuit,
Apple Custard.	

January 8.

Steamed Oysters,	Creamed Cabbage,
Sandwiches 1,	
Chocolate Pudding.	

January 9.

Carrot Soup,	
Creamed Celery,	Sandwiches 15,
Prune Fluff.	

January 10.

Neapolitan Beef,	Potato Puff,
Egg Biscuit,	Bordeaux Salad,
Sliced Oranges.	

January 11.

Raw Oysters,
Creamed Celery in Cheese Shell, Sandwiches 12,
Tomato Aspic Salad,
Banana Puffs.

January 12.

Hamburger Steak, Creamed Potatoes,
Bordeaux Salad,
Baked Apples.

January 13.

Pea Soup,
Curry of Vegetables, Florida Corn Bread,
Celery and Radish Salad,
Fruit Sponge.

January 14.

Devilled Clams, Escalloped Potatoes,
Sandwiches 22,
Orange Jelly.

January 15.

Potato and Turnip Soup,
Creamed Beets, Charleston Muffins,
Cream Cheese Salad,
Spanish Cream.

Everyday Luncheons*January 16.*

Oysters Baked in Shells,
 Carrots and Peas, Quick Biscuit,
 Apple Fritters.

January 17.

Breaded Tongue, Potatoes au Gratin,
 Almond Salad,
 Maple Custard.

January 18.

Corn Soup,
 Escalloped Cabbage, Sandwiches 30,
 Apple Cobbler.

January 19.

Oysters à la Waldorf,
 Stuffed Peppers, Sandwiches 7,
 Endive Salad,
 Almond Blanc Mange.

January 20.

Clear Tomato Soup,
 Escalloped Celery, Sandwiches 16,
 Egg and Cheese Salad,
 Cup Custards.

January 21.

Clam Cutlets, Potatoes à la Hollandaise,
Lettuce Sandwiches,
Celery Salad,
Sliced Oranges.

January 22.

Creamed Salmon, Potato Border,
Sandwiches 6,
Apple and Cress Salad,
Baked Rice Pudding.

January 23.

Beef Olives, Stewed Potatoes,
Baking-Powder Biscuit,
Banana and Pimento Salad,
Baked Coconut Custards.

January 24.

Barley Soup,
Fried Cabbage, Sandwiches 10,
Spaghetti Salad,
Baked Apples.

January 25.

Fried Oysters, Saratoga Chips,
Buttermilk Biscuit,
Celery Jelly Salad,
Bordeaux Pudding.

Everyday Luncheons

January 26.

Spaghetti Soup,
 Escalloped Onions, Sandwiches 13,
 Endive Salad,
 Chocolate Blanc Mange.

January 27.

Codfish Cutlets, Potato Mangle,
 Sandwiches 74,
 Fruit Pudding.

January 28.

Creamed Liver, Baked Potato Balls,
 Chestnut Salad,
 Bread Pudding.

January 29.

Escalloped Haddock,
 Potatoes à la Maître d'Hôtel,
 Banana and Celery Salad,
 Coffee Blanc Mange.

January 30.

Rice Soup,
 Dutch Potatoes, Sour-Milk Biscuit,
 Chestnut Salad—II,
 Lemon Sponge.

Everyday Luncheons

February 5.

Black Bean Soup,
 Buttered Carrots, Sandwiches 8,
 Waldorf Salad,
 Apple Sauce.

February 6.

Curried Clams, Florodora Potatoes,
 Lettuce Salad,
 Graham Fruit Pudding.

February 7.

Corned-Beef Hash, Onion Salad,
 New York Biscuit,
 Honey.

February 8.

Creamed Dried Beef, Boiled Potatoes,
 Soft Gingerbread,
 Canned Peaches.

February 9.

Mutton Soup,
 Cheese Scramble, Sandwiches 2,
 Stewed Prunes.

February 10.

Broiled Halibut Steaks, Potatoes à la Nelson,
 Golden Ball Fritters.

February 11.

Rice and Tomato Soup,
Potatoes à la Irwin, Egg Biscuit,
Orange Fritters.

February 12.

Raw Oysters à l'Americaine,
Kidney Scramble, Sandwiches 23,
Norwegian Prune Pudding.

February 13.

Apple Soup,
Scrambled Eggs—II, Ham and Celery Salad,
Graham Fruit Pudding.

February 14.

Lamb Chops, Baked Potatoes,
Orange Fritters.

February 15.

