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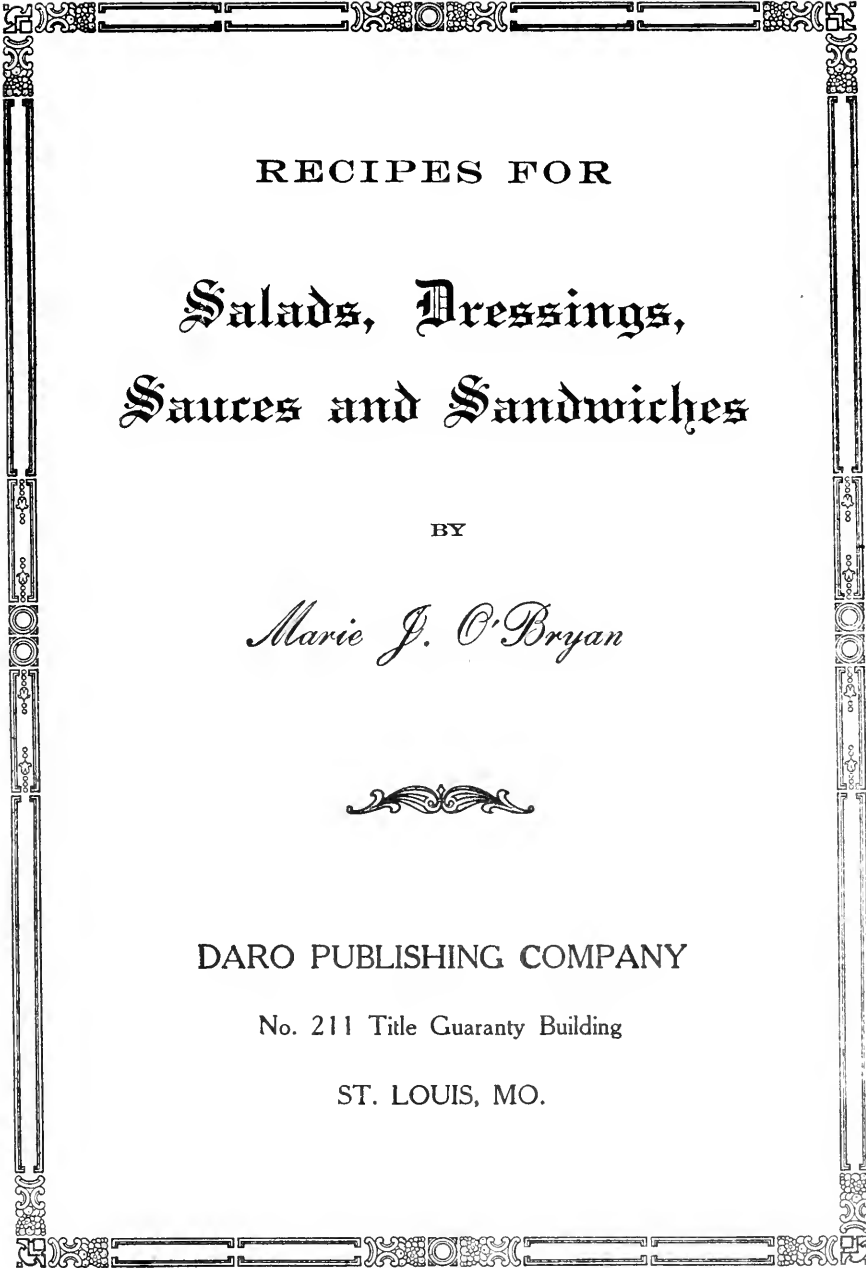
Book 65

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RECIPES FOR

*Salads, Dressings,
Sauces and Sandwiches*

BY

Marie J. O'Bryan



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SALADS

By Marie Jötens

PREFACE.

In presenting to the public this booklet "Salads," by Marie J. O'Bryan, the publishers believe they can justly claim that it more fully represents the progress and perfection in the art of salad making than any previous work.

The book has been prepared with great care; every recipe has been tested and can be relied upon as one of the best of its kind.

Although salads have been in use for centuries, the many combinations are not generally known, nor the delicacy, at the same time wholesomeness, of the dish fully appreciated.

Salads are made in an endless variety of ways and are composed of vegetables, fruits, nuts, meats and fish, alone or in combinations, with the addition of a dressing.

Everything in the make-up of a salad should be of the freshest material, the vegetables crisp and fresh, the oil and butter the best, meats and fish well cooked, in fact, every ingredient first-class, to insure success.

The Romans and Greeks used salads at the beginning of their dinner to create an appetite. In the present days, however, salads are served at the end of the heavy portion of the dinner to sharpen the appetite.

A salad, simple in its construction, adds to good living, economically and healthfully.

The young housekeeper, as well as the older and more experienced one, should include the art of salad-making in her accomplishments.

The Publishers.

Important Points.

The ingredients composing the salad should not be combined until the last moment before serving.

Meat and fish should be well marinated and cold.

Dressing may be added at the table, or just before sending to table.

To marinate:—means to add salt, pepper, oil and vinegar to a salad mixture, then allow to let stand until well seasoned.

A chapon:—means a small end of a French loaf, first dipped in salt, then rubbed over with a clove of garlic and placed in bottom of salad bowl before arranging salad.

Wilt please you, taste of what is here.

—*Shakespeare.*

Things which in hungry mortal's eyes find favor.

—*Byron.*

*Now good digestion wait on appetite, and health on
both.*

—*Macbeth.*

*Live while you live, the epicure would say,
And seize the pleasure of the present day.*

—*Doddridge.*

*They eat, they drink, and in communion sweet
Quaff immortality and joy.*

—*Milton.*

*To the fullest enjoy the sweets of the day,
And stay the bright hour ere it passeth away.*

—*Anonymous.*

*Serenely full, the epicure would say,
Fate cannot harm me—I have dined today.*

—*Sidney Smith.*

*Little dinners make people friends,
Sit down! At first and last the hearty welcome.*

—*Shakespeare.*

Alberta Salad.

Cut a heart of lettuce in quarters, add some nice water-cress, slices of beets, celery and truffles, cut in julien. Pour over a Mayonnaise dressing with a little chili sauce.

Alligator Pear Salad.

Take ripe Alligator Pears, halve and core them. Pour over dressing of one-third vinegar, two-thirds olive oil, and add a little chopped red pepper and shallots. Garnish with slices of grape fruit.

Alligator Pear Southern.

Cut pears in halves, scoop out and mix with sliced grape fruit, replace and serve with French dressing.

Almond and Fruit Salad.

Take one pineapple, one cup almonds, one-half cup celery, one-fourth cup Mayonnaise, four crisp lettuce leaves. Cut the pineapple and celery in pieces the size of almonds. Mix all together and arrange on individual salad plates garnished with lettuce. Put a spoonful of Mayonnaise on each.

Alto Club Salad.

Scoop out large red apples leaving only a thin layer against the skin. Cut the apple pulp in bits and cover with French dressing. Combine with celery, artichoke bottoms, chives, green peppers in any agreeable proportion, and mix with Mayonnaise flavored with horse-radish, and fill apple skins with the mixture. Garnish with rosettes of salted whipped cream.

Ambuscade Salad.

Broil half a smoked herring, remove bones and skin and chop up fine with the yolks of two hard-boiled eggs. Add some knob celery, apples and chicory, all cut fine. Mix well with French dressing and garnish with cut beets.

Anchovy Salad.

Take two hearts of lettuce, shredded, one bottle anchovies, shredded, mix with half the quantity of hard boiled eggs, a little chopped onion, and cover with one cup olive oil and one-half cup vinegar. Mix all thoroughly and serve on lettuce leaves.

Apple Salad.

Take two large ripe apples, cut in small cubes, and two tablespoonfuls chopped nut meats, add some cherries or grapes. Mix well with Mayonnaise and serve on lettuce leaves.

Apple Salad No. 2.

Cut ripe apples in three-fourth-inch slices, cut out the seeds, place a stuffed olive or choice nut in the cavities, arrange on a lettuce leaf on individual plates, sprinkle pimento cheese over all, and place a spoonful of Mayonnaise on top.

Apple and Date Salad.

Take one and one-half cups tart apples, one-half cup dates, one-third cup French dressing, two tablespoonfuls lemon juice. Cut the fruit and marinate with the lemon juice; place on ice till cold. Mix with French dressing and serve on lettuce leaves.

Apple and Cheese Salad.

One cup of chopped nut meats, one-half cup cream cheese and one tablespoonful of cream to blend the mixture. Season with salt and cayenne and make into small balls. Peel four nice ripe apples, cut into round slices, having first removed core, and place cheese balls in center. Serve with French dressing made with lemon juice.

Artichoke Salad.

Take six bottoms of cooked artichokes and six raw tomatoes, peeled. Slice both and arrange in salad bowl alternately. Serve with French dressing, adding one chopped green pepper.

Asparagus Tip Salad.

Three bunches of cold boiled asparagus, or one can of tips may be used, place on leaves of lettuce, and pour over French dressing. Garnish with strips of red pimentos.

Asparagus and Tomato Salad.

Take six ripe tomatoes of one size, or allowing one per person. Cut off tops and scoop out. Fill center with short lengths of cooked asparagus, heads up. Serve on crisp lettuce with French or Mayonnaise dressing.

Asparagus with Vinaigrette.

Take cooked white German asparagus, serve on lettuce leaves with vinaigrette dressing.

Bacon Salad.

Cut six or eight slices of tender bacon into small squares and fry until they are delicately browned, then drain on soft paper; heat six tablespoonfuls of the fat and two tablespoonfuls of vinegar, or lemon juice; beat together the yolks of three eggs and one-fourth teaspoonful each of paprika and mustard, and cook with the fat and vinegar, over hot water, until the mixture thickens slightly. When the dressing is cold cut a head of lettuce into narrow ribbons, toss the lettuce and bits of bacon together and mix with the dressing.

Banana Salad.

Remove one section of skin from each of four bananas. Take out fruit, scrape, and cut fruit from one banana in thin slices, fruit from other three bananas in one-half inch cubes. Marinate cubes with French dressing. Refill skins, and garnish each with slices of banana. Stack around a mound of lettuce leaves.

Banana Salad No. 2.

Peel ripe bananas and cut in halves lengthwise. Garnish individual salad plates with lettuce, place a half banana with cut side down on each plate, sprinkle with chopped nuts, and serve with Mayonnaise dressing.

Banana Salad No. 3.

Take nice firm bananas, cut lengthwise into halves, dip in cream Mayonnaise. While wet lay into dish of finely chopped nut meats, place each banana on crisp lettuce leaf, garnish with other nut meats.

Banana and Grape Fruit.

Take two grape fruit, peel and slice them, removing all skin or bitter parts. Line salad bowl with crisp white lettuce and arrange alternate layers of sliced bananas and grape fruit until dish is full. Pour over banana dressing. Serve very cold.

Bean Salad.

Cut one quart French beans into inch lengths and boil until tender, then drain and let cool, and add one chopped, medium-sized onion. Cover with chiffonade dressing and serve on lettuce leaves.

Baked Bean Salad.

Cold baked beans make a very nice salad if dressed with pepper, salt, a little oil, three tablespoonfuls of good vinegar and one of sugar, to a pint of beans.

Beet Salad.

Line salad bowl with crisp white lettuce. Slice beets thin and heap in center. Put yolks of six hard-boiled eggs through ricer, and decorate around edge of beets with same. Chop whites of eggs fine and arrange around outside of the yolks. Serve with French dressing and garnish with parsley.

