

ONE HUNDRED
PICNIC
SUGGESTIONS

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One Hundred Picnic
Suggestions

BY MRS. LARNED

ONE HUNDRED SALADS

ONE HUNDRED COLD DESSERTS

ONE HUNDRED LUNCHEON DISHES

ONE HUNDRED PICNIC SUGGESTIONS

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One Hundred Picnic Suggestions

By

Linda Hull Larned



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For the Picnic Basket



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Baked Beans with Relish

Bake the beans in a small basin with a piece of scored salt pork in centre. When cold, cover with waxed paper, wrap in strong wrapping-paper and place in the bottom of the picnic basket. Fill a small jelly jar or large-mouthed bottle with equal portions of tomato catsup and freshly grated horseradish, add, if at hand, 1 tbsp. each of finely minced green pepper and pimento or sweet red pepper. Wrap the glass in a paper and place in the basket. A recipe for the beans may be found on page 8 in "One Hundred Luncheon Dishes."

Baked-Bean Roll with Sausage

When baking beans substitute a link of sausage for the salt pork. When baked pack in a cylinder mould—a round baking-powder can will do—insert the sausage in the centre, and place the mould in the ice-box. Let it remain in the mould until serving time. Cut it in slices and serve with Oscar sauce or home-made chilli sauce.

Baked-Bean Savory

Cook, in 2 tbsps. of salt pork or bacon fat a large slice of onion, add 1 teasp. curry-powder and $\frac{1}{2}$ cup of tomato pulp, or half the amount of tomato catsup. Add 2 or 3 cups of baked beans, turn into a mould, and when cold serve on lettuce leaves.

Bologna Biscuit

Roll baking-powder biscuit dough quite thin, cut in rounds the size of a bologna sausage, and place a thin slice of the sausage between each two rounds. Bake in a quick oven. The skin may be removed from the sausage and the disks cut to fit the biscuit. This, of course, should be done before making the biscuit. If liked, a very little French or German mustard may be spread on each slice of sausage before laying them on the biscuit.

Eggs, Délicieuse

Plunge very fresh eggs in boiling-water, cover and keep them just below the boiling-point for 10 minutes, boil 1 minute, place on back of stove, and let them stand until water is cool. Plunge them in cold water and remove shells. Roll them in diluted egg white, well seasoned with salt and pepper and paprika, and then in finely minced parsley or chives. Wrap each one in waxed paper. To keep the yolks in the centre, stand the eggs, small end down, in a wire rack for a day, and boil them in the rack.

Eggs, Stuffed

Cook eggs as in recipe (page 7), remove shells, cut in halves, lengthwise, remove yolks, and soften them in melted butter. Mix them with any of the following: minced ham and chicken, *paté de foie gras* and minced truffles and minced sautéed mushrooms; or, mix with grated dairy cheese mixed with pimento pulp and seasoned with salt and paprika or tabasco sauce. Fill the whites, rounding them up into a mound. Wrap each one separately in waxed paper.

Ham Shortcakes

Roll thin and cut into rounds a rich baking-powder crust, spread half of them with minced ham moistened with melted butter and seasoned with minced parsley, onion, and paprika. Cover with the remainder of the rounds and bake in a hot oven. For making the biscuits: sift 2 cups of pastry flour with $\frac{1}{2}$ teasp. salt and 4 teasp. of baking-powder, chop in 1 teasp. butter and 1 tbsp. of lard, add milk to make a soft dough, mix lightly, with the fingers, and roll as directed. These may be mixed, put in pans and placed in the ice-box several hours before baking. They should be very cold when put in the very hot oven.

Sandwiches

Bloater or Anchovy Sandwiches

Mix anchovy or bloater paste with the yolks of hard-boiled eggs, moisten with thick cream, season with cayenne, and spread between slices of white bread which have been spread with creamed butter. Trim the slices into uniform shape, free from crust. Lay in a pile and wrap them in waxed paper. Wrap again in a cloth or napkin wet in cold water and again in thick or newspaper.

Cottage-Cheese and Peanut Sandwiches

Soften cottage-cheese, or cream cheese, with sweet cream, season with salt and paprika, and add an equal amount of roasted and salted peanuts minced fine. Spread on slices of entire-wheat bread which have been trimmed and spread with creamed butter, wrap in waxed paper, then in a cheese-cloth wet in cold water, and again in thick paper.

Cheese and Chilli Sandwiches

Mix $\frac{1}{2}$ lb. of grated American dairy cheese, slightly warmed, with $\frac{1}{4}$ cup of chilli sauce, add 1 tbsp. melted butter, 1 teasp. Worcestershire and plenty of paprika. Mustard may also be added if liked. Spread on slices of buttered white bread, cover with watercress and again with the bread, trim free from crusts, and wrap in waxed paper.

Cheese and Crab-Meat Sandwiches

Cream $\frac{1}{4}$ cup of butter, add same amount of grated cheese and spread on white-bread slices, dust well with paprika and cover with slivers of crab meat marinated in French dressing. Cover with the buttered bread, trim and press together, and wrap in waxed paper. Lobster may be used instead of the crab meat, and canned lobster or crab meat may be used.

Cheese and Nut Sandwiches

Cream $\frac{1}{2}$ cup of butter, add 1 cup of grated American cheese and $\frac{1}{2}$ cup of pecan or walnut meats minced fine. Dust with salt and paprika and spread on slices of graham or entire-wheat bread. Press one upon the other and wrap in waxed paper, then in a cloth or napkin wet in cold water and again in ordinary paper.

Cheese and Pimento Sandwiches

Cream butter, add an equal amount of grated English dairy cheese and chopped pimento. Season with salt and cayenne, and spread on slices of white bread. Put them together and wrap in waxed paper.

Cheese and Pineapple Sandwiches

Mix equal amounts of shredded pineapple, cream cheese, and pimento purée. Season with salt, cayenne, and curry-powder and soften with creamed butter. Spread on slices of thinly cut white bread, press each two slices together, trim, and wrap in waxed paper.