Oysters à la Francaise,
Eggs in Crusts,
Banana Trifle.

February 16.

Cream of Carrots,
Eggs à la Paysanne, Sandwiches 70,
Russian Salad—III,
Canned Peaches.

February 17.

Broiled Breast of Lamb, Potato Croquettes,
 Endive Salad,
 Indian Pudding.

February 18.

Broiled Fresh Mackerel, Lyonnaise Potatoes,
 Lettuce Salad,
 Good Friday Pudding.

February 19.

Onion Soup,
 Eggs à l'Aurore, Shrimp and Celery Salad,
 Canned Apricots.

February 20.

Creamed Sweetbreads, Soft Batter Bread,
 Celery and Nut Salad,
 Dried Cherries.

February 21.

Stewed Oysters,
 Baked Eggs with Cheese, Sandwiches 3,
 Baked Apples.

February 22.

Cabbage Soup,
 Oyster Scramble, Sandwiches 25,
 Tangerines.

February 23.

Escalloped Clams, Potato Boulettes,
Endive Salad,
Puffs.

February 24.

Vermicelli Soup,
Ham Scramble, English Buns,
Dried Peaches.

February 25.

Lamb Croquettes, Breaded Potatoes,
Wafers,
Tutti Frutti Salad.

February 26.

Creamed Finnan Haddie with Green Peppers,
French Fried Potatoes, Cold Slaw,
Cookies,
Canned Plums.

February 27.

Lentil Soup,
Escalloped Onions, Sandwiches 17,
Bohemian Salad,
Sliced Oranges.

March 5.

Broiled Lobster, Parisian Potatoes,
Lettuce Salad,
Sliced Oranges and Bananas.

March 6.

Cream of Chicken and Celery,
Escalloped Parsnips,
Lettuce Salad, Sandwiches 11.

March 7.

Lamb Cutlets à la Maryland, Potato Macaroni,
Tapioca Cream.

March 8.

Codfish Surprise, Sandwiches 28,
Vanities.

March 9.

Beef Fricadelles, Potato Cakes,
Stuffed Apples.

March 10.

Creamed Haddock, Potato Loaf,
Endive Salad,
Lemon Sponge.

March 11.

Frankfurters, Potato Salad—I,
Sandwiches 6.
Malaga Grapes.

March 12.

Kidney Bean Soup, Sandwiches 18,
Lettuce Salad,
Jam Pudding.

March 13.

Creamed Chicken with Poached Eggs,
Stewed Potatoes, Sandwiches 26,
Wine Jelly.

March 14.

Bisque of Crabs, Tomato Omelet,
Jam Pudding—II.

March 15.

Lima Bean Soup,
Sausage Scramble, Sandwiches 71.
Canned Plums.

March 16.

Oysters à la Washington, Corn Muffins,
Cold Slaw,
Graham Fruit Pudding.

March 17.

Spanish Chicken, Potatoes à la Française,
Sandwiches 75,
Fig Omelet.

March 18.

Bombay Soup,
Sardine Scramble, Sandwiches 74,
Lemon Sponge.

March 19.

Beef Hash, Fried Potatoes à la Waldorf,
Endive Salad,
Éclairs.

March 20.

Boiled Herring, Potatoes à la Maître d'Hôtel,
Canned Peaches.

March 21.

Sausages, Glazed Potatoes,
Southern Corn Pone—II,
Baked Apples.

March 22.

Bisque of Oysters,
Coddled Eggs, Buttered Toast,
Quick Bread Pudding.

Everyday Luncheons

March 23.

Escalloped Mutton, Princess Potatoes,
Fruit Wafers,
Canned Pineapple.

March 24.

Kidney Bacon Rolls, Potato Omelet,
Corn Puffs,
Canned Pears.

March 25.

Turnip Soup,
Breaded Parsnips, Sandwiches 47,
Halibut Salad—III,
Apple Custard.

March 26.

Escalloped Finnan Haddie,
Potatoes à la Royale, Endive Salad,
Canned White Cherries.

March 27.

Pork Chops, Baked Potatoes,
Apple Johnny-Cake,
Stewed Prunes.

April 2.

Baked Oysters on Toast, Sandwiches 21,
Egg and Potato Salad,
Canned Pineapple.

April 3.

Frizzled Ham, Baked Potato Balls,
Endive Salad,
Wine Jelly.

April 4.

Chicken Soup,
Salmon Salad—III,
Sandwiches 62.