Beet and Potato Salad.

Cut equal quantities of beets and boiled potatoes into small balls. Put potatoes into Mayonnaise dressing and dip the beets into vinegar. Sprinkle over the potatoes a few chopped chives and olives. Place alternately on lettuce leaves.

Beet and String Bean Salad.

Rub salad bowl with a clove of garlic, line same with sliced beets and string beans, one onion chopped fine, and a little parsley. Pour over French dressing and serve on lettuce leaves.

Bermuda Onion Salad.

Take mild Bermuda onions, sliced thin, serve on lettuce with French dressing, to which add one teaspoonful sugar.

Bird's Nest Salad.

Put a tablespoonful of Mayonnaise or French salad dressing in as many individual salad dishes as there are persons to be served. Arrange over it the curled, crisp leaves of head lettuce to resemble a bird's nest. Make eggs by rolling into shape Neufchatel or cottage cheese, and place five in each nest. A little chopped parsley or brown sugar sprinkled over the eggs will speckle them very nicely. This salad is considered fine for a luncheon.

Bleeding Heart Salad.

Cook two large blood beets until tender, plunge into cold water for five minutes, and remove skins. Cut in slices one inch thick, then recut with heart-shaped cutter and place on lettuce, and serve with French dressing.

Bolaria Salad.

Take two cupfuls cold boiled potatoes, cut in small cubes, and add three hard-boiled eggs, finely chopped, one and one-half tablespoonfuls finely chopped red peppers, and one-half tablespoonful chopped chives. Pour over cream dressing and serve on lettuce leaves.

Bologna Salad.

Take one-half pound of bologna sausage, chopped fine, two sour apples, five stalks celery, both cut in dice, and one tablespoonful chopped onion. Mix all thoroughly with French dressing. Serve on lettuce.

Braziltina Salad.

Remove skin and seeds from white grapes and cut in halves, lengthwise. Add an equal quantity of shredded pineapple, apples, cut in small pieces, and celery cut in small pieces; then add one-fourth the quantity of chopped Brazil nut meats. Mix thoroughly and season with lemon juice. Moisten with cream Mayonnaise dressing.

Brussels Sprouts Salad.

Line salad bowl with lettuce leaves. Boil the sprouts until tender and heap in center. Cover with chiffonade dressing, and chill before serving.

The Bride's Salad.

Peel one apple and cut into dice, take one-half the quantity of pineapple and a tablespoonful of the meats of cracked nuts, pecans or hickory nuts. Mix slightly together. Spread over salad plate the leaves of crisp lettuce and place fruits and nuts in center, then place on top a few strips of fresh cocoanut, cut thin. Pour over all whipped cream, and put on top a few cherries or strawberries.

Bobolink Salad.

Take one-half pint of chopped chicken, one-fourth pound of almonds, one teaspoonful of curry powder, one-half teaspoonful of salt, six tablespoonfuls of olive oil, one-half Spanish onion, one red chili, one head of chicory, and two tablespoonfuls of tarragon vinegar. Blanch and chop the almonds. Shred the onion and chili. Mix the chicken, almonds, onion and chili; put over the curry and salt. Toss well and put over the oil, toss again and pour over the vinegar, and mix well.

Bueno Salad.

Cut three Alligator Pears in halves, remove the pit, scoop out the flesh and place in a bowl. Add some sliced apples, two peeled green peppers, cut in dice, two ounces of chopped Brazilian nuts and two hearts of lettuce. Season the mixture with salt, paprika and lemon juice, and place same in the Alligator Pear shells. Serve with French dressing.

Cabbage Salad.

Take three slices bacon, cut into small pieces and fry. When done, add one-half cup of vinegar, one-half cup water, salt and pepper to taste. Bring to boil and pour over raw shredded cabbage. Serve cold.

Cabbage and Celery Salad.

Cut out the center of a small solid white cabbage and chop very fine. Mix it with an equal quantity of celery, cut in small pieces, season with salt and pepper and moisten with lemon juice, and add a little onion juice. Refill cabbage with the mixture and serve with Mayonnaise dressing.

California Salad.

Cook six heads of celery root and four beets, cut in small pieces. Place half-pound cooked corn in salad bowl, put beets and celery-root on top and pour over it the following sauce: One tablespoonful salt, one tablespoonful pepper, three tablespoonfuls olive oil, two tablespoonfuls chili sauce, one tablespoonful Harvey sauce. Garnish with lettuce leaves.

Capree Salad.

Cut one apple in dice, six small cooked potatoes and the heart of a celery. Mix with a little Mayonnaise. Dish in the hollow of five lettuce leaves. Garnish each one with quarters of oranges, and pour over vinaigrette dressing.

Calf's Feet Salad.

Boil some calf's feet with a few carrots and onions, three cloves and one bay leaf. When cooked, bone them and press lightly. When nearly cold, slice fine, moisten in highly seasoned French dressing, and place them in a light Mayonnaise sauce mixed with chopped eggs, tarragon, and parsley.

Carrot Salad.

Take one bunch of young carrots, boil until tender and slice very thin. Arrange on crisp lettuce, chill, and serve with boiled dressing.

Cauliflower Salad.

Soak in cold salted water a firm cauliflower for half an hour, drain, put to boil whole, when tender set aside to cool. Put in a salad bowl and garnish with four pimientos, cut into dice, and ten baby pim-olas, chopped. Serve very cold with French dressing.

Cauliflower Salad No. 2.

One cooked cauliflower, divided into small pieces, when cold place in French dressing for an hour. Drain well and place on bed of lettuce leaves. Pour over Mayonnaise, thinned with whipped cream. Garnish with thin slices of beets, cut in fancy shapes.

Cavern Salad.

Take one-half grape fruit, hollow out three equal parts, leaving three parts of the fruit in the skin. Fill the three hollowed out parts, one each, with freshly sliced apples, meats of pecan nuts, and dried figs. Use a dressing of one part olive oil to three parts of pineapple juice, seasoned with salt, pepper and lemon juice.

Celery and Chestnut Salad.

Take equal measures of celery and cooked chestnuts, each cut in thin slices; marinate with a French dressing. At serving time arrange between slices of apple, cut in lattice shape and piled high, dress with Mayonnaise, and garnish with celery tips, endive and brandied cherries.

Celery and Nut Salad.

Take one bunch crisp celery, cut in small pieces, and one pound of English walnut meats, cut in quarters. Mix with a thin cream dressing and serve on lettuce leaves.

Centurion Salad.

Take one head of crisp lettuce, two sliced red pimentos, one-half cupful chopped olives, and one-half cupful sliced cucumbers. Serve with French dressing or Mayonnaise.

Celery Parisienne.

Make a mixture of Roquefort cheese and the following ingredients: Shallots, parsley, chervil and spinach; blanch and wash together and pass through fine sieve. Use in the following proportions: Six ounces of cheese to two and one-half ounces of greens and shallots. Next cut off some nice crisp branches of celery and stuff with the above mixture; force mixture through paper cone along side of celery.

Chateau Salad.

Take one bunch crisp celery, cut in small pieces, one bottle of olives, cut fine and six slices of pineapple, cut in dice. Mix with a dressing of Mayonnaise, whipped cream, vinegar and paprika. Serve on lettuce leaves.

Cheese Salad.

Arrange one head of crisp lettuce on salad dish. Mash a cream cheese, which has been moistened with milk or cream, and place on lettuce. Surround with Bar-le-Duc jelly.

Cheese Balls for Salad.

Take one cup grated cheese, American is best, two eggs, whites only, ten drops Worcestershire sauce, pinch of salt and red pepper. Beat whites of eggs very stiff, add salt, pepper, Worcestershire sauce and cheese, work together lightly. Make into small balls, roll in cracker crumbs and fry in hot lard.

Cheese and Olive Salad.

Moisten a cream cheese with cream, season with salt and cayenne and mix with ten olives finely chopped, and one-half a can pimentos, cut in strips. Press in original shape of cheese and cut in slices. Serve on lettuce leaves with Mayonnaise dressing.

Chef Special Salad.

Take hearts of romaine lettuce, quarters of grape fruit, oranges, pears, and some pickled walnuts. Pour over French dressing.

Cherry Salad.

Take two cupfuls of cherries, remove stones and substitute meats of hazel nuts or filberts. Place on bed of lettuce and serve with French or Mayonnaise dressing.

Chestnut Salad.

Take cream cheese and work into it a little sweet cream with some finely chopped sweet peppers. Divide in small pieces and dip into fine brown cracker dust. Form into shapes of open chestnut burrs and arrange on lettuce leaves. Remove meats of chestnuts and boil in salt water until tender, place in open cheese burrs and serve with Mayonnaise.

Chicken Aspic.

Cut cold chicken into small cubes. Cover bottom of large ring mold, or individual moulds if preferred, with aspic jelly made of chicken broth, and place on ice. When cold add layer of chicken, seasoned with salt and pepper, and a little of the aspic jelly to keep it in shape, then enough to cover it, repeat until mould is full. Turn out on bed of lettuce and fill center with Mayonnaise and chopped celery.

Chicken Salad.

Boil one chicken until tender; cut the meat in dice and add to it one-third as much chopped celery, mix with a dressing of two tablespoonfuls vinegar, one tablespoonful olive oil, a little mustard and salt and pepper to taste. Let it stand for an hour or two, then pour over a Mayonnaise sauce, toss until well mixed and put some Mayonnaise on top. Decorate with some celery tips and hearts of lettuce.

Chicken Salad No. 2.

Cut cold boiled fowl or remnants of roast chicken in one-half inch dice. To two cupfuls add one cupful celery, cut in small pieces, and moisten with cream dressing. Mound on a salad dish, cover with dressing, and garnish with capers, thin slices cut from small pickles, and hard boiled eggs cut in quarters.

Chicken and Oyster Salad.

Parboil and drain one pint oysters, remove tough muscles, and mix soft parts with an equal quantity of cold boiled chicken, cut in one-half inch dice. Moisten with Mayonnaise dressing and serve on a bed of lettuce leaves.

Chiffonade Salad.

Take two green peppers, chopped fine, one head of lettuce, shredded, three tomatoes, cut in quarters, and the pulp of one grape fruit. Place in salad bowl and serve with French dressing.

Combination Salad.

Take two bunches of cooked asparagus, cut off tips and place on sieve to drain. Put one quart of cooked salmon in bowl and mix in three tablespoonfuls olive oil, two tablespoonfuls strained lemon juice, one tablespoonful vinegar, one teaspoonful salt, one-third teaspoonful cayenne. Allow bowl to stand on ice until chilled, then turn out on bed of lettuce and put asparagus tips around. Pour over one cup of Mayonnaise, and garnish with slices of lemon.

Combination Salad No. 2.

Line salad bowl with nice crisp lettuce and place a chapon in bottom of bowl. Slice and peel two large ripe tomatoes, one large cucumber, and four radishes. Mix thoroughly with French dressing. Serve with Camembert cheese.

Combination Salad No. 3.

Make a French dressing with a level teaspoonful of salt, one-fourth spoonful of paprika, six tablespoonfuls of olive oil and three of vinegar. Mix with a scant cupful, each, of cut celery, cucumber, tomatoes, apples and a few spoonfuls each of green peppers, radishes and young onions, all sliced thin. Serve on a bed of water cress or shredded lettuce.

Crab Salad.