Cheese-Sauce Sandwiches

Melt 3 tbsps. butter slowly, add 4 tbsps. flour, cook until well blended but not oily, add 1 cup of rich milk, a little salt and pepper, $\frac{1}{2}$ teasp. each of mustard and Worcestershire and 1 cup of grated cheese. When cheese is melted add 1 beaten yolk mixed with $\frac{1}{4}$ cup of thick cream. Cool slightly and spread on buttered white bread slices, cover with chopped hard-boiled eggs, dust with paprika, and cover with another slice of the bread. Trim, press together, and wrap each one separately in waxed paper.

Chicken Sandwiches

Mince chicken rather fine and add half the amount of minced celery or ham or tongue, or use all chicken. Add a few pimolas minced fine, and moisten well with thick mayonnaise. Spread white bread with creamed butter, then with the mixture, cover with more of the bread, trim, and wrap in waxed paper, then in a napkin wet in cold water and again in paper. In making mayonnaise for sandwiches use twice the number of eggs to the usual amount of oil. To $\frac{3}{4}$ cup of oil use 2 egg yolks. This makes the dressing very stiff, as it should be for sandwich filling.

Chicken-Cream Sandwiches

Melt slowly 3 tbsps. butter, add 3 of flour, and when well blended add 1 cup of thin cream which has been steeped an hour in a double boiler with a seasoning of onion, parsley, celery, and a small piece of mace, and strained. Cook until thick, cool and add 1 cup of minced chicken, a few finely minced pimolas or blanched almonds. Season with cayenne or tabasco sauce, and spread very thick on buttered bread. Cover each slice with another slice of buttered bread, trim, and wrap separately in waxed paper.

Chicken and Ham Sandwiches

Use one part of minced boiled ham to two parts chicken also minced fine. Add Russian dressing (see page 89), and spread on buttered white bread. Cover with the buttered bread, trim into uniform shapes, wrap each one in waxed paper and put them all together in a damp napkin, and wrap in thick paper.

Chicken-Liver Sandwiches

Slightly brown in butter 2 slices of onion, 3 sprigs of parsley, and a strip of green pepper. Brown the chicken livers in this and cover with chicken stock. Simmer slowly until the livers are tender. Trim them, cut in small pieces, and press them through a coarse sieve. Season with salt, paprika, a very little mustard, and a little curry-powder, or a few drops of onion juice. Add a few minced pimolas or olives, if at hand, and spread between slices of buttered brown or entire-wheat bread. Wrap in waxed paper.

Chicken and Nut Sandwiches

Add to minced chicken the same amount of minced nuts, moisten with cream, season well with salt and paprika and spread between slices of entire-wheat bread spread with creamed butter, and serve with a salad.

Salted almonds or pecans may be used, also filberts or walnuts.

Corned-Beet Sandwiches

Mince boiled corned beef, moisten with tomato catsup, chilli sauce, or made mustard, and spread on graham or entire-wheat bread slices well covered with creamed butter. Creaming the butter is better than melting it, as it spreads easier. Wrap the sandwiches in waxed paper.

Crab-Meat and Pimento Sandwiches

To flake canned or fresh crab meat or lobster, add one-fourth the amount of pimento purée (pimento or sweet red peppers pressed through a sieve). Add mayonnaise and spread between buttered white-bread slices. Paprika and mustard may be added to suit taste. Wrap in waxed paper.

Cucumber Sandwiches

Cover with cold water 1 small onion, 1 green pepper, and 2 tbsps. of parsley, all minced fine, boil until tender, drain and mash, and add to the mashed yolks of 3 hard-boiled eggs. Soften with creamed butter, add a very little tarragon vinegar, and spread on thin slices of white bread. Cover with very thin slices of cucumber which have laid in French dressing an hour or more, cover with the bread, and wrap in waxed paper.

Ham Sandwiches Tartare

Add to $\frac{1}{2}$ cup of mayonnaise or boiled dressing 1 tbsp. of tarragon vinegar, $\frac{1}{2}$ teasp. mustard and 1 tbsp. each of minced parsley, capers, gherkins, olives, and chives or onion, and 2 tbsps. of chopped fresh tomato, squeezed dry. Add finely minced ham and spread on buttered bread. Cover with nasturtium blossoms or watercress, cover with the bread, and wrap in waxed paper.

Green-Pepper Sandwiches

Broil or sauté in butter green peppers cut in strips and scraped free of membranes and seeds, dust with salt and spread them well with butter, and lay the peppers, while hot, between slices of buttered white bread. When cold wrap them in waxed paper and serve with cold meat.

Green and Red Pepper Sandwiches

Cream $\frac{1}{4}$ cup of butter, add 1 finely minced green pepper which has been parboiled 5 minutes, 1 small sweet red pepper, or use the canned pimento, also minced, 2 tbsps. of minced olives and 1 teasp. minced chives or onion. Season with salt and paprika, and add a few drops of tarragon or plain vinegar. Serve with cold meat or with baked beans.

Layer-Cake Sandwiches

Cream $\frac{1}{4}$ cup of butter, add a tbsp. French mustard, $\frac{1}{2}$ teasp. of Kitchen Bouquet, and a little paprika and celery salt. Spread on thin slices of white bread cut from a thick loaf, cover with a slice of entire-wheat bread, also buttered, spread on this a layer of chopped hard-boiled eggs mixed with minced pickle and capers, and a little anchovy or bloater paste, cover with another slice of white bread, wrap in cloth, and press under a weight for an hour. Trim free of crusts and cut through the three layers of bread in thin slices. This may be taken to the picnic before cutting.

Liver Sandwiches

Boil calf's liver until tender, or well-cooked sautéed liver may be used. Trim well and mince fine. Add a third of the amount of hard-boiled eggs, also chopped fine. Season well with salt, pepper, and paprika, and soften with creamed butter. Minced green peppers and pimentos or olives may be added, if at hand. Spread on slices of buttered white bread and wrap in waxed paper.

Peanut-Butter Sandwiches

Add a few minced olives or pimolas to peanut butter, or mashed sardines may be used with the peanut butter. Sprinkle with lemon juice, dust with paprika and spread on slices of buttered white bread, using creamed butter. Wrap in waxed paper.