April 5.

Creamed Lobster, Sandwiches 51,
Potato and Nut Salad,
Lemon Sponge.

April 6.

Mock Birds, Potato Puff,
Canned Pears,
Peanut Cookies.

April 7.

Baked Sausages, Potatoes au Gratin,
 Endive Salad,
 Apple Fritters.

April 8.

Broiled Chicken, Creamed Potatoes,
 Sandwiches 46.

April 9.

Asparagus on Toast, Sardine Salad,
 Stewed Rhubarb.

April 10.

Stew of Oysters and Celery,
 Sandwiches 49,
 Cheese and Parsley Salad,
 Cup Custards.

April 11.

Curry of Lamb, Potatoes à la Hollandaise,
 Water Cress,
 Almond Blanc Mange.

April 12.

Clam Soup,
 Scrambled Eggs with Asparagus Tips,
 Sandwiches 44,
 Steamed Figs.

Everyday Luncheons

April 13.

Chicken and Mushroom Salad, Sandwiches 98,
Almond Blanc Mange.

April 14.

Chartreuse of Fish, Asparagus Croustades,
Sandwiches 90,
Jam Pudding—I.

April 15.

Tapioca Soup,
Tongue Scramble, Sandwiches 88,
Éclairs.

April 16.

Devilled Crabs, Stewed Potatoes,
New York Pudding.

April 17.

Blanquette of Veal and Ham,
Cauliflower and Carrot Salad,
French Pancakes.

April 18.

Cream of Chicken and Tomato,
Egg Ball Salad, Sandwiches 93,
Chocolate Pudding.

April 19.

Scrambled Eggs with Dried Beef,
 Fruit Corn Muffins, Prune Fluff.

April 20.

Chicken Salad, Sandwiches 51,
 Orange Custard.

April 21.

Boiled Fresh Codfish, Potato Mangle,
 Baked Coconut Custards.

April 22.

Fried Eggs, Sandwiches 72,
 Norwegian Prune Pudding.

April 23.

Egg Soup—II,
 Shad Roe Salad—II, Sandwiches 9,
 Puffs.

April 24.

Escalloped Chicken, Sandwiches 33,
 Marquise Pudding.

April 25.

Crabs à la Creole, Cucumber Aspic Salad,
 Spanish Cream.

April 26.

Purée of Lima Beans,
 Sweetbread Salad, Sandwiches 14,
 Coffee Blanc Mange.

April 27.

Devilled Mutton, Riced Potatoes,
 Soft Cookies,
 Steamed Figs.

April 28.

Eggs with Fine Herbs, Anchovy Toast,
 Sandwiches 63.

April 29.

Crab Salad, Sandwiches 28,
 Fruit Cookies,
 Stewed Rhubarb.

April 30.

Dutch Soup,
 Italian Sardine Salad, Sandwiches 38,
 Banana Fritters.

MAY

May 1.

Tomato Soup—II,
 Banana and Peanut Salad, Sandwiches 34,
 Golden Ball Fritters.

May 2.

Creamed Shrimps, Egg and Asparagus Salad,
Sandwiches 64.

May 3.

Broiled Mutton Steaks, Baked Potatoes,
Tomato and Chive Salad,
Sandwiches 50.

May 4.

Chartreuse of Chicken,
Shrimp and Tomato Salad, Sandwiches 79.

May 5.

Fried Eggs with Black Butter, Sandwiches 92,
Prune Fluff.

May 6.

Blanquette of Veal with Peas, Cress Salad,
Sandwiches 80.

May 7.

Fried Perch, Potatoes à la Maître d'Hôtel,
Cucumber Aspic Salad,
Sandwiches 81.

May 8.

Mexican Eggs, Sandwiches 93,
Strawberry Salad.

May 9.

Calf's Brain Salad, Sandwiches 95,
Strawberries.

May 10.

Orange Soup,
Mushroom Scramble, Cucumber Salad,
Farina Pudding.

May 11.

Codfish and Macaroni, Potatoes à la Bechamel,
Egg and Cucumber Salad,
Sandwiches 83.

May 12.

Cauliflower and Beet Salad, Sandwiches 60,
Chocolate Blanc Mange.

May 13.

Chicken and Sweetbread Salad,
Sandwiches 73, Strawberry Shortcake.

May 14.

Eggs in Ambush, Sardine Toast,
Irwin Salad,
Bordeaux Pudding.