Take crab meat flaked from six crabs and moisten with Mayonnaise, to which add one-half teaspoonful grated onion. Serve on lettuce.

Crab Salad en Coguille.

To two cupfuls of cooked crab meat add one-half cupful cold boiled cabbage, one saltspoonful mustard and mix with a cream salad dressing. Fill into crab shells and place the shells on lettuce leaves. Garnish with chopped hard boiled eggs.

Crab Flake Salad

Put in salad bowl three tablespoonfuls of good thick Mayonnaise, two tablespoonfuls of tarragon vinegar, a teaspoonful of chopped chives, two hard boiled eggs, cut in eighths, salt and pepper, mix well. Add a quart of fresh crab lumps, gently mix and arrange on lettuce leaves.

Crab and Tomato Salad.

To one cupful crab meat, add two-thirds cupful celery, cut in small pieces, and six small tomatoes, peeled, chilled, and cut in quarters. Moisten with Mayonnaise. Serve on lettuce leaves, and garnish with Mayonnaise, curled celery, and small pieces of tomatoes.

Cucumber Salad.

Take two large firm cucumbers, slice, lengthwise, in quarters, then cut in pieces an inch long. Put in salt water and place on ice for twenty minutes. Just before serving mix with Mayonnaise.

Cucumber Salad No. 2.

Pare cucumbers, cut off stem ends and slice, lengthwise, in halves; scoop out pulp and mix with chopped anchovies and gherkins, and add a teaspoonful of lemon juice. Put mixture in the cucumber shells and cover with cream Mayonnaise. Serve on lettuce leaves.

Egg Plant Salad.

Take one large egg plant, cooked until tender, peel and cut in small dice. Season with French dressing and serve on lettuce.

Dandelion Salad.

Use one quart of fresh dandelion leaves, two ounces of bacon, two tablespoonfuls of vinegar, one saltspoonful of paprika, one saltspoonful of salt and one tablespoonful of chopped onion. Cut the bacon into strips and put in pan with two tablespoonfuls of water, let the water evaporate and the bacon fry until crisp. Wash dandelions carefully and arrange in salad bowl and put over the slices of bacon when cooled. Add to the bacon fat the vinegar, salt, pepper and onion, mix and pour over the dandelions.

Eastern Salad.

Work some cream cheese until smooth, and moisten with milk and cream. Add equal quantity of grated young America cheese, one cup whipped cream, and three-fourths tablespoonful granulated gelatine, soaked in cold water and dissolved in one tablespoonful boiling water. Season with salt and paprika, and turn into a border mould. Chill, remove from mould, fill center with hearts of lettuce, cut in quarters, and serve with curry dressing.

Egg Salad.

Take one dozen fresh hard boiled eggs and separate whites and yolks. Chop whites fine and mash yolks to smooth paste with one tablespoonful mustard, one tablespoonful salt, and one-half teaspoonful cayenne. Add four pimentoes, chopped fine, and mix all with two cupfuls Mayonnaise. Serve on lettuce leaves and sprinkle with grated American cheese.

Egg Salad No. 2.

Boil six eggs and cut them in halves, remove the yolks and rub them to a paste with three tablespoonfuls of minced ham or chicken, ten drops of onion juice, one saltspoonful mustard, one tablespoonful of melted butter, one-half teaspoonful paprika and salt to taste. Place the mixture in the whites of the eggs and arrange them on lettuce leaves. Serve with a French or boiled dressing.

Egg Salad Prior.

Cut hard boiled eggs lengthwise in slices. Arrange crisp lettuce on plates and place slices of eggs on them in circle. Fill spaces in center with finely chopped onion and cover with boiled cream dressing.

Endive Salad.

Take leaves of quite yellow endive, remove hard parts and plait each leaf in center its entire length. Wipe salad dry, and season with salt, pepper, oil, vinegar, finely chopped chervil and tarragon.

Favorite Salad.

Quarter the hearts of two nice heads of lettuce, peel and slice two Alligator Pears, and slice four artichoke bottoms very thin. Mix well and serve with French dressing. Also mix one hard boiled egg, pressed through a sieve, one truffle, chopped fine, and a little chopped chives, and sprinkle over salad.

Fish Salad.

Boil tender, one small white fish, trout or pike, add same quantity of chopped celery, and mix with three teaspoonfuls melted butter, one teaspoonful olive oil, one teaspoonful mustard, two teaspoonfuls pepper, one teaspoonful salt, two teaspoonfuls sugar, five teaspoonfuls cream and vinegar, to taste. Garnish with celery tops.

Fish Salad with Cucumbers.

Season two cupfuls of cold cooked flaked halibut or haddock with salt, cayenne and lemon juice. Cover, and let stand one hour. To cream dressing add one-third tablespoonful granulated gelatine soaked in one and one-half tablespoonfuls cold water. As soon as dressing begins to thicken, add one-half cup heavy cream beaten until stiff, then fold in the fish. Turn into mould and chill, then remove from mould and arrange on lettuce leaves, garnish with thin slices of cucumber, and serve with a cucumber sauce.

French Salad.

Take three boiled beets, three boiled carrots, two cupfuls string beans, two cupfuls green peas, three artichoke bottoms, two cupfuls asparagus tips, one cupful cauliflower, one cupful fresh okra. Cut vegetables and form in cone with the different colors. Cover with light Mayonnaise, to which add a little strained chili sauce and paprika.

French Tongue Salad.

Use one pound of cold boiled tongue, two cloves of garlic, one-half teaspoonful of celery seed, one onion, two tablespoonfuls of tarragon vinegar, one-half cupful of mixed chopped nut meats, one-half pint of Mayonnaise dressing and one head of lettuce. Cut the cold boiled tongue into dice. Make the garlic in a "chapon"; put in the tongue, sprinkle over the celery seed, the onion grated, and tarragon vinegar. Cover the bowl and stand aside over night. Next morning lift the tongue carefully from the garlic, add the mixed chopped nuts and mix the whole with the Mayonnaise dressing and serve in little nests of lettuce leaves.

Fruit Salad with Whipped Cream.

Use one small pineapple, shredded, three oranges, cut in sections, three sliced bananas, four sliced peaches, two pounds seeded grapes, juice of two oranges, two and one-half cupfuls powdered sugar, one cupful Maraschino wine, one-half cup brandy, and two cupfuls whipped cream. Put orange juice in bowl and add the sugar, wine, brandy, and some ice, mix well and then add the fruit. Garnish with the whipped cream, sweetened, and two tablespoonfuls of Maraschino wine added.

French Fruit Salad.

Take two oranges, three bananas, one-half pound Malaga grapes, twelve English walnut meats, one head of lettuce. Peel oranges, and remove pulp separately from each section. Peel bananas and cut in one-fourth inch slices. Remove skins and seeds from grapes. Break walnut meats in pieces. Mix the ingredients and arrange on lettuce leaves. Serve with French dressing.

Fruit Salad.

Take the juice of one dozen sweet oranges, one dozen bananas sliced, one pound Malaga grapes, halved and seeded, juice of two lemons and one box gelatine; dissolve gelatine in a little cold water, pour one pint boiling water over it, add orange and lemon juice, two tablespoonfuls sugar, and let it come to the boil. Mix in the bananas and grapes and let harden.

Fruit Salad No. 2.

Take the pulp of four grape fruit, one-half cupful meats of English walnuts, cut small, one cupful Maraschino cherries, and one cupful of pineapple, cut in cubes. Serve on lettuce leaves with French dressing.

Fruit Jelly Salad.

Take two oranges, two bananas, three slices of pineapple and two cupfuls of fruit juice. Dissolve one-fourth of a box of gelatine in half cupful of cold water. Place fruit in round ring mould, pour over a little of the gelatine and place on ice to harden, then add fruit juice and balance of gelatine and let stand three hours. Fill center with Mayonnaise, mixed with whipped cream and nut meats. Garnish with Maraschino cherries.

Mixed Fruit Salad.

Take one cupful grapes, one cupful apples, one cupful oranges, one cupful pineapple, one-half cupful French dressing, and one cupful lemon ice. Cut the grapes in halves and remove the seeds, dice the apples and oranges and shred the pineapple. Chill, arrange on a dish lined with lettuce leaves, cover with French dressing. When serving place a spoonful of lemon ice on each helping.

Fruit Salad Riverside.

Use two bananas, two oranges, one grape fruit, two green gages, one-fourth fresh pineapple and one-half pound of white grapes. Prepare and mix well with powdered sugar and half pint of Maraschino. Place in orange baskets and garnish with whipped cream and cherries or raspberries.

Southern Fruit Salad.

Take two apples, cut in small cubes, one pound of grapes, peeled and seeded, one heart crisp celery, cut fine, and one cupful meats of English walnuts. Mix all with cream Mayonnaise. Place on bed of lettuce and garnish with sliced oranges, sweet peppers, and walnuts.

Ganor Salad.

Take one can of peaches and arrange halves of the fruit, without the syrup, on lettuce leaves, and pour over all a dressing made by mixing two teaspoonfuls sugar, one teaspoonful celery salt, one-fourth teaspoonful salt, one-eighth teaspoonful pepper, a few grains cayenne, five drops tobasco, and adding gradually four tablespoonfuls olive oil and two tablespoonfuls fresh lime juice. Use fresh fruit when in season.

Gerald Salad.

Take one fresh pineapple cut in half-inch slices. Place in center of each slice a piece of cream cheese size of a walnut. Garnish from center to edge with thin strips of pimentoes and a dash of paprika on cheese. Serve with French dressing, on bed of lettuce.

Grape Salad.

Take two cupfuls of green grapes, peeled and seeded, place on lettuce bed and serve with French or Mayonnaise dressing.

Gormeto Salad.

Take two tomatoes, twelve asparagus tips, eight cooked fresh mushrooms, two pimentoes and a head romaine or lettuce. Cut the tomatoes, asparagus tips, mushrooms and pimentoes in small squares, place in a salad bowl, season with a teaspoonful of curry powder, three tablespoonfuls of olive oil, one and one-half tablespoonfuls tarragon vinegar. Mix well, but gently. Garnish with leaves of lettuce.

Grand Duchess Salad.

Take a nice oyster shell, boil the oyster in a little water, fill the shell with caviar; place the oyster in the center of the caviar, with a drop of lemon juice on it, surround the caviar with small fresh shrimps seasoned in vinegar, salt and pepper.

Grape Fruit Salad.

Take two cupfuls grape fruit, one cupful oranges, one cupful almonds, one-fourth cupful French dressing, one-half cupful whipped cream. Cut the grape fruit in halves, save the shells to use as cups in serving. Line the shells with lettuce or parsley, allowing the greens to drop over the cups. Blanch and split the almonds, cut the oranges and grape fruit in small pieces. Mix all together, marinate with French dressing, fill cups and place a spoonful of whipped cream on top of each.

Grape Fruit Salad No. 2.

Take pulp of four grape fruits, one cupful celery, cut in small pieces, one-half cupful pecan nut meats, and one cupful of peeled grapes. Mix with Mayonnaise and serve on lettuce leaves.

Delicious Grape Fruit Salad.

Use three grape fruit, two-thirds cupful Mayonnaise, one-half cupful whipped cream, one-half cupful chili sauce, two tablespoonfuls each of chopped red and green peppers, and one-half cupful chopped pecan nut meats. Peel grape fruit and divide into sections, being careful not to break pieces, and place on dish. Garnish with bed of lettuce and sprinkle over grape fruit the pecan nut meats. Mix together chopped peppers, Mayonnaise, whipped cream and chili sauce, and pour over grape fruit. Serve very cold.