Raisin-Bread Sandwiches

Use either entire-wheat or white bread in which seeded and plumped raisins are worked into the dough before the last raising. Cut the bread as thin as possible (it cannot be cut as thin as white bread on account of the raisins), spread it with creamed butter, dust with finely ground nuts, cover with the buttered bread, trim, and wrap in waxed paper. This may be eaten with salad.

Roast-Beef or Beefsteak Sandwiches

Cover slices of white bread spread with creamed butter, with thin slices of cold roast beef or broiled beefsteak cut across the grain, spread the beef with a layer of horseradish mixed with a little chilli sauce, cover with the buttered bread, and trim them free from crust. Brown or graham bread may be used for the upper slice. The beef may be minced, if desired, and grated onion with salt, celery salt, and paprika used instead of the chilli sauce.

Sardine Sandwiches

Toast lightly thin slices of well-trimmed white bread, when cold spread with tartare sauce (see page 29), cover with skinned and boned sardines, sprinkle with minced capers or watercress, and cover with slices of the toast spread with creamed butter. Wrap separately in waxed paper, then all of them in a wet cloth and in strong paper.

Savory Sandwiches

Mix equal amounts of minced chicken livers and lobsters or shrimps, season with onion juice or grated onion, and pimento, add salt and mix with mayonnaise and spread on buttered white bread. Cover with slices of entire-wheat bread also buttered, press and trim, and wrap in waxed paper.

Tuna-Fish Sandwiches

To 1 cup of flaked (canned) tuna fish add 2 tbsps. of creamed butter, 1 teasp. tarragon vinegar, $\frac{1}{4}$ teasp. of paprika and 1 tbsp. of minced capers. Spread between buttered slices of white bread. Cooked dressing or mayonnaise may be used instead of the creamed butter if the sandwiches are not to be served with salad. Wrap in waxed paper.

For the Thermos Bottle

Chocolate, Cold

Melt 2 squares of grated chocolate in $\frac{1}{3}$ cup of water, add $\frac{1}{3}$ cup of sugar and 3 cups of water and boil until clear and smooth, and strain. When cold add 1 teasp. of vanilla or sherry, or flavor while cooking with a small stick of cinnamon. Put on ice until very cold, add $\frac{1}{2}$ cup of cream and pour into the thermos bottle, or carry the cream in a separate bottle. More sugar should be taken for those who require it.

Chocolate, Hot

Melt 3 squares of grated chocolate in $\frac{1}{2}$ cup of hot water, add $\frac{1}{4}$ cup of sugar and 3 cups of milk, simmer 5 minutes, beating as soon as hot with a Dover egg beater. Add 1 teasp. of vanilla and 1 of sherry and a small piece of orange peel. Remove peel and when boiling again pour into the hot thermos bottle. Serve with a spoonful of cream in each cup. The cream may be carried in a separate bottle, and also more sugar.

Coffee, Cold

Put 8 tbsps. of powdered coffee in the percolator, pour over 3 cups of cold water and cook until the liquid is quite brown. Add 1 tbsp. of the powdered coffee to the top of the percolator and cook again about a minute. Take from the fire, and when nearly cold pour into a pitcher containing a large piece of ice. When very cold pour into the chilled thermos bottle. Take a bottle of cream wrapped in a napkin wet in ice-water, and wrapped again in thick paper. Carry cream and powdered sugar separately.

Coffee, Hot

Put 6 tbsps. of powdered coffee into the percolator, pour over 3 cups of cold water and cook 15 minutes, remove from the fire and add 1 tbsp. of the powdered coffee and place on the fire again for a moment. Or use the same proportions of ground coffee, add the crushed shell and white of 1 egg to the coffee, stir in $\frac{1}{2}$ cup of cold water, turn into a very clean pot and add 3 cups of cold water and heat slowly until boiling. Boil this 3 minutes, pour in 3 tbsps. of cold water, strain into a hot pitcher containing sugar and cream, stir a moment and pour into the hot thermos bottle, or carry the cream and sugar in separate receptacles.

Caffeineless Coffee

This is genuine coffee from which the caffeine has been largely removed, and it is particularly adapted for those to whom ordinary coffee is forbidden. While the directions given by the makers are as for ordinary coffee, the writer, having used it for many years, finds that it is necessary to make it somewhat stronger than for ordinary coffee. This is excellent, both hot and iced, and may be made according to the recipes given on the preceding pages.

Egg-Nog

Mix 2 cups of cream with 1 cup of milk which has been beaten with 4 egg yolks, a scant $\frac{1}{4}$ cup of sugar, 2 tbsps. each of sherry and brandy, and a generous grating of nutmeg. Beat well and add the egg whites beaten, not too stiff. Chill on the ice and pour into the chilled thermos bottle.

Ginger-Ale Punch

Crush one-half bunch of well-washed mint leaves with $\frac{1}{2}$ cup of sugar, add 3 small lemons and 1 orange cut in slices, $\frac{1}{4}$ cup of crushed pineapple, if at hand, and place for a few hours on ice. Strain through a wet cloth into a pitcher of ice, when very cold add 1 pint of ginger ale, also well chilled, and pour immediately into the ice-cold thermos bottle.

Grape-Juice Punch

Mix grape juice with ginger ale and White Rock water, using about half the amount of water. Pour into a pitcher containing cracked ice. When very cold add small pieces of cantaloupe, grape fruit, or pineapple and pour into the well-chilled thermos bottle.

Grape Juice, Hot

Heat to boiling point in a double boiler 1 qt. of grape juice, with a few cassia buds, or a 2-inch stick of cinnamon, strain and return to fire until nearly boiling, and pour into the hot thermos bottle. This is a most delicious drink for a cold day.

Tea, Cold

Pour 3 cups of freshly boiling water onto 6 teasp. of tea, let stand on the fire a moment, stir the contents of the pot with a spoon, remove from the fire and let stand 3 minutes. Crush 6 slices of lemon and a few leaves of mint with 4 tbsps. of powdered sugar in a pitcher, add cracked ice and pour in the hot tea. When cold strain into the chilled thermos bottle.