May 15.

Baked Eggs with Ham,
Potatoes à la Maître d'Hôtel,
Tomato and Chive Salad, Sandwiches 43.

May 16.

Broiled Chicken with Bacon, Baked Potatoes,
Lettuce Salad,
Strawberries.

May 17.

Sardine Omelet, Cucumber Salad,
Sandwiches 84.

May 18.

Tomato Soup—III,
String Beans à la Pompadour,
Sandwiches—20, Vanities.

May 19.

Parisian Salad, Sandwiches 24,
Puffs.

May 20.

Mutton and Asparagus Salad,
Creamed Eggs, Sandwiches 42.

May 21.

Codfish Cutlets, Floradora Potatoes,
Cucumber Salad,
Baked Rice Pudding.

May 22.

Chicken and Nut Salad, Sandwiches 52,
Golden Ball Fritters.

June 5.

Creamed Codfish with Eggs,
Celery and Pineapple Salad, Cherries.

June 6.

Fried Mushrooms, Spinach Salad,
Sandwiches 21,
Sweet Rice Croquettes.

June 7.

Purée of Peas and Tomatoes,
Halibut Salad—IV, Creamed String Beans,
Strawberries.

June 8.

Chicken Aspic Salad, Sandwiches 22,
Strawberry Cream Cake.

June 9.

Broiled Sweetbreads, Breaded Potatoes,
Baked Rice Pudding.

June 10.

Cream of Corn, Smoked Herring Salad,
Escalloped String Beans,
New York Pudding.

June 11.

Shrimps à la Hudson, Green Peas,
Pineapple Fritters.

June 12.

Lemon Soup,
Stuffed Egg Salad, Succotash,
Sandwiches 78.

June 13.

Lobster Scramble, Celery and Cauliflower
Salad,
Sandwiches 86.

June 14.

Cream of Cauliflower,
Veal Salad, Sandwiches 95,
Éclairs.

June 15.

Shrimps and Peas, Potatoes à la Maître
d'Hôtel,
Strawberry Cream Cake.

June 16.

Creamed Chicken, Boiled Corn,
Cherry and Pineapple Salad,
Almond Blanc Mange.

June 17.

Strawberry Omelet, Tomatoes Stuffed with
Asparagus Tips,
Chocolate Cakes,
Tapioca Cream.

June 18.

Cream of Asparagus,
Eggs à la Maître d'Hôtel, Sandwiches 98,
Vanities.

June 19.

Spiced Pressed Beef, Potato Salad—I,
Cherry Fritters.

June 20.

Salmon Salad—II, Fried Corn,
Sandwiches 80.

June 21.

Fish à la Vinaigrette, Potato Salad—II,
Chocolate Pudding.

June 22.

Mutton Salad, Tomato Scramble,
Pineapple Fritters.

June 23.

Sandwiches 45, Cheese and Tomato Salad,
Golden Ball Fritters.

June 24.

Breaded Halibut Steaks,
French Fried Potatoes,
Cherries.

June 25.

Sweetbread and Cucumber Salad,
Broiled Mushrooms,
Wine Jelly.

June 26.

Green Pea Scramble, String Bean Salad,
Sandwiches 59.

June 27.

French Fish Hash, String Bean Croustades,
Strawberry Cream Cake.

June 28.

Cream of Peas,
Poached Eggs on Anchovy Toast,
Banana Fritters.

June 29.

Bellevue Salad, Sandwiches 55,
Strawberry Shortcake.

June 30.

Cream of Cucumber,
Smelt Salad, Escalloped Cauliflower,
Cherries.

JULY

July 1.

Stuffed Pressed Beef, Potato Salad—I,
Sweet Rice Croquettes.

July 2.

Sandwiches 5, Cottage Cheese Salad,
Pineapple Pudding.

July 3.

Chicken Scramble, Spanish Salad,
Prune Jelly with Almonds.

July 4.

Marquise Soup,
Lobster Salad—I, Corn Custard,
Banana Trifle.

July 5.

Shrimp and Cucumber Salad, Summer Squash,
Pineapple Fritters.

July 6.

Swiss Eggs, Sandwiches 21,
Pineapple Salad,
Tapioca Cream.

July 7.

Carbonade of Halibut, Creamed Asparagus,
Chocolate Blanc Mange.

July 8.

Eggs à la Bonne Femme, Russian Salad—II,
Jam Pudding—I.

July 9.