Grape Fruit and Celery Salad.

Cut medium sized grape fruit in halves. Remove the pulp, and add to it an equal quantity of finely cut celery. Refill sections with mixture, put Mayonnaise dressing on top and garnish with celery tips and canned pimentos cut in strips.

Green Pepper Salad.

Boil green peppers until tender, cut into thin shreds. Serve on lettuce with French dressing.

Green Pepper Salad No. 2.

Mix one-half pint cottage cheese with salt and red pepper to taste. Take six green peppers, cut off tops, scoop out seeds and fill with mixture. Place in ice box to harden, then cut in thin slices and serve on lettuce leaves with French dressing.

Ham Salad.

Dice sufficient cold boiled ham to measure one pint. Shave firm white cabbage to make the same quantity. Chop fine two small cucumber pickles and two pickled button onions. On the salad platter arrange a bed of the cabbage, put the ham in the center and sprinkle with the chopped pickle and onion. Pour over a French dressing to which one-half of a teaspoonful of French mustard has been added.

Hawaiian Salad.

Take can Hawaiian pineapple and drain the slices carefully. Place one slice on each plate, which already holds the blanched leaves from lettuce hearts. In the center of the pineapple place a small ball of Roquefort cheese which has been softened with a little cream or milk. Add a few broken nut meats and dress with a French dressing, to which has been added two table-spoonfuls of stiffly beaten cream.

Hindoo Salad.

Arrange slices of tomatoes on a bed of shredded lettuce and place on top of them finely cut celery, and water-cress. Garnish with hard boiled eggs, cut in quarters.

Herring Salad.

Soak six herring in milk or water over night, then skin, remove bones and cut in small pieces. Add double the quantity of cold cooked veal, cut in small cubes, one-half cupful of capers, one-fourth cupful of chopped pickles, one-half cupful of boiled beets, cut fine, one-half cupful of sour apples, cut in dice, and one chopped onion. Mix thoroughly with a dressing of olive oil, vinegar, pepper, salt, mustard, and chopped hard boiled eggs. Decorate top of salad with capers, chopped beets and chopped hard boiled eggs, in sections or fancy design.

Hungarian Salad.

Mix equal parts shredded fresh pineapple, bananas cut in pieces, and sections of small oranges, and marinate with French dressing. Sprinkle generously with paprika and serve on lettuce leaves.

Idolized Salad.

Take one-fourth cup each of pineapple, orange, banana and apple, cut into dice, one-fourth cup white grapes cut in halves, one-fourth cup of strawberries cut in quarters, and one-fourth cup Maraschino cherries cut into quarters. Mix all together and arrange on lettuce leaves. Pour over the following dressing: One-fourth cup olive oil, one-fourth cup Maraschino wine, one tablespoonful of lemon juice and one-half tablespoonful sugar, all well mixed. Put a spoonful of whipped cream and a whole Maraschino cherry on top.

Japanese Salad.

One cup of rice, one box of sardines, one head of lettuce, one onion, one bunch of cress and double quantity of French dressing. Wash the rice thoroughly, throw it into a large kettle of boiling water and boil rapidly for twenty minutes. Drain and dry; add the onion, grated, and pour over while hot half of French dressing. Stand aside to cool. Garnish the dish with the crisp lettuce leaves. Turn the rice in the center. Press into the rice the sardines that have been carefully drained from the oil and bones removed. Baste the rice and lettuce with remaining dressing. Dust with chopped parsley and send at once to the table. Never serve on ice, just cool.

Julian Salad.

One cup calf brains boiled in salt water, chilled on ice and cut in dice. Serve on crisp lettuce with Mayonnaise.

King George Salad.

Fill large bowl with cracked ice, fit smaller bowl into this, allowing an inch to escape. Line small bowl with crisp lettuce. Place in bowl several pieces of solid white lobster meat, placing between each piece some asparagus, cut proper length to reach top of bowl. Fill center with macedoine of mixed vegetables, thoroughly mix with French dressing, and cover with Mayonnaise. Garnish with lemons, cut in thin slices, and with small sprigs of parsley between each slice.

Kentucky Salad.

Take the hearts of four heads of crisp white lettuce. Cover with equal parts of white cabbage and green peppers chopped fine. Pour over bacon dressing.

Kohlrabi Salad.

Peel and cut in two and slice very thin young Kohlrabi; parboil in salt water, drain off and boil for twenty-five minutes in plain water and let cool. Serve on lettuce with red Mayonnaise.

Koumiss Salad.

Quarter a head of romaine lettuce lengthwise, place on top of each quarter slices of grape fruit and oranges, and decorate with slices of pimientos and serve with a vinaigrette dressing.

Lenn Salad.

Chop whites of hard boiled eggs finely, marinate with French dressing, and arrange on lettuce leaves. Force yolks through a potato ricer and pile on the center of whites. Serve with French dressing.

Lettuce and Cucumber Salad.

Place a chapon in bottom of salad bowl. Wash, drain and dry one head lettuce, arrange in bowl, and place between leaves one cucumber cut in thin slices. Serve with French dressing.

Lettuce Salad.

Place a chapon in bottom of salad bowl. Fill bowl with crisp lettuce and pour over French dressing.

Lettuce Salad No. 2.

Wash one head romaine and cut in pieces. Mix two cups cold riced potatoes, one-half pound white mushroom caps, peeled and cut in eighths, and one pound Brazil nut meats, cut in pieces. Moisten with French dressing made by allowing one-third tarragon vinegar to two-thirds olive oil. Arrange on salad dish, surround with romaine, and garnish with three peeled mushroom caps and six Brazil nut meats.

Lettuce and Radish Salad.

Wash and dry one head of lettuce, arrange in bowl and place between six radishes which have been washed, scraped and cut in thin slices. Serve with French dressing.

Lettuce and Tomato Salad.

Peel and chill three tomatoes, cut in halves or quarters and place on lettuce leaves. Serve with Mayonnaise dressing.

Lobster Mayonnaise.

Shred the meat of one large lobster very fine, add the hearts of two heads of lettuce, cut in small pieces, and season with French dressing. Cover all with Mayonnaise and decorate with capers, stuffed olives, quarters of hard boiled eggs and water-cress.

Lobster Salad.

Take the meat of one lobster, or one can of lobster, one small bottle of olives, chopped fine, one dill pickle, chopped, one-half pound English walnut meats, one bunch celery, cut fine, one-half cup vinegar, twelve hard boiled eggs, chopped fine, one-fourth pound butter, melted, one-half can chopped pimentoes, one-third onion, grated, a little salt and pinch of cayenne pepper. Mix all thoroughly with one-half cup thin Mayonnaise. When ready to serve garnish with lettuce and put a spoonful of Mayonnaise dressing on top.

Lobster Salad No. 2.

Cut the meat of one lobster into small cubes and marinate with French dressing. Mix with a small quantity of Mayonnaise dressing and serve on lettuce leaves. Put a spoonful of Mayonnaise on top.

Lobster Salad No. 3.

Use two cups of cold fresh boiled lobster, diced, one cup crisp celery, cut in cubes. Mix well with French dressing and let stand half hour. Moisten with Mayonnaise. Serve on white lettuce and garnish with the claws.

Log Cabin Salad.

Cut four bananas lengthwise and place in orange juice for half hour. Then place on individual serving plates, in log cabin style, and fill centers with stoned cherries; using both white and red. Pour over fruit dressing and garnish with parsley.

Macedoine Salad.

Take slices of boiled beets, cold boiled potatoes and onions, stalks of celery, cut fine, beans or green peas and some boiled carrots, cut in small cubes. Mix all together and pour over a French or Mayonnaise dressing. Serve on leaves of lettuce and garnish with small pickles cut in thin slices and small tomatoes cut in quarters.

Macedoine Salad No. 2.

Take two hard boiled eggs, nine small long red radishes, one and one-half bunches young onions, three small beets, three medium sized potatoes, one tablespoonful chopped parsley and two stalks celery. Boil beets and potatoes and when done and cold cut in small pieces, or shapes if desired. Slice onions, radishes and celery; add parsley. Serve with Mayonnaise dressing and garnish with lettuce and eggs put through a ricer. This amount will serve ten people. Put in beets last as they discolor the salad.

Malaga Salad.

Remove skins and seeds from white grapes; add an equal quantity of English walnut meats, blanched and broken in pieces. Marinate with French dressing. Serve on lettuce leaves and garnish with Maraschino cherries.

Mary Garden Salad.

Cut a cucumber lengthwise and scoop out the inside, fill with lettuce well seasoned and mixed with a little Mayonnaise, place on this some sliced orange and fresh pineapple; between each slice place a strip of red and green pepper.

Mignonette Salad.

Take six endives, cut in small pieces, two cupfuls chopped fowl meats, one truffle, chopped fine, and one teaspoonful French mustard. Mix well with vinaigrette dressing.

Mint Orange Salad.

Sprinkle pulp of oranges with mint steeped in lemon juice. Serve on crisp lettuce and dress with French dressing.

Monte Salad.

Take pulp from large grape fruits and add an equal quantity of finely cut celery and apples, cut in small pieces. Moisten with Mayonnaise, and place on a salad dish, arrange around a border of lettuce leaves and cover with Mayonnaise dressing.

Moulded Russian Salad.

Reduce strong consomme so that when cold it will be jelly-like in consistency. Set individual moulds in pan of ice water, pour in consomme one-fourth inch deep; when firm, decorate bottom and sides of molds with cold cooked carrots, beets and potatoes, cut in fancy shapes. Add consomme to cover vegetables, and as soon as firm fill moulds two-thirds full of any cooked vegetable that may be at hand. Add consomme by spoonfuls, allowing it to become firm between the additions, and put in enough to cover vegetables. Chill thoroughly, remove from moulds, and arrange on lettuce leaves. Serve with Mayonnaise dressing.

My Chum's Salad.

Cut three green peppers in halves and scoop out seeds; fill with one and one-half cupfuls chopped celery and one cupful meats of English walnuts, mixed with Mayonnaise. Serve on platter or individual plates, and put spoonful of Mayonnaise dressing on each pepper. Garnish with lettuce leaves.

Nut Salad.

Mix one cupful chopped English walnut meats, two cupfuls shredded lettuce, and one cupful apples, cut in cubes. Arrange on lettuce leaves and serve with Mayonnaise dressing.

Nile Salad.

Stew can of French peas in own liquor and season with a little salt, pepper and a pinch of sugar. When peas have absorbed all the liquor, allow them to cool and add the meats of one-half pound of English walnuts, and pour over half cupful of Mayonnaise. Serve on lettuce leaves.

Nut Salad No. 2.

Mix two cupfuls finely cut celery, one cupful pecan nut meats, broken in pieces, and one cupful shredded cabbage. Moisten with cream dressing or Mayonnaise and serve on lettuce leaves.

Onion and Artichoke Salad.

Line salad dish with nice crisp lettuce. Take equal parts of cooked artichoke bottoms and large Spanish onions, sliced thin and arranged alternately in bowl. Pour over French dressing.

Orange Salad.

Skin oranges and cut in very thin slices, place on bed of lettuce and serve with French dressing. Garnish with chopped green pepper. Serve very cold.

Olive Salad.