Tea Maté, Cold

This is a delicious aromatic tea, which is made from the leaves of a kind of prickly holly which grows in Brazil. According to recent authorities, it accelerates the circulation of the blood, diminishes fatigue, and is much less exciting to the nervous system than ordinary tea. To make it, add to 3 cups of cold water 6 teasp. of Maté, stir well and place on the fire until the water boils. Stir again and remove from the fire. Let stand 3 minutes and strain into a pitcher containing 6 slices of lemon, crushed with a few sprigs of mint and 4 tbsps. powdered sugar, and plenty of cracked ice. When cold strain into the chilled thermos bottle.

For the Motor Hamper

Beef Galantine

Mince cold roast or boiled beef rather fine. Season with 1 teasp. of grated onion, 1 of minced parsley, salt, pepper, and paprika, and add a peeled tomato chopped rather fine. Add 1 tbsp. of gelatine soaked in $\frac{1}{2}$ cup of cold water and melted in $\frac{1}{2}$ cup of beef stock, turn into a mould and stir until it begins to harden, then place on ice until it is set. This may be put in round baking-powder cans or in a small pan. Tomato catsup or chilli sauce may be used in the place of the fresh tomato if desired. Wrap in cloth wet in cold water, and then in thick paper.

Beefsteak and Ham Pie

Line a shallow baking dish or tin basin with a thin layer of minced ham, mixed with half the amount of tomato sauce, highly seasoned. Add thin strips of cold broiled beefsteak, minced parsley and a few chopped fresh mushrooms, if at hand, and put an inverted custard cup in the centre, or make a hole in the crust and insert a funnel of thick, buttered paper. Cover with a rich baking-powder biscuit crust, prick it with a fork, brush over with slightly beaten egg white mixed with milk, and bake. When done remove funnel and pour in a cup of strong stock, to which 1 tbsp. of softened gelatine has been added.

Calf's-Liver Terrapin, Hot

Cut boiled or sautéed liver in dice. To 2 cups of the liver add 1 cup of fresh mushroom slices and 2 hard-boiled eggs chopped, or cut in slices. Add 1 cup of rich cream sauce and season with either Worcestershire, tabasco and mustard, or with a very little nutmeg, and 2 or 3 tbsps. of Madeira wine. Turn into a very hot vacuum jar, cork well, and place in the motor hamper. These thermos vacuum jars are made purposely for hot mixtures, as they are cylinder shape with a cork the same size of the jar. The cream sauce is 2 tbsps. of butter, 2 of flour, 1 cup of cream, and salt and pepper.

Cheese Cutlets

Scald 1 cup of rich milk, add 3 tbsps. each of flour and corn-starch softened in $\frac{1}{2}$ cup of cold milk and cook until it thickens, add $\frac{3}{4}$ cup of grated cheese, $\frac{1}{4}$ teasp. salt, $\frac{1}{2}$ teasp. each of paprika and mustard, 2 tbsps. of butter, and 2 beaten egg yolks. Turn into a shallow pan about $\frac{1}{2}$ an inch thick. When very cold (place in the refrigerator for several hours) cut into cutlet or bar shape, roll in fine, dry-toasted bread-crumbs, then in slightly beaten egg and in crumbs again, and let cool again. Fry in deep fat. When cold wrap each one in waxed paper and pack in a box. Serve with a salad. These are delicious fried in olive oil.

Chicken, Cold

Cut young chickens in small pieces as for a fricassee, if not very young, lay them in a buttered dripping-pan, spread with butter, dust with salt, pepper, and paprika, cover with another pan, and place in a hot oven for 20 minutes. Roll chicken in flour seasoned with salt, pepper and paprika, and sauté in a cast-iron sauté pan in hot salt-pork or bacon fat, or in olive oil. Turn often until each piece is a golden brown. Dry on thick paper, and when cold roll each piece in waxed paper and pack in a tin or pasteboard box.

Chicken Galantine

Boil a fowl, remove skin, and cut the meat into thin slivers. Cool, remove fat, and boil the stock until well-reduced, with a seasoning of onion, parsley, and celery seed. Strain and add to 2 cups of this stock 1 tbsp. of gelatine softened in $\frac{1}{4}$ cup of cold water. Pour a little of this stock when slightly cool into a bread pan; when nearly set lay in some of the chicken, add more stock and chicken until the pan is nearly full. Hard-boiled eggs, strips of pimento or pimolas cut in slices may be used alternately with the chicken. Wrap the pan in a cloth wet in ice-water, then in a thick paper, and place the pan in the motor hamper or basket.

Chicken à la King, Hot

Cover $1\frac{1}{2}$ cups of chicken, cut in slivers, with a French dressing for an hour or more and drain. Cook 1 tbsp. of shredded green pepper in 2 tbsps. of butter, add $\frac{3}{4}$ cup of sliced mushrooms and a sliced truffle. Cook a moment and add 2 tbsps. of flour. When boiling add $\frac{3}{4}$ cup of milk, salt, paprika, a dash of nutmeg, and the chicken. Add 1 tbsp. of chopped capers, $\frac{1}{2}$ cup of cream mixed with a beaten yolk and 3 tbsps. of creamed butter. Dust with paprika, add a few drops of lemon juice, and turn into the very hot thermos vacuum jar. Cork well and place in the motor hamper. Fancy Rolls (page 71) should be served with this.

Chicken Livers in Brown Sauce, Hot

Make a brown sauce (2 tbsps. butter, 3 of flour, browned together and 1 cup of rich stock, well seasoned), add 1 cup of cold cooked chicken livers and hearts, cut in dice, $\frac{1}{2}$ cup of sliced mushrooms or 2 hard-boiled eggs, in small slices, 6 stoned olives, cut in two, salt, paprika, and 2 tbsps. of Madeira or 1 tbsp. of any good table sauce. Turn, very hot, into a thermos vacuum jar which has been scalded with very hot water, cork at once, and pack in the motor hamper.