Chicken Salad en Bellevue, Sandwiches 8,
Orange Custard.

July 10.

Steamed Halibut, Creamed Cauliflower,
Norwegian Pudding.

July 11.

Veal Loaf, Potato Salad—III,
Baked Rice Pudding.

July 12.

Cherry Soup,
Corn Croquettes, German Cauliflower Salad,
Pineapple Fritters.

July 13.

French Chicken Hash, Apricot Salad,
Fruit Sponge.

July 14.

Shrimps and Green Peppers, Baked Corn,
Sponge Cake and Whipped Cream.

July 15.

Mutton and Pea Salad, Corn Fritters,
Banana Trifle.

July 16.

Eggs sur le Plat, Blueberry Muffins,
Pineapple Pudding.

July 17.

Asparagus and Salmon Salad. Sandwiches 24,
Quick Bread Pudding.

July 18.

Cream of Lima Beans,
Lobster Salad—II, Fried Cucumbers,
Sandwiches 78.

July 19.

Cold Salmon with Caper Sauce, Potato Salad,
Raspberries.

July 20.

Crab and Cucumber Salad,
Omelet with Asparagus Tips,
Farina Pudding.

July 21.

Mock Duck, Potato Salad—III,
Quick Bread Pudding.

July 22.

Pineapple Soup,
Escalloped Asparagus, Sandwiches 39,
Marquise Pudding.

July 23.

Creamed Codfish and Sandwiches 14,
Poached Eggs,
Prune Fluff.

July 24.

Chicken Croquettes, Saratoga Chips,
Raspberry Charlotte.

July 25.

Blackberry Soup,
Cucumbers on Toast, Scrambled Eggs,
Almond Blanc Mange.

July 26.

Egg and Chicken Salad, Stuffed Summer
Squash,
Lemon Sponge.

July 27.

Broiled Smoked Salmon, Lyonnaise Potatoes,
Cucumber and Pimola Salad,
Blackberries.

July 28.

Cream of Spinach,
Sandwiches 61, Cherry Salad,
Chocolate Blanc Mange.

July 29.

Bird's Nests, Summer Salad,
Sweet Rice Croquettes.

July 30.

Sandwiches 40, Salad à l'Espagnole,
Raspberry Charlotte.

July 31.

Gooseberry Soup,
Sandwiches 56, Cucumber Fritters,
Blackberries.

AUGUST

August 1.

Lamb in Aspic, Potato Salad—IV,
Lemon Sponge.

August 2.

Asparagus à l'Espagnole,
Cress and Walnut Salad,
Baked Rice Pudding.

August 10.

Salmon Croquettes, Asparagus à la Pompadour,
Baked Rice Pudding.

August 11.

Veal Loaf—II, Potato Salad—VI,
Farina Pudding.

August 12.

Egg Plant Fritters, Creamed Potatoes,
Cocoanut Custards.

August 13.

Broiled Tomatoes, Cauliflower Salad,
New York Pudding.

August 14.

Shad Roe Salad—III, Escalloped Corn,
Melon.

August 15.

Sandwiches 59, Marquise Salad,
Banana Trifle.

August 16.

Boiled Halibut, Potatoes à la Maître d'Hôtel.
Melon.

August 17.

Chicken Loaf, Baked Cucumbers,
Marquise Pudding.

August 18.

Cream of Salsify,
Eggs à la Bourgeoise, Sandwiches 56,
Melon.

August 19.

Bean Salad, Sandwiches 51,
Apricot Fritters.

August 20.

Chicken Sauté, Julienne Potatoes,
Tapioca Cream.

August 21.

Curried Salmon,
Wilted Cucumbers in Sour Cream,
Lemon Sponge.

August 22.

Curried Chicken, Potato Macaroni,
Melon.

August 23.

Nut and Sweetbread Salad, Sandwiches 93,
Chocolate Blanc Mange.

August 24,

Tomato Soup—V, Southern Corn Pudding,
 French Fried Potatoes,
 Melon.

August 25.

Eggs à la St. Catherine, Sandwiches 69,
 Sliced Peaches.

August 26.

Codfish Balls, Creamed Succotash,
 Melon.

August 27.

Creamed Asparagus with Eggs, Tomato Salad,
 Sweet Rice Croquettes.

August 28.

Spinach Soup,
 Creamed Corn on Toast, Lettuce Salad,
 Cup Custards.

August 29.

