

**THE MAN'S
COOKBOOK**

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THE
MAN'S COOKBOOK

The Man's Cookbook

by

ARTHUR H. DEUTE



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FOREWORD

THIS is to tell you how this book came about. For many years, cooking has been my hobby. I have never cooked professionally, though I have always wished I had learned to be a chef. I have always wanted to own and operate a restaurant, but I never have and probably never will.

Many a time I have talked about my pet idea of owning a magnificent “hot dog” stand in Florida and another one in Maine—running each one six months in the year, and moving north and south with the appropriate seasons. I have dreamed of featuring hot dogs one foot long so that I could hang up a sign reading

“One dog
One foot
One dime!”

And think of the alluring bill boards one could build around that idea, setting them up at one mile intervals on both sides of the stands.

These sausages would not be of the ordinary productions by any means, but they would be made from extra specially selected beef—like those one finds (or used to find) in certain central European towns. Parenthetically, this country has yet to attain the heights achieved in Europe when it comes to making sausages. We have countless rare treats in store for us, awaiting only some Careme or Escoffier who will truly glorify the sausage.

Well, what with one thing and another, there has always been ample opportunity to cook and to try the interesting dishes I have tasted here and there—at home and abroad. And so the hobby of cooking led to the hobby of collecting recipes—hundreds, thousands of them. And as I write this little item, I am only a few feet away from several really sizable bookcases filled with books about food and drink. There is a wonderful literature devoted to food and drink if one takes the trouble to look for these books.

Naturally, one talks of his hobby, so I talk about food and drink. And long ago it became plain to me that there are, right in this country, really armies of men who not only like to do a bit of cooking now and then, but who are very good at it.

I recall just a few months ago a little group of men meeting in Washington, D. C. The object was to prepare a stag dinner and I was to be the chef. As I settled down to a little serious cooking, I found I had a helper. He turned out to be a learned legal light of Chicago, momentarily stationed in Washington. He was plainly enough no mere beginner in the fine art of cooking. His touch was that of the master. He took over the preparation of two vegetable dishes.

Sitting there at his work, he seemed lost in thought, then he looked up and said to me: "I've often wondered why I let myself drift into the law. I always wanted to be a cook. I think I missed my real life's work!"

This man is only one of many who cook for a hobby—and who do it very well.

There is one thing most men cooks have in common, and that is the interest in the unusual dish—the creation off the beaten path. Many men, knowing of my collection of recipes, have asked me for this and that and, more often than not, the recipe is in my collection. And so, before I knew it, I was writing out

quite a few of these recipes for certain newspaper editors who printed them for their readers.

In this interesting undertaking I received the cordial encouragement of many editors, particularly those of the *Washington Star*, the *Baltimore Sun*, the *St. Louis Post Dispatch* and the *Chicago Daily News*. To these editors I should like now to pay my respects and to convey my heartiest thanks.

As these little articles ran along, month after month, letters from readers began to grow in number. Ever so many asked about a set of these recipes in book form. I think many friendly mortals, hard put for gifts for their men folks, saw in such an assembled collection a useful present. And so we went through the printed newspaper items and chose two hundred which seemed most likely to interest the amateur male chefs and their hungry friends. It is this collection of two hundred of these dishes that are set down in this little book—put together to serve as a handy list of concoctions which men like to cook. Most of them are quite simple. All of them have been cooked and eaten and enjoyed by many men and their friends.

It has been a real pleasure to assemble these recipes—a rare thrill to cook and serve them, and if by chance copies of this book find their way into the hands of other men who will enjoy cooking some of these dishes, then the pleasant work of getting them together will have received full compensation.

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THE
MAN'S COOKBOOK

A LITTLE SOMETHING ABOUT WINE AND BEER AND THEIR PLACE ALONGSIDE OF GOOD FOOD

WHEN, back in 1933, the offended American public finally rallied around a new national government administration and tossed into oblivion the so-called noble experiment and all that went with it—when it substituted law and order for lawlessness and disorder, getting rid of the bootlegger, the racketeer and all the rest of that sort of thing, many of us who had, in our younger days, learned the place of good wine and sound beer on the dining table, thought that surely this land of ours would come quickly to a full understanding of the proper use of these products of nature and the skill of man.

Now we look back and, while we see much progress, we must realize that many a man and his good wife are still hesitant—still reluctant—to give wine and beer their true place on the table. Much of this we find is due to a peculiar reticence on the part of many people—the fear of serving the wrong wine—the lack of knowledge as to the proper glassware and all that. Waiters in countless fine hotel dining rooms have told me that there is a woeful lack of knowledge by a very large percentage of the dining public and thus the reluctance to order wine or beer with meals—especially wines.

Often I think this is due to a great extent to a mass of foolish writing about wines and beers by pseudo-experts or self-styled judges.

There was, in one of our weekly magazines, a cartoon of a rough and tough truck driver sitting down to supper in his shirtsleeves at his kitchen table. As he glanced over the food set before him, he turned angrily to his wife and said: "Say, what do you mean—pouring me red wine with my fish?"

And, of course, this poor wife and many others have stayed away from wine ever since.

One day, at a home where I was a dinner guest, we were enjoying a well cooked beef kidney stew, in the old time Maryland manner. Throughout the meal, I was wishing secretly that we might have a glass of good, sound dry red wine—a California Zinfandel or Pinot Noir, for instance. But none was served.

Later in the evening, the talk got around to wine and our host was proud to show us four bottles of Chateau Margaux, 1928.

"Why did you hold out on us when this wine would have gone so well with that good kidney stew?" we asked.

And this was the amazing reply: "My wife cut out of a magazine a chart showing the proper glasses to use with various wines and we don't have the right glasses for serving French red wines!"

I took it upon myself to preach a little sermon to that man, which I should like to repeat here: Of course, there is a ritual in the serving of wines—it is very nice to serve Moselle wine, for instance, in glasses with a green bowl; Rhine wine in glasses with a brownish bowl, and, of course, the correct champagne glasses, sherry glasses, and the full shaped white glasses for French red wines and so on. But to say that good wine must be foregone if the so-called correct glass is missing is like saying that one cannot enjoy an oyster without an oyster fork. Of course, some glasses are more appropriate than others, but that is secondary.

As to the proper wine to serve with a particular dish, that again is not only largely a matter of individual taste, but the individual taste soon asserts itself—and generally correctly, as one comes to know wine. One comes to know wine not by reading books but by tasting and enjoying it.

Once I saw a man and his wife order a bottle of Madeira wine and drink it at a dinner built around a fine steak. That was on a Pullman diner. I don't think it took them long to find out that a good dry red wine would have been much more appetizing.

But still if they like sweet wine with steak they are no different from the traveler whom I saw pouring Worcestershire sauce on his grapefruit, or from the frequent diner in public places who gives his mess of mashed potatoes a liberal infusion of tomato catsup.

In a very short time the student of wine will find, of his own volition, that sweet wines belong with or take the place of sweets. Dry (non-sweet) wines belong with foods that are not sweet. The light dry white wines belong with the light meats and fish, while the rich dry red wines belong with the more robust meats.

Now and then, even to this day, one finds an unholy waiter who infers that only a French wine is to be enjoyed with food, but he is merely a snob. There is, happily, a native American wine of sound worth for every wine need—and they are getting better and better as time goes on. Quality will be enhanced as more people personally learn to enjoy wines and ask for and know their goodness.

In short, the way to learn about wines is to start ordering them with food and the correct taste will soon be developed.

This is true also in the case of beer. America brews much fine beer today. Beer has come far to earn a place for itself in

fine dining. Time was when beer was regarded as the working man's beverage. Today it is occupying a more and more prominent spot on the menus served in the finest hotels and clubs in the land.

Especially in homes of all types, the bottle of beer served well chilled and poured correctly, with a proper regard to the creamy foam, is assuming more and more importance.

Americans as a class seem to enjoy more liquid with their meals than, for example, the French and Italians. These worthy folk seem to limit themselves to a small glass or two of wine. The typical American wishes ten, twenty, even thirty ounces of liquid. Beer is the solution. And in our cosmopolitan cuisine, drawn from all lands, there is a definite array of dishes that seem to call for beer.

Of course, everyone should have a good "working" knowledge of beers just as they should about wines. The quickest way to develop such knowledge is to adventure about and let taste dictate. It is surprising how rapidly sound taste asserts itself.

Asking a bit of advice merely discounts time and saves much wine and beer. The soundest advice is to be had from reliable dealers who supply the home and from the captains or wine stewards in the better hotels and clubs. One or two questions asked at the right time will elicit helpful information.

Say to a headwaiter, for instance: "Won't you suggest a wine from your cellar that will go well with this dish?" Or say to any reliable dealer: "I'd like to take home one bottle each of several wines, white and red, suitable for our family dinners!" From there on, the road is well marked and clearly defined, and a wealth of newer dining pleasures will be unfolded.

SOUPS

CRAB SOUP, MARYLAND

WHEN it gets to be powerful near crabbing time in Chesapeake Bay every year, the natives begin to think about crab soup. There are countless varieties—all very good—but for the sake of those poor wights who cannot spend a day or more on the shores of the Bay to gather in their own crabs and cook their own pot of crab soup, here is a recipe that will suffice. But this is a secret you must not mention to a real crab fan—you can, if you must, use canned crab meat for this particular soup. This is rank heresy, but it is true.

Chop one onion, size of a walnut, into fine bits and put it into a little iron soup pot together with two tablespoonfuls of butter or margarine. Bacon fat is good, also. When the onion is lightly cooked, add two cups of picked over cooked crab meat. Then add about three cups of milk and cook for about fifteen minutes in the top of a double boiler.

At this point, if you can find one cup of cream, good and rich, add it and cook ten minutes longer. If no cream, use a little butter and flour thickening mixed in some plain milk. Add pepper to taste. Your native Marylander will stir in a tablespoonful of sherry. With salted crackers and salad this is a meal in itself.

INGREDIENTS

1 onion	3 cups milk
2 tablespoons butter or mar- garine	1 cup cream
2 cups crab meat	Pepper
	1 tablespoon sherry

FLAMBEAU'S FAVORITE

FLAMBEAU, they called him, when he was a great headwaiter in a great restaurant in New York. He had a flair for cooking, too, and could give pointers to many a chef.

In time, he retired with honors to a small farm in New Jersey where he lives the life of a suave, elderly Frenchman on the American scene. But the food in his home is still very much French. Among his favorite dishes is a soup which, with toast or French bread, is the main course for a good meal.

Take three bunches of chicory and wash and dry well. Cut it into narrow strips and cook it in a little butter or drippings until it is a brownish mass. Now rub in three tablespoons of flour and add six to eight cups of veal or chicken broth; or, if necessary, use hot water and six to eight bouillon cubes. Add several sprigs of parsley and some celery greens. Boil this for an hour. Then strain the soup through a fine sieve, season with salt and pepper and reheat. Without letting the soup boil stir in a cup of cream or rich milk in which two or three egg yolks have been well beaten. This will provide a light creamy consistency. Serve in soup plates with a little chopped parsley. A freshly poached egg may be added to each serving. Dessert and coffee round out a light but nourishing hot weather luncheon or dinner.

INGREDIENTS

3 bunches chicory	Salt and pepper
Butter or drippings	1 cup cream or rich milk
3 tablespoons flour	2 or 3 egg yolks
6 to 8 cups veal or chicken broth	

«IT'S DUCK SOUP!»

HOW often have we said: "That's duck soup!" But when did we eat duck soup? When did we cook duck soup? Why not? It's easy and delicious and a meal in itself.

To make enough duck soup for four, get a young duck weighing about five pounds. Remove the giblets, liver, etc., mince and fry them lightly together with a cup of diced smoked ham and some chopped onions for flavor. Set this aside to use later.

Now put your duck on to boil and cook until tender. Then remove it from the broth, strain the broth. Remove the meat from the bones and cut it into small bits, putting it back into the broth. Add the mixture of ham and giblets, with all the liquid therefrom. To this add a cup of well washed rice. Cook this slowly until the rice has entirely dissolved. Season with salt and pepper. It is now ready to serve.

This is really a cream of duck soup with a most unusual and intriguing flavor.

With this soup we suggest a crisp salad of torn lettuce leaves, orange and grapefruit segments, served with a sharp French dressing, and hot buttered toast.

INGREDIENTS

Young duck weighing about five pounds	Chopped onions
1 cup diced smoked ham	1 cup rice
	Salt and pepper

GARDEN VEGETABLE SPECIAL

JUST when your labors in your vegetable garden begin to show real results, you will probably start wondering just how to use up all the wealth it bestows.

Here is a solution in the form of a vegetable soup, calling for no outside help except for the soup bone. Wash the soup bone, put it into a large kettle and cover with water. Boil and skim the broth for three or four hours, adding a little water from time to time as it evaporates. Remove the bone and strain the broth.

Now add to the broth two cups chopped cabbage, one cup minced onion, one cup sliced okra, one cup diced turnip, one cup green peas, two cups fresh or canned tomatoes, two cups little lima beans and two cups corn cut from the cob (or canned whole kernel corn). Boil for forty-five minutes. Add a tablespoonful of flour rubbed into half a cup of broth to thicken the soup. If potatoes are desired, add two cups of diced raw potatoes half an hour before the soup comes off the fire. (Okra may be omitted, if you don't care much for it. Some people don't. I do.)

Nothing more is needed for a wholesome meal except bread and butter and a good wedge of fresh berry pie.

INGREDIENTS

Soup bone	1 cup green peas
Water	2 cups fresh or canned tomatoes
2 cups cabbage, chopped	2 cups lima beans
1 cup onion, minced	2 cups corn from cob
1 cup okra, sliced (optional)	1 tablespoon flour
1 cup turnip, diced	2 cups raw potatoes, diced

FROM THE OLD WORLD

THROUGHOUT Europe, each village seems to have its own frugal, peasant soup—and very good each one is apt to be. Once I found an especially good one made without any meat or broth and it is well worth making today in this country.

For this soup, take three or four carrots, two or three turnips, an onion and a couple of leeks. If you can't find leeks, which are usually scarce here, use one more onion. Also have handy two medium sized potatoes. For seasoning, make an herb ball (like a tea ball) using a bay leaf, three or four sprigs of parsley and a teaspoonful of fresh chopped or dry thyme.

Dice all the vegetables very small and drain them well. Now take a heavy soup pot, preferably iron, and in the bottom put a quarter of a cup of olive oil or butter. When it is hot, add all the vegetables and herbs except the potatoes—which hold for later use. Stirring often, give the vegetables a light browning, add a quart of boiling water, the potatoes and half a cup of broken spaghetti. Boil for half an hour over slow fire, add a cup of fresh cream, stirring with a wooden spoon. Add salt if needed and serve immediately.

INGREDIENTS

3 or 4 carrots	3 or 4 sprigs parsley
2 or 3 turnips	1 teaspoon dry thyme
1 onion	1/4 cup olive oil or butter
2 leeks	1 quart water
2 potatoes, medium sized	1/2 cup spaghetti broken
1 bay leaf	1 cup cream

YANKEE CORN CHOWDER

WHEN it's corn season this grand popcorn Yankee one-piece dinner or supper ought to be cooked in an iron pot right in the middle of the garden, with friends from all the surrounding gardens. Many a guilty soul will turn green with envy—but we'll guarantee he'll stay and eat!

Start with a half pound piece of bacon cut into cubes half an inch or so. Brown this in the pot and add four or five onions, sliced, some sliced stalks of celery, salt and pepper. Then three or four cups of corn cut from the cob, two cups or raw potatoes cut in half inch dice and water to cover the whole business. Simmer slowly until the potatoes are tender, adding a little water from time to time as it dries out. When the chowder shows signs of being about ready to eat, six chowder or soda crackers are soaked in milk, then added to the chowder.

Now season with salt, plenty of pepper and a little chopped parsley. Serve as a thick, hot chowder—not a thinnish soup.

Bowls of olives, stalks of celery or plates of cole slaw round out the course and individual deep dish apple or berry pies are convenient if the dinner is served al fresco—"outdoors" among ourselves.

INGREDIENTS

1/2 pound bacon	3 or 4 cups corn from cob
4 or 5 onions, sliced	2 cups raw potatoes
Celery	Water to cover
Salt and pepper	6 chowder or soda crackers
	Parsley

OLD FASHIONED «SPOON» SOUP

BACK into present-day favor come now the “spoon soups”—those ancient dishes in which meat and vegetables appear in one huge pot—a soup too thick to drink and too thin for a fork—hence the “spoon” soup of olden days. With it serve a simple lettuce salad or cole slaw, followed by chilled melon slices powdered with ginger.

Among the greatest of the spoon soups is this one: Get a two and one-half pound shin of beef. Cover with salted cold water and let stand for an hour. Change the water to cover, and simmer slowly until meat is tender and broth is strong. There should be about two quarts of liquid. Remove the meat, strain the broth and return to the soup pot.

Add to the broth a small cup sliced cabbage, a half cup onion, two young sliced carrots, a diced turnip or two, some chopped celery, some chopped parsley and a cup of canned tomato. Season with salt and pepper and add a level teaspoonful of sugar. Cook for half an hour, then add a small cup of canned peas and a cup of raw potatoes diced small. Now add the bits of meat cut from the bone and diced. When the potatoes are tender, remove from fire and let soup cool. Remove fat from top. Bring to a boil, adding one tablespoonful of vinegar and more salt if needed.

INGREDIENTS

2 1/2 pounds shin of beef	Celery, chopped
Water to cover	Parsley
1 cup cabbage, sliced	1 cup canned tomato
1/2 cup onion	Salt and pepper
2 young carrots, sliced	1 level teaspoon sugar
1 or 2 turnips, diced	1 cup raw potatoes, diced
	1 tablespoon vinegar

AH—THE MINISTRONE!

A GREAT bowl of minestrone soup is a meal in itself. Served with plenty of toast or French or Italian bread with crisp crusts and helped out with a dish of mixed green salad, then with an apple or pear and a cup of strong black coffee—here is a dinner complete—with a capital D.

And good minestrone is no trick at all to make—calling merely for the dropping into the pot of this and that and giving time full play:

Take half a pound of salt pork, cut it into one inch strips a quarter of an inch thick and put it into a soup pot with about half a gallon of water. As this comes to a boil, add two tablespoonfuls of chopped parsley and one nubbin of minced garlic (optional). Separate the leaves of half a small cabbage, trim out the core and stalk of the leaves, and add to the soup, also two or three carrots cut into small pieces, a cup of canned little lima beans and a cup of peas.

Finally, add a tablespoonful of butter and let this cook two hours. Add a cup of well washed raw rice and let the soup cook until the rice is soft and done. Then add two or three bouillon cubes dissolved, or a spoonful of meat extract to make added strength. Mix well and serve with grated hard cheese.

INGREDIENTS

1/2 pound salt pork	2 or 3 carrots
1/2 gallon water	1 cup canned lima beans
2 tablespoons parsley	1 cup peas
1 nubbin garlic, minced (optional)	1 tablespoon butter
1/2 cabbage, small head	1 cup rice
	2 or 3 bouillon cubes
	Grated hard cheese

VIVE LA ONION SOUP!