Chicken Mousse

To 1 cup of cold boiled chicken chopped and pounded until smooth, add 1 tbsp. of granulated gelatine softened in $\frac{1}{4}$ cup of cold water and dissolved in $\frac{1}{2}$ cup of highly seasoned stock. Add $\frac{1}{2}$ cup of boiled asparagus tips, diced celery, or a minced truffle, and when cool add $\frac{1}{2}$ cup of whipped cream. Pack in a baking-powder box, and when serving cut in slices.

Club Sandwich de Foie Gras

Toast white bread lightly and trim into uniform shape. Lay leaves of lettuce on one half of the slices, spread with thick mayonnaise, cover with a layer of minced ham, then with a purée of foie gras, then with a slice of tomato thoroughly drained. Cover with the remainder of the toast, wrap each one in waxed paper and pack in a tin box. The purée of foie gras is plain pâté de foie gras softened with cream and seasoned well with paprika.

Crab-Flakes Savory, Hot

To 1 cup of rich cream sauce add 1 tbsp. of minced green pepper and $\frac{1}{2}$ teasp. of grated onion cooked in butter, $\frac{1}{2}$ cup of mushrooms, sautéd in butter, and cut in slivers, and 2 tbsps. of diced pimento. When hot add 1 cup of crab-flakes, a dash of nutmeg and plenty of paprika. Fill a hot vacuum jar, and pack in the motor hamper.

Eggs in Aspic Jelly

Boil eggs (see recipe on page 7), remove shells and place them in a mould partly filled with highly seasoned aspic jelly to which a little Kitchen Bouquet has been added, lay in the jelly strips of pimento, some tarragon leaves or watercress, and capers, and also slices of gherkins. Fill mould with jelly and place in the refrigerator until set. This may be moulded in a bread pan and each egg should be removed from the pan with a large spoon. Serve with a salad or with salad sandwiches.

Fish Mousse

Add to 1 cup of scalded milk 2 beaten yolks and a little salt and paprika, return to the double boiler and when beginning to thicken add 1 cup of cold boiled fish flaked quite fine, add 1 tbsp. of gelatine softened in a little cold water and 1 tbsp. of lemon-juice. Take from fire, add salt and pepper as needed, cool and stir in $\frac{1}{2}$ cup of cream whipped very stiff. Turn into moulds garnished with capers and slices of cucumbers marinated in French dressing.

Ham Mousse

Cook 2 tbsps. of butter with 2 of flour, add 1 cup of highly seasoned chicken or white stock and 1 tbsp. of gelatine softened in $\frac{1}{4}$ cup of cold water, $1\frac{1}{2}$ cups of finely minced ham, and season well with a little mustard and cayenne. Take from the fire and when cool add $\frac{1}{2}$ cup of cream whipped stiff. Turn into a cylinder-shaped mould or deep bread pan, and place on ice. Serve with sandwiches with mayonnaise filling.

Fancy Rolls

Add 2 cups of scalded and cooled milk to $\frac{1}{2}$ yeast-cake dissolved in $\frac{1}{4}$ cup of warm water, and 3 cups of flour. Beat and let rise for an hour or more. When light add $\frac{1}{2}$ cup of butter creamed with $\frac{1}{4}$ cup of sugar, 1 teasp. of salt, and the beaten whites of 2 eggs. Add flour to knead, keeping dough as soft as possible, and knead until smooth. Let rise until double in bulk, roll quite thin, fold in three layers, cut in strips, pull out these strips and twist them, lay them in buttered pans, and when light again brush lightly with butter and when nearly baked glaze with slightly beaten egg-white and return to the oven until a light brown.

Lamb Chops, Cold

Have spring lamb chops neatly trimmed, leaving an inch or two of bone. Sprinkle them with a French dressing in which a little parsley and onion have been soaking, dust well with salt and paprika and let them stand 24 hours. Broil them and when cold put a paper frill on each bone and wrap them separately in waxed paper.

Lobster Creole, Hot

Cook in 2 tbsps. of butter $\frac{1}{2}$ of a small green pepper, minced, a peeled and chopped small tomato, and 1 slice of onion, minced. Add 1 tbsp. of flour and 1 cup of chicken stock in which the lobster shell has been simmered an hour. Add 2 cups of lobster cut in dice, season with tabasco, salt, and paprika, and turn into the hot thermos vacuum jar. Canned lobster may be used and stock made with a beef-extract tablet.

Lobster and Egg Newburgh, Hot

This is an imitation Newburgh, as no wine is used. Cook 2 tbsps. of butter with 1 teasp. of flour, add the mashed yolks of 2 hard-boiled eggs, $\frac{1}{2}$ teasp. each of mustard and salt and a dash each of cayenne and nutmeg. Add $\frac{3}{4}$ cup of cream, 2 cups of diced lobster meat and the chopped egg-whites. When boiling add 1 beaten yolk mixed with $\frac{1}{4}$ cup of cream, take from fire, add 1 teasp. of tarragon vinegar, and turn at once into the hot thermos vacuum jar.

Little Meat Pies

Line large, deep patty tins with rich pastry, cut the remainder of the dough into rounds to fit the tins and cut a slit in the centre of each. Fill the pies with diced cooked chicken, lamb, or veal, adding a very little diced ham or broiled bacon, if at hand, pour in strong, highly seasoned stock, add a little minced parsley and grated onion, wet edges of the pastry in cold water and press on the covers. Bake in a hot oven. Just before taking from the oven brush with slightly beaten egg-white to glaze them. When cold, remove from the tins and pack each one in waxed paper and lay them in a box.

Oysters à la King, Hot

Dip 1 pt. of oysters, one by one, into a bowl of cold water, heat this water and strain through cheese-cloth. Add the oysters to this liquor and cook until the oysters are parboiled. Strain the liquor again, reserving $\frac{1}{2}$ cup of it. Cook 2 tbsps. of butter and 2 of flour, add the $\frac{1}{2}$ cup of liquor, and $\frac{1}{2}$ cup of cream. Add $\frac{1}{2}$ cup of mushrooms sautéed in butter and cut in slivers, $\frac{1}{4}$ cup of diced celery cooked until tender, 1 tbsp. of green pepper parboiled and minced, and season with salt, pepper, a tbsp. of brandy, and $\frac{1}{2}$ teasp. of any good table sauce. Turn into the hot thermos vacuum jar.