Fried Tomatoes, Sandwiches 32,
 Chocolate Cakes,
 Tapioca Cream.

August 30.

Sandwiches 21, Normandy Salad,
 Melon.

September 6.

Italian Salad, Sandwiches 8,
Peach Shortcake.

September 7.

Onion and Cucumber Soup,
Asparagus Fritters, Tomato Salad.
Melon.

September 8.

Mock Chicken Salad, Sandwiches 65,
Sliced Peaches.

September 9.

Liver Soup,
Sandwiches 68, Marquise Salad,
Melon.

September 10.

Eggs à la Washington, Sandwiches 73,
Peach Fritters.

September 11.

Devilled Chicken, Potato Cakes,
Stuffed Prunes.

September 12.

Onion Soup—II,
Surprise Tomatoes,
Baked Rice Pudding.

September 13.

Sandwiches 76, Fried Salsify,
Chocolate Blanc Mange.

September 14.

Egg Plant Stuffed with Nuts, Lettuce Salad,
Arrowroot Pudding.

September 15.

Jellied Fish, Potato Salad—I,
Peach Cobbler.

September 16.

Sandwiches 60, Stuffed Tomato Salad,
Farina Pudding.

September 17.

Chicken à la Maryland, Baked Potatoes,
Sliced Peaches.

September 18.

German Chicken Soup,
Escalloped Lima Beans, Summer Salad,
Banana Fritters.

September 19.

Tomatoes à l'Italienne, Creamed Corn,
Baked Peaches.

September 27.

Crab Croquettes, Parisian Potatoes,
Cucumber Jelly Salad,
Chocolate Blanc Mange.

September 28.

Sandwiches 30, Stuffed Tomato Salad,
Marquise Pudding.

September 29.

Sandwiches 53, Marguerite Salad,
Surprise Pears.

September 30.

Carbonade of Halibut, French Fried Potatoes,
Peanut Cookies,
Tapioca Cream.

OCTOBER*October 1.*

Oysters à la Quebec, Saratoga Chips,
Tartlets.

October 2.

French Beef Hash, Fried Parsnips,
Sago Cream.

October 3.

Pimento Salad, Sandwiches 44,
Cup Custards.

October 4.

Italian Tomato Soup,
Cabbage and Pepper Salad, Sandwiches 85,
Grapes.

October 5.

Smothered Oysters, Cerealine Muffins,
Wine Jelly.

October 6.

Broiled Mutton Cutlets, Baked Potatoes,
Surprise Pudding.

October 7.

Grape Soup,
Eggs à l'Espagnole, French Fried Potatoes,
Tartlets.

October 8.

Frizzled Oysters, Grape Fruit Salad,
Baked Rice Pudding.

October 9.

Quick Stew of Beef, Boiled Potatoes,
Puffs.

October 10.

Fried Sweetbreads, Creamed Potatoes,
Baked Pears.

October 11.

Liver with Onion Sauce, Baked Potatoes,
Spiced Apples with Cider.

October 12.

French Milk Soup,
Sandwiches 56, Peach Salad,
Soft Cookies,
Tapioca Cream.

October 13.

Escalloped Tongue, Creamed Potatoes,
Baked Pears.

October 14.

Breaded and Broiled Oysters, Batter Muffins,
Farina Pudding.

October 15.

Tomato Soup—VI,
Shrimp and Nut Salad, Baking-Powder Biscuit,
Jam Pudding—I.

October 16.

Beef Collops, Baked Potato Balls,
New York Pudding.

October 17.

Pimento Salad—II, Sandwiches 56,
Peach Kisses.

October 18.

Cream of Squash,
Pimento Scramble, Southern Biscuit,
Almond Blanc Mange.

October 19.

Fried Scallops with Bacon, Saratoga Chips,
Graham Fruit Pudding.

October 20.

Réchauffé of Beef, Boiled Potatoes,
Cup Custards.

October 21.

Mutton Hash, Parsnip Fritters,
Grapes.

October 22.

Baked Codfish, Sour-Milk Muffins,
Pineapple Pudding.

October 23.

Liver and Bacon, Baked Potatoes,
Tomato and Celery Salad,
Gingerbread.

October 24.

Beef Collops—II, Boiled Potatoes,
Baked Cocoanut Custards.

October 25.

Cream of Celery Soup,
Sandwiches 44, Grape Salad,
Lemon Sponge.

October 26.

Devilled Mutton, Lyonnaise Potatoes,
Jam Pudding—II.