The rule for French dressing: One head of lettuce, four tablespoonfuls of sherry, one small cucumber or gherkin, one boiled beet, two hard boiled eggs, two anchovies, or a teaspoonful of anchovy paste, one boiled potato, twenty-four queen olives. Pound the anchovies and add them to the French dressing. Stone and chop the olives rather fine. Cut the beet and potato into dice. Chop the gherkin. Line a salad bowl with the lettuce leaves; sprinkle over the gherkin or cucumber, then the olives, then the beet and potato; dust with a level teaspoonful of salt, a saltspoonful of paprika, a saltspoonful of white pepper. Chop the hard boiled eggs very fine and put them over the top of the salad, sprinkle lightly with the sherry; pour over the French dressing; toss and serve.

Salad Oriental.

Boil one dozen okras in salt water and souce in combination of vinegar, Harvey sauce, salt and paprika. Slice six ripe tomatoes, cut four green peppers in small cubes, place six tablespoonfuls boiled rice in salad bowl, and place okras on top in pyramid. Put sliced tomatoes around and on top of tomatoes and green pepper. Pour okra sauce, with two tablespoonfuls olive oil added, over all. Serve on lettuce, very cold.

Orange and Grape Salad.

Take one cup oranges and one cup green grapes. Cut oranges in one-half inch pieces, removing all pulp, cut the grapes in halves, remove the seeds, mix pulp of oranges and the grapes and marinate with French dressing. Serve on lettuce.

Oyster Salad.

Drain the liquor from a quart of fresh oysters. Put them in hot vinegar, enough to cover them, place over the fire; let them remain until plump but not cooked; then drop them immediately in cold water, drain off, and mix with them two pickled cucumbers, cut fine, also a quart of celery, cut in dice, some seasoning of salt and pepper. Mix all well together and pour over the whole a Mayonnaise dressing. Garnish with celery tips and slices of hard boiled eggs.

Oyster Mayonnaise Salad.

Take equal parts of celery and white cabbage, shredded very fine, and season with a little oil and vinegar. Scald oysters in their own juice with a little vinegar and salt. Place celery and cabbage in center of dish, dip oysters in Mayonnaise and lay round.

Palace Salad.

Take two celery hearts, cut in short juliens, and add two slices of pineapple and two pimentos, cut in dice. Season with Mayonnaise and whipped cream. Put in salad bowl and sprinkle with fine chopped green peppers.

Pear Salad.

Cut nice firm pears in halves through stem, pare and remove core. Roll immediately in granulated sugar to prevent turning brown. Chop enough English walnuts to fill center of pears. Garnish with Maraschino cherries and serve, with Mayonnaise, on lettuce.

Pepper Salad.

Take large peppers, remove the seeds and core. Fill with boneless sardines, mashed and seasoned. Serve with Mayonnaise.

Pepper and Grape Fruit Salad.

Mix grape fruit pulp with one-half the quantity of celery, finely cut, and a small quantity of nut meats. Mix with Mayonnaise dressing and serve in green peppers, from which the tops have been cut off and all seeds removed. Arrange the peppers on lettuce leaves and garnish with celery tips.

Perfection Salad.

Take one envelope Knox Sparkling gelatine, one-half cup cold water, one-half cup mild vinegar, one pint boiling water, one teaspoonful salt, one cup finely shredded cabbage, juice of one lemon, one-half cup sugar, two cups celery, cut in small pieces and one-quarter can sweet red peppers, finely cut. Soak the gelatine in cold water five minutes; add vinegar, lemon juice, boiling water, sugar and salt. Strain and when beginning to set add remaining ingredients. Turn into a mould and chill. Serve on lettuce leaves with Mayonnaise dressing.

Pineapple Salad.

Two cups pineapple, one cup oranges, one cup bananas, all diced, one cup blanched almonds, split, one-quarter cup candied cherries. Mix the pineapple, oranges, almonds and bananas together, marinate with Mayonnaise. Serve in salad bowl lined with lettuce leaves, and sprinkle the cherries over the top.

Pineapple Salad No. 2.

Lay two slices of pineapple, one on top of the other, on a lettuce leaf. Fill the center with Mayonnaise mixed with whipped cream to which chopped nuts have been added, garnish with halves of Maraschino cherries. Serve very cold.

Pineapple and Celery Salad.

Pare and eye a small pineapple. Cut it in slices almost an inch thick, then in dice. Wash and cut fine an equal amount of well blanched celery. To one cupful of Mayonnaise, add one half of a cupful of stiffly whipped cream and mix lightly together. Stir a little more than half of this with the mixed pineapple and celery, and season with a little salt and white pepper. Heap on a dish, spread the remainder of the dressing over the top and garnish with pecans and blanched celery tips.

Planters Salad.

Remove the center of a small head of lettuce, fill with water melon and alligator pears, cut in the style of Parisian potatoes. Keep ice cold and serve with French dressing.

Potato Salad.

Six large cold boiled potatoes, cut in slices, one stalk crisp celery, cut small, one small chopped onion, salt and pepper to taste. Mix with a dressing of two table-spoonfuls goose grease and one-half cup vinegar. Serve with lettuce and sliced hard boiled eggs.

Potato Salad No. 2.

Four large cold boiled potatoes, cut in slices, and half the quantity of sliced cucumbers and cut celery. Mix well with Mayonnaise, and garnish with hard boiled eggs. Serve on lettuce.

Potato Salad Hunt.

Mix six large cold boiled potatoes, cut in slices, five spring onions or three teaspoonfuls of chopped onions, and two teaspoonfuls of chopped parsley; marinate with French dressing. Garnish with radishes and hard boiled eggs, run through a ricer, and serve on bed of lettuce with Mayonnaise.

Combination Potato Salad.

Mix together sliced cold boiled potatoes and about one-quarter the quantity of sliced raw tomatoes, with a little raw onion, chopped very fine. Season with salt and pepper and mix with Mayonnaise dressing.

Prune Salad.

Stuff prunes with a mixture of cheese and chopped nuts, and place on lettuce leaf. Surround with blanched almonds and serve with Mayonnaise dressing.

Russian Salad.

Twelve anchovies, two small gherkins, half pint of aspic jelly, one small potato, half can of mushrooms, one head of celery, half pint of Mayonnaise, two eggs, half pint of carefully cooked peas, one good-sized beet, one boiled carrot, two tablespoonfuls of capers, one pound of boiled halibut, or salmon, half can of caviar. Stand a small bomb mold in a pan of cracked ice. Make the aspic; cut the anchovies into halves. Chop fine the potato, beet and carrot, which should all be cooked; chop the mushrooms and celery. Put a little of the aspic into the bottom of the mold, on top of which put a few fillets of anchovies, a little chopped white of hard boiled eggs, a little of the mixed vegetables, and a few slices of gherkins; then the mushrooms, and then a layer of cold boiled fish; then another layer of anchovy fillets, and arrange as before. Pour over the remaining quantity of aspic, which must be cold, not hard, and stand in a cold place, over night, for several hours. When ready to serve, dip the mold quickly into hot water; turn out on crisp lettuce leaves; make a hole in the center of the mold by twirling around a tablespoon, taking out the piece, and fill the space with caviar; garnish the dish with finely chopped onion and triangular pieces of buttered pumpernickel.

Russian Salad No. 2.

Take six ripe tomatoes and skin or pare them, and scoop out a small piece at the top of each. Make a dressing of one box of sardines, which have been boned and mashed with a fork, and to which has been added two tablespoonfuls of olive oil, one of lemon juice, two tablespoonfuls of tomato catsup, salt and paprika to taste. Mix all well together and then stuff the top of each tomato with the mixture. On top of this place a tablespoonful of Mayonnaise dressing, and serve on a lettuce leaf.

Roquefort Salad.

Take one ounce of Roquefort cheese, mince in a bowl and add one teaspoonful salt, one-half teaspoonful pepper, one dash tobasco sauce, one-half teaspoonful mustard and one tablespoonful olive oil. Mix thoroughly and add slowly four more tablespoons of olive oil, beating well.

Salmon Salad.

Flake some cold boiled salmon and mix with Mayonnaise or cream dressing. Arrange on lettuce leaves and garnish with hard boiled egg put through a potato ricer.

St. Augustine Salad.

Take four large ripe tomatoes and put them in boiling water for half minute. Peel and place on ice. When cold scoop out, being careful not to break the tomatoes. Prepare four bananas and four slices pineapple, cut in small squares and mix with one poney of Maraschino. Fill tomatoes, and place on bed of lettuce and sprinkle same with yolk of hard boiled egg, chopped very fine. Serve separately a dressing of one-half cup salad oil, juice of two lemons, eight whole peppers, crushed fine, one-half teaspoonful mustard, one teaspoonful chives, salt to taste. Mix well.

Sardine Salad.

Take one box of sardines, remove skin and bones and mix with an equal quantity of mashed yolks of hard boiled eggs and one-half cupful of finely cut celery. Arrange on lettuce leaves and serve with Mayonnaise dressing.

Scallop Salad.

Clean one pint scallops, parboil and drain. Add juice of one lemon, cover and let stand one hour. Drain, dry between towels, sprinkle with salt and pepper, dip in flour, egg and stale bread crumbs, fry in deep fat, and drain on brown paper. Cool, cut in halves, marinate with dressing, and serve garnished with sliced tomatoes and water-cress. Dressing: Mix one teaspoonful of finely chopped shallot, three-fourths teaspoonful salt, one-eighth teaspoonful paprika, two tablespoonfuls lemon juice and four tablespoonfuls olive oil.

Scotch Salad.

Boil six celery-roots and slice up fine, one pound cooked string beans cut in short pieces, and mix with the following dressing: English mustard, Worcestershire sauce, vinegar, salt, cayenne, and keep cold. Then escallop one pound smoked salmon very fine and mix together. Line a salad bowl with water-cress and place salad in center. Garnish with round slices of hard boiled eggs and capers.

Salad Ecossaise.

Tape six nice celery roots, boiled and sliced fine, one pound cooked string beans, cut small, and mix with the following dressing: one-half teaspoonful mustard, one teaspoonful Worcestershire, one-half cup mild vinegar, pinch of chives, salt, and pepper. Keep cold. Chop fine one pound smoked salmon, and one cup scallops. Mix all together. Line salad bowl with water-cress and place salad in the center. Decorate with slices of tomatoes and hard boiled egg.

Salad a la Henri.

Remove heart from one nice crisp head lettuce. Slice the heart and mix with shredded celery, finely chopped ham and enough Mayonnaise to hold ingredients. Fill head of lettuce with mixture and garnish with hard boiled egg, sliced.

Shrimp Salad.

Wash and drain shrimps and mix with half their bulk of cut celery and a few hard boiled eggs, chopped, also olives or capers as desired. Mix with Mayonnaise dressing, reduced with whipped cream, and serve in border of tomato jelly. Garnish with celery tips and sliced pim-olas.

Shrimp Salad No. 2.

Fill six pimientoes with shrimps, whole or cut in pieces, which have been mixed with Mayonnaise. Put a spoonful of Mayonnaise on top of each and serve on a bed of lettuce.

Sheldon Salad.

One can of pineapple, four oranges, two bananas, one-half pound of malaga grapes and one-half pound of candied cherries. Cut the pineapple into small squares. Seed the oranges and cut them fine, seed the grapes and cut them and the cherries in halves, slice the bananas very thin. Serve on lettuce leaves and pour over the following sauce: The juice of the pineapple, one cupful of sugar, one tablespoonful of corn starch, one cupful of walnut meats cut fine, and one and one-half cups of water. Mix the corn starch with a little of the water and add the pineapple juice, sugar and remainder of the water. Boil until thick, and after it is cold add the nuts.