Rolls Filled with Salad

Cut a piece from the bottom of long dinner rolls, scoop out the inside, fill with salad (anything mixed with mayonnaise), touch the edges of the piece taken out with white of egg and replace it in the roll. Wrap each one separately in waxed paper and serve with any of the hot things given in this book.

Salmon Mould

Flake 2 cups of boiled salmon, or use canned salmon, rinsing it in hot and then in cold water. Cook in a double boiler 2 tbsps. of butter, 1 of sugar, 1 of flour, 1 teasp. of mustard, $\frac{1}{2}$ teasp. of salt, and a little cayenne or paprika. Add $\frac{3}{4}$ cup of rich milk and when thick, take from fire and add 2 tbsps. of vinegar in which minced onion, parsley, and chilli pepper have been soaked. Add 1 tbsp. of gelatine softened in 2 tbsps. of cold water and turn into a baking-powder can or small bread-pan. When cold, wrap in a cloth wet in ice-water and then in a thick paper. Serve with sandwiches or with salad rolls.

Veal Curry, Hot

Cook 2 tbsps. of butter with $\frac{1}{2}$ teasp. of minced onion until brown, add 2 tbsps. of browned flour, 1 teasp. of curry-powder dissolved in 1 cup of cream and veal gravy, half of each, add 1 tbsp. of grated cocoanut or blanched almonds, and season well with salt and cayenne. Add 2 cups of cooked veal cut in dice. Turn into the hot thermos vacuum jar and place in the motor hamper.

Salads

Chicken Salad

Cook chicken in boiling water, when half done add salt, a slice each of salt pork, lemon, and onion, a bit of bay leaf, and a piece of red pepper. Cool in the stock, drain, and cut in cubes. Cover them with French dressing for an hour or more. To $1\frac{1}{2}$ cups of the chicken add 1 cup of celery dice, or use same amount of fresh cooked and cooled green peas and cucumber dice. Or blanched and shredded almonds may be used instead of the peas. Add $\frac{1}{2}$ cup of mayonnaise, turn into a tin box lined with wax paper, garnish with capers and slices of gherkins, cover, wrap the box in a cloth wet in ice-water and then in strong paper.

Egg Salad

Boil eggs after the recipe on page 7, remove shells and cut them in halves lengthwise. Remove yolks and soften them with melted butter, add minced chicken or any minced cold meat, and a little chilli sauce. Fill the whites and stick the two halves together by dipping the edges in egg-white, and wrap in waxed paper. Carry lettuce in a wet cloth covered with paper, and a cold boiled dressing in a glass jar.

Green-Pepper Salad

Select small peppers of uniform size, having one for each person. Cut off tops and remove seeds and membranes. Fill with any salad mixture or with the following: Mix $\frac{1}{2}$ cup of chopped celery or cabbage with 2 or 3 large tomatoes, diced, a small piece each of Spanish onion and pimento, diced, and add a French dressing to which add a little Worcestershire sauce. Wrap each pepper in waxed paper and pack them in a pasteboard box.

Halibut Salad

Flake the cold fish which has been boiled in salted, acidulated water, wrapped in a piece of cheese-cloth, add capers, minced chives and slices of gherkins, pack in a tin box lined with waxed paper. Take cleaned lettuce wrapped in a wet cloth and in thick paper, and mayonnaise dressing in a glass jar. Baking-powder boxes may be used for these salads if one does not possess the well-equipped motor hamper. Any cold cooked fish may be used instead of the halibut.

Mexican Salad

Peel and chop 3 tomatoes, 1 cucumber, and 1 green pepper. Add a French dressing made very hot with paprika and minced chilli pepper and pack in a glass jar. Take in another jar chopped red cabbage or lettuce hearts cut in small pieces, and serve the two together. This may be served with cold meat.

Mixed Salad

Toss together 2 cups of celery, diced, 3 peeled and minced radishes, 6 minced pimolas, 1 cup of minced nuts, and a spoonful each of grated raw carrot and boiled and chopped beets. Pack in a glass jar and serve with a mayonnaise dressing carried in a glass jar or open-mouthed bottle. If both are wrapped in a napkin wet in very cold water and then wrapped in plenty of paper they will keep cool and fresh. Eat with cold meat.

Potato Salad

Peel and cut boiled new potatoes in thin, small slices, add 1 hard-boiled egg, cut in small slices, for each two medium-sized potatoes. Put them in a deep bowl and add the following dressing. Mix 1 teasp. salt, $\frac{1}{4}$ teasp. paprika, and a little black pepper with 4 tbsps. salad oil and 2 of seasoned and strained vinegar (add 2 slices of onion, 4 sprigs parsley and 1 chilli pepper or 3 peppercorns to vinegar and let stand a day). Toss the salad and place in the ice-box for an hour or more. Add $\frac{1}{2}$ cup of mayonnaise and garnish with capers and slices of cucumber pickles. Minced onions and cucumbers may be added if desired.

Roast-Beef Salad

Cut thin slices of rare roast beef in small pieces, add $\frac{1}{4}$ the amount of crisp, broiled bacon, diced, and 1 or 2 tbsps. of pimento, also diced. Mix with French dressing to which a little chilli sauce or tomato catsup has been added. Pack in a tin box lined with waxed paper, or in a large-mouth glass jar, and carry lettuce leaves wrapped in a wet cloth and then in paper.

Russian Salad

Add to a cup of mayonnaise dressing 2 tbsps. of pimento pulp, 1 tbsp. minced green pepper, and $\frac{1}{2}$ cup of chilli or Oscar sauce. Carry in a glass jar and serve on lettuce hearts, celery dice, or shaved cabbage packed in another jar or tin box.

Salmon Salad

Drain, cool, and flake freshly boiled salmon, or use canned salmon, add half the amount of cold boiled rice, toss lightly in French dressing and pack in a glass jar or tin box lined with wax paper. Serve with mayonnaise or rich boiled dressing to which has been added $\frac{1}{2}$ cup of minced boiled spinach. Garnish with capers, cucumber pickles, and pearl onions. Cold boiled eggs and fresh cucumber may be used instead of the rice.