October 27.

Oyster Rarebit, Southern Muffins,
Tapioca Pudding.

October 28.

Breaded Liver with Sour Sauce, Baked Potatoes,
Banana Trifle.

October 29.

Baked Sausages with Rice, Saratoga Chips,
Chocolate Pudding.

October 30.

Salt Fish Hash, Scrambled Eggs,
Grapes.

October 31.

Cream of String Beans,
Sandwiches 56, Tomato and Celery Salad,
Prune Fluff.

NOVEMBER

November 1.

Creamed Celery with Baked Sardines,
 Poached Eggs,
 Sweet Rice Croquettes.

November 2.

Vegetable Soup,
 Steamed Eggs, Scallop Salad,
 Tartlets.

November 3.

Creamed Oysters on Egg and Cabbage Salad,
 the Half-Shell,
 Fig Dessert.

November 4.

Mutton à la Marquise, Boiled Potatoes,
 French Pancakes.

November 5.

Escalloped Chicken and Potatoes au Gratin,
 Macaroni,
 Quick Bread Pudding.

November 6.

Cream of Shrimps,
 Sandwiches 94, Celery and Apple Salad,
 Norwegian Pudding.

November 7.

Stewed Kidneys, Baked Potatoes,
Cabbage Salad—III,
Gingerbread.

November 8.

Julienne Soup,
Codfish Scramble, Cheese and Celery Salad,
Jellied Prunes.

November 9.

Cream of Rice Soup,
Egg and Sardine Salad, Sandwiches 51,
Wine Jelly.

November 10.

Cuban Codfish, Boiled Potatoes,
Bread and Cocoanut Pudding.

November 11.

Bisque of Bread,
Salmon Croquettes, Cabbage Salad,
Chocolate Pudding.

November 12.

Oyster Roast, Pea Omelet,
Prune Jelly with Almonds.

November 13.

German Meat Balls, Creamed Potatoes,
Date Pudding.

November 14.

Cream of Beet,
Chicken Liver Scramble, Fried Potatoes,
Snow-balls.

November 15.

Tomato Soup—IX,
Baked Eggs on Rashers Potato Puff,
of Bacon,
Apple Float.

November 16.

Oysters à la Newberg, Popovers,
Rice with Bananas.

November 17.

Ham and Noodles, Creamed Potatoes,
Shredded Lettuce Salad,
Stuffed Prunes.

November 18.

Escalloped Oysters, Tongue and Potato
Salad,
Apple Cobbler.

November 19.

Tomato Soup—VII,
Scrambled Eggs in Cups, Cheese and Celery
Salad,
Sponge Cake with Whipped Cream.

November 20.

Chicken Klops, French Fried Potatoes
Fruit Popovers.

November 21.

Oysters and Macaroni, Potatoes à la Maître
d'Hôtel,
Floating Islands of Cream.

November 22.

Escalloped Veal, Boiled Potatoes,
Chocolate and Apple Custard.

November 23.

Cream of Lettuce Soup,
Oyster Salad, Sandwiches 71,
Hickory Nut Macaroons.

November 24.

Panned Oysters, German Cabbage Salad,
Apple Fritters.

Everyday Luncheons

November 25.

Cream of Rice and Chicken,
 Turkey Salad, Sandwiches 74,
 Prune Souffle.

November 26.

Ham and Eggs, Boiled Potatoes,
 Banana Shortcake.

November 27.

Escalloped Turkey, Creamed Potatoes,
 Graham Fruit Pudding.

November 28.

Bisque of Lobster,
 Cold Turkey, Orange Salad,
 Marquise Pudding.

November 29.

Boiled Lambs' Tongues, Baked Potatoes,
 Golden Ball Fritters.

November 30.

Oysters à la Delmonico, Cheese Omelet,
 Roly Poly.

DECEMBER

December 1.

Russian Soup,
Oyster Omelet, Grape Fruit and Celery
Salad,
Jam Pudding.

December 2.

Escalloped Fish and Potato, Celery and Nut
Salad,
Maple Custard.

December 3.

Veal Croquettes, Parisian Potatoes,
Lemon Blanc Mange.

December 4.

Bird's-Nest Salad, Sardine Toast—II,
Jam and Corn Starch Pudding.

December 5.

Cream of Onion,
Ham Omelet, Celery and Apple Salad,
Date Gems,
Vienna Chocolate.

December 6.