Spinach Salad.

Cook one-half peck spinach, drain and chop finely. Season with salt, pepper and lemon juice, and add one tablespoon melted butter. Butter small tin moulds and pack solidly with mixture. Chill, remove from moulds, and arrange on thin slices of cold boiled tongue cut in circular pieces. Garnish base of each with a wreath of parsley, and serve on top of each Sauce Tartare.

Summer Salad.

Cut sound tomatoes and cucumbers in dice, add a few drops of onion juice or some thinly sliced young onions. Mix with cream dressing and serve on lettuce leaves, or in tomato or cucumber boats. Cooked vegetables such as cauliflower, potatoes, beets, string beans and peas may be used in the same way.

Sweetbread Salad.

Add to one quart of highly seasoned stock one package of gelatine, dissolved in a little cold water, and flavor with lemon juice. Place in a dish boiled sweetbreads, cut in slices, celery, cut fine, asparagus tips, meats of English walnuts and grape fruit. Pour over the stock and let stand to harden. Serve with Mayonnaise.

Sweetbread Salad No. 2.

One pair sweetbreads, which have been prepared and boiled, cut in small slices, dip in flour and fry. Shred one head of lettuce and line bowl, cover with whipped cream dressing, dip slices of sweetbreads in Mayonnaise, place them in center and garnish with sliced radishes and chopped beets.

String Bean Salad.

Drain the water from two cans of string beans, wash thoroughly in several cold waters and put them in a colander to drain. When perfectly dry, put on ice until needed. Take four pimentoes and cut in small pieces and mix thoroughly with the beans. Serve with French dressing.

String Bean Salad No. 2.

Marinate two cups cold string beans with French dressing, add one teaspoonful finely cut chives. Pile in center of salad dish and arrange around base thin slices of radishes overlapping one another.

Sweetbread and Cucumber Salad.

One pair of sweetbreads, one bay leaf, one small onion, one blade mace, one-half tablespoonful gelatine, juice of one-half lemon, one-half cup cream, one cup cucumbers cut in cubes, salt and pepper to taste. Boil sweetbreads and cut in slices. Boil bay leaf, onion, sliced, and blade of mace together in salt water and add to sweetbreads. Dissolve gelatine in tablespoon of cold water, add two tablespoons boiling water, lemon juice, cream, whipped stiff, and cucumbers, cut in cubes, salt and pepper; and add all to sweetbreads. Turn into moulds and serve on lettuce with French or Mayonnaise dressing.

Sweetbread and Tomato Salad.

Soak two pairs of sweetbreads in cold salt water for two hours, then boil in salt water until tender, blanch in cold water, remove all the skin and tough parts and cut in small pieces. Skin and scoop out nice solid tomatoes and fill with the sweetbreads mixed with Mayonnaise dressing. Serve on bed of lettuce and put a spoonful of Mayonnaise on each tomato.

Swiss Salad.

Mix one cup cold cooked chicken, cut in cubes, one cucumber, pared and cut in cubes, one cup chopped English walnut meats, and one cup French peas. Marinate with French dressing, arrange on serving dish, and garnish with Mayonnaise dressing.

Tango Salad.

Take one good-sized cucumber, peel and cut lengthwise in halves and soak in salt water for one hour; drain and wash cucumbers several times in very cold water; scoop out center and fill with alligator pears, cut in small pieces, celery and green peppers, cut in thin strips and finish off with grape fruit, cut in slices. Serve with vinaigrette sauce.

Tomato Salad.

Scald, peel and chill six firm tomatoes, and cut in halves. To one cup of whipped cream add two table-spoons each of lemon juice and prepared horseradish, also seasoning of salt, paprika and mustard. Place tomatoes on lettuce leaves, heap the dressing on each lightly, sprinkle with bits of pimento, and serve.

Tomato Surprise.

Cut tops from four tomatoes, take out the interior, then stuff with cut celery, apples and Mayonnaise dressing; then put top on with a slice of truffles layed on each.

Tomato Farcie Salad.

Four nice ripe tomatoes, dipped in boiling water and peeled. Remove core. Take one celery heart, chopped fine, two apples, cut small, one tablespoonful chopped salted almonds, two pickled walnuts, small quantity vinegar, pinch of salt and cayenne, and one tablespoonful of Mayonnaise; mix well and stuff tomatoes. Serve on lettuce leaves, cover with Mayonnaise and sprinkle with finely chopped green peppers. Chill before serving.

Frozen Tomato Salad.

Strain a quart can of tomatoes. Season with salt and pepper to taste and put on stove to boil. Dissolve one tablespoonful of gelatine in two tablespoonfuls cold water and stir into tomatoes after taking from stove. Place in moulds and freeze. Serve on bed of lettuce with Mayonnaise.

Tomato Jelly Salad.

Take one-half can tomatoes, two cloves, one-half bay leaf, one-half teaspoonful salt, one-half teaspoonful paprika and cook fifteen minutes. Strain, while hot, into one tablespoonful granulated gelatine dissolved in half cup cold water. Turn into individual moulds. Serve on lettuce with Mayonnaise

Tomato Jelly Salad No. 2.

Take one quart canned tomatoes, one-half small onion, three cloves, pinch of cayenne and salt, and six pepper corns. Boil all together until tomatoes are soft, strain and reheat, then add one-half box Knox gelatine, soaked in one-half cup cold water. Place in mould to harden. Serve on lettuce with Mayonnaise and cucumber cubes mixed together.

Tomato Sicilienne.

Skin and scoop out four raw tomatoes, and sprinkle with salt and pepper. Fill tomatoes with following mixture: One cooked knob of celery, one apple, two cooked artichoke bottoms, white of three hard boiled eggs, and one tablespoonful of chopped chives, all mixed with one cup of Mayonnaise. Serve on bed of lettuce and put spoonful of Mayonnaise on each tomato.

Tomato and Corn Salad.

Skin and core six tomatoes and place on ice. Fill with green corn, cut from cob, and allowed to become perfectly cold, and serve with Mayonnaise.

Tongue Salad.

Boil one fresh beef tongue until soft. Cut in small cubes and add one cup of chopped celery. Mix all with Mayonnaise and serve on lettuce.

Trophy Salad.

Place two hearts of Romaine lettuce, quartered, in salad bowl, and garnish with one-half head of celery, cut in fine strings, salt, a little vinegar, and olive oil and put some finely chopped walnuts on top.

Stuffed Tomato Salad.

Peel medium sized tomatoes. Remove thin slice from top of each and take out seeds and some pulp. Sprinkle inside with salt, invert, and let stand one-half hour. Fill tomatoes with cucumbers cut in small cubes and mixed with Mayonnaise dressing. Serve on lettuce leaves.

Stuffed Tomato Salad No. 2.

Prepare tomatoes same as for Tomato Salad No. 1. Refill with finely cut celery and apple, using equal parts. Serve with Mayonnaise, and garnish with shredded lettuce.

Tripe Salad.

One pint of pickled tripe, one head of lettuce, one clove of garlic, and one dozen olives. Cut the tripe into small strips. Make a "chapon," put it in the bottom of the dish and on top the lettuce leaves, then the tripe. Baste with Italian dressing. Cool for half hour before serving and before pouring over the dressing.

Tuna Salad.

Take eight tomatoes, skin them and scoop out. Then take two, one-pound cans of tuna and place in a bowl. Add three ounces of chopped English walnuts, two hearts of celery, cut in dice, two ounces of chopped sour pickles, a little chopped chives, salt, white pepper, one pint of Mayonnaise and a dash of tarragon vinegar. Mix well and stuff the prepared tomatoes. Sprinkle with a little paprika and serve on lettuce leaves.

Union Salad.

Take one dozen Cox Combs in white wine, cut in slices, four bottoms artichokes, minced fine, and add a few slices truffles and season with dressing of one teaspoonful Worcestershire, one-half cup mild vinegar, one saltspoonful salt, one saltspoonful mustard and three tablespoonfuls reduced tomato sauce. Serve in salad bowl and decorate with oysters, slices of tomatoes, shrimps and lettuce. Chill before serving.

Veal Salad.

Take one pound of cooked veal, one bunch of celery and one Spanish onion, chop all fine and sprinkle with a little salt and pepper. Mix with Mayonnaise dressing. Serve on lettuce leaves.

Vegetable Salad.

Take new carrots, boiled, cooled, and cut in small pieces, some cold string beans, and shredded lettuce, with capers scattered through it, mix with Mayonnaise dressing.

Waldorf Salad.

Cut into squares an equal quantity of green apples and celery, add the meats of English walnuts. Mix with a little Mayonnaise and season to taste. Place in salad bowl and garnish with hazel nuts and maraschino cherries. It is also attractively served in shells of red apples arranged on a bed of lettuce.

Water Cress Salad.

One bunch of water cress, wash and pick carefully. Garnish with sliced hard boiled egg and small onions, chopped fine. Serve with French dressing.

Water Cress and Pim-Olas Salad.

Mix in given order one-third teaspoon salt, one speck pepper, three tablespoons of olive oil and one tablespoon of vinegar. Beat well and pour over water cress or lettuce, and garnish with Pim-olas, cut in thin slices. Neuchatel cheese, cut in thin slices may also be added if desired.

Wilson Salad.

Remove heart from solid head of lettuce, slice the heart and mix with shredded celery, finely chopped Virginia ham and Mayonnaise; fill the head of lettuce with this mixture and garnish with a slice of hard boiled egg and small pieces of truffle.



DRESSINGS AND SAUCES.

Dressings and sauces form an essential part in the make-up of a salad. The innumerable variations must be skillfully adapted to the salads with which they are amalgamated or served, in order to produce some desired effect.

Although exact quantities have been given for the various dressings and sauces, diversity of taste must be considered, and no absolute rule can be given for blending a salad sauce, or for mixing a salad.

Ingredients should all be of the best; special care should be taken to secure the very best olive oil.



Sidney Smith's Salad Dressing.

*Two boiled potatoes strained through a kitchen sieve,
Softness and smoothness to the salad give;
Of mordant mustard take a single spoon,
Distrust the condiment that bites too soon;
Yet deem it not, thou man of taste, a fault,
To add a double quantity of salt.
Four times the spoon with oil of Succa crown,
And twice with vinegar procured from town;
True taste requires it, and your poet begs,
The pounded yellow of two well boiled eggs.
Let onions' atoms lurk within the bowl,
And scarce suspected animate the whole;
And lastly, in the flavored compound toss
A magic spoonful of anchovy sauce;
Oh, great and glorious! Oh, herbaceous meat;
'Twould tempt the dying anchorite to eat;
Back to the world he'd turn his weary soul,
And dip his fingers in the salad bowl.*

Aspic Jelly.

Soak one box of Knox gelatine in one cup of white wine and water, or lemon juice and water, until soft. Add three pints of chicken or veal stock, if for light jelly, or three pints of beef stock, if for dark jelly, season highly and mix with the shells and whites of two eggs, when stock is cold. Cook all together, stirring constantly and boil until thick scum has formed, remove and strain through a napkin.

Anchovy Sauce.

Add to half a pint of drawn-butter sauce two table-spoonfuls of anchovy paste or extract.

Boiled Salad Dressing.