Sardine and Egg Salad

Mash the yolks of cold boiled eggs with skinned and boned sardines, and fill the whites. Pack in layers in a tin box with wax paper between each layer, and serve with mayonnaise made quite red with paprika and sour with lemon-juice. Carry the dressing in a glass jar wrapped in a cold wet cloth and then in paper.

Savory Salad

This dressing may be used for lettuce hearts, French endive, tomatoes, or cold boiled asparagus. It should be taken in a glass jar and beaten with a fork just before serving. Mix $\frac{1}{2}$ cup of salad oil with the juice of a lemon and a small sour orange. Add 1 tbsp. of minced chives or grated onion, $\frac{1}{2}$ teasp. each of salt and paprika, 1 teasp. Worcestershire sauce, 1 of minced parsley, 1 of minced capers, and 2 of chilli or Oscar sauce.

Sweetbread and Cucumber Salad

Soak 1 pair of sweetbreads in cold water an hour, changing the water twice, drain and cover with warm water, add $\frac{1}{2}$ teasp. salt, 1 tbsp. lemon-juice, 2 cloves, 2 peppercorns, sprig of parsley, and a bit of bay leaf and simmer gently 20 minutes. Drain and plunge into cold water. Drain again, remove skin, pipes, and fibres and pick into small pieces. Add half the amount of cucumber cubes, and pack in a tin box lined with waxed paper or in a glass jar. Serve on lettuce leaves and cover with mayonnaise dressing to which has been added $\frac{1}{4}$ the amount of whipped cream. Color well with paprika.

Tomato and Cauliflower Salad

Peel and remove stem ends from tomatoes, scoop out the pulp, dust with salt and pepper, and stand upside down to drain and cool. Fill with cold boiled cauliflower mixed with either mayonnaise, boiled or French dressing. If the latter be used add a tbsp. of chilli sauce or tomato catsup. Wrap each tomato in waxed paper and carry them in a tin or pasteboard box.

Tongue Salad

Cut and trim cold boiled tongue, cut in small pieces, add same amount of celery dice or watercress, or even cabbage shaved fine and $\frac{1}{4}$ the amount of diced pimento. Put this in a glass jar or tin box lined with waxed paper, and carry a bottle of boiled or mayonnaise dressing.

Tuna-Fish Salad

The tuna fish, which may be bought in cans, should be flaked, and to 2 cups of the fish add 1 cup of diced celery or shaved cabbage, 1 hard-boiled egg, diced, 1 tbsp. of shredded green pepper, ½ doz. minced pimolas or olives, and about 4 tbsps. of French dressing made with onion or garlic-flavored vinegar. Pack in a tin, paper-lined box or in a glass jar. Serve with boiled dressing or mayonnaise.

Some Picnic Sweets

Blueberry Cake

Sift 2 cups of flour with 5 teasps. of baking-powder and $\frac{1}{2}$ teasp. of salt. Add 1 cup of sugar, 2 beaten egg yolks beaten again with $\frac{1}{3}$ cup of milk, and 2 tbsps. of melted butter. Beat well and add 1 tbsp. of vanilla, 2 cups of berries, well dredged in flour, the whites beaten stiff, and turn into a shallow pan well greased. Bake $\frac{1}{2}$ hour in a slow oven. When cool wrap the pan in a paper and put it in the picnic basket. This cake requires no frosting and should be eaten while quite fresh.

Cakes with Pineapple

Cook 2 cups of minced or shredded pineapple with 1 cup of sugar and the juice of a lemon. When thick, cool and add a grating of the yellow rind of the lemon. Spread this between lady-fingers, macaroons, or plain drop cakes, and pack in layers in a box with waxed paper and cardboard between each layer.

Chocolate Nut Bars

Mix $\frac{1}{2}$ cup of softened butter with 1 cup of granulated sugar, 2 squares of melted chocolate, a pinch of salt, 2 well-beaten egg yolks, and $\frac{1}{4}$ cup of flour. Beat well and add 1 teasp. of vanilla, 1 cup of broken pecan meats, and $\frac{1}{4}$ cup of flour sifted with $\frac{1}{2}$ teasp. of baking-powder. Turn into buttered, shallow tins and bake in a moderate oven. Cut into bars while still warm. When cool wrap each bar in waxed paper.

Coffee Gingerbread

Mix $\frac{1}{2}$ cup each melted butter, molasses, and sugar, add 1 beaten egg, 1 teasp. ginger, $\frac{1}{4}$ teasp. each cinnamon, cloves, and nutmeg, and 1 teasp. soda dissolved in $\frac{1}{2}$ cup of very strong coffee. Beat and add 2 cups of flour. Bake in one of the square, shallow tin boxes which are sold filled with crackers or wafers. Peel off the outside paper, grease the inside and dust lightly with flour. Bake and cover with thick boiled frosting. When cold put on the cover. Or bake cake in a shallow pan and stick wooden toothpicks through the frosting into the cake and cover with waxed paper.

Dundee Cake

Cream 1 cup of butter with 1 of sugar, add 5 drops of oil of cinnamon, 2 of oil of cloves, and 3 of nutmeg, 5 beaten egg yolks, the grated peel of 1 lemon and 1 orange, 1 tbsp. vanilla, $\frac{1}{4}$ cup of brandy and $1\frac{3}{4}$ cups of flour sifted with 1 teasp. of baking-powder. Add the beaten egg whites. Dredge with flour $\frac{1}{2}$ cup of seeded and chopped raisins, $\frac{1}{2}$ cup of currants, $\frac{1}{2}$ cup of shredded almonds and 1 cup of sultana raisins. Add the fruit, turn into paper-lined and buttered tube pan, spread a layer of blanched almonds on top, brush with slightly beaten egg white, dust with salt, and bake in a slow oven 45 minutes. This will keep for weeks.