AMONG the French restaurants, one of the best advertised foods is onion soup. Many a French chef does this soup very well indeed—so do millions of French peasant housewives. But the chefs have talked about it so much in this country that many Americans think it is a difficult culinary accomplishment. Actually, it is a culinary soft snap, but no less a great masterpiece. It may be done very well by any American cook—amateur or professional—and in a matter of minutes.

Have on hand two cans of chicken broth or bouillon, if you haven't any left over which you made yourself. As the broth heats, place a cup of sliced onion in a skillet, cook it to a delicate brown in fat and stir in and rub smooth a tablespoonful of flour. When well mixed, add this to the broth and heat together. Now slice French bread in thin pieces, toast or fry a light brown. Take slices of toast, covered with grated cheese, and cover the surface of a casserole full of the soup. Set under the broiler to brown the cheese lightly and serve forth.

Onion soup, salad and dessert round out a grand meal with a foreign accent.

INGREDIENTS

2 cans chicken broth or bouillon	1 teaspoon flour
1 cup onion, sliced	French bread
	Grated cheese

—AND ANOTHER FRENCH DELIGHT

FRENCH cabbage soup is famous—and with a salad and dessert makes a grand meal. America may well know this wholesome soup. While there are many recipes, this one is among the most popular:

Put a pound of salt or pickled pork into a kettle together with a bouquet of parsley, thyme and a couple of bay leaves. Cover with cold water, bring slowly to the boiling point and simmer for an hour. Then take out the pork and set it aside. Also remove the herbs. Now add to the broth two or three cut up carrots, a turnip or two and a head of cabbage that has been finely shredded. (Curly cabbage or Savoy is nice in this soup.)

Bring to the boiling point and simmer the vegetable mixture for an hour and a half, adding some parsley and a chopped onion about half an hour before completion. Some of the pork may be cut into dices and added, and some people include a cup or two of diced raw potatoes, simmering until the potatoes are tender.

In France, the piece of pork is generally saved for another meal, but for lavish living, it may be returned to the soup and simmered until tender and sliced to serve with the soup.

INGREDIENTS

1 pound salt or pickled pork	2 or 3 carrots
Bouquet parsley	1 turnip
Thyme	1 head cabbage
2 bay leaves	1 onion, chopped
Cold water	1 or 2 cups potatoes

BLACK BEAN SOUP, BOSTON STYLE

ONE of the most traditional, most enjoyable and most nourishing of soups is the old fashioned black bean soup. Though it does come “ready made” in tins, it is so easy to make at home that it is a pity more cooks don’t try it.

Start out, for four generous portions (practically a meal in themselves), with two overflowing cups of dry black beans. Sort these beans over, soak overnight and drain off the water in the morning.

Have ready a two-pound soup bone. Put the bone and the beans into a soup pot and cover with water. Add one chopped onion and some celery greens. Cook slowly for about six hours.

When the beans are soft, remove the soup bone, strain the beans through a coarse sieve. If there is too much “water” and the soup is too thin, boil it down to desired consistency. Season with salt and pepper, and a touch of Worcestershire sauce. Add a tablespoonful of sherry, if you like. Place slices of lemon on top of each portion as it is served. Fresh toast and butter complete a well rounded out main course.

Afterwards, perhaps, serve a hot artichoke with melted butter and shredded fresh pineapple for dessert.

INGREDIENTS

2 cups dry black beans
2 pound soup bone
1 onion, chopped
Celery greens

Salt and pepper
Worcestershire sauce
1 tablespoon sherry
Lemon slices

THE CHOWDER CONTROVERSY

SOME years ago there was a great to-do about clam chowder. Tomatoes seemed to be the point of contention. Great professional and amateur chefs tossed their learned locks in culinary rivalry and vitriolic tongues wagged in rabid contention. There never was a decision, but among those who opposed the tomato as an ingredient in clam chowder, the following seems to be the accepted way to make the disputed dish:

Start with two dozen clams, steamed, removed from the shells and chopped. All the liquor must be saved, too. If there are no fresh clams, about four No. 1 cans of clams will take the place of a couple of dozen fresh ones.

In the chowder pot fry half a pound of diced salt pork until medium brown. To this add six medium potatoes, cubed in half inch pieces, six small onions chopped fine and the clam broth. Cook this for fifteen minutes, then add the chopped clams and cook another fifteen minutes.

In another pan thicken a quart and a half of milk with three tablespoonfuls of flour and two of butter and boil up well together. Combine the two mixtures and season with salt and pepper. An exotic touch comes from adding a few pinches of powdered marjoram—seasoning to taste. Boil up, stir well and serve with chowder crackers. This is a Maryland recipe.

INGREDIENTS

2 dozen clams	1 1/2 quarts milk
1/2 pound salt pork	3 tablespoons flour
6 medium potatoes	2 tablespoons butter
6 small onions	Salt and pepper
	Pinch powdered marjoram

BLACK BEAN PORRIDGE

IN THE good old days many a New England mother prepared old fashioned bean porridge—a meal in itself, calling for nothing more than good bread, a glass of milk and an apple dumpling to create a deep sense of well-being.

To make good bean porridge one must be in the mood. Start the night before by sorting out three cups of black beans and putting all the perfect ones to soak overnight. Next morning, drain off the water, rinse the beans well and put into a soup kettle. Add a chopped onion, half a cup chopped celery, a carrot cut fine, and in a little cloth wrap up two or three bay leaves, a few pepper corns and four or five whole cloves. Cover with cold water, bring to a boil and cook slowly until beans are soft. Then rub them through a colander or sieve.

Return to the kettle (without the bag of cloves, etc.) and add enough hot water or any kind of meat broth to make a smooth, creamy mixture. If you want the soup thicker, brown a spoonful of flour and butter, rubbed together, add some of the broth and stir into the soup. Add salt to taste. For extra flavor, take the yolks of two hard boiled eggs, mash with some mustard, season with a little Worcestershire sauce and stir into the soup. Serve with some thin slices of lemon floating on the surface of the bowl of soup.

INGREDIENTS

3 cups black beans	Cold water
1 onion, chopped	Meat broth
1/2 cup celery, chopped	Salt
1 carrot	2 hard boiled egg yolks
2 or 3 bay leaves	Mustard
Pepper corns	Worcestershire sauce
5 whole cloves	Lemon slices

LAZY-MAN'S OXTAIL SOUP

ON A lazy afternoon or while a little card party is in progress, a wonderful oxtail soup will practically cook itself and provide the main dish of the evening for four to six persons. Here are meat, potatoes and vegetables all in one interesting soup:

First one oxtail—which the butcher boy will chop and saw into appropriate lengths for soup. And this, on getting home, goes into a kettle of hot water to soak for half an hour.

In the meantime, prepare the vegetables: a couple of carrots, a couple of turnips, a stalk of celery. Then in the soup pot heat some fat, add a chopped onion, the rest of the vegetables cut into small bits, the oxtail taken from the hot water and wiped dry. As this cooks to a light brown, while well stirred, finish with two quarts of broth—beef broth from cans or from bouillon cubes is fine—or even just hot water, but not so good. Season with pepper and salt and let simmer four hours, adding hot water if the liquid evaporates too fast.

Tie up in a clean cloth two bay leaves, a pinch or two of thyme and a handful of parsley and drop into the pot for two hours, tossing it out at the end. An hour before serving, add two cups of raw potatoes.

INGREDIENTS

1 oxtail	1 onion, chopped
2 carrots	2 quarts broth
2 turnips	2 bay leaves
Stalk of celery	Pinch thyme
Fat	Parsley
	2 cups potatoes

EGGS

EGGS—VIRGIN ISLANDS STYLE

SOME time ago I ran into a West Indian cook in Norfolk, Virginia, and enjoyed an exotic stew made by him. The other day, I saw him again and said: "Now, what can you make—quick, inexpensive and interesting?"

He grinned and said, "Two eggs—Virgin Islands Style," and went to work then and there.

First he took a cocotte dish, which is an earthenware dish something like an individual custard cup. But any container of that general style will do. To serve one person, using one dish, cut up a slice or two of fresh tomato and set in the bottom. Add salt and pepper and heat it through well, then a bit of ham, minced fine, and some asparagus tips from a can. Break two eggs fresh from the shell and be sure they stay whole; pepper and salt and a bit of butter. Put all into the oven to bake until the eggs are set.

This turned out to be an exquisite luncheon concoction. Some friends used this dish for a little luncheon party, using one egg per serving and it proved very popular.

INGREDIENTS

Fresh tomato
Salt and pepper
Ham, minced fine

Asparagus tips
2 eggs
Pepper and salt
Butter

FROM THE GREAT CAREME

DURING the last century lived Careme, one of the truly great chefs. It is told of him that one day he stopped at an English farmhouse to buy some food. The farmer's wife apologized and explained that she had nothing. "Nothing?" asked Careme, "not a little milk—a little butter—a little cheese—maybe a few spices—and a few eggs?" "Oh, yes—" she had those things—but there was no meal therein!

The great Careme gave her a superior look, took the eggs and cooked them hard. While they were cooking, he prepared a thick cream sauce. When the eggs were hard, he peeled them, split them, removed the yolks and mixed a paste of rubbed yolks, mustard, parsley, water cress, salt and pepper with a tiny bit of cream to moisten. With the paste, he stuffed the halves of the eggs, put two together and pinned the eggs back into shape with toothpicks. Then into a buttered dish—covered with cream sauce—topped off with a liberal quantity of grated cheese—then a browning in the oven! So many lovely dishes may be made with such simple elements!

A spring salad of baby lettuce leaves, sliced radishes and onions tossed in a French dressing is the perfect accompaniment.

INGREDIENTS

Eggs	Water cress
Thick cream sauce	Salt and pepper
Mustard	Cream
Parsley	Grated cheese

WHY «PRESBYTERIAN» EGGS?

HERE is a delightful little individual egg dish—one may make as many as are desired, figuring an egg for each serving. For some reason, why, I don't know, they are called in France, "Presbyterian Eggs."

First, the desired number of eggs are poached and trimmed neatly round with a cookie cutter. Then individual baking dishes are made ready. Into each baking dish goes first a bit of melted butter. Then comes the egg. This is given a touch of finely chopped cooked spinach and a dusting of pepper and salt. Then comes a dressing of a rich, thick, white sauce and over all a generous sprinkling of grated cheese. This completes the dish. When all is ready, they go into a medium oven for a nice browning.

To complete a dainty little meal, a cup of soup may come first—and here the canned soups assert their right to live. With the egg dish, hashed brown potatoes are very good and can be followed by a salad of asparagus tips with Vinaigrette sauce. (Two parts olive oil, one part vinegar, with salt and pepper to taste, and a bit of mustard stirred in. Beat and shake up well, add some chopped parsley and a teaspoon of onion juice.)

INGREDIENTS

Eggs
Melted butter
Spinach, chopped

Pepper and salt
White sauce
Grated cheese

EGGS BAKED IN TOMATO SAUCE

MAZATLAN, in Mexico, once served forth this delightful little dish and very, very good it was, too!

To make it, allow two eggs for each serving, and for eight to ten eggs make this sauce:

Cook, for three or four minutes, one chopped onion and one nubbin garlic (garlic optional) in two tablespoonfuls of bacon fat or butter. Remove the garlic and into the pan put two cups of canned tomatoes, some chopped parsley and celery greens. Cook for about ten minutes and season with salt, a teaspoonful ground chili pepper, a teaspoonful marjoram, and, if you like, a little Worcestershire sauce. In a shallow glass or earthenware baking dish, pour this sauce (which should be about half an inch in depth).

In the sauce place the newly opened eggs, leaving some space between eggs. Dust each egg with a little salt and pepper and bake in the oven until eggs are set and properly cooked. Set the dish on the table and serve the eggs direct from the dish to the plates.

INGREDIENTS

8 to 10 eggs	Chopped parsley
1 onion, chopped	Celery greens
1 nubbin of garlic (optional)	Salt
2 tablespoons bacon fat or butter	1 teaspoon ground chili pepper
2 cups tomatoes	1 teaspoon marjoram
	Worcestershire sauce

OMELETTE, CREOLE STYLE

WHEN it comes to making a meal that is a meal and at the same time one that is easy on the exchequer, call upon a good omelette.

Before the omelette, a cup of soup, especially a thick soup, does well. A cooked vegetable salad, say of string beans, sliced beets and onions, rounds out a good course, with fresh fruits for dessert.

A Creole omelette for four calls for eight eggs well beaten, salt and pepper, and cooked in a sizable iron skillet. Before folding, pour over the center a full cup of Creole sauce—then fold and serve with any remaining sauce in a side dish.

Here's the way to make Creole sauce:

Put into a saucepan three tablespoonfuls butter or other cooking fat, one medium sized onion, sliced, and two green peppers, sliced. Simmer until peppers and onion are soft (about ten minutes) and add two or three cups of canned tomatoes or the same quantity of ripe fresh tomatoes. Season well with salt and pepper and simmer for about an hour. If available, add some chopped mushrooms, fresh, dried or canned. Any canned pimento that is on hand may be used, and if you like add a nubbin of garlic, minced fine. If sauce becomes too thick thin down with a little tomato juice or any left-over gravy or broth.

INGREDIENTS

3 tablespoons butter or other fat	2 or 3 cups tomatoes
1 onion, sliced	Salt and pepper
2 green peppers, sliced	Mushrooms
	Pimento
	Nubbin garlic

YES, IT'S A «MAGOOZILUM OMELETTE»

THE "Magoozilum Omelette" may not be a particularly dainty dish to set before the queen, but as evidence of what the garden can bring forth and what the humble hencoop can yield in the way of a binder, well—

Now, let's make it and judge for ourselves!

A potato diced in tiny cubes and fried—then set aside for a moment. A few cooked peas, a turnip cooked and diced, a carrot or two treated in the same manner, even half a cup of leftover spinach—all these and just about anything else that the garden provides—cooked, diced, mixed and the potatoes added—and we have the elements for success in our grand luncheon dish.

Into the skillet goes a tablespoonful of bacon drippings and four or five eggs lightly beaten. When the eggs begin to "set" the vegetable mixture is spread on top. Salt and pepper are dusted over, then we wait, patiently or impatiently. It is best to lower the flame materially so that the omelette may simmer gently until it seems properly firm. Place a large hot plate over the pan and holding it firmly invert the creation so that it finds itself sitting on the plate—brown side up. Serve—and enjoy!

INGREDIENTS

1 potato	1 carrot
Peas	1/2 cup spinach
1 turnip	1 tablespoon bacon drippings
	4 or 5 eggs

«EGGS PARMENTIER» FILL THE BILL

“EGGS PARMENTIER”—This is a dish of baked potatoes and eggs, making a complete main course instead of meat. The potatoes must be large and shapely. When baked, the top is slit off and part of the potato scooped out and mashed. In this hollow some chopped fried bacon is placed and a little of the drippings poured in. One or two poached eggs, well drained, are placed over the bacon. Over the eggs a mixture of grated cheese and bread crumbs is spread and topped with tiny bits of butter. Shake salt and pepper over all, then into the oven to brown.

Buttered beets and leftover string beans mixed with an onion and a little mayonnaise provide a wholesome salad to serve alongside, leaving room enough for some peach shortcake. This is readily made by splitting into two layers a piece of sponge cake, placing sliced canned peaches on both the inner and upper surfaces and topping with cream.

This menu goes equally well for luncheon, or served as a Sunday night supper. If the day is warm, iced tea, brewed with mint leaves and laced with a little ginger ale, is refreshing.

INGREDIENTS

Potatoes	Grated cheese
Chopped fried bacon	Bread crumbs
Poached eggs	Butter
	Salt and pepper

ATTAIN FAME WITH «EGGS MADEIRA!»

IF WE are anticipating some special event such as the arrival of our rich Uncle Oscar and Aunt Minnie, whom we would treat especially well but still want to impress with our thrift, we'll make out with eggs for one dinner, at least.

But what eggs? It shall be no less than the gourmet's delight, "Eggs Madeira!"

First we prepare two slices of toast for each person, butter them and cover for future use. We heat some pimentos that we have cut into strips—a little butter in a little skillet will attend to that duty. Into a little saucepan we pour a wineglass of sherry and cook it down to one half. Into this we pour some leftover brown gravy, or brown sauce, heat it up and add a tiny bit of Madeira wine for flavoring.

Last of all, eggs are poached, two per person, and drain them of all water. The toast goes onto a hot platter, the eggs go on top of the toast, the strips of pimento adorn the top of the eggs and the Madeira sauce dresses each egg. A salad, some fresh fruit, cheese and coffee—and we're sure to be mentioned in the will!

INGREDIENTS

2 slices toast
Pimentos
Butter

Wine glass of sherry
Brown gravy
Madeira wine

BAKED OMELETTE—A WINTER'S TALE

FOR the day when the snow flies and there is nothing much to eat in the house but eggs, here is an old, old recipe for a baked omelette—and a delightful dish it is. With some hashed brown potatoes, a salad to give it support, and a good dessert to follow, this concoction of six eggs replaces the meat you'd ordinarily have.

Beat well the yolks of six eggs. Fold in the whites of three of the eggs, well beaten separately. Add a tablespoonful of flour that has been mixed in a cup of milk. Add a teaspoonful of salt and a little pepper. Choose a baking pan which this mixture will fill about one half, butter it well, pour in the mixture and place in a hot oven. When the omelette has set well and taken shape, pour over it the whites of the three other eggs, beaten stiff. Return to oven. Brown lightly and serve at once, as this omelette will "fall" if left standing.

For that dessert which we mentioned, we think a dark and spicy pumpkin pie would just about fill the bill, along with steaming cups of well brewed coffee.

INGREDIENTS

6 eggs
1 tablespoon flour
1 cup milk

1 teaspoon salt
Pepper
Butter

MORALE MAKERS—EGGS BAYONNE

NOTHING so lifts up the morale of the hard-working male as a dish of solid food that has eye appeal as well. Nothing boosts the morale of his ever loving wife as a dish the preparation of which brings along a feeling of satisfaction and of calm delight. And that is why we are so well impressed with Eggs Bayonne.

The items in the well known larder (whatever a larder is) need be a cup of leftover brown gravy (or some made on the spot with bouillon cubes, hot water and a little thickening), some eggs, a few small sausages and some lamb kidneys. This is one of those dishes that calls for preparing the entire plate in the kitchen and serving it all made up.

The eggs, one or two per person, are fried neatly and cut round with a cookie cutter. At one side of the egg a small fried sausage is laid, and on the other, a broiled split kidney. Over this is poured a tablespoonful of the warmed over brown gravy touched up with some tomato paste or catsup.

Hashed browned potatoes are optional, but sliced tomatoes are almost a "must" with this dish.

Then dinner is ready, except for a dessert which can be rather hearty after this course. Boston cream pie and a cup of coffee will probably call for an encore.