Two well-beaten eggs, one-half pint of vinegar, one teaspoonful of sugar, one-half teaspoonful of English mustard, pinch of cayenne and salt to taste. Mix well, put over the fire in a porcelain-lined saucepan and bring it slowly to the boil, stirring steadily. When it bubbles add a teaspoonful of butter, take from the stove, and keep in a cool place.

Boiled Salad Dressing No. 2.
With Whipped Cream.

Four tablespoonfuls of vinegar, one tablespoonful of butter, one tablespoonful of flour, one egg, beaten lightly, one teaspoonful of white sugar, one-half teaspoonful each of pepper and mustard, salt to taste and whipped cream at discretion. Beat the butter and flour to a cream, stir in the beaten egg, and all the seasoning, except the salt. Next put in the vinegar, turn all into a saucepan and cook slowly, stirring until the sauce is very thick. Take from the fire, put in the salt and keep in a cool place. When ready to use stir whipped cream into it.

Drawn Butter Sauce.

Three ounces butter, one ounce of flour, half a pint of water, and a pinch of salt and pepper. Put two ounces of the butter into a stew-pan, and when melted, sprinkle in the flour; stir it well until the flour is thoroughly cooked, and mix in the water. Take it off the fire, pass it through a sieve and add balance of butter, salt and pepper.

Caper Sauce.

Melt two ounces of butter, add a tablespoonful of flour, mix well and add pepper, salt and a pint of boiling water. Stir on the fire until it thickens and then add three tablespoonfuls of capers. Remove from the fire and add the yolk of an egg beaten with the juice of half a lemon.

Chiffonade Dressing.

One cup olive oil, one-half cup white vinegar, or juice of one lemon, one teaspoonful salt and one saltspoonful pepper. Mix and beat until smooth, and then add one boiled beet, one hard boiled egg and a few chives, all chopped fine.

Club Dressing.

One-half teaspoonful salt, one-quarter teaspoonful pepper, two tablespoonfuls brandy, two tablespoonfuls tarragon vinegar, and two tablespoonfuls olive oil. Mix and stir until well blended.

Cold Slaw Dressing.

Beat up two eggs with two tablespoonfuls of sugar, add a piece of butter the size of half an egg, a teaspoonful of mustard, a little pepper, and lastly a cup of vinegar. Put all the ingredients into a dish over the fire and cook like a soft custard.

Cream Dressing No. 1.

This dressing will be found good for any salads calling for Mayonnaise, but is much less expensive. One level tablespoonful salt, one level tablespoonful mustard, one and one-half level tablespoonfuls sugar, two eggs lightly beaten, one-quarter cup melted butter, one and one-half cups thin cream and one-half cup vinegar. Mix together salt, mustard and sugar, add eggs and butter. Mix well and then add cream gradually, then vinegar slowly. Cook over hot water, stirring constantly until thick and smooth. Strain and chill before using.

Cream Dressing No. 2.

One teaspoonful mustard, one teaspoonful salt, two teaspoonfuls flour, one and one-half teaspoonfuls powdered sugar, few grains cayenne, one teaspoonful melted butter, one yolk of egg, one-third cup hot vinegar and one-half cup thick cream. Mix dry ingredients, add butter, egg, and vinegar slowly. Cook over boiling water, stirring constantly until mixture thickens; cool, and add to heavy cream, beaten until stiff.

Sour Cream Dressing.

Take two yolks of eggs, well beaten, four tablespoonfuls vinegar, one tablespoonful mustard, one pinch black or red pepper, and one-half cup sour cream. Mix thoroughly and chill before using.

White Cream Dressing.

Melt one-half cup butter, stir in one tablespoonful of flour gradually, and add one pint of cream slowly. Boil until smooth and thick. Yolk of egg may be added if desired, and season to taste.

Cucumber Dressing.

Peel and chop two cucumbers, drain them, put them into a bowl that has been rubbed with garlic, and cover them with a French dressing of two tablespoonfuls of oil, one-half a tablespoonful of vinegar, one-half a teaspoonful of salt and a saltspoonful of white pepper.

Curry Dressing.

Three-fourths teaspoonful salt, one-fourth teaspoonful curry powder, one-quarter teaspoonful pepper, five tablespoonfuls olive oil, three tablespoonfuls vinegar. Mix ingredients in order given and stir until well blended.

Dutch Sauce.

One-half cup butter, yolk of two eggs, one-half teaspoonful salt, one-half cup of boiling white stock, juice of one lemon and a pinch of cayenne pepper. Beat butter to cream, add yolks of eggs, one at a time, salt and pepper. Put ingredients in a bowl and place it in a sauce pan of boiling water, beat until it thickens and then add the boiling stock. When the consistency of soft custard it is done.

Boiled Egg Sauce.

Add to half a pint of drawn-butter sauce three hard-boiled eggs, chopped, not too fine.

Yellow Egg Sauce.

Rub yolks of two hard-boiled eggs through a sieve and mix with four tablespoonfuls olive oil, one tablespoonful vinegar, one teaspoonful mustard, one clove garlic, minced, and a little chopped parsley. Chill before using.

English Salad Dressing.

Put in a bowl a half teaspoonful of salt, a saltspoonful of white pepper, a teaspoonful of pounded mint, a teaspoonful of Worcestershire sauce, four tablespoonfuls of olive oil and when well mixed add one tablespoonful of celery vinegar.

Epicurean Dressing.

Salt, pepper, one-quarter teaspoonful English mustard, one teaspoonful French mustard, a little paprika, a few drops of Worcestershire, one teaspoonful each of ordinary vinegar and tarragon, stir together and pour in slowly six tablespoons of olive oil, add two cups of Mayonnaise, two chopped pimentoes, two chopped green peppers, twelve chopped olives and two tablespoons of chili sauce. Mix all together thoroughly. The dressing should be very cold.

Sauce Finiste.

Cook three tablespoonfuls of butter until well browned and add one-half teaspoonful mustard, few grains cayenne, one teaspoonful lemon juice, one and one-half teaspoonfuls Worcestershire sauce, and three-quarters cup stewed and strained tomatoes.

French Dressing.

One-half teaspoonful salt, one-quarter teaspoonful pepper, two tablespoonfuls vinegar and four tablespoonfuls olive oil. Mix ingredients and stir well until blended.

French Dressing No. 2.

One tablespoonful vinegar, one teaspoonful onion juice, one teaspoonful salt, covered with red and black pepper, and four tablespoonfuls of olive oil. Set on ice until ready for use. Use lemon juice instead of vinegar and leave out onion, for fruit salads.

German Dressing.

One-fourth pound of bacon, one onion, two tablespoonfuls vinegar and one saltspoonful of pepper. Put the bacon into a sauté pan with a half cup of water; let it boil until the water evaporates and then "try" out all the fat, and remove the bacon when it is dry and crisp. When the fat is cool, add to it the pepper and vinegar.

Helen's Dressing.

Mix two-thirds cup Mayonnaise, one-half cup whipped cream, one-half cup chili sauce, two tablespoonfuls chopped red peppers, two tablespoonfuls chopped green peppers, and one-half cup pecan meats. Place on ice, and serve with grape fruit or orange salad.

Hollandaise Sauce.

Pour four tablespoonfuls of good vinegar into a small stew-pan and add some pepper-corns and salt; let the liquid boil until it is reduced to half; let it cool; then add to it the beaten yolks of four eggs, also four ounces of good butter, and a very little nutmeg. Set the stew-pan on a very slow fire, and stir the liquid until it is about as thick as cream and immediately remove it. Now put this stew-pan into another pan containing a little warm water kept at the side of the fire. Work the sauce briskly with a spoon, to get it frothy, adding little bits of butter, in all about three ounces. When the sauce has become light and smooth it is ready for use.

Italian Dressing.

Put in a bowl a half teaspoonful of salt, a clove of garlic mashed, a saltspoonful of white pepper, a teaspoonful of tomato catsup, rub thoroughly and then stir in gradually four tablespoonfuls of Italian Olive Oil, add one tablespoonful of tarragon vinegar and beat thoroughly.

Japanese Dressing.

Rub the bottom of the bowl with a clove of garlic, add a half teaspoonful of salt, a drop of tobasco oil, a half teaspoonful of soy and six tablespoonfuls of olive oil. Mix thoroughly and add one tablespoonful of tarragon vinegar.

Mayonnaise Dressing.

One teaspoonful mustard, one teaspoonful salt, one teaspoonful sugar, pinch of cayenne, yolks of two eggs, two tablespoonfuls lemon juice, two tablespoonfuls vinegar and one and one-half cups olive oil. Mix dry ingredients, add egg yolks, and when well mixed add one-half teaspoonful of vinegar. Add oil gradually, at first drop by drop, and stir constantly. As mixture thickens, thin with vinegar or lemon juice. Add oil, and vinegar or lemon juice alternately, until all is used, stirring or beating constantly. Keep bowl containing mixture cold by placing it in a larger bowl filled with crushed ice.

Mayonnaise Without Oil.

Melt one-quarter pound of butter and stir in one tablespoonful of flour, remove from stove and add four eggs, beaten in one at a time until perfectly smooth. Mix with a little water a teaspoonful of ground mustard, one teaspoonful sugar and one teaspoonful salt, then add one-half cup vinegar and one-half cup of water. Put all ingredients together, cook until thick and thin with cream.

Mint Sauce.

Take four tablespoonfuls of chopped mint, two tablespoonfuls of sugar and a quarter of a pint of vinegar. Let it stand an hour or two before using.

Mushroom Sauce.

Put a piece of butter the size of a walnut into a small stew pan, and when it bubbles add a teaspoonful of flour; when well cooked stir in a cupful of stock and half a teacupful mushroom juice from the can, then after straining it, add half a can of mushrooms, pepper, salt and a few drops of lemon juice.

Mushroom, Lobster and Shrimp Sauce.

One-half cup butter, one pint cream or milk and one large tablespoonful flour. Melt butter, add flour until smooth, stir in cream or milk slowly, and season to taste. Then add mushrooms, lobster, or shrimps, as desired, chopped medium fine.

Roquefort Dressing.

Divide one-half pound Roquefort cheese into three equal parts. Mix to a paste one-third of cheese with one tablespoonful olive oil, one-third of cheese with one tablespoonful cognac, and one-third of cheese with one tablespoonful Worcestershire sauce, then mix all together until consistency of cream and add dash of cayenne pepper.

For Red Dressing.

Color Mayonnaise with paprika, or peel one tomato, chop fine, drain off juice, add one red pepper chopped fine, and mix thoroughly. Set on ice before using.

Roquefort Dressing No. 2.

Take four tablespoonfuls olive oil and work into one-half pound Roquefort cheese until thoroughly smooth. Add one tablespoonful tarragon vinegar, one teaspoonful salt, one teaspoonful pepper and one teaspoonful onion juice.

Russian Sauce.

Take three tablespoonfuls butter, two tablespoonfuls flour, one cup stock, one-quarter teaspoonful salt, a few grains of pepper, one-half teaspoonful chopped chives, one-half teaspoonful mustard, one teaspoonful grated horseradish, one-quarter cup cream and one teaspoonful lemon juice. Melt the butter, add the flour, and pour on gradually the stock; then add salt, pepper, mustard, chives and horseradish. Cook two minutes, strain, and add cream and lemon juice. Reheat before serving.

Ravingote Dressing.

Take a handful of chervil. together with some tarragon, and a few chives. When these herbs have been washed, put them into boiling water for five minutes, with a little salt, after which cool, drain and squeeze them dry. Pound them well, adding a spoonful of Mayonnaise sauce; then pass the whole through a sieve and mix Mayonnaise.