Fried Cakes en Surprise

Sift $3\frac{1}{2}$ cups of flour with 5 teasps. of baking-powder and $\frac{3}{4}$ teasp. salt 3 times, add 1 cup and 2 tbsps. of powdered sugar to 2 large or 3 small eggs beaten very light, 3 tbsps. of soft butter, 1 tbsp. vanilla and 5 drops of oil of nutmeg. Add the flour, alternately, with 1 cup of milk, adding more flour as required. Roll dough as soft as possible and quite thin, cut into rounds with biscuit cutter, place a spoonful of baked apple, thick custard, jelly, jam, or marmalade in centre, wet edges with egg white, cover with other rounds, pinch edges, and fry in deep fat. Dust with powdered sugar and wrap each one in paraffine paper.

Fruit Turnovers

The filling for these may be rich and well-seasoned apple sauce, pineapple, plums, berries, cherries, stewed and mashed peaches, apricots or prunes, or a good mince-meat. Roll pastry dough into rounds about 6 in. in diameter, place a spoonful of the fruit on half of each round, wet edges with cold water, press the other half over, pinching the edges well together, and fry in deep fat. These may also be baked if preferred. Dust them with powdered sugar, wrap each one in paraffine paper and then in a box.

Fruit Tarts, French Style

Make or buy puff-paste tart cases rather deep. Drain syrup from any canned or preserved fruit, mash large fruit (peaches or apricots), or use the fruit in slices. To 2 cups of the syrup add 1 cup of sugar and boil until it is quite thick. Add 1 tbsp. of gelatine dissolved in $\frac{1}{4}$ cup of cold water. Put the fruit in the cases, and when the syrup is slightly cool pour it over the fruit. Minced nuts may be sprinkled over the fruit. When cold wrap each one in waxed paper and pack in a box with cardboard, and more paper between each layer. These may also be made with rich plain paste.

Ice Cream, French Style

Make a boiled custard using 2 cups of milk, 5 yolks, 1 cup of sugar, dash of salt, and 1 teasp. of butter. Then add 1 cup of cream, whipped, and any flavoring desired. Powdered macaroons or peanut brittle may be added. Freeze hard and pack in the well-chilled thermos vacuum jar, and take paraffine cups to serve it in, and also teaspoons.

Ice Cream, Philadelphia Style

Cook 2 cups of thin cream a few moments, add 1 cup of sugar and a dash of salt. Remove from the fire, cool slightly, add 2 cups of whipped cream, beat until cold and add flavoring. Freeze and pack in the well-chilled thermos vacuum jar and take paraffine cups to serve it in, as these may be thrown away. Coffee flavoring, chocolate melted, or mashed fruits may be added to the cream before freezing.

Oatmeal Drop Cakes

Chop 2 cups of H. O. (rolled oats), add 1 cup of seeded and cut raisins, 1 cup of pecans or walnuts, broken in small pieces, and 1 cup of butter creamed with 1 scant cup of sugar. Add 3 beaten eggs and $\frac{1}{2}$ teasp. of soda dissolved in $\frac{1}{3}$ cup of milk. Add the grated rind of 1 orange and 1 tbsp. of the juice, and 2 cups of flour. Drop from small spoon on buttered tin and bake. When cool pack in layers in a box with paraffine paper between each layer.

Peanut Cookies

Cream 4 tbsps. of butter, add $\frac{1}{2}$ cup of sugar, 2 beaten eggs, 2 tbsps. milk, $\frac{1}{2}$ teasp. of salt and 1 teasp. of lemon-juice. Beat well and add 1 cup of flour sifted with $1\frac{1}{2}$ teasp. of baking-powder and 2 cups of chopped peanuts. Drop from a teaspoon onto a tin sheet covered with buttered paper, place a whole peanut in centre of each and bake in a slow oven. When cold pack in tin box with waxed paper between the layers.

Picnic Cake

Cream $\frac{1}{2}$ cup of butter, add 1 cup of sultana raisins dredged with flour, 1 cup of sugar, and 2 beaten yolks. Add, alternately, 2 cups of flour sifted with 2 teasp. of baking-powder, and $\frac{3}{4}$ cup of milk. Season with 1 teasp. of cinnamon, $\frac{1}{2}$ teasp. each, of salt and nutmeg, and 1 teasp. of vanilla. Fold in the beaten egg whites and bake in a tin wafer box 30 minutes. While quite warm spread with creamed butter, dust with granulated sugar and cinnamon, sprinkle with minced nuts, and return to oven until a crust is formed. When cool put on cover of the box. There will be too much dough for the box, but the remainder may be used for drop cakes.

Pound Cake

Cream 1 cup of butter, add $1\frac{1}{2}$ cups of flour. Beat 1 cup of eggs with $1\frac{1}{2}$ cups of sugar until very light and lemon color. Add this to the butter and flour mixture and beat 20 minutes, flavor with 1 tbsp. of brandy, 1 teasp. of vanilla, and 2 drops of the oil of nutmeg. Bake in a bread tin 1 hour. Citron or fruit may be added if liked. This cake will keep fresh a long time.

Rock Cakes

Cream 1 cup of butter, add 1 cup of fine granulated sugar, 3 beaten eggs and beat well. Add 1 cup of flour sifted with $\frac{1}{2}$ teasp. of baking-powder and beat 15 minutes. Add 1 cup each of seeded raisins or sultanas, currants, and chopped nuts (almonds, walnuts, or pecans), and 3 tbsps. of brandy. A few chopped dates may also be added, if at hand. Drop from a spoon onto a buttered paper and bake in a quick oven. These will keep for a long time. Wrap each one in paraffine paper and pack in a tin box.

Sweet Sandwiches

Any conserve or marmalade may be used with minced nuts and spread between slices of buttered bread. Both white and entire-wheat or graham bread may be used. Jellies may be mixed with cream or cottage cheese and spread between buttered crackers. Raisins and nuts, moistened with grape-juice—white bread. Shaved maple sugar and cream—entire-wheat bread. Sliced bananas and red raspberries mashed with cream—white bread. Preserved ginger—white bread. Stoned dates and walnut meats—entire-wheat bread. The butter for spreading should always be creamed. Wrap in wax paper.

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