INGREDIENTS

1 cup brown gravy	Sausages
Eggs	Lamb kidneys
	Tomato paste or catsup

TO PAVE THE WAY

NOW and then nothing seems so important as a huge and grand dessert—for instance a really sizable slice of thick mince pie—almost a meal in itself when helped out by a generous cup of coffee.

Leading up to such a feast, there need be but a preliminary course of minor proportions—something which sets the stage, as it were, for the above-mentioned mince pie, bless its indigestible old heart!

For such a course before such a pie, the tomato stuffed with scrambled egg seems to be a sort of peace offering to reassure the digestive system and to fortify it for its real work.

The tomato with scrambled egg is made like this: One rather large tomato per person. It is first given a boiling water dip, then skinned and the top slit off and scooped. The eggs are scrambled with the heart of the tomato chopped up and included in the scramble. This mixture fills the tomatoes and they are set to cool, to be served later on lettuce leaves, using mayonnaise to top them off, given a dash of red with paprika. Then on to the mince pie—or something like it—even plum pudding with hard sauce, if you can take it!

INGREDIENTS

1 tomato

Eggs

THE GREATEST OF THEM ALL!

ONE of the greatest of all the hundreds of egg dishes, and a tried and true favorite everywhere, is Egg Benedict.

For each serving, there is a toasted English muffin or, in lieu of the muffin, a slice of freshly made toast. On the muffin is placed a thin slice of broiled ham—just big enough to cover, then comes a poached egg.

Now a tablespoonful of Hollandaise sauce is added, and if it is still to be found in this wicked world, a slice of truffle, or, if no truffle, then a slice of ripe olive. The well known dash of red—the dusting of paprika comes last and this, served forth, is the delightful Egg Benedict.

The Hollandaise should be true Hollandaise. For four servings, two heaping tablespoonfuls of butter are dropped bit by bit onto the beaten yolks of two eggs as they warm up in the upper part of a double boiler. Stirring constantly, the mixture soon thickens. Season with the juice of half a lemon and a pinch of salt. **DON'T LET IT GET TOO HOT;** that's what spoils true Hollandaise.

INGREDIENTS

Toasted English muffin	Slice truffle
Slice of broiled ham	Ripe olive
1 tablespoon Hollandaise sauce	

Hollandaise Sauce

2 tablespoons butter	Juice of half a lemon
2 egg yolks, beaten	Pinch salt

FISH

REGARD THE FLOUNDER

I HAVE always admired the flounder for its grand sense of co-operation. Having little flavor of its own it can adapt itself to a hundred or more interesting styles and sauces. Now I find that in mighty Russia the flounder has made a name for itself, and do those Russians make it into a most appealing dish for Friday or for any other day in the week!

This is how: The flounders are made into fillets and set aside. Then the sauce is made: For five or six servings, chop up half a cup of onions and (optional) a nubbin of garlic, browned lightly in bacon fat. Add a cup to a cup and a half canned tomatoes and two cups chopped cooked spinach, a tablespoonful parsley, and salt and pepper to taste. Simmer this together for half an hour over a slow fire, adding more tomato or some broth or hot water if it becomes too dry. Add the uncooked fish and, over a low fire, cook it until tender—for about fifteen minutes. Arrange the fish on a hot platter. Bring the sauce to the boiling point. When boiling, pour over the fish and serve immediately. Boiled small potatoes and a dish of pickled beets or an endive or escarole salad complete a fine course.

INGREDIENTS

Flounders	1 to 1 1/2 cups tomatoes
1/2 cup onions	2 cups spinach
Nubbin garlic (optional)	1 tablespoon parsley
Bacon fat	Salt and pepper to taste

SPRINGTIME SYMPHONY

ONE of the leading Danish-American gourmets of this day and age is George Chramer of New York. He is by way, also, of being a great amateur chef in his own right. His culinary creations all lean toward the Danish tradition. And so every year, come early summer, there must be that ancient Danish dish of salted herring with onion sauce and boiled new potatoes.

The Danes are most adept at handling the elusive herring. He comes from the grocer where he has been residing in a tub of brine. The herring, one or more (one herring makes one good portion), is rinsed, washed and set overnight in a colander or sieve resting in a dish of water. This sends the salt to the bottom. To serve, the herrings are split, boned and cut into strips.

The onion sauce is made like this: Melt some butter in a saucepan, add a chopped onion and cook until light brown. Rub in a tablespoonful flour and blend, add a cup of hot milk, cook to right thickness and season with pepper. No salt—the herring supplies that. A great supper dish on a warmish evening!

An appropriate follow-up might be a beet salad with sour cream dressing, and a slice of chilled honeydew melon sprinkled with lime juice.

INGREDIENTS

Herring	1 tablespoon flour
Butter	1 cup hot milk
Chopped onion	Pepper

MAKING A PRINCESS OF CINDERELLA

TO BE honest with ourselves, although a bit repetitious, most fish really don't have an especially inviting flavor of their own. Trout, fresh from the icy brook and fried in butter,—yes! Fresh salmon—very fresh, indeed—broiled or boiled—yes, also! But go beyond those two, and I don't know.

What is nice about any fish of good quality is that it has a delicate texture that serves as a very interesting base for a good sauce. The sauce is often what makes the fish dish—in fact, it is the fish dish.

Some of these sauces are complicated little tidbits which only a great chef can attain; but others are nice, friendly affairs that do very well indeed in the cottage or apartment house kitchen, as follows:

Be sure you own a bottle of tarragon vinegar. Then procure your fish fillets—sole, flounder, perch or what you like or can get. Wash them well and dry in a cloth. Sprinkle with salt and pepper, dip in milk, roll in flour, then roll in egg, then roll in corn meal or cracker crumbs. Fry in hot butter until browned properly. Place fish on hot platter and quickly melt some butter in the pan in which the fish was fried. When it is hot, add tarragon vinegar to taste—a tablespoonful will do. Pour this over the fish, add chopped parsley and serve AT ONCE.

INGREDIENTS

Fish fillets

Salt and pepper

Flour

Egg

Corn meal or cracker crumbs

Butter

Tarragon vinegar—1 table-
spoon will do

FILLETS WITH FRENCH-FRIED PARSLEY

AS SOON as the parsley bed in the garden starts sending forth sturdy sprigs, these should be gathered at the first possible moment, rinsed lightly and placed separately on a napkin in the refrigerator.

Into a good iron skillet place butter or bacon fat, heat to a froth, then place therein fillets of flounder, haddock or similar fish, each fillet having been dipped in flour and dusted with salt. Cook these carefully and turn with finesse so that they will not break. When done, place on a hot platter. Into the sauce remaining in the pan add a tiny bit of hot water and lemon juice to taste. Stir up well, heat thoroughly and pour over the fish.

While this has been going on, you should have heating some good cooking fat in a saucepan, several inches deep. When the fish is ready to serve, dash into this hot fat the several sprigs of parsley, and let them cook for just a moment. The parsley will turn crisp almost instantly and is placed about the fish to serve as a delightful edible garnish—French-fried parsley! Wonderfully delicate and a tidbit of exquisite charm.

INGREDIENTS

Fillets of flounder
Butter or bacon fat
Hot water

Lemon juice
Cooking fat
Sprigs of parsley

HERB BUTTER IS THE BOY!

WHEN it comes to getting added interest into a broiled fish, herb butter is the handy boy to have around—providing there is enough butter. At any rate, it is a good thing to have in mind just in case both butter and fish are available.

When the fish is ready for broiling, cover one side of the fish well with a spreading of herb butter and place it in the broiler, buttered side up.

When the time comes to turn the fish over, bring it out of the broiler, butter the other side and put it back in for the last half of the undertaking.

The butter which melts off and drops into the pan may be scooped up and used as a sauce to pour over the fish when serving it.

Herb butter is made by creaming about half a cup of butter with a little salt and pepper and a mixture of herbs, finely minced. There are many mixtures of herbs that suggest themselves and here are a few:

- (1) Chopped parsley, chopped tarragon, minced chives
- (2) Chopped fennel and chopped parsley
- (3) Chopped basil, minced chives and chopped parsley

INGREDIENTS

Fish
1/2 cup butter

Salt and pepper
Mixture of herbs

BROILED FISH IS ECONOMICAL

IN THIS day and age there are two types of home cooks: one type who says, "It's high prices—I can't serve any good food!" That's an excuse, though, and not a reason. The other one says: "These days provide a real challenge to the intelligent and interested cook. We are having wonderful food! For instance—see what we do with a three-pound broiling fish."

Here we serve four people. We split and bone the fish, providing two boneless halves, each half two generous portions with a "dividend" left. We broil the fish for about fifteen minutes, seasoned with salt and pepper. We lay the cooked fish down the center of a sizable platter. Around the fish we place mounds of mashed potatoes and small heaps of cooked diced carrots, green peas, asparagus tips, spinach and cauliflower. (We omit what we don't have.) Over this we pour spoonfuls of melted butter—just a bit on each heap.

With this we serve chilled sliced cucumbers or tomatoes. Here we have an artistic, delightful and appealing dinner well within the letter and spirit of economy.

INGREDIENTS

Fish	Green peas
Salt and pepper	Asparagus tips
Mashed potatoes	Spinach
Cooked diced carrots	Cauliflower
	Melted butter

FISH MULLIGAN FROM PENSACOLA

IN Pensacola, Florida, a few years ago, I met a military man and his good wife who were gourmets of the first water. They had cooking ideas from many a strange corner of the earth. Also, they had an ex-army cook who enjoyed his fine art and who had worked for a year or two in New Orleans. This coterie of food experts possessed the recipe for a grand fish dish—made in an iron pot—prepared by the cook and eaten by the army man and his wife and their friends.

Here it is: "Pensacola Fish Mulligan":

There must be four or five pounds of fish, slices of sea trout or rock bass or it may be halibut or haddock, or red snapper, all in serving portions.

Into the iron kettle put half a cup good olive oil and when hot add two cups canned tomato, a cup sliced onions, a tablespoonful coarse chopped parsley and (unless you are violently opposed to it) a couple of minced nubbins of garlic. Season with salt and with plenty of pepper and simmer for half an hour. Add the fish, cover with hot water and simmer for about fifteen minutes or until fish is done. Make a stack of toasted slices of French bread. Put a slice or two in a soup plate, and spoon out a liberal portion of fish and sauce for each portion. Serve with olives as a side dish and white wine as a beverage; some may prefer bottled beer.

INGREDIENTS

4 or 5 pounds fish	1 tablespoon parsley
1 cup olive oil	2 nubbins garlic
2 cups tomato	Salt and pepper
1 cup onions, sliced	Hot water
Toasted French bread	

THE END OF THE STORY

WHEN father has laid out some dollars and much time and has returned from a fishing trip; or when mother has gone to the nearby fish market and caught a fish in a few minutes with a silver hook, there is the opportunity to do an interesting thing with any leftover fish and a few green peppers.

For each serving, there should be one large green pepper neatly cut in two from top to bottom and made into two slightly boats. Into these halves of peppers goes this mixture:

Figuring on four peppers to be filled, there should be about two cups cooked fish, free from bones. The firmer the fish the better. Into the fish mix the following: Two slightly beaten eggs, two heaping tablespoonfuls bread crumbs, a small onion chopped fine, two tablespoonfuls mayonnaise, a little lemon juice and salt.

Last of all, a teaspoonful of curry powder to which has been added a bit of red pepper for extra sharpening. When well mixed, stuff the pepper boats with it, top with bread crumbs dotted with butter and bake for about fifteen minutes in a hot oven—until properly browned.

With these stuffed peppers, you might choose to serve a salad of thinly sliced cucumbers, dressed with herb wine vinegar, alternating with slices of chilled raw tomatoes. Sprinkle with salt and fresh basil.

INGREDIENTS

1 green pepper per person	2 tablespoons mayonnaise
2 cups cooked fish	Lemon juice
2 slightly beaten eggs	1 teaspoon curry powder
2 heaping tablespoons bread crumbs	Red pepper
1 small onion, chopped	Bread crumbs
	Butter

FISH IN TOMATO SAUCE

THE Portuguese were, it seems, the first people of the white race who put to work the ever popular tomato. They learned about it from the South American Indians. This was not long after Columbus found America. Even in those days, the Portuguese had grown rather tired of just plain fish—so the coming of the tomato seemed to them a truly great gift from the unknown land beyond the seas—as indeed it was—and still is, for that matter.

This is how the Portuguese put the tomato to work: They made a sauce by cooking some chopped onion or garlic in some fat, rubbed in flour to thicken and as much tomato as they desired to make the sauce. Then was added meat broth (now one may use canned soup or bouillon cubes). This was cooked for an hour and strained. If not thick enough, it was cooked down to the desired thickness. Into this sauce was laid the fish—in edible portions, bones removed. The fish was poached in the sauce until tender—some fish require only a matter of five or ten minutes. Last of all some chopped parsley was added, a little lemon juice and checked for salt and pepper.

With this dish serve sliced cucumbers or plain lettuce and dressing and there is no potato better than a small one boiled with the skin on.

INGREDIENTS

Fish	Meat broth
Chopped onion or garlic	Tomato
Fat	Parsley, chopped
Flour to thicken	Lemon juice
	Salt and pepper

FILLETS À LA PORTUGUESE

ONE of the first things to do with the early tomatoes on the garden vines ought to be to get a few of them together with some fillets of fish—rockfish, striped bass, flounder or any similar denizen of the deep. Give these two little items a modicum of help from a few other simple ingredients and spend about twenty minutes at the task, and the result will be Fillets à la Portuguese. (It seems that the Portuguese initiated us all in the use of tomatoes in sauces.)

In any convenient pan, place a little butter substitute, and brown the fish ever so lightly. Over it sprinkle salt and pepper, four or five fresh tomatoes, chopped up, a tablespoonful minced parsley, another of minced onion and half a cup dry white wine or hot water. Simmer for ten to fifteen minutes until the fish is tender.

Place the fish on a serving platter and keep warm while you strain the sauce, check for salt and pepper, and boil it down to make about two cups of sauce. If you like it, stir in a couple of tablespoonfuls of canned tomato paste to thicken, or if you prefer, add some lemon juice to give the sauce more bite.

Serve with cold, sliced cucumbers on lettuce leaves.

INGREDIENTS

Fillets of fish	1 tablespoon minced parsley
Butter or substitute	1 tablespoon minced onion
Salt and pepper	1/2 cup dry white wine
4 or 5 fresh tomatoes	2 tablespoons canned tomato paste or lemon juice

FLOUNDER WITH WICOMICO SAUCE

FILLET of flounder with Wicomico sauce is economical, easy to prepare, yet lets you place upon the table a highly decorative and appetizing dish which presents an otherwise everyday fish in a “Sunday-go-to-meeting” best attire.

The sauce is the thing, as is so often true of fish dishes. The flounder itself is bought in fillet form, placed in a shallow cooking dish or iron skillet. Cover with water. Add a teaspoon salt and the juice of a lemon. Bring slowly to a simmer and poach the fish for ten minutes.

Now place the fish on a platter and cover with Wicomico sauce which is made as follows: Make up about a pint of Hollandaise sauce and into it stir a tablespoonful of prepared mustard. Around the fish, arrange potato croquettes or cottage fried potatoes. Corn, sautéed with green peppers, or mixed with little lima beans in a succotash, could be substituted for the potatoes. Broiled tomatoes are a “must.”

And we dare anybody in the family to say: “Huh! Fish again!”

INGREDIENTS

Flounder
Water

1 teaspoon salt
Juice of lemon

Wicomico Sauce

Hollandaise sauce

1 tablespoon prepared mustard

ADVICE TO THE BRIDE

COOKING a meal for two seems to be the acme of trouble for many a bride and others who ought to know better. Yet cooking for two offers advantages which disappear when we cook up a dinner for eight or ten hungry mortals, mostly defense plant workers.

Take, for instance, such a delightful little affair as a dinner course of broiled whitefish, boiled potatoes and a chilled tomato topped with mayonnaise.

Now this may be a drab and unhappy menu to place before two groping souls. It may suggest nothing more than a man's putting on his coat and going out to see what the boys are doing. And the bride is in tears.

Now, let's do it this way: We cut our whitefish into individual portions and broil them neatly. We are cooking small new potatoes with the skins on and now remove the skins. We roll them in butter and sprinkle with chopped parsley. Then—out comes a large napkin. In the center we place the broiled fish, round and about, the potatoes. We fold the napkin over to the center and place it on a hot platter. We also serve a little bowl of melted butter and lemon juice, and, of course, the cold tomato. We have a nice little setting over which to beam, and the other half of the family finds it easier to beam back than to frown. It's so!

INGREDIENTS

Whitefish	Parsley
Small new potatoes	Melted butter and lemon juice
	Cold tomato

AT HOME FROM A FREIGHTER

AN ANCIENT CHEF of Afro-American descent retired to a small farm on Chesapeake Bay after having spent many a day and year cooking on an ocean freighter.

He brought to this little home a grand collection of strange recipes, and one of them enables him to take the ordinary bay fish and cook it to suit the taste of a ship's captain, as well as mine, and probably yours, too.

To make this fish dish, heat three tablespoonfuls of good olive oil in a saucepan and rub in two level tablespoons of flour. When they are combined to make a smooth paste add enough hot water to make a creamy broth. Now mince enough onion, garlic (optional, but very good), tomato and parsley to properly season the sauce or broth. Pour into a heavy iron skillet, about ten or twelve inches wide, and in this sauce poach the slices of fish until they are tender and done. Then place the fish on a hot platter, bring the liquid to a boil, reducing it to a rather heavy creamy consistency. Pour over the fish just before serving. You might like to heat a handful of ripe olives in the sauce and let them increase the novelty.

INGREDIENTS

Slices of fish	Onion, minced
3 tablespoons olive oil	Garlic (optional)
2 level tablespoons flour	Tomato
Hot water	Parsley
	Ripe olives

FILLETS OF FISH WITH LEMON BUTTER

IN THE truly cosmopolitan center of suave living, a French woman kept a small grocery store. She and her son lived in quarters in the rear, and as I had admired her cooking, she would ask me to come for luncheon, especially when she had prepared fillets of fish with lemon butter.

Now, this is a very easy dish to prepare but let ten cooks all start with the same thought in mind, there still will emerge ten different dishes—so much depends on the sheer artistry of the cook.

To start with, ask the fish purveyor to prepare sizable fish fillets for individual portions. Wipe clean, dry well, dip in milk, then in flour, then in beaten egg and in dry bread crumbs. Now make ready a kettle of deep fat—bacon fat is good—and it must be very hot indeed (about 450 degrees if you have a thermometer, which every careful cook should have).

Cook in the deep fat until each fillet is golden brown—not too well done. Lay the cooked fillets on brown paper to drain and serve quickly with a little dish of lemon butter.

This lemon butter comes about by melting all the butter one can spare, beg or borrow, and adding to it the juice of a lemon or two to make the sauce very sharp and full of bite. With a salad and maybe a dish of green string beans included—very nice and very French, indeed!

INGREDIENTS

Fish fillets
Milk
Flour
Beaten egg

Bread crumbs
Deep fat
Butter
Lemon juice

HOW TO MAKE FRIENDS

SOMEBODY wrote in a book: "Fish have no expression!" One might add, too, "—and not so much flavor either!"

The French discovered this years ago and concocted many quaint sauces "to make a fish taste like what it isn't"—and we in America are learning to surround it with potatoes and other vegetables to give it flavor and also practicability. Soon the French will come to us for guidance.

For instance: For four servings, locate a glass or earthenware baking dish about two inches deep. Fry lightly in oil or butter about a pound and a half of fillets of flounder or halibut or cod or rock or bass steaks. Place in the baking dish, adding the fat from the skillet. Add some raw potatoes browned on the outside. Fill the open spaces with little lima beans from a can. Cover with white or cream sauce to which enough lemon juice has been added to make it quite sour. Make the sauce thick enough so that it will hold its shape while the dish is baked in a medium oven for three quarters of an hour or until the potatoes are done. If potatoes are only egg size, about half an hour is enough.

INGREDIENTS

1 1/2 pounds fillets of flounder, halibut, cod or rock or bass steaks	Raw potatoes
Oil or butter	Little lima beans
	White or cream sauce
	Lemon juice

FROM THE SOUTH PACIFIC

A SOLDIER friend writes me from somewhere in the remote South Pacific, "Here's a recipe for fish and rice from a native grass hut. This dish, if done right, will let you save a steak for me!"

All that is needed is an iron pot; a saucepan will do. Heat three tablespoonfuls of fat in the kettle and cook a cup of chopped onion partly tender. Then add two or three cups cooked fish broken and freed of bones. Put in half a cup hot water in which you have soaked a handful of raisins until they are soft. Season with salt and pepper and stir into the mixture a heaping tablespoonful of chopped shelled peanuts, and two or three chopped hard cooked eggs. Last of all stir in two cups of warm, boiled rice. If the mixture seems too dry, moisten with a little more hot water or any kind of broth. But it must not be soupy. If desired, it can be touched up with a pinch of cayenne or a tablespoonful of ground chili pepper to make it more like a Javanese dish.

With this concoction, serve lettuce salad and a cold drink. This rice and fish dish is always served very hot indeed, right from the kettle. This is a grand buffet supper dish when entertaining more than the dining table will hold.

INGREDIENTS

2 or 3 cups cooked fish	1 tablespoon peanuts, chopped
3 tablespoons fat	3 hard cooked eggs, chopped
1/2 cup hot water	2 cups boiled rice
Handful raisins	Pinch cayenne or
Salt and pepper	1 tablespoon chili pepper, ground

FISH TOPPED WITH CHEESE

IN ANY superlative restaurant with a menu printed in some foreign language, this nice little dish of fish and cheese would carry a name one could not pronounce, would cost not less than a dollar per person and would be no better than one can make right in the kitchenette.

Do this with an artistic touch and please even yourself: To serve four to six, have ready between a pound and a half to two pounds cooked fish, one of the firm varieties—halibut, rock, cod or similar fish. Break the fish into small, boneless lumps—like pieces of fine crab meat. Mix this fish with two cups cream sauce and one cup either fish stock or chicken broth—to make a smooth, moist mixture. Season with a little Worcestershire sauce, salt and pepper.

Butter a flat, rather shallow baking dish, fill with the fish mixture and top off with a sprinkling of a cup grated cheese. Set this in a pan containing hot water and bake at 325 degrees for about fifteen minutes, until the cheese browns lightly.

With this somewhat filling dish, we suggest shoestring potatoes, and perhaps a spinach puree to round out the main course. For dessert, damson jam tarts, with cream.

INGREDIENTS

1 1/2 to 2 pounds cooked fish	Worcestershire sauce
2 cups cream sauce	Salt and pepper
1 cup fish stock or chicken broth	Butter
	1 cup grated cheese

GOLD RUSH «KLONDIKE PIE»

AMERICAN soldiers serving in Alaska rediscovered that old-time famous dish of gold mining days of about half a century ago—"Klondike Pie." It nourished many a "musher," has done the same for many a hungry soldier—it will do as well here at home.

For about four servings, use a large can of salmon. If there is no canned salmon, cold leftover rock, bass, halibut or similar fish will do.

Drain the water from a can of peas. See that the fish is drained free from moisture, too. Then, in a baking dish, place a layer of thinly sliced potatoes. On top of the potatoes, a layer of fish, broken into bits, then a sprinkling of peas. Over this spread half a cup bread crumbs dotted with bits of butter, sprinkled with salt and pepper. Then another layer of potatoes, fish and peas, and another covering of crumbs, butter, salt and pepper. Pour either hot water or canned chicken broth or canned tomato soup over the mixture—enough to keep the pie from drying out.

Bake just long enough to cook the potatoes and brown the top of the pie—about half an hour in a medium oven. Cream gravy or tomato sauce is nice, but Alaskans prefer catsup.

INGREDIENTS

Large can salmon	Butter
Can peas	Salt and pepper
Potatoes, sliced thin	Water or canned chicken
1/2 cup bread crumbs	broth or tomato soup

GAY '90'S MARINATED HERRING

YEARS back, in the “good old days,” the free lunches were institutions of note, and among the great free lunch dishes were marinated herrings. Today, as a Sunday night supper dish, these herrings served with black bread and butter, live up to their ancient glory. And this is how they were made two and three generations ago—and can thus still be made:

For four persons, buy six salt herrings and soak them in water overnight, changing the water a couple of times at the start. Take a glass casserole or stone crock or pot and put the herrings in, and with them at least two cups sliced onions of good size, a few sprigs parsley (not minced), some pepper (whole black pepper corns are nice), three or four bay leaves, a few whole cloves—no salt. Over all this pour a cup of vinegar and a tablespoon mustard. Finally, add enough coffee cream to cover—making sure the herrings and onions are all “under water.”

Let this stand in a cool place for two days and herrings, onions and “gravy” are ready to eat, served with lemon slices which may or may not be floated in the sauce, just as you like. Old timers will recognize this noble dish by the appearance, the odor and the taste.

INGREDIENTS

6 salt herrings
2 cups onions, sliced
Parsley
Pepper
3 or 4 bay leaves

Whole cloves
1 cup vinegar
1 tablespoon mustard
Coffee cream
Lemon slices

TWO FROM BOHEMIA

FROM a Bohemian family in Cleveland there came to me two recipes which are off the beaten path and which are both quick, easy, economical and delicious. To wit and as follows:

No. 1. A boiled fish with an excellent gravy:

Select your fish, clean it, wrap it up tightly in a clean white cloth and put into the kettle. Cover with boiling water to which salt is added. A bay leaf and a few pepper corns help out. Maybe you will like a few slices of onion and some celery greens. The fish should be cooked in about half an hour or a little longer.

Then place it on a platter, first removing the cloth, garnish with parsley and dress with this sauce: Melt two tablespoons butter, add salt and pepper to taste, half a teaspoon dry mustard and half a cup rich milk. Bring to a boil, stirring well, and add four to six chopped hard boiled eggs.

No. 2. Bohemian Fish Fillet:

Use any kind of fish fillets—perch, flounder or rock, for instance. Dust the fillets with salt and pepper, then dip into a thin batter and fry in very hot deep fat.

INGREDIENTS

No. 1

Fish	Celery greens
Water	2 tablespoons butter
Salt	Salt and pepper
1 bay leaf	1/2 teaspoon dry mustard
Pepper corns	1/2 cup rich milk
Onion slices	4 to 6 hard boiled eggs, chopped

No. 2

Fish fillets	Thin batter
Salt and pepper	Deep fat

PUTTING UP A GOOD FRONT

MAYBE yours is a family that finds fish a monotonous and boring food—barring, of course, such delicacies as fresh-caught salmon, and melting-in-the-mouth soft-shell crabs.

If this is the case, you can put up a good front the next time you have to serve one of the more prosaic denizens of the deep, by following this recipe:

Come Friday, lay in a supply of fresh fish fillets—sole, flounder, haddock or whatever fish seems the best buy. Prepare a cupful of rich white or cream sauce and into it stir an equal amount of grated “store” cheese.

Now select a shallow glass or earthenware baking dish—about two inches deep is best—butter it well and place the fillets over the bottom, seasoning with salt and pepper and sprinkling with chopped parsley.

Pour the cheese sauce over the top of the fish and bake in the oven at about 350 to 375 degrees for half to three-quarters of an hour. The top should be a light golden brown in color.

With this fish course, serve cucumber or green vegetable salad, then an apple dumpling, hot from the oven, touched up with old fashioned vanilla sauce.

INGREDIENTS

Fish fillets	Grated cheese
1 cup rich white or cream	Butter
sauce	Salt and pepper
	Parsley

THE SPELL OF THE YUKON

AN OLD friend of mine, named Trood, an Englishman, went to Alaska many years ago. He was no success as a miner so he took his few remaining dollars and bought a small restaurant down on the flats near a mining town. When spring came and the ice began to melt, Trood found that he had bought a shack and a business set on a block of ice. In a few days the block gave way, his shack caved in, his business was lost forever and my friend Trood worked his way back to Seattle on a boat.

Trood didn't bring back a thing except a recipe for his favorite dish which he cooked in quantities and sold to hungry miners. He called it a "Salmon and Rice Baked Mulligan"—and it *is* worth making.

Start with enough cooked rice to line the bottom of a baking dish. On top of it lay a layer of canned salmon, free from any inedible portions. On top the salmon, lay another layer of cooked rice.

Then make a good cream sauce, seasoning sharply with salt, pepper and a little cayenne. Into the sauce pour a cup of grated cheese, cooking together until the sauce is smooth. Now pour the sauce over the rice and fish, top with bread crumbs and bake in medium oven until crumbs are browned—about half an hour.

INGREDIENTS

Canned salmon	Salt and pepper
Cooked rice	Cayenne
Cream sauce	1 cup grated cheese
	Bread crumbs

FISH FILLETS, AMANDINE

IF YOU want to feel good and sorry for yourself and have decided that this world is going fast to the eternal bow-wows, all you need to do is have for dinner a piece of cooked or boiled fish in which there are many bones. And if that boiled fish with bones is brought forth covered with a pasty white sauce, you can drop downstairs two stories at a time.

But it is a far cry from such a culinary misfortune to the same bit of fish, neatly boned or cut into a fillet and paraded out as "Fish Fillets, Amantine"—and as a matter of fact, this is easier to prepare than the orthodox "boiled so and so with egg sauce."

All one does is take the boned fish fillets, dredge in flour and fry or sauté in butter or butter substitute. Season with salt and pepper and set on a hot platter in a warm place. Have ready a handful of blanched almonds, chopped or not, just as you like, and drop them into the hot fat remaining in the pan. Cook the nuts until they are well heated but not browned and with a deft motion of the hand holding the pan waft the nuts and the fat right over the fish fillets—serving immediately.

With this provide sliced cucumbers or a chilled mixed vegetable salad followed with a sour apple or cherry pie.

INGREDIENTS

Fish fillets, boned
Flour

Salt and pepper
Handful blanched almonds

THE SARDINE GOES GLAMOROUS

FROM a civil engineer, doing a bit of cooking for himself in his "shack" on the job, I learned, years ago, to "throw together" this quick and easy but very good way to prepare sardines.

Figure on four to six sardines per person. Remove from the cans and let the surplus oil drain off. In the meantime, place in a cooking dish one tablespoon catsup and one tablespoon of chili sauce for each portion and bring it to a "bubble." Add a little of the oil from the sardines. When bubbling, add the sardines, laying them in carefully so that they will not break. Heat thoroughly but do not continue cooking. Add, last of all, a teaspoonful or two of lemon juice to sharpen the flavor and stir in a tablespoonful of fine or minced parsley. Serve on bits of fried bread.

For an extra touch, you may include in the mixture a little minced onion or any leftover mushrooms or a few small olives.

If you are dining at home, far from a construction shack, we suggest as a good accompaniment to the sardines a fluffy baked potato split, buttered and dusted with paprika, and some well cooked, tender string beans.

For dessert, a pear and a bit of cheese.

INGREDIENTS

4 to 6 sardines per person	Oil from sardines
1 tablespoon catsup and	1 teaspoon lemon juice
1 tablespoon chili sauce for	1 tablespoon parsley, minced
each portion	Fried bread

BAKED HADDOCK WITH ONIONS

YOU many think it sounds like a very plebeian dish, but once you try it, you will find it worthy of an epicure's close attention. The subtle flavor of the dish and the stronger savor of the onions are blended perfectly by the method in which the haddock is prepared.

So we'll bake slices of haddock in milk or cream to cover. You should be the proud owner of a flat, rather shallow earthenware baking dish. Or it may be of glass, for that matter. But an earthenware baking dish has an exotic, outlandish look about it and makes a brave and dashing appearance set on the table.

With the fish ready and willing to go to work, take your baking dish, grease it well and on the bottom lay a single layer of sliced onion. Then your slices of fish, and cover the fish with the cream or milk. Cook about ten to fifteen minutes, depending upon the firmness of the fish. Baste if necessary and maybe you will have to add a little more milk. Salt and pepper to taste when nearly done. (Oven at medium heat.) And don't let the milk scorch or the top brown.

Cottage fried potatoes belong with this dish and a sliced cucumber and tomato add zest and dash.

INGREDIENTS

Slices of haddock
Milk or cream

Onion, sliced
Salt and pepper

FISH FRITTERS, SAUCE TARTARE

NOW, did you ever make a fish fritter for Friday night dinner? This is an unusual dish but pleasant and easy to prepare—taking little time. Canned salmon or tuna is good but almost any leftover cooked fish will do.

Pick the fish clean of inedible bits and put it into a bowl and mash it to a paste. Add a minced onion to the mixture and mash it in. Season with salt and pepper. Add to the fish mixture the same amount mashed potatoes and stir in couple beaten eggs. Now flatten this out on a board, making it about half to three quarters of an inch thick. Cut into two inch squares and fry in deep fat to a nice brown. Fold the fried fritters in a napkin and serve very hot.

Sauce Tartare is excellent with these fritters, if you wish to serve something more elaborate than a plain tomato sauce. A quickly prepared Sauce Tartare is made by adding lemon juice or wine vinegar to mayonnaise, mixing in a few capers with a little of their juice, and a teaspoon or so finely minced sweet pickles.

INGREDIENTS

Canned or cooked fish	2 eggs, beaten
Onion, minced	Potatoes, mashed
Salt and pepper	Deep fat

Sauce Tartare

Mayonnaise	Capers
Lemon juice or wine vinegar	Sweet mixed pickles, minced

CREAMED COD, NEW ENGLAND

SOME day certain interesting facts about salt cod will probably be released by the medical people and salt cod then will step up alongside of calf's liver and become very expensive. But it won't be any more valuable than right now!

Start with two cups dry codfish and soak in water, changed often, for several hours. Then it will be soft and flaky, ready to break into edible bits. In a saucepan, place two tablespoonfuls butter, or substitute, and as it melts rub in two tablespoonfuls flour and two cups warm milk with pepper to taste (no more salt). When this mixture is boiling and smooth, add the cod and the beaten yolks of two eggs. A little lemon juice may be added for sharper flavor. Hard boiled eggs may be chopped and added or used as garnish. A spoonful chopped parsley adds an interesting touch. Spoonfuls of this creamed cod heaped onto fresh toast and served with pickled beets are appetizing. Or the toast may be left out and boiled potatoes substituted.

Dessert may well be a wedge of squash pie, topped with a bit of cheddar cheese—all accompanied by cups of rich and steaming coffee.

INGREDIENTS

2 cups dry codfish	Pepper to taste
2 tablespoons butter or substitute	2 egg yolks, beaten
2 tablespoons flour	Lemon juice
2 cups warm milk	Hard boiled eggs
	Parsley

SHELLFISH

LONG ISLAND CLAM FRITTERS

FOR a real treat that has plenty of flavor and eye appeal, turn to fresh, tasty clams—enough clams to make two cups of clam meat if you have four people to be served.

Here is a recipe for clam fritters as they are made on the tip end of Long Island—and a wholesome morsel each fritter will turn out to be:

First, drain the clams and chop them rather fine. Save the liquor. Mix two cups of flour, two teaspoonfuls of baking powder, a pinch of salt and a couple of dashes of pepper. Into this dry mixture stir half a cup of rich milk and half a cup of clam liquor. Then beat in two eggs. Beat this into a smooth batter.

Have ready a deep iron skillet full of hot fat. Drop in each fritter, a spoonful at a time. Cook on one side—turn over and finish on the other. Serve the fritters at once, fresh and hot, with cole slaw or vegetable salad. Green peas fit in nicely if a hot vegetable is desired.

For dessert, a tangy lemon soufflé would be just the right choice if the day is cool; if there's a heat wave turned on, a lemon and pineapple sherbet could substitute.

INGREDIENTS

2 cups clam meat	Pepper
2 cups flour	1/2 cup rich milk
2 teaspoons baking powder	1/2 cup clam liquor
Pinch salt	2 eggs

CRAB MEAT OMELETTE

A LIGHT and yet filling concoction is the crab meat omelette—easy to make once one knows how—and yet fancy enough to impress the gourmets among your guests. (And no guest should be invited to dine twice unless he shows interest in becoming a gourmet, if he is not one already!)

Using a pound of crab meat, either cooked or canned, mix with it a tablespoonful butter, half a teaspoonful dry mustard and salt and pepper. Break six eggs and beat lightly and stir into the crab meat mixture.

Now take a heavy iron skillet, grease it thoroughly and well, then heat and pour in this the egg and crab mixture. Cook slowly on top of the stove, then finish off under the broiler or in a hot oven until the top is light brown. Fold or not, as you prefer, and turn out on a platter. Garnish with parsley and serve.

Not an inexpensive dish—but worth the cost. Hashed brown potatoes and green peas complete the main course and the perfect dessert would be an old fashioned strawberry shortcake, made of biscuit dough, crushed berries and rich cream.

INGREDIENTS

1 pound crab meat either	1/2 teaspoon dry mustard
cooked or canned	Salt and pepper
1 tablespoon butter	6 eggs
	Parsley

EAST MEETS WEST

MAYBE the East and West will never meet (although in this day and age that theory seems as outmoded as the one-horse shay), but they certainly blend harmoniously in a dish of Maryland crab meat made into a curry sponsored by Mother India.

This concoction is delicious as a main dish—but it can also be used to fill the tiniest of patty shells as a hot canapé at a cocktail party.

Take two generous cups of crab meat and heat in a saucepan with butter or, lacking it, with a substitute. To the heating crab meat add one cup good cream sauce that has been pepped up with one tablespoonful curry powder, a nubbin of garlic, a pinch of powdered marjoram and salt and pepper to taste. Bring this to the boiling point, adding a little chicken broth or canned beef broth if it is too thick—it should be a “stew” and not a “soup.” Serve with steamed rice.

A good green salad or cole slaw completes the course and a fruit salad or broiled grapefruit makes the proper dessert.

INGREDIENTS

2 cups crab meat	Nubbin garlic
Butter or substitute	Pinch powdered marjoram
1 cup good cream sauce	Salt and pepper
1 tablespoon curry powder	Broth

CRAB PUDDING, MARYLAND

ALONG the Maryland shore, where the crab season is an event of great importance and the cooking of crab meat is a ritual, one of the outstanding crab dishes is a crab meat pudding. Suggest to a native of Maryland that the dish can be prepared with canned crab meat or Pacific Ocean crab meat and you will be socially ostracized in that locality. But still I have eaten this same crab meat pudding in California and it did not cause indigestion or poisoning, as a Marylander would infer!

Anyhow, start out with two cups of crab meat in lumps, what is known as "back fin" being the best. Then cook two cups of good cream sauce and build it up with the yolks of four eggs well beaten, half a cup of grated cheese and a bit of cayenne. To this add the crab meat. Season with salt and pepper, if needed. Then fold in the beaten whites of the four eggs and put the mixture into a buttered baking dish, giving it about twenty minutes in a hot oven—about 425 degrees—until lightly browned. Serve very hot from the dish in which it was baked.

And what goes well with it? Why a cucumber salad, touched up with a French dressing in which wine vinegar predominates, is excellent. And the follow up may be a cool slice of watermelon.

INGREDIENTS

2 cups crab meat
2 cups cream sauce
4 eggs, well beaten

1/2 cup grated cheese
Cayenne
Salt and pepper

«INEFFABLE» CRAB NEWBURG

AN EDITORIAL in the Baltimore *Sun*, which should be the ultimate word in crab authority, speaks of the return of the "ineffable" crab. Whether the crab be ineffable or not, the fact remains, it is an exquisite item of food, attaining great importance when cooked "a la Newburg." It is well worth a highlighted spot on a luncheon or supper menu:

In the upper pan of a double boiler, melt a little butter and rub in two tablespoonfuls flour to make a smooth paste. To this add two cups milk, stirring steadily until the milk starts to thicken. Then pour in three well beaten eggs, stirring constantly, cooking about a minute. The result is a smooth, rich, creamy sauce. Take the dish away from the fire and stir in one pound of carefully picked over crab meat. Season with salt and pepper, a pinch of dry mustard and about two tablespoons of sherry, to suit the taste. Heat through well and serve on freshly made toast.

If you're a good hand with a chafing dish, this is a good item to prepare therein. Sliced tomatoes, sprinkled with a little fresh basil, go well with the Crab Newburg—served on a side plate.

INGREDIENTS

1 pound crab meat
Butter
2 tablespoons flour
2 cups milk

3 eggs, well beaten
Salt and pepper
Pinch dry mustard
2 tablespoons sherry
Toast

CRAB CAKES, BALTIMORE

ONE of the truly great Baltimore dishes is the native crab cake—and a splendid creation it is. Still, when there are no Baltimore crabs to be had, the meat of crab from cans, well picked over, makes a good cake—though this must not be mentioned to a native of the Free State.

In any event, to make four cakes, use a pound of cooked, well picked over crab meat. Mix the crab meat with a teaspoonful dry mustard, two tablespoons Worcestershire sauce, the yolk of an egg and a tablespoonful mayonnaise, with pepper and salt to taste. And the final and all important touch—a level tablespoonful chopped parsley. Mix it well, make into four balls and press flat. Dip each cake in flour, then in beaten egg, then in bread crumbs and fry in hot grease until a rich brown. Serve crab cakes in the approved Baltimore manner, that is, with cole slaw and French fried potatoes.

Crab cakes are “officially” in season from May to August, but they are a wonderful delicacy the year round.

Some people break the crab meat into tiny shreds. I like it left in sizable lumps so one knows one is eating crab meat.

INGREDIENTS

1 pound cooked crab meat	1 tablespoon mayonnaise
1 teaspoon dry mustard	Pepper and salt
2 teaspoons Worcestershire sauce	1 tablespoon chopped parsley
1 egg yolk	Flour
	Egg, beaten
	Bread crumbs

CRAB MEAT IN RAMEKINS

AS A morale builder, a little luncheon party to which one invites a few folks with common interests is fully in keeping with the American way of life. And the featured dish can be simple—yet unusual by virtue of its goodness.

Here is a delightful crab meat concoction, baked in individual ramekins or small, fireproof glass dishes.

Prepare a pound of fresh cooked or canned crab meat. Sauté in a little butter or bacon fat a scant cup canned mushrooms sliced thin. Now make a white sauce, using two tablespoons butter into which are rubbed two tablespoonfuls flour and, when smooth, adding half a cup of milk. When cooked to proper thickness, season with half a cup dry white wine, a little prepared mustard, a pinch of the herb tarragon (your grocer will have small jars of powdered tarragon and other herbs). Cook the finished mixture for a few minutes, then add the crab meat. Butter the baking dishes, fill with the mixture, cover with bread crumbs dotted with a little butter and bake (uncovered) for half an hour at about 350°.

Serve with a pickled beet salad and for dessert fruit cup or fresh pineapple slices, lightly dusted with powdered sugar and sprinkled with a few drops of *crème de menthe*.

INGREDIENTS

1 pound fresh cooked or canned crab meat	2 tablespoons flour
Butter or bacon fat	1/2 cup milk
1 cup canned mushrooms	1/2 cup dry white wine
2 tablespoons butter	Prepared mustard
	Tarragon
	Bread crumbs

«HANDLE WITH CARE!»

IF YOU own a chafing dish, here is a grand crab meat and egg dish. If there is no chafing dish, use a cooking dish, preferably of heavy iron or aluminum—and do it over a low flame—not rushing it too fast. This is a delicate dish of rare charm when done with loving care:

For four persons, have ready a pound of cooked crab meat which has been well picked over. Use fresh crab meat if you can get it; if not, canned crab meat, if you can get that. In the pan melt a tablespoonful butter and stir in a cup of milk, then the crab meat, seasoning with a little salt and white pepper. While this is warming, beat up half a dozen eggs and pour into the crab meat.

Stirring slowly and carefully, cook gently while the mixture “sets.” At the very last, add a pinch or so of cayenne pepper. It is now ready to serve.

Hashed browned potatoes and a sliced tomato round out a truly epicurean main course.

I first saw this done on the eastern shore of Maryland. (If you doubt the gentle touch of your hand, do this in the upper pan of a double boiler.)

All the way through, “handle with care, my friend, handle with care!”

INGREDIENTS

1 pound cooked crab meat	1/2 dozen eggs
1 tablespoon butter	White pepper
1 cup milk	Cayenne
Salt	

FOR A WINTER'S LUNCHEON

PERHAPS it has never occurred to you that crab meat may be combined with ham to form a delicious and unusual entrée.

The sharp flavor of the ham, however, points up the rather bland taste of the crab meat—and the result is more than pleasing.

Here is how it can be done the next time you wish to entertain guests at luncheon—when the rest of the menu would consist of piping hot tomato bouillon, little string beans and julienne potatoes, hot buttered biscuits and lemon tarts.

In a skillet place a tablespoonful butter and some thin bits of ham, about the size of twenty-five cent pieces. As this starts to cook, add one pound crab meat and cook the two together until well heated through, but not browned. Just before removing from the fire, add a tablespoonful or two minced parsley and mix in well. Then remove to a platter. Garnish with slices of toast and slices of lemon.

Simple, isn't it—but out of this world in taste and texture!

INGREDIENTS

1 pound crab meat
Bits of ham
1 tablespoon butter

Parsley
Toast
Lemon

LOBSTER-MUSHROOM NEWBURG

IF A friend wants to give you a birthday present, suggest a can or two of lobster meat. Then, at an appropriate moment, open a can, remove the meat and cut it into small cubes or slices. Add a cup of canned mushrooms cut into slices. Prepare a couple of hard boiled eggs, cut into cubes.

Using a chafing dish or a saucepan, heat a tablespoonful butter or good butter substitute and cook the mushrooms and lobster until well heated. Season with salt, pepper and a bit of cayenne. Pour over this a cupful of good cream sauce (more if needed) and mix well. Add a tablespoonful of sherry, to taste, heat thoroughly and serve on slices of fresh toast. The diced cooked egg may be used as topping or may be mixed in with the lobster when the sherry goes in.

If the nearby woman's exchange (bless its heart!) can supply a few patty shells, they may be filled with the mixture and given a light browning under the broiler.

Boiled artichoke hearts stuffed with tiny green peas would be an excellent vegetable accompaniment for the lobster, and a salad of torn lettuce and chicory would offer pleasing contrast. Fresh fruit, chilled and flavored with a little rum or maraschino is suggested as the dessert.

INGREDIENTS

1 can lobster meat	Salt and pepper
1 cup canned mushrooms	Cayenne
2 eggs, hard boiled	Cream sauce
1 tablespoon butter or substitute	1 tablespoon sherry

HOMARD A LA MAYONNAISE

ONCE upon a time I knew a respectable married couple who now and then engaged in battle. This battle always wound up in a “draw” and each participant went his or her own way for a matter of some hours. Then each returned peacefully to the family domicile, the wife having bought a new hat and the husband having eaten by himself, in all his glory, a dish prepared for him by the owner of a little French restaurant. The name of the dish was “Homard a la Mayonnaise” and it cost, even in those days, one round dollar.

If it is given its good American name it becomes “Lobster with Mayonnaise,” the main course of a grand luncheon or cold dinner menu and a dish which lifts morale to the bursting point.

For four good big servings, start with two medium sized lobsters boiled, chilled and split down the middle. Crack the claw shells, remove meat from tail, but not from claws. Cut the tail meat in as nearly equal sized pieces as possible. Now tear all the loose leaves from a head of lettuce, saving the heart, which is cut into sizable pieces. Then mix the torn and shredded lettuce leaves with the lobster meat and enough mayonnaise to moisten. Stuff back into shells, top with lettuce hearts and more mayonnaise.

INGREDIENTS

2 medium sized lobsters Lettuce Mayonnaise

THE WINNAH—LOBSTER THERMIDOR!

EVER so many people write to me and ask for recipes of desired dishes, and one of those most often requested is that for "Lobster Thermidor." Incidentally, this dish dates clear back to the French Revolution. It is said that Napoleon first tasted it in the month "Thermidor" and so named the delightful lobster creation.

Two fine, large lobsters are split lengthwise, brushed with olive oil and baked in a 400 degree oven for half an hour. Then the meat is taken out and cut into small portions.

The sauce is made ready: Half a dozen shallots chopped fine (or a half cup minced onion will do), and browned in a little butter, add a level tablespoonful chopped parsley and (if obtainable) a level tablespoonful chopped fresh tarragon, a tablespoonful dry mustard, another of meat extract or very rich brown gravy. All this is mixed in with three cups rich cream sauce and half a cup melted butter. When this is well blended add the lobster meat and mix well. Fill the lobster shells with this mixture, top off with grated hard cheese and place in oven at about 400 degrees to brown—about ten to twelve minutes.

Not an easy dish to make—but once you have the knack of it, you'll be the talk of the town—also you are apt to become financially bankrupt.

INGREDIENTS

2 large lobsters	1 tablespoon dry mustard
1/2 dozen shallots	1 tablespoon meat extract
Butter	3 cups cream sauce
1 tablespoon parsley	1/2 cup melted butter
1 tablespoon tarragon, chopped	Grated hard cheese

DEVELOP THOSE MUSSELS!

SOMEHOW or other, the delicious and delicate mussels, "Moules" to the French, have never been given a square deal by the American lovers of seafood. They are utterly delightful, especially as a supper dish or in place of a fish course. The way to get them is to bend a stern and more or less evil eye upon one's fish dealer and say to him: "There are four in our family and we want some six dozen mussels, my good man, and no arguments. Refer this order to your source of supply!"

Then, in due time, the delivery should be made and you are ready to proceed. First of all, scrub the mussels. They are little, black-shelled beasties, shut tight like a smooth-shelled oyster, if any. They have a sort of fuzz that must be scrubbed off.

In a casserole place a chopped carrot, a chopped onion, some chopped parsley and about two ounces of good, dry white wine, and some pepper and salt. Then add the mussels and pour over about a tablespoonful of melted butter. Cover the casserole and place in the oven.

In about ten minutes the mussels have opened, which means they are done. Place them in a serving bowl. Then through a fine cloth strain the liquid from the casserole and pour it over the mussels. If you like, you may return the mussels and the strained liquid to the casserole and serve from it. Toasted French bread is all that one needs with this dish.

INGREDIENTS

6 dozen mussels	Parsley
1 carrot, chopped	2 ounces dry white wine
1 onion, chopped	Pepper and salt
1 tablespoon melted butter	

HIGHLANDTOWN FRITTERS

IN A certain section of Baltimore, Maryland, called Highlandtown, the natives have midwinter feasts called Oyster Roasts—at which, oddly enough, the hardest thing to find is a roasted oyster. But they do say that this is because years ago the Highlandtown fritter stole the interest of the feasters, so now they don't roast oysters for their feasts, they make them into fritters.

One of the champion fritter friers, a man with some forty years of experience to back his words, tells me that here is the way the finest Highlandtown fritters are made:

Use smallish oysters of the Blue Point variety and figure about two cups for enough fritters for four. Make the batter by mixing four cups flour, two eggs, two tablespoonfuls chopped parsley and two tablespoonfuls chopped onion, four teaspoons baking powder, one teaspoonful pepper and two of salt. Stir in the oysters. Drop by the spoonful into deep hot fat, cook until brown and drain on brown paper.

Or—add some oyster liquor and a little milk to thin the batter and fry as one does pancakes on a hot griddle. Serve with a salad or pickled beets and cups of coffee, or bottles of beer.

INGREDIENTS

2 cups oysters	2 tablespoons onion, chopped
4 cups flour	4 teaspoons baking powder
2 eggs	1 teaspoon pepper
2 tablespoons parsley	2 teaspoons salt
	Deep fat

DOWN EAST OYSTER AND VEAL STEW

IN THAT part of New England where the farming country and the fishing country seem to meet, one sees, now and then, in real old fashioned New England homes a stone pot full of veal and oyster stew. This is a primitive dish, simple and easy to make, but wonderful to eat.

First, you must locate a stone or earthenware crock with a lid to fit. In this lay thin slices of veal, nicely trimmed of all inedible portions. Then place a thin layer of sliced raw potatoes and some slices of onion. Then a layer of oysters, and so on until the crock is three quarters full. Then add the liquor from the oysters and see that the liquor covers the other ingredients. Season with salt and pepper. Set this crock in a larger pot of boiling water reaching about halfway up the crock. Put this all into the oven or on top of the stove and let it simmer until the veal is tender. Then the stew is done and ready to eat. Serve in large soup bowls, adding a poached egg if desired and have old fashioned chowder crackers and good butter ready.

You won't need much else after feasting on this rugged concoction, but if you insist, there's always blueberry pie!

INGREDIENTS

Veal
Potatoes

Onion
Oysters

Salt
Pepper

ROAST OYSTERS, NEW ORLEANS STYLE

DURING the “R” months, especially the colder ones, the well known oyster is said to be at its best—and the friendly creature is entitled to display its wares. In New Orleans, a Creole cook showed us a most satisfying full-meal oyster dish made like this:

With the oysters removed from the shells, have ready one half shell for each oyster. Take these shells and scrub them well, dry them, and butter thoroughly. Mix some bread crumbs with a little melted butter, pepper and salt and make a little bed of the crumbs. Place an oyster on each bed. Sprinkle with more crumbs. Moisten slightly with a little oyster juice and a couple drops Worcestershire sauce. On top, place a bit of butter, the size of a green pea, and bake in a hot oven until the tops are lightly browned.

Six small or medium oysters, so cooked, make a full course in place of meat. With them serve a mixed vegetable salad. For dessert hot toasted French bread, on which each diner spreads his own portion of cream cheese and tropical guava paste.

INGREDIENTS

Oysters
Butter

Bread crumbs
Pepper and salt
Worcestershire sauce

WE GIVE YOU—OYSTERS MORNAY

WHOLE books have been written on the many ways to prepare and serve oysters. Chefs have made themselves famous working just with oysters. Restaurants have won renown setting forth their great dishes.

One of the finest of oyster dishes and yet one of the easiest to prepare is Oysters Mornay. “Mornay” is the name of a sauce made by blending grated cheese with a rich cream sauce. We shall make this first before proceeding with the main ingredients.

Then we simmer oysters—six per serving—in their own liquid—just a heating, as it were—a parboiling. Then we dip them up, place them in a baking dish, add a little juice and cover well with the Mornay sauce. We sprinkle a little more cheese on top and add dabs of butter and a dash of paprika. Then plop the dish into the oven until the top is browned a little.

Cole slaw or beet salad, then lemon pie and coffee—for a highly satisfactory dinner. And it’s easy on the well known budget!

INGREDIENTS

Oysters
Grated cheese

Cream sauce
Butter

Paprika

OYSTERS GO ITALIAN, WITH MACARONI

HERE is real food which I had cooked for me by an Afro-American cook in Charleston, South Carolina, who told me she wanted to teach Italians how to enjoy macaroni:

First of all, macaroni, broken into one-inch pieces, is boiled tender and drained. Then oysters are obtained—allowing four to six per person and saving the liquor. A casserole is buttered, and a layer of macaroni placed in the bottom. Then a layer of oysters, then macaroni and so on to the top of the dish.

A sauce is made, using the oyster liquor and a little of the macaroni water, this being thickened with a little butter and flour, seasoned with pepper and salt, and poured over the mixture. Then a topping of a mixture of bread crumbs and grated cheese, dotted with bits of butter, and all this goes into a medium oven to heat through and brown.

A salad of sliced tomatoes and cucumbers goes well with this, followed by sliced oranges or stewed pears and sponge cake.

But if you really want to live up to the Italian tradition, the dessert would be a bit of cheese before it was grated, an apple or a pear, not cooked, a few raisins and a walnut or two with rich black coffee, while the phonograph carols “O Sole Mio” or “Santa Lucia.”

INGREDIENTS

Oysters
Macaroni
Butter
Flour

Pepper
Salt
Bread crumbs
Grated cheese

SO THIS IS A HANGTOWN FRY!

IN California there are three towns with names that have always intrigued me. They are Hangtown, Jim Town and Yuba Dam. In Hangtown many years ago a Chinese cook grew famous because of a dish of oysters and eggs which he served to guests in his restaurant. Its Chinese name could not be pronounced so it became known as a Hangtown Fry.

The dish calls for oysters and eggs, a little butter, a little cream, with salt and pepper to season.

The oysters may be canned or raw—big or little. Today the dish is still popular on the Pacific Coast where they use the tiny Olympias—oysters no bigger than a peanut. If you find them, it will take two or three dozen for a mess. Eastern or southern oysters do the job with four to six.

For each serving, allow two eggs beaten in a bowl as for an omelette, and a tablespoonful cream, salt and pepper. Melt butter in a skillet, pour in the egg and oyster mixture and either cook as scrambled eggs or as an omelette. Serve with fried potatoes and sliced tomatoes. These last may be raw or fried, as you like—and for dessert a broiled grapefruit, or broiled oranges, is the answer.

INGREDIENTS

Oysters
Eggs

Butter
Cream

Salt
Pepper

CALIFORNIA, HERE WE COME!

WITH a big bowl of properly cooked rice standing by, a thoroughly interesting main dinner dish comes out of a couple of cans of shrimp, or fresh cooked shrimp—done in this California manner:

Heat butter, bacon fat drippings or oil in a saucepan, add a cup of chopped onions and (if you like) a nubbin of garlic, mashed. Right on top of this add the shrimp, either left whole or cut in two. Season with salt, pepper and a pinch of cayenne, or a few dashes of tabasco sauce. Stir and cook for a few minutes and add a can of tomato paste and a cup of broth or hot water. If there is no tomato paste handy, use a small can of tomatoes or a can of tomato soup. When this mixture starts to bubble, add a cup of dry white wine. Finally add a tablespoonful of chopped parsley.

This is not a “soupy” dish—it is really a moist shrimp stew. The moisture is regulated by the amount of broth or tomato liquor. This is a delight for father or the Boy Scout to cook when on a culinary binge. Practically nothing can go wrong and success is certain.

In addition to the rice, you might serve very small lima beans, tenderly cooked, and follow up this main course with a well tossed green salad.

INGREDIENTS

Shrimp

1 cup onions, chopped

Nubbin garlic

Salt and pepper

Pinch cayenne

Tabasco sauce

1 can tomato paste

1 cup broth or hot water

1 cup dry white wine

1 tablespoon parsley, chopped

FOR THAT EMBARRASSING MOMENT

WHEN it's a question of what to fix for a hurried dinner and there doesn't seem to be a thing to cook, everything will be in order if you can lay hands onto a jar or a can or two of shrimp.

Dip these pleasant morsels in some beaten egg and roll them in bread crumbs or corn meal in which a little salt and pepper have been mixed.

These may then be fried in deep fat or in shallow fat, brought to a rich brown.

They are served with a little Tartare Sauce, made with plain mayonnaise, to which capers or chopped mixed pickles are added.

For a starter for this quick meal, if you have some deviled ham and a bit of cheese in the larder, toast rounds of bread, spread quickly with deviled ham, top with grated cheese and run under the broiler flame until the cheese melts.

With the shrimp, potato chips and raw sliced tomatoes go nicely. Mixed fruit for dessert.

INGREDIENTS

Shrimp

Eggs, beaten

Bread crumbs

Salt and pepper

Deep fat

GEORGIA SHRIMP STEW

HERE is a shrimp stew as I saw it made by a fisherman on the Georgia coast—it is a fine dish to prepare over an open fire, but just as good done in the kitchen. It should be made in an iron kettle but a baking dish or casserole in the oven will do as well:

First have ready two pounds of cleaned cooked shrimp. In the kettle or casserole heat some bacon drippings and add a cupful chopped onions, cooking until the onions are tender. Then add a whole green bell pepper, cut into thin slices and cook for five minutes. Add two cupfuls canned tomatoes, half a cupful peas (fresh or canned), half a cupful diced raw potatoes, a bay leaf, a pinch of ground cloves, salt and pepper. Stew the mixture until the potatoes are tender.

Then add half a cupful mushrooms (canned), a few olives, and check the seasoning. Simmer a few minutes together. Stir in the shrimp (whole or cut up as you like). When the mixture is well heated through, it is ready to serve. Nothing more is needed for dinner except a crisp, green salad and a dessert.

INGREDIENTS

2 pounds cooked shrimp	1/2 cup raw potatoes, diced
Bacon drippings	1 bay leaf
1 cup onions, chopped	Pinch ground cloves
Whole green pepper	Salt and pepper
2 cups tomatoes	1/2 cup mushrooms
1/2 cup peas	Olives

FROM THE SEAT OF GOVERNMENT

A FILIPINO taxi driver in Washington, D. C., dictated this recipe to me as he was driving me to the railroad station. He said, "Try it. You will find it very good—" which I did and he was right.

Take a cup of cooked, cleaned shrimp—canned are fine. Cut into half inch bits. Mix with half a cup of cooked ham cut into little strips.

Now, make a mixture of four eggs, well beaten, and a quarter of a cup of flour and a pinch of salt.

Stir the ham and shrimp into the egg mixture.

Fry these like little pancakes in hot oil, butter or bacon grease.

Serve plain with a little salt and pepper or season with a bit of Chinese soy sauce.

A bowl of hot steamed rice goes well with these cakes, and so does a Waldorf salad of diced apple, celery and a few nuts.

It seems to me that on that trip to wartime Washington I was twice blest. I acquired a fine new recipe and a taxicab to the station!

INGREDIENTS

1 cup cooked shrimp	1/4 cup flour
1/2 cup cooked ham	Pinch salt
4 eggs	Salt and pepper
	Chinese soy sauce

SALAAM TO AUNT EDNA

WHEN your Aunt Edna comes to pay a week-end visit and it seems a good thing to have a supper dish far out of the ordinary, but yet within reasonable reach of the budget, there is suavity and grace and poise in Shrimp à la Newburg.

To serve four to six, have ready two cups of boiled and well picked over shrimp. These are heated in two tablespoonfuls butter in a saucepan. Add a full cup of rich milk, then season with salt and pepper and a bit of cayenne. Then comes a sherry glass (about two ounces) of good dry sherry, mixing it in gradually. This can now come to the boil, then it is moved over to a slow fire and the boiling stopped.

Then, but not until then, stir in the yolks of three eggs, into which a little cream was stirred. This egg and cream mixture provides the chef's touch as it gradually adds the right consistency—BUT do not let the mixture boil once the eggs have been incorporated in the sauce. Just simmer to the right thickness and serve the shrimp and sauce on slices of freshly made toast.

To round out an interesting supper course, potato chips, olives, celery, slices of raw carrot and small pickles fit in neatly, while a bit of cheese, toasted crackers and coffee are exquisite if one can make the proper deal with the sandman.

INGREDIENTS

2 cups boiled shrimp
2 tablespoons butter
1 cup milk
Salt and pepper

Cayenne
Sherry glass of dry sherry
3 egg yolks
Cream

COLD SHRIMP AT ARNAUD'S

IN New Orleans, at a restaurant named Arnaud's, they serve a wonderfully dressed cold shrimp. Unlike so many fine dining places, Arnaud's doesn't mind my telling you how they prepare the dish.

In a flat soup plate place six tablespoonfuls of the finest olive oil and season it with a tablespoonful paprika, a pinch white pepper, two pinches salt, a tablespoonful celery heart, chopped very fine, a level tablespoonful onion, chopped fine, and a bit of chopped parsley. Also, at Arnaud's they add four tablespoonfuls Creole mustard, but as this is hard to get in most localities, a fair showing is made with ordinary prepared mustard—but keep in mind that genuine Creole mustard is important if you have it.

When all this is mixed stir in two tablespoonfuls vinegar, mix well and chill thoroughly. (Real chilling is the secret of many of these fancy dressings.)

Place ten to twelve fine cold cooked shrimp on leaves of lettuce and dress well just before serving. Truly an appealing and epicurean delight!

A perfect dish for a warm summer evening, when the appetite needs a delicate nudging to get going properly.

INGREDIENTS

Shrimp	2 pinches salt
6 tablespoons olive oil	1 tablespoon celery heart
1 tablespoon paprika	1 tablespoon onion
Pinch white pepper	Parsley, chopped
	4 tablespoons mustard

«DOWN SOUTH» SHRIMP PIE

MEANDER along the Georgia or Louisiana shores and you find the cabins of the local people squatting along the water front. Generally you'll find these folks in a mood to talk about and eat food. When they get off onto northern dishes about which they read in newspapers and magazines, they generally do very badly. But get them over onto their own shrimp and rice, for instance, and there is superb food. Those folks can do more with shrimp and rice than any outsider can imagine. Some of the dishes are complicated and take hours to prepare, but there is one which is perfect for present day home cooking:

Start out with a cup of boiled rice for each person to be served—and this rice must be boiled first in salted water until tender, then washed in running water to separate the kernels. Also have ready half a cup of picked shrimp for each serving.

To the hot rice add some melted butter, mace, salt and pepper to taste. Then add just enough milk to moisten slightly. Using a casserole, butter the bottom and sides and place a layer of the rice mixture, then a layer of shrimp, ending with rice. Then beat up a couple of eggs and pour them right over the top. Bake in an oven of about 350 degrees until the top is lightly browned. And this is shrimp pie.

INGREDIENTS

Boiled rice	Mace
Shrimp	Salt and pepper
Melted butter	Milk to moisten
	2 eggs

SUPPER-IN-THE-KITCHEN DISH

THE other day I attended a kitchen supper party and a grand success it was. The hostess did most of the stove work while the host served as master of ceremonies and waiter.

The kitchen was not very large so the six guests were assigned to strategically placed chairs and told to sit there. Then each was given rations of food as prepared.

First came cups of hot broth—canned and heated. Then came plates filled with slices of cold meat, a heap of potato salad, a rye bread sandwich and, for a hot dish, shrimp puffs just as they came out of the kettle. This was followed by ice cream cones for dessert and cups of coffee.

The shrimp puffs were a great success and were made like this: First, the batter. Mix together and beat up well four cups flour, one teaspoon salt, six teaspoons baking powder, three eggs and two cups milk. Beat this into a fine smooth mixture and drop in a couple cups of cooked, cleaned shrimp. Drop one by one with batter into deep fat and cook until lightly browned. Each pops into a lovely ball.

INGREDIENTS

2 cups cooked shrimp	6 teaspoons baking powder
4 cups flour	3 eggs
1 teaspoon salt	2 cups milk
	Deep fat

CHEESE

ALL PUFFED UP—AND GOING PLACES

WHEN the meat shop man gives you a sad look and says, "Sorry, sir, not today!" just smile sweetly and say, "You don't stop me for a moment, pal." Then, with four eggs from your refrigerator and a cup of grated cheese (nice and snappy, if possible) from your emergency shelf, proceed to make "Puffed Cheese Soufflés."

For four servings, eight slices of bread all set out in a row, and **TOASTED ON THE LOWER SIDE ONLY**. Now beat up the yolks of the four eggs, season with salt and pepper and a bit of chopped parsley and stir in the cup of grated cheese. Then fold in the stiffly beaten egg whites. Heap this mixture onto the slices of bread and place in the oven (about 350 degrees), baking for fifteen minutes until the mixture has puffed nicely.

Prelude to the puffed cheese soufflés would be a nice cup of cream of asparagus soup, spiced with a dash of curry powder, and along with the puff, a salad of cooked or raw vegetables is recommended, with strawberries and powdered sugar for dessert.

INGREDIENTS

1 cup grated cheese
4 eggs

8 slices bread
Salt and pepper
Parsley, chopped

OF SWISS DESCENT

HERE'S a cheese delight which I found originally in Switzerland, but have since eaten made with good, ripe Vermont cheddar cheese. The cheese is cut into pieces about an inch broad and wide and two inches long. These bits are soaked a couple of hours in warm milk.

The pieces of cheese are taken from the milk, dipped in flour, then in beaten egg and then in fine bread crumbs in which salt and pepper have been mixed.

There must be ready a kettle of deep fat—olive oil or peanut oil, preferably. The oil must be hot—about 450 degrees or even 500 degrees. The pieces of cheese are placed in the hot oil and cooked very rapidly until the crumb covering has turned golden brown.

This is an exquisite luncheon dish, served with freshly made toast. With a salad and followed by fresh or cooked mixed fruits one has a delightful meal.

Warn the unwary, though, if you don't want howls of pain and reproachful looks. Those cheese bits have a remarkable ability for retaining their cooking temperature.

INGREDIENTS

Cheddar cheese
Warm milk
Flour

Beaten egg
Bread crumbs
Salt and pepper
Deep fat

SET FOR SUMMER

IF YOU like to cook outdoors on a terrace or in the garden on a summer evening, here's a suggestion that will let you use your favorite chafing dish with great success.

It is a particularly good recipe for the male amateur chef, and will win him much admiration from his feminine guests, as well as his masculine contemporaries. So, here's the scene:

A summer evening. Four or five supper guests. A chafing dish in the garden. Action!

In the pan of the chafing dish we melt butter and add a minced onion. As it starts to show a coat of tan, we add a cup of chopped or canned tomatoes. This we cook for fifteen minutes. Now we add a pound of "store" cheese, broken in bits, and as it melts down we season with salt, pepper, Worcestershire sauce and a little dry mustard. We stir and cook to a smooth paste and then add four eggs, slightly beaten, cooking and stirring into a smooth rarebit-like dish.

We serve this on toast or in little dishes with toast alongside. Pickles, olives, celery and that sort of thing come in handy. Bottled beer or iced tea is most acceptable.

INGREDIENTS

1 pound cheese
Butter
Onion, minced
1 cup tomatoes

Salt and pepper
Worcestershire sauce
Dry mustard
4 eggs

WELSH RAREBIT, OLD ELI STYLE

I HAVE never seen a Yale undergraduate cook a Welsh Rarebit, though serious and sedate Yankees from the Nutmeg State assure me that cooking rarebits is a common practice in New Haven, and they tell me that this is one of the best ways:

Get ready a rather deepish saucepan and in it put half a cup of beer. Season this with a half a teaspoonful each pepper, salt and dry mustard. When steaming hot, stir in three cups grated "store" cheese. And it should be rather sharp to be at its best. Stir constantly as the cheese melts and blends with the seasoning. Add a little beer from time to time as the mixture seems to be in need of it. The "rabbit" should be creamy—not dry, and not "soupy," but of a smooth, velvety consistency.

As it attains that point, have ready four slices of freshly made buttered toast. Spoon the rarebit onto the toast. Decorate with a dash of paprika and serve very hot.

Or, you may poach one egg for each slice of toast and place it over the toast just before the rarebit comes along, thus letting it serve as a blanket for the egg. And if you do this, your Welsh rarebit automatically becomes a "Golden Buck."

INGREDIENTS

3 cups grated cheese
1/2 cup beer

Buttered toast
Paprika

PERFECT—THE CHEESE SOUFFLÉ

FOR delicate flavor and at the same time liberal nourishment, let's make a cheese soufflé for dinner tonight. Once you have mastered the touch to make this suave dish, you'll do so often.

Have ready half a cup grated cheese, two tablespoonfuls flour, two tablespoonfuls butter, four eggs and a pint of milk.

In a stewpan rub the butter and flour together and cook to the bubbling point. Gradually add the milk that has been heated, but is not boiling. Season with pepper and salt and add the grated cheese slowly, stirring all the while over a low fire. When you have a smooth "mush," remove the pan from the fire and stir in the beaten yolks of the four eggs. Let the mixture cool down a little, then add the well beaten whites. Mix thoroughly, then turn into a well buttered casserole or baking dish—filling it about half full. Bake in a medium oven about twenty minutes, testing with a knife blade. Treat a cheese soufflé as you would a custard.

Serve immediately and include green peas, a salad and a green apple pie for a meal of real distinction.

INGREDIENTS

1/2 cup grated cheese	2 tablespoons butter
2 tablespoons flour	4 eggs
	Pint milk

RING-TUM DITTY

THERE'S a lot in giving a dish a good name to make it appealing. It always seemed to me that the person who thought up the name "Ring-tum Ditty" had a happy idea, and the dish itself is as good as its handle. It is a cheese concoction that is excellent for Sunday night suppers or for a noonday meal:

Into a saucepan put a can of tomato soup and the same amount of milk. Stir in a mixture of two tablespoons butter and two of flour, a pinch of soda and a little sugar. Cook this to a smooth sauce—but without hard boiling. Now add half a pound of "store" cheese nicely grated. Stir in and cook a few moments, but don't let it boil.

Varied seasoning may include a little dry mustard and a pinch of red pepper. Some like a mere hint of onion juice.

Serve on freshly made toast, with fresh frozen or canned asparagus, and French fried potatoes.

A good finale to this light but nourishing meal would be New England Indian Pudding, hot and fragrant with molasses, served with a scoop of vanilla ice cream.

INGREDIENTS

1/2 pound cheese	Pinch salt
1 can tomato soup	Sugar
1 can milk	Dry mustard
2 tablespoons butter	Pinch red pepper
2 tablespoons flour	Onion juice

POULTRY

«BREATH OF SPRING»

THE smallest of broilers from the corner poultry store can do more than just appear as the conventional broiled item. They may be roasted in a most appealing manner—but roast them lightly and easily, at low heat, so as not to dry them out. Then, when they are ready, use all the essence in the roasting pan to make a dark gravy. Then comes the innovation:

Cook, not too crisp, a slice of bacon cut into short bits, and in the fat lightly brown a handful of tiny onions. Add the bacon, the fat, the onions to the gravy and also a handful ripe olives. When the gravy mixture has heated thoroughly, serve in a little sauce dish beside the chicken.

Many people will pit the olives but a real gourmet will want the pits left in.

Steamed rice or riced potatoes do nicely with this dish and the vegetable should be the tiniest of string beans or green peas from the vines in the vegetable garden. A salad of thinly sliced radishes and young lettuce leaves tops off a springtime meal.

INGREDIENTS

Broiler
Dark gravy

Slice bacon
Tiny onions
Ripe olives

POTTED SQUAB CHICKENS

“STAY for supper,” an Iowa farmer suggested to me. “Suggestion immediately adopted,” said we. “What’s for supper?” we asked, after we had assured him we were staying. “A mess of potted broilers,” he replied. We rolled our eyes. We knew the family and had a right to expect much.

Anon, there came onto the table an earthenware baking dish—big and flat, maybe sixteen inches in diameter—eight positively glorious birds roosting on the bottom. “Broilers” they are called in Iowa but in any great metropolitan restaurant they would be known as “squab chickens” and charged for accordingly.

Here is the set of rules for making this culinary delight. Even a kitchenette with only a tiny oven may be the seat of operations:

One-pound squab chickens or slightly larger broilers are wiped clean and dry as for roasting. Season with salt and pepper and place a dab of butter inside each bird. Place in the baking dish, adding a little butter and a sliced onion. Brown in a hot oven, basting frequently. Shortly before they are done, lower the heat, pour a cup of hot water into the dish, add half a cup of brown sauce and cover the dish. Baste two or three times while the squabs take on a “potted” appearance.

Serve with hashed-in-cream or au gratin potatoes and green peas or asparagus.

INGREDIENTS

1 pound squab chickens
Salt and pepper
Butter

Onion
1 cup hot water
1/2 cup brown sauce

FROM THE PORTUGUESE

IN Marin County in California, up close to the Novato section, there used to be many families of Portuguese descent—or, more than likely, immigrants. They always had flocks of stray chickens in their yard and at the least excuse would prepare one for a passing guest. Here was the standard method—and very, very good it was:

The chicken is cleaned and cut into portions—“jointed” seems to be the word. Then in an earthenware or iron baking pot or dish an onion and a nubbin of garlic are browned in half a cup of olive oil. When browned, the onion and garlic are discarded. Into the pan goes the chicken to be browned. Then one adds two cans of tomatoes and this is simmered in the oven until the tomatoes are quite evaporated and pulpy. A cup of broth (canned chicken broth is good) comes next, and a cup of dry red wine (which is optional, but very good indeed).

This all simmers until the chicken is tender, adding a little broth if the liquid dries out too fast. Finally, season with pepper and salt.

Fried potatoes—preferably cut in long slices, are fine with this chicken—the fried potatoes being simmered for a minute or two in the chicken sauce. A big bowl of salad is most enjoyable with this spicy chicken dish.

INGREDIENTS

Chicken
1 onion

Nubbin of garlic
1/2 cup olive oil
Pepper and salt

FRIED CHICKEN, VERMONT STYLE

NEW ENGLAND folks will concede nothing to the South when it comes to cooking and enjoying food. On the other hand, they are not opposed to borrowing good ideas and possibly improving upon them.

In a Vermont home I ran across a home town way to cook chicken which spelled "Deep South" all over, yet had unmistakable New England additions.

Plump young chickens, weighing about three pounds each, were cut into quarters, dipped in light batter, then fried slowly in bacon fat. So far, so good—that was truly Southern.

But to top it off, there was a gravy which started out with maple syrup—plainly enough Vermont. Honey was mixed in and the two heated together. Also, there were corn fritters and candied sweet potatoes.

Here was a study in blends and combinations. It is well worth copying—the chicken fried in batter, the syrup and honey. The candied sweet potatoes might be left out.

An apple pie with a topping of whipped cream might not be bad for dessert.

INGREDIENTS

3-pound young chicken
Light batter

Bacon fat
Maple syrup
Honey

CHICKEN SOUFFLÉ—PUDDING

IF YOUR hens are doing right by you, here is really delicious mealtime economy with a grand dish for four portions and a “dividend.”

Start with two cups of leftover cooked chicken. Mince the meat fine and pound into a paste, seasoning with salt and pepper. To this add six tablespoons good, cold, rich cream sauce and put the mixture through a sieve to insure smoothness. While you heat this (without boiling) add a tablespoon butter, then add the yolks of five eggs, well beaten. then the whites, whipped up well. When nicely mixed, pour into a buttered baking dish and bake it in a low oven—about 350 degrees, until it has set—about half an hour. Test with a silver knife blade to make sure it is cooked through.

Incidentally, this is a wonderfully delicate but nourishing dish for a convalescent, either young or adult. In any event, it is extra good when served with tender asparagus, and the first of the garden’s baby lima beans. A fruit salad, combining segments of grapefruit, orange and avocado, with French dressing, would be a good choice for the finale.

INGREDIENTS

2 cups leftover chicken
Salt and pepper

6 tablespoons rich cream sauce
1 tablespoon butter
5 eggs

CHICKEN—MACARONI CASSEROLE

CHARMING and suave as the town from which the recipe came to me—Savannah, Georgia—is this delicious oven baked dinner dish:

First, for four servings, a medium sized hen is boiled until tender. The breast is removed and cut into thick slices—five to six are about right. Each leg is cut in two. The rest of the chicken will serve as a salad later on.

There should be ready two cups cooked macaroni and a cup grated cheese. Two cups of the strained chicken stock is at hand. A rich cream sauce is made and to it are added the chicken broth and the grated cheese—all but a little for topping later on. The sauce and the macaroni are mixed and then, in a casserole or baking dish, well buttered, a shallow layer of macaroni is placed—then the chicken breast slices and the legs. Add the rest of the macaroni and top with grated cheese. Browning at low heat in the oven completes the dish, which is served very hot—and most pleasing to one and all.

A green vegetable completes the course and an ice or a well chilled fruit compote rounds out a delightful dinner or luncheon.

INGREDIENTS

Medium sized hen	1 cup grated cheese
2 cups cooked macaroni	2 cups chicken stock
Rich cream sauce	

FROM SOUTH OF THE BORDER

“SOUTH of the Border—down Mejico way”—with the “j” pronounced as our American “h,” they do things with and to a chicken that would make our local hens turn positively green with envy were they to be told about it. For instance in Mazatlan, some years ago, I watched a cook prepare a chicken and later ate of it to the accompaniment of a mandolin and a guitar. But it can be enjoyed hugely even without the mandolin and guitar—though they do help!

Cut a chicken in portions as for frying, but instead of frying it, put it into a snug little kettle with just enough water to cover. Add a cup of chopped onions and two or three nubbins of garlic chopped (though the latter may be left out if one must—but that would be most unfortunate), also two bay leaves and a tablespoon of marjoram tied in a little bag to be removed at the end. When the chicken is almost tender and ready to eat, add a teaspoon of ground chili powder and a cup of olives, a cup of mushrooms and sherry to taste. Place chicken on platter, remove herb bag, thicken the gravy with a little flour and butter and pour over the chicken.

Boiled rice or mashed potatoes are nice with this.

INGREDIENTS

A chicken	1 cup olives
Water to cover	1 cup mushrooms
2 or 3 nubbins garlic	Sherry to taste
2 bay leaves	Flour
1 tablespoon marjoram	Butter
1 teaspoon ground chili powder	

CHICKEN ALBUQUERQUE

DID you ever stuff a chicken with raisins? Well, if you haven't, then here is a taste thrill that comes to me from some friends in the Southwest.

Make a stuffing by moistening enough bread in milk and squeezing out the surplus liquid. Add the same amount of raisins (seeded and soaked for ten minutes in water) and a little salt, and make the stuffing mixture of these elements. With this, stuff the chicken and roast in the usual manner.

Make regular chicken gravy but, to keep in tune with the raisin stuffing, stir a small glass of currant jelly into the gravy just before serving.

Instead of potatoes with this dish, serve properly steamed rice—every kernel dry and separate.

A proper prelude to this feast consists of chilled avocados, peeled, diced and dressed with a sharply seasoned tomato sauce. The chicken and rice could be accompanied by pickled beets, and dessert would be a choice of fruit and cheese, or pineapple ice flavored with a few drops of crême de menthe.

INGREDIENTS

Chicken
Bread
Milk

Raisins
Salt
Currant jelly

BOHEMIAN ROAST FOWL

NEAR Romberg, in old Bohemia, I was taught, by a peasant woman, to prepare a fat roasting hen in this manner—and it is really worth doing:

Joint the hen. Brown it lightly in bacon fat and set aside for a moment. In an earthen baking dish or casserole, put some chopped bacon, bacon fat, chopped carrots and brown until bacon is tender. Into this stir and rub a tablespoon flour and let it brown. Add the chicken, season with salt and pepper and add a pinch or two of marjoram or thyme and some sliced onions.

All around the chicken put pieces from a cut-up head of cabbage. (The pieces should be the size of hen's eggs.) Add a cup of bouillon or hot water. Dot the chicken with some bacon fat or butter. Cover the dish with a good lid, and simmer in the oven two hours or longer, until the chicken is tender. A little broth or water may have to be added from time to time. When ready, place the cabbage on a platter, the chicken over the cabbage and the sauce over all. Plain boiled potatoes with chopped parsley and melted butter also go well, and, somehow, rye bread from a Polish or Bohemian baker is a "must."

INGREDIENTS

Fat roasting hen	Salt and pepper
Bacon, chopped	Pinch or two marjoram
Bacon fat	or thyme
Carrots, chopped	Onion
1 tablespoon flour	Cabbage
1 cup bouillon or hot water	

«FRENCHY'S» CHICKEN AND NOODLES

SOME years ago, there used to hang around the old tunnel in the O R & N railroad near Corbett, Oregon, a hobo by the name of "Frenchy." Nothing was known of "Frenchy" except that he was a tremendous liar and a grand rough and tumble cook. "Frenchy" was in his glory with any sort of "borrowed" food, but his standby was a kettle of chicken and noodles.

To start with, somebody had to produce a chicken and somebody else was responsible for noodles. If "Frenchy" had a medium sized chicken and a package of noodles, he was ready to make four good dinner portions, provided somebody produced some butter and some cream or some milk and a little flour.

The chicken was first quartered, then cooked in water to cover until tender. It was set aside while the broth was strained and the noodles cooked tender therein. The surplus liquid was poured off and, using an empty tomato can or such, this broth was thickened with cream or with milk and flour. Noodles, cream sauce and chicken were then mixed together, salt and pepper were added and dinner was ready. But if there were spare eggs to be had, they were hard boiled, chopped and added. A lump of butter would be included if somebody had contributed it.

And with bread toasted over an open fire and cans of black coffee—there would be cheers for "Frenchy."

INGREDIENTS

Chicken
Package of noodles
Butter

Cream or milk
Flour
Salt and pepper

ILLUSION OF YOUTH

AT ONE TIME, living in the woods near Moosehead Lake in Maine and under the influence of Moody Tompkins, dean of the lumbering country cooks, I garnered the recipes for some of Moody's practical and very good dishes. Here is a favorite:

"Tell the folks," Moody said, one morning, "that any time they have a sizable old hen, and they don't want boiled fowl, this is the way to roast her:

"Get your iron kettle, prepare the hen as for roasting, but don't stuff her. Stick her into the pot and pour in enough boiling water to about half cover the hen—no more.

"Put the lid on the pot and cook the hen. Add a little water from time to time, but only enough to cover half. In time, that hen will be about tender. Then go ahead and finish her up.

"Take the lid off the pot and let the water boil away. There will be some fat left in the kettle. Let that stay in the pot and also the hen. Put the whole thing into the oven until the hen is roasted brown. It will be tender and good eating. Finally make a rich gravy, using two tablespoons of the fat, same amount of flour, rub them smooth, add a cup of boiling water and let it thicken up. Salt and pepper to taste and there you are!"

INGREDIENTS

Hen
Boiling water to cover
2 tablespoons fat

2 tablespoons flour
1 cup boiling water
Salt and pepper

CHICKEN PIE—WITH FRILLS

CHICKEN and egg and mushroom and crust—there are the ingredients for a grand pie. The chicken may be leftover boiled chicken but since there is not apt to be that much left over, find a five pound hen, boil it tender and cut it up as for salad. Strain the stock and reduce one half to make it good and strong. Season with salt, pepper and celery salt. Or boil with celery greens.

Have ready six or eight hard boiled eggs, cut into slices and two to three cups of canned mushrooms.

In a casserole, place a layer of chicken, a layer of egg, a layer of mushrooms and so on until the supply is used up. Pour the broth over this mixture and top off with a short pie crust, baking until crust is brown.

This is an unusual but highly successful chicken pie. Boiled rice may be served with it and broiled tomatoes. For dessert, ice cream with brandied peaches fits in nicely.

INGREDIENTS

5 pound hen
Stock
Salt and pepper

Celery salt
6 or 8 hard boiled eggs
2 or 3 cups canned mushrooms

CHICKEN LIVERS ARE VERSATILE

MOST meat shops can supply chicken livers so one does not have to wait until there is to be a chicken in the house to secure a liver or two.

With a little measure of chicken livers, many delightful dishes may be made.

Just plain sautéing in a little butter, seasoning with pepper and salt and finishing with a teaspoonful of chopped parsley stirred in at the very last, provides a real delicacy. Serve heaped on bits of toast. Hashed-in-cream potatoes and green peas make a delightful luncheon or light dinner dish. Or—another way—cook the livers as noted above, then butter a shirred egg dish and place the livers in it. Break fresh eggs over the livers and stir until eggs are set.

Here is yet another idea: With the livers cooked as above, prepare slices of toast. On each slice, place a freshly poached egg, place livers around it and pour over it a tablespoon of Madeira sauce.

According to many fine books on French cookery, you can spend a day or so making this lovely sauce. But for all practical purposes, just take a cup of good, rich leftover brown gravy and flavor it with some Madeira or sherry wine, stirring together well and cooking for about five minutes. (This same sauce is fine to serve with fried sausage cakes.)

INGREDIENTS

Chicken livers
Butter
Pepper and salt

Parsley, chopped
Eggs
Madeira sauce

DUCK MULLIGAN FOR FOUR

I AM always disturbed when somebody talks about having a duck for dinner. I am afraid that it is to be roasted and asked to do full duty, serving four hungry mortals. This it will not do, and also it is a most unfriendly bird to carve.

And so, if I can possibly do it, I say, with all the charm I can muster: "Did you ever make a duck mulligan—? No? Well, let's make it—one duck will more than please four of us!"

The duck is jointed. Then it is fried nice and brown, rubbing in flour with the hot fat. As it fries, chopped onion, a bit of chopped garlic, a pinch of thyme and salt and pepper help it along. Or fry the duck first and make the sauce in the gravy that is left. Either way is all right. Finally, put the fried browned duck and the sauce together into a saucepan, cover with hot water and simmer for about an hour. Then, into the pan go half a dozen turnips, cut in halves or quarters, a few potatoes cut likewise, and a dozen or so small onions which were first browned lightly in butter or oil. Continue simmering, add a little more water if needed, until turnips and potatoes are tender. If the gravy needs thickening, make a mixture of a little flour and butter diluted in the cooled liquid and run it into the pot, stirring and heating.

Nothing more is needed than a salad and dessert.

INGREDIENTS

1 duck
Onion, chopped
Garlic, chopped
Pinch thyme
Salt and pepper

Hot water
1/2 dozen turnips
Potatoes
1 dozen small onions
Butter or oil

DUCK, PENNSYLVANIA DUTCH

IN NO PART of the country does one find more practical feeding of man and beast than in the Dutch sections of Pennsylvania. They go on the assumption that we of the animal kingdom must be well stoked if there are to be good results. And so all the members of the family, the hired men and all the cattle and livestock are provided with substantial and wholesome food. Along equally practical lines, the names of their favorite dishes are mixtures of Dutch and English. For instance, "Duck un Kraut."

The Pennsylvania Dutch wife gets a plump duck ready for roasting. This she sets into a roasting pan and around and about it distributes about a quart and a half of sauerkraut. This is sprinkled with a little sugar—with some pepper on the duck—but no salt. Over this is poured a cup of either hot water or good, dry white wine. This is baked in a medium oven for about two hours—until the duck is brown and done and the kraut is mellow. If the family has a flare for onion, one is minced very fine and mixed with the kraut. And this is served with baked or creamy mashed potatoes, and "Shoo-fly Pie" for dessert!

INGREDIENTS

Duck
1 1/2 quarts sauerkraut
Sugar

Pepper
Hot water or white wine
Onion

ROAST DUCK STUFFED WITH ORANGES

SOMEHOW or other, a duck has a natural affinity for an orange. Combine them in the roasting and the culinary sparks surely do fly.

Dress the duck, ready to roast, then stuff it with two oranges, peeled and sliced. Roast the duck in the usual manner, allowing about an hour for the undertaking, basting with a cup of orange juice. Season with salt and pepper.

While the roasting is going on, chop the liver, heart, giblets, etc., and cook until soft in a little water. Then thicken the giblet liquid with a mixture of butter, or bacon fat, and flour (half and half) browned nicely. Add the chopped up peel of the oranges and cook all together. The gravy may be served with all the bits of giblets left in, including the now tender bits of orange peel, or it may be strained and served as a smooth sauce.

With such a duck, tender green peas from the garden, if possible, or the smallest of lima beans, are recommended, along with fluffy baked potatoes that have been scooped out, mixed with butter and a little cream, whipped to frothy consistency, stuffed back into the shells and popped into the oven to brown on top.

INGREDIENTS

Duck
2 oranges
1 cup orange juice

Salt and pepper
Butter or bacon fat
Flour

SALMI OF DUCK

ACCORDING to my way of thinking, a duck roasted and served in the usual way is a much overrated bird. But take that same roasted duck and, in the dark recesses of the kitchen, turn it into a “salmi,” to be served with crisp cottage fried potatoes and buttered peas—well, now, there is a dish for the gods or for you and me!

Suppose we take our duck and roast it the day before we want to serve it. Next day, in the same kitchen corner, we take the duck and remove all the meat in nice strips and bits and lay them aside. Then we take the carcass and the drippings from the roasting pan and place them in a soup kettle, covering with some stock or hot water and two bouillon cubes, adding one onion, some celery green and a bay leaf, simmering for a couple of hours and then straining.

This strained broth we boil down to about three cups. We add to this the juice of half a lemon, half a cup of good, dry red wine, or if we prefer, Madeira wine, seasoning with pepper and salt to taste. We use a little butter and flour to thicken the mixture to a light creamy consistency. Then into this we place our pieces of duck and (without coming to a boil) we heat all thoroughly. We arrange the meat on a serving platter, pour the sauce over—and let Nature take its course.

INGREDIENTS

Duck	Juice of 1/2 lemon
Stock or hot water	1/2 cup dry red wine or
2 bouillon cubes	Madeira wine
1 onion	Pepper and salt
Celery greens	Butter
1 bay leaf	Flour

RÉCHAUFFÉ OF DUCK

CERTAIN low-minded and uncouth souls belittle the importance of the niceties of interesting names for interesting dishes. They belittle, too, the enjoyment derived from a well served dish, even though it be a leftover. One can only say of such: "It's too good for the likes of them!" We have in mind that delightfully named and served dish "Réchauffé of Duck."

It is not only duck which may be treated in this way but also any dark-meat fowl, tame or wild, while the rabbit which Daddy gets for his Baby Bunting will also contribute successfully.

First of all, the leftover duck meat from these and kindred birds and beasts, is cut into meat slices. Then the sauce is made and poured over the meat laid in a shallow casserole or in the pan of the chafing dish.

The sauce is made like this: A little butter, or substitute, is melted in the dish and a small glass of currant jelly is stirred in, but not too well stirred. Then sherry or Madeira wine is added for flavor. Five minutes of gentle cooking to heat the meat thoroughly will bring forth a delightful dish. With it serve hashed brown potatoes and some chilled canned pears.

INGREDIENTS

Leftover duck
Butter or substitute

Glass of currant jelly
Sherry or Madeira wine

STUFFED, BONED SQUABS

IF SOMEBODY should make you a present of four one-pound pigeon squabs here's a grand way to fix them:

Bone them without cutting down the back. If you can't do it, the butcher boy will oblige. First of all, take all the bones, fry brown in butter, seasoning with salt and pepper. Then cover with hot water and simmer for several hours. Finally, strain the liquid and cook it down until you have about a cup of concentrated goodness.

To make the squab stuffing, cook the giblets until tender, add livers and hearts for a few minutes' cooking. Chop them fine. In a skillet brown half a pound sausage meat (very lightly), add the chopped giblets and a tablespoon minced onion. Cook together a few minutes then add a tablespoon chopped parsley, salt and pepper to taste and about two tablespoons of the essence from the bones. Mix well. With this stuff the squabs.

Butter the breasts of the squabs or use a little bacon fat. Dust with salt and pepper. Bake first in a hot oven, then in a medium oven, basting with the rest of the essence from the bones. Cooking time, about three quarters of an hour.

Serve with wild rice, tender green beans, and a green salad. Shredded fresh pineapple and sponge cake will be a good dessert.

INGREDIENTS

4 one-pound squabs	Hot water
Butter	1/2 pound sausage meat
Salt and pepper	1 tablespoon onion, minced
1 tablespoon parsley, chopped	

SQUABS WITH CURRANT JELLY

DURING the winter months, the squabs sold at the specialty poultry markets are somewhat scarce and mighty expensive. They are, therefore, a luxury, and, as such, not to be partaken of lightly or without interest. But, if you choose your season properly, you can enjoy the tender morsels without pinching the budget until it squeals.

In the spring, suburban owners of the good old "dove cotes" are at the height of the squab season and doing a rushing business. So, order a plump bird for each member of the family and plan on a grand dinner.

The squabs are drawn, cleaned and wiped inside and out with a damp cloth. Then they are placed in a baking pan, legs standing up. Put a little water into the pan and place a strip of bacon across the breast of each squab and bake in a hot oven for fifteen to twenty minutes, basting often—and don't let them burn.

Serve one squab per person on freshly made and buttered toast. Melt the contents of one glass of currant jelly just enough to "run," and pour over the squabs.

Serve with hashed-in-cream potatoes and something green and fresh and crisp from the vegetable garden. For dessert there is nothing better than smooth vanilla ice cream with crushed strawberries.

INGREDIENTS

Squabs
Water

Bacon
Currant jelly

Toast

ROAST TURKEY, TUDOR HALL

IN EVERY section of this country there are “native” or local dishes of rare goodness. To keep these recipes alive, there are sincere gourmets who go out of their way to gather them up and preserve them for one and all.

In Maryland, that ancient land of lovely living and good eating, this labor of love is being carried on by my good friend, Frederick Phillip Stieff. And out of his collection I bring you, with his consent, a recipe for roasting a turkey—Maryland or otherwise—as supplied by Edwina Booth Crossman, daughter of Edwin Booth, the actor. It comes from Tudor Hall in Harford County, the birthplace of Edwin Booth.

“Select and clean a plump turkey. Make a stuffing of three cups stale bread, crumbled fine and moistened. Add the turkey liver and a slice of ham, both minced fine; also a dash of onion and parsley, with salt and pepper to taste. Mix well, adding, if desired, two well beaten eggs. Fill the turkey. Put in roasting pan with small quantity of water, simply enough to prevent the pan from burning at the start. Baste frequently with essence. Roast not too fast until well done and golden brown.”

Personally, I figure a twenty pound young turkey to take about two and a half to three hours—starting at about 400 degrees until browning, then at 300 until tender.

INGREDIENTS

Turkey
3 cups stale bread
Turkey liver
Slice ham

Dash onion
Parsley
Salt and pepper
2 eggs, well beaten

MEATS

CINDERELLA DISH

HAMBURGER balls and fried potatoes do not sound like a dinner menu about which to rave, but let us go to just a tiny bit of pleasant trouble and serve this:

Cutlets of Minced Sirloin with Colbert Sauce

Cottage Fried Potatoes with Fine Parsley

Sliced Tomatoes

And here is a truly epicurean main dish, properly assembled.

The minced sirloin is still the good hamburger and the cakes are made in the time-honored manner. But while they are cooking happily along, we mince an onion very fine and simmer it in a bit of butter, with half a cup of dry red wine. This we cook down until it is practically a syrupy mixture.

Now we take two cups brown sauce from our reserve jar in the refrigerator. Stirring often, we cook this sauce for ten minutes. We finish the sauce with lemon juice to taste and some chopped parsley. We arrange the hamburgers on a hot platter, dressed with a bit of sauce and serve the rest of the sauce in a separate dish.

The cottage fried potatoes and the cold sliced tomatoes all combine to form a great triumvirate.

INGREDIENTS

Hamburger

Onion

Butter

1/2 cup dry red wine

2 cups brown sauce

Lemon juice to taste

Parsley, chopped

COLD ROAST BEEF

FOR a quick and easy and most interesting dinner or supper—look in on your friend the delicatessen man and, bravely showing your bill fold, order a quarter-inch slice of cold roast beef for each serving you wish to make.

Then, within the walls of your domicile, light up your broiler and while it gets hot, spread on the upper surface of each slice of beef a liberal coating of prepared mustard, some drops of Worcestershire sauce and a generous sprinkling of the herb rosemary. (If you have no rosemary, do without and some day learn what you missed.)

Place these slices of roast beef in the broiler, mustard side up, and broil until the top surface is brown. Do not turn over. Serve just as it is.

With potato salad, a dish of pickles or pickled beets or celery and later on a dish of iced canned pears or slices of peach or pineapple with a bit of sponge cake—well, just thank the delicatessen man for having done three quarters of the work!

Cold bottled beer or strong iced coffee is recommended with this menu.

INGREDIENTS

Cold roast beef
Prepared mustard

Worcestershire sauce
Rosemary

ROMANIAN MEAT BALLS

THE Romanians, who are living a hectic life these days, have, among their native dishes, many in which fruits and meats are combined. To most Americans, a leap to this form of cuisine is rather too much to attempt without preliminary practice, so we give you this meat ball with raisins, which is an easy step and a pleasant one:

To make six agreeable little cakes, use a pound of chopped beef and into it mix an egg, a finely minced onion size of the egg, two pinches paprika, pepper and salt and either bread crumbs or cracker meal—about three tablespoons. Make these into six cakes and brown lightly in cooking fat.

Then, to the pot or pan in which this was done, add half a cup of broth or hot water, a tablespoonful of sugar, a handful of large raisins and the juice of a lemon. Cover well and simmer for about half an hour, adding more water if the mixture dries out.

INGREDIENTS

1 pound chopped beef	Bread crumbs or cracker meal
1 egg	Cooking fat
1 onion	1/2 cup broth or hot water
2 pinches paprika	1 tablespoon sugar
Pepper and salt	Handful raisins
	Juice of lemon

RED FLANNEL HASH

DID you ever make Red Flannel Hash? It is a great favorite with boys' camps in New England and it has a right to be popular. A heaping platter of this wholesome creation, plus a dish of spring cabbage from your vegetable garden, then a green apple pie from your own old apple tree—and dinner as it should be is on the table.

For red flannel hash we start out with two cups of chopped cold roast beef, corned beef or boiled beef. Or we can use chopped (not ground) raw beef. Also, we need two cups of uncooked, cubed potatoes (small dice) and two cups of cooked beets, cut into cubes.

In an iron frying pan we put two tablespoons bacon drippings or other cooking fat, and when it is hot, add the other ingredients, salt and pepper and a little hot water to provide moisture. Cook slowly until the potatoes are tender, when the hash is done.

For an added touch, stir in two tablespoons cream or melted butter, and, if you like, place the hash in a baking dish and hold it under the broiler flame for a few minutes to brown the top a bit. If you do this, you can serve it right from the baking dish.

INGREDIENTS

2 cups chopped cold roast beef	2 tablespoons bacon drippings
2 cups uncooked, cubed potatoes	Salt and pepper
2 cups cooked beets	Hot water
	2 tablespoons cream or melted butter

SUPER STEAK

COME lowered meat prices, it is safe to prophesy that strip sirloin, just to name one cut, will have to sell itself all over again and have a hard time doing it to families who have learned how to make an ordinary rump steak or a bit of the round turn hand-springs, as it were.

Take one of these rather lowly bits cut into the form of a steak. Pound it unmercifully until it softens up. Then sprinkle with salt, pepper and a few pinches of dry thyme or marjoram. Let it stand for an hour, then place it in a flat, shallow dish. Cover it with chopped carrots, onions, celery, bacon and some pepper corns. Add enough vinegar and water mixed or dry red wine just to cover. Let this stand for twenty-four hours.

Remove, drain, rub with flour and quickly fry brown on both sides. Then place in a casserole or pot, add enough of the marinating liquid to just cover. Simmer until tender—it may be an hour, it may take longer, depending on the persistency of the meat, but in time it will literally melt in your mouth. Remove it to a hot platter, strain the sauce and thicken slightly if it needs thickening.

Serve with browned potatoes or mashed potatoes and a generous portion of cole slaw.

INGREDIENTS

Rump steak	Celery
Salt and pepper	Bacon
Thyme or marjoram	Pepper corns
Carrots, chopped	Vinegar and water mixed or
Onions	dry red wine
	Flour

WE CAN DREAM—CAN'T WE?

IN A scrapbook which I kept while on a wandering trip through Normandy, some years ago, there appears a recipe so exquisite and probably so impossible in this day and age that I send it to you so that it may be pinned up and saved for Company Day. It will be a grand dish with which to welcome favored guests, when prices come down:

To serve four, procure four one-inch thick slices of filet mignon and cook these gently in fine butter until they are done. Set aside while we make the sauce.

In a saucepan place a little butter, four nice mushrooms cut small, four teaspoonfuls minced onion, a little minced parsley and simmer this until light brown. Add a wine glass of good sherry and simmer until the sherry is almost gone. Pour in two cups good brown gravy, cooking up well, seasoning with salt and pepper. With the steaks arranged on a hot platter, pour this sauce over them and serve forth with hashed brown potatoes.

And what else should we give company for that special feast? Oysters on the half shell, or clams, perhaps, to start, if you like them—tender green peas with the steak and potatoes—and, for dessert the spiciest, richest mince pie we can lay our hands to!

INGREDIENTS

1 inch slices filet mignon
Butter
4 mushrooms
4 teaspoons onion, minced

Parsley, minced
Wine glass sherry
2 cups brown gravy
Salt and pepper

RAGOUT OF RIBS OF BEEF

IF, IN prowling about your favorite meat shop, you run across some rib ends of beef—"short ribs" they are called by some butchers—gather unto yourself enough for as many servings as you require. Then you can start concocting ragout of ribs of beef en casserole. (Or, if you own a good iron pot with a lid, so much the better.)

First, put some bacon drippings or other cooking fat into the pot and in the drippings fry a cup of sliced onions—fry completely dry and brown and then remove them. Put the ribs of beef, cut into about three inch lengths, into the hot fat and fry really brown. Cover with hot water, leftover broth or bouillon from a can and start simmering. In about an hour add a cup canned tomato, a dozen small onions, four tender carrots cut in pieces and, if you like, a turnip. Half an hour before serving, add a cup of sliced potatoes and simmer until potatoes are done. Season with salt and pepper and a fine dish is ready to serve. (Don't let the liquid dry out in the simmering. Add broth or hot water as it evaporates.)

Any bits of leftover vegetables—peas, string beans, etc., may be added toward the end to use up to advantage.

INGREDIENTS

Short ribs of beef	1 cup canned tomato
Cooking fat	Carrots
1 cup onions, sliced	1 turnip
Hot water or bouillon	1 cup potatoes, sliced
	Salt and pepper

MAN-MADE BEEF STEW

RESTAURANT men assure us that the two outstanding favorites among male diners are beef stew and apple pie. So this is to tell you about a good beef stew.

The thing for which to aim is good gravy—and plenty of it. Most men and boys will actually overlook a small amount of meat if the gravy is superlative. And so, to give them enough meat to satisfy them and insure a grand gravy, one can't do better than buy rib ends of beef—"short ribs"—cut in about two-inch lengths by the butcher. Three pounds of short ribs will satisfy four to six hungry mortals.

Wipe the meat clean and dry. Dust with salt and pepper. Place in a skillet in which there are very hot bacon drippings. (If you like, you may dredge the meat in flour before starting to fry.) And now fry it fast and to a very dark brown on all sides. Pour the meat and drippings into your stew kettle or pot. Add two chopped carrots, a turnip diced small, a cup of onion slices, a chopped-up green pepper and just enough hot water to cover. Simmer until tender.

Add six potatoes, cut in cubes, and simmer half an hour longer. (Add water if needed.) Remove stew to serving bowl, retain the liquid. Thicken it with a little flour. Season gravy with salt and pepper, if needed, and a bit of Worcestershire sauce or A1 sauce. Pour gravy over the stew.

INGREDIENTS

3 pounds short ribs beef
Salt and pepper
Bacon drippings
2 carrots, chopped
1 turnip

1 cup onion slices
Green pepper, chopped
Hot water
6 potatoes
Worcestershire sauce

CHIPPED BEEF AND EGGS

HERE'S a New England farm dish which fills the bill for breakfast, for luncheon, for dinner or for a late supper. It is hard to say at what hour this is at its best:

For enough for four portions have ready one generous cup of chipped beef (which has been soaked in water for a few minutes—then drained and dried).

Place the beef in a skillet with a little butter or drippings and, stirring constantly, cook for a few minutes.

Over this pour from four to eight eggs, depending on the appetites. The eggs have been broken but not beaten. As they flow over the pan, stir, but not too thoroughly, to give the contents a mixing, but not too much of a beating. Add a little chopped parsley, fold over and remove to a serving platter.

With this concoction, for luncheon, dinner or supper, serve cold sliced tomatoes and French dressing and some home fried potatoes. Incidentally, this is one of the quickest dishes to prepare, and makes a most all-around satisfying meal to serve to any man at any time.

INGREDIENTS

1 cup chipped beef
Butter or drippings

4 to 8 eggs
Parsley, chopped

NEW ENGLAND BOILED DINNER

THIS is the time of year when New England Boiled Dinner is at its best—and what a hearty and sturdy meal this is! At least once a week is not too often to serve it. Old timers used to have it for the “wash day” dinner because there was plenty of fire in the stove on that day, but we are not bound by any such restriction!

Start with about a two-pound piece of good corned beef for four servings. Wash and rinse the corned beef in cold water to remove surplus salty flavor. Then put into boiling water and simmer until tender—about two and a half to three hours.

An hour and a half before serving, add a small cabbage cut into five or six pieces, four or five carrots cut into quarters and two or three turnips cut into quarters or halves. Continue cooking and an hour later (half an hour before serving) add half a dozen medium potatoes, a few parsnips, if you like them, and eight or ten smallish onions.

Personally, I like boiled beets served with this dinner, but the beets must be cooked separately and added to the platter on which the meat and the other vegetables are placed to serve.

Mustard, horseradish and/or pickles are the condiments.

INGREDIENTS

2 pound piece corned beef	2 or 3 turnips
Small cabbage	1/2 dozen potatoes
4 or 5 carrots	Few parsnips
8 or 10 small onions	

SHISHKEBAB, U. S. A. VERSION

WHAT spaghetti is to the Italians as a national dish and Irish stew is said to be for the Irish (but isn't) Shishkebab is to the Turks, Armenians and sundry others in that neck of the woods—or rather where woods ought to be but aren't.

Shishkebab is an assortment of bits of meat, generally lamb, stuck onto a skewer or a knitting needle or a sliver of green wood and cooked over a little bed of hot coals—or, in this country, under a hot broiler.

And it is a dish which is fun to make as well as to eat. Start out early in the morning by taking about a pound to a pound and a half of lamb and cutting it into one-inch cubes. Then put this to soak in a bowl in a mixture of one part olive oil and one part red wine or vinegar, enough to cover the meat. Also add, for seasoning: A teaspoon of salt, a pinch of pepper, the juice of an onion, a good pinch of thyme and a nubbin of garlic cut fine (the garlic is optional). When dinnertime comes around, run the bits of meat onto the skewers, alternating with mushrooms, thick slices of tomato and slivers of eggplant. Brush a little melted butter or bacon drippings over the mixture and cook in the broiler, turning often, until done.

INGREDIENTS

1 1/2 pounds lamb	Pinch thyme
Olive oil	Nubbin garlic (optional)
Red wine or vinegar	Mushrooms
1 teaspoon salt	Tomatoes
Pinch pepper	Eggplant
Juice of onion	Butter or bacon drippings

SWEDISH SHOULDER OF LAMB

ONCE upon a time, I spent a week in a shingle mill in southwestern Washington State. I was time-keeper, and there was a Swede who was cook. This Swede was in his glory because a large part of the crew were Swedes, too, so he could cook Swedish dishes. Some of the crew members of other nationalities made unfriendly remarks regarding some of these but here was one they liked—Swede or no Swede—and that was a lamb affair.

Cutting down the portions to fit the average family of four, get a shoulder of lamb, running three to four pounds. Wipe it clean and dry and put into a kettle, adding boiling water to cover. When there is a scum on top, skim it clean. Add salt and pepper and a level tablespoon dill seed. Simmer for about two hours with the kettle well covered.

By then it should be tender and ready to serve with this appealing sauce: In a pan melt a tablespoon butter or margarine and into it rub a tablespoon flour and then two and a half cups lamb broth, stirring all the time to get it smooth. In about five minutes, add a level tablespoon dill seed, a tablespoon lemon juice (or a little more if you like). The sauce should be creamy.

If not thick enough, add a little more butter and flour mixture in broth or run in the yolks of a couple of eggs. But don't boil any sauce when egg yolks have been added.

INGREDIENTS

3 or 4 pound shoulder of lamb	1 tablespoon flour
Boiling water to cover	2 1/2 cups lamb broth
Salt and pepper	1 tablespoon dill seed
1 tablespoon dill seeds	1 tablespoon lemon juice
1 tablespoon butter or margarine	

FROM DENMARK COMES THIS ONE

BITS of broiled lamb—it may be steaks or chops or bits of shoulder—become an interesting dish with a Danish restaurant atmosphere as follows:

While the meat is broiling, prepare the sauce. When the broiling is complete, place the meat on hot platter, cover with the sauce and serve with mashed or boiled potatoes.

The secret of success lies in the sauce, which is made like this:

From your jar of brown sauce (which should be a constant refrigerator stand-by) remove a cupful and place it in a small saucepan. As it heats, add a tablespoon chopped olive meats, another of chopped sour pickle and another of chopped mushrooms. Stir into the sauce and bring to a boil. If the sauce is not as sharp as your taste indicates, add a little lemon juice or vinegar.

With the meat placed in the center of the platter, the sauce poured over and all surrounded by neatly arranged potatoes, one has eye appeal as well as taste appeal—a really pleasing main course for dinner. Buttered carrots, peas or string beans are good accompanying vegetables.

For dessert, sliced oranges and coconut cake.

INGREDIENTS

Lamb	1 tablespoon chopped sour
1 cup brown sauce	pickle
1 tablespoon chopped olive	1 tablespoon chopped mush-
meats	rooms
Little lemon juice or vinegar	

BONED SHOULDER OF LAMB

IN AN old notebook, kept a good many years ago in Switzerland, I note this memo:

“If one tires of lamb in the usual English and American ways, here is an exotic creation which forms the center of what seems an unusual and costly dish but is really most inexpensive.

“To serve four to six, take the bone from a shoulder of lamb, lay the meat on its outer surface, dust with salt, pepper and a sprinkling of thyme or