Pork Chops à la Maryland, Baked Potatoes,
Spiced Apples with Cider.

December 14.

Egg Soup,
Lobster Omelet, Celery and Apple Salad,
Bordeaux Pudding.

December 15.

Salmon and Rice, Graham Puffs,
Banana Puffs.

December 16.

Spindled Oysters, Hominy Muffins,
Banana Shortcake.

December 17.

Fricatelli, Baked Potatoes,
Cabbage Salad—II,
Canned Peaches,
Cake.

December 18.

Cream of Peanuts,
Shrimp Omelet, French Fried Potatoes,
Cream Puffs.

December 19.

Mock Fried Oysters, Buttermilk Muffins,
Jellied Prunes.

December 20.

Escalloped Salmon, Potatoes à la Maître
d'Hôtel,
Blenheim Pudding.

December 21.

Devilled Ham and Eggs, Boiled Potatoes,
Banana Fritters.

December 22.

Duchess Soup,
Plain Omelet, Lyonnaise Potatoes,
Fruit Sponge.

December 23.

Curried Oysters, Banana and Celery Salad,
Wine Jelly.

December 24.

Minced Veal on Toast, Baked Potatoes,
Boiled Rice Pudding.

December 25.

Figs in Blankets, Potatoes au Gratin,
Coffee Blanc Mange.

December 26.

Cold Roast Turkey, Potato Salad,
Prune Jelly with Almonds.

December 27.

Cream of Potato,
Crab Omelet, Celery Salad,
Indian Pudding.

December 28.

Breaded Veal Cutlet, Baked Potatoes,
Rice and Cocoanut Custard.

December 29.

Spindled Oysters, Creamed Potatoes,
Quick Bread Pudding.

December 30.

Lambs' Kidneys en Brochette, Baked
Potatoes,
Floating Islands of Cream.

December 31.

Tomato Soup—VIII,
Escalloped Eggs, Graham Drop Cakes,
Jam Pudding—II.

Additional Recipes

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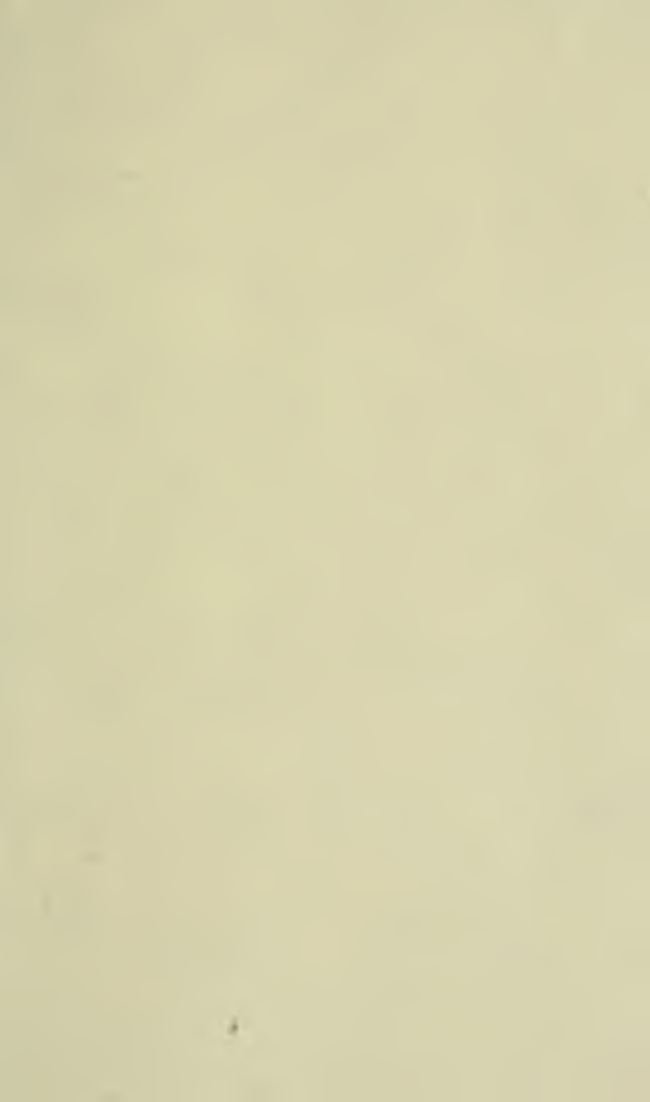
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