Spanish Dressing.

One red chili, one tablespoonful of tarragon vinegar, one clove of garlic and one tablespoonful of tomato catsup. Make Mayonnaise dressing, add the clove of garlic chopped and pressed through a sieve, the red chili chopped fine and reduced to a pulp, the vinegar and the tomato catsup. For tomato or beef salad.

Tartar Sauce.

One tablespoonful vinegar, one teaspoonful lemon juice, one-quarter teaspoonful salt, one tablespoonful Worcestershire sauce and one-half cup butter. Mix vinegar, lemon juice, salt and Worcestershire sauce in bowl, and heat over hot water. Brown the butter in a pan, strain and add.

Tartare Sauce.

One-half teaspoonful mustard, one teaspoonful powdered sugar, one-half teaspoonful salt, few grains cayenne, yolks of two eggs, one-half cup olive oil, one and one-half tablespoonfuls vinegar, one-half tablespoonful each of finely chopped capers, pickles, olives, parsley, one-half shallot, finely chopped, one-quarter teaspoonful powdered tarragon. Mix mustard, sugar, salt and cayenne; add yolks of eggs and stir until thoroughly mixed, setting bowl in pan of ice water. Add oil, at first drop by drop. As mixture thickens, dilute with vinegar, when oil may be added more rapidly. Keep in cool place until ready to serve, then add remaining ingredients.

Thousand Island Dressing.

Take one-half cup Mayonnaise, one-half cup whipped cream, chop one-half pimento, one-half green pepper, one hard boiled egg and small amount of chives; mix well with the Mayonnaise and whipped cream, then add small amount tomato catsup and dash of tarragon vinegar.

Tomato Sauce.

One-half can tomatoes, one teaspoonful sugar, eight pepper corns, bit of bay leaf, one-half teaspoonful salt, four tablespoonfuls butter, four tablespoonfuls flour and one cup brown stock. Cook tomatoes twenty minutes with sugar, pepper corns, bay leaf and salt, rub through a strainer and add stock. Brown the butter, add flour, and when well browned, gradually add hot liquid.

Tomato Sauce No. 2.

Ten ripe tomatoes, one onion, three sprigs parsley, one-quarter teaspoonful white pepper, and one teaspoonful salt. Boil together two hours, strain through fine sieve, and thicken with a little flour if necessary.

Vinaigrette Sauce.

One teaspoonful salt, one-quarter teaspoonful paprika, few grains pepper, one tablespoonful tarragon vinegar, two tablespoonfuls cider vinegar, six tablespoonful olive oil, one tablespoonful chopped pickles, and one teaspoonful chopped chives. Mix ingredients in order given.



SANDWICHES.

The term sandwich was originally applied to slices of meat placed between bread and butter. Now it has a much wider meaning, being used to describe a large number of preparations in various combinations.

Bread for sandwiches is better when one day old, as it does not crumble in cutting, and it should always be cut as thin as possible and the crust removed.

The butter used should be very fresh and creamed before using. Mustard butter should be used with all meats and poultry; foie-gras butter for game and anchovy butter for fish.

Fancy creams, fruit and nut sandwiches are mostly used for afternoon teas.

Appropriate sandwiches should be passed with salads, when they are served for evening affairs as the main course.

Sandwiches which are prepared several hours before serving time may be kept fresh by wrapping them in a damp napkin, and kept in a cool place.





BUTTERS.

Anchovy Butter.

Take anchovies, wipe off the skins and remove all scales, pound them up thoroughly with butter, add a dash of cayenne and rub mixture through a sieve.

Foie-Gras Butter.

Take one-half pound fresh butter, one-half pound foie-gras. Mix them well together and pass through sieve. Season to taste.

Mustard Butter.

Take one-half pound butter, very fresh, one heaping spoonful mustard, one saltspoonful salt, and one saltspoonful paprika. Mix well together, consistency of cream.



American Club Sandwich.

Three slices thin toast buttered, cover first piece toast with thin slices of chicken, place second slice of toast on top and on this layer place lettuce leaf and three strips of well browned bacon, cover bacon with a little Mayonnaise dressing, placing third piece of toast on top.

Anchovy Sandwiches.

Spread thin slices of bread with mustard butter. Arrange fillets of anchovies on top. Cut in squares or triangles.

Anchovy Paste Sandwiches.

Spread thinly cut bread with mustard butter and fill with the anchovy paste. Cut in fancy shapes.

Brown Bread and Cheese.

Heat one loaf of brown bread in steamer. Slice thin and spread between layers, while warm, cream or cottage cheese. Serve while hot.

Beef Sandwiches.

Slice cold roast beef very thin, lay between thin bread and butter, spread on a little English mustard, or mustard butter.

Caviar Sandwiches.

Squeeze a little lemon juice over the caviar and sprinkle on it a little chopped onion. Spread between thinly sliced bread and butter. Cut round or in fancy shapes.

Celery Sandwiches.

Cut the tender tops of celery very fine and mix with Mayonnaise. Spread between thin slices of bread.

Cheese and Nut Sandwiches.

One-half cup whipped cream, one cake cream cheese, or cottage cheese, and one cup of nut meats. Mix thoroughly and spread between thin slices of bread and butter.

Cheese and Pimento Sandwiches.

One-half cup whipped cream, one cake of cream cheese and three tablespoonfuls of chopped pimentos. Spread on thinly cut slices of buttered bread. Cut in fancy shapes.

Chicken Sandwiches.

Slice white meat of chicken thin; spread over thin slices of buttered bread some Mayonnaise and lay chicken meat between, with dash of cayenne and salt. Cut in fancy shapes.

Scraped Chicken Sandwiches.

Scrape the white meat of chicken, by aid of fork, very fine. Season with salt and pepper, and spread on bread with mustard butter.

Shredded Chicken Sandwiches.

Cut the white meat of chicken in long fine strips. Mix with a mustard Mayonnaise spread on thinly cut slices of bread not buttered. Roll up, like a jelly roll and tie with fancy colored ribbons.

Sliced Chicken and Lettuce.

Cut the white of chicken meat very thin and place a slice on thinly cut bread spread with mustard butter. Add a crisp leaf of lettuce on each slice and cover with Mayonnaise. Cut in triangles.

Cocoanut Sandwiches.

Mix grated cocoanut with chopped nut meats and season with sugar and lemon juice. Spread between thin slices of buttered bread cut in fancy shapes.

Date Sandwiches.

Chop dates and season with grated lemon-peel and cloves or cinnamon. Spread between thin slices of buttered bread cut in fancy shapes.

De Vargas Sandwiches.

Cut white of chicken meat in very small squares, mix with finely cut celery. Mix with cream Mayonnaise and spread on thinly cut buttered bread. Cut in squares.

Egg Sandwiches.

Chop finely the whites of hard boiled eggs and force yolks through strainer. Chop a little pimento and mix all together with dash of salt and cayenne. Moisten with Mayonnaise and spread between lightly buttered thin slices of bread.

Egg Sandwiches No. 2.

Spread over thinly sliced bread a Mayonnaise dressing, place slices of hard boiled egg on same and sprinkle with finely chopped parsley or paprika.

Fish Sandwiches.

Chop boiled fish fine. Add a little Worcestershire sauce, mix with Mayonnaise and spread between thinly cut bread and butter.

French Sandwiches.

Mince and mix one-quarter pound each of tongue and ham to a paste with two tablespoonfuls of butter and three minced truffles. Season with paprika, a few drops of lemon juice and five drops of onion juice. Spread between thin slices of bread.

Fruit Sandwiches.

Remove stems and finely cut figs; add a small quantity of water, and cook until a paste is formed, then add a few drops of lemon juice. Cool and spread on thin slices of buttered bread, sprinkle with finely chopped peanuts and cover with slices of buttered bread.

Ham Sandwiches.

Place thin slices of Virginia ham between thin slices of bread lightly buttered and spread on ham a little English or French mustard.

Minced Ham Sandwiches.

Chop fine, slices of Virginia ham with a little of the fat, mixed with finely chopped pickles and Mayonnaise, spread on thinly cut buttered bread. Cut in any shapes desired.

Honolulu Sandwiches.

Put one sour apple, one red Spanish pepper, one green sweet pepper and one neufchatel cheese through a meat chopper, add a half teaspoonful of salt, mix and spread between thin slices of buttered white or brown bread.

Lettuce Sandwiches.

Put crisp lettuce leaves, washed and dried, between thin slices of buttered bread, having a teaspoonful of Mayonnaise on each leaf.

Lobster Sandwiches.

Chop cold boiled lobster fine and moisten with a thick Mayonnaise. Spread on one slice of thinly cut buttered white bread and lay another slice over it.

Mushroom Sandwiches.

Mince beef tongue and boiled mushrooms together, add French mustard and spread between buttered bread.

Nut Sandwiches.

Chop fine, English walnuts, pecans or blanched almonds, mix with Mayonnaise and whipped cream and a dash of sugar. Spread on thin buttered bread. Cut in fancy shapes if desired.

Olive Sandwiches.

Chop finely the olives, having removed stones, and add one tablespoonful pimentoes chopped fine, and three tablespoonfuls of Mayonnaise. Spread on buttered slices of bread. Cut in squares or fancy shapes.

Olive and Nut Sandwiches.

Chop nuts very fine and mix with Mayonnaise, then add finely chopped olives. Spread between thinly cut bread and butter. Cut in shapes.

Orange Sandwiches.

Slice oranges very thin with sharp knife. Lay each slice between thin round slices of bread, size of the fruit. Moisten orange with mixture of Mayonnaise and whipped cream. Serve at once.

Pepper Sandwiches.

Remove all the seeds from a pepper, chop fine and simmer ten minutes in a tablespoonful of butter and add a dash of salt. Set aside to cool and then spread between buttered bread.

Prune Sandwiches.

Chop prunes fine with half the quantity of English walnut meats and season with lemon juice and sugar. Spread between buttered bread cut in fancy shapes.

Raisin Sandwiches.

Seed and mince fine layer raisins, moisten with wine and spread between thin buttered biscuits.

Sardine Toast.

Dip slices of thin toast in olive oil and arrange on dish. Pound up a few anchovies into a paste, add a little butter and chopped parsley and cover toast with mixture. Wipe off skin of sardines with cloth and place on toast, put in oven for few minutes and serve hot with salad or as a relish.

Swiss Cheese Sandwiches.

Slice Swiss cheese very thin, place between mustard buttered bread cut very thin.

Tomato Sandwiches.

Chop tomatoes very fine, pour off the juice, and mix thoroughly with Mayonnaise and cream mixed, and add some finely chopped nut meats. Spread very thin between slices of thinly cut bread.

Turkey Sandwiches.

Slice the white meat of turkey and arrange on thin slices of mustard buttered bread. Can add Mayonnaise if desired. Cut in fancy shapes.

Turkey and Tongue Sandwiches.

Cut the white meat of turkey very thin, also slices of tongue, arrange slice of both between mustard buttered bread and cut in diamond shape.

Tutti-Frutti Sandwiches.

Chop together a quarter of a pound each of crystallized cherries, peaches and apricots, or other tart fruits. Moisten with a tablespoonful of wild cherry liquor and spread between buttered water-biscuits.

Water-Cress Sandwiches

Cut leaves from the stems. Mix with Mayonnaise and arrange on slices of buttered bread cut in squares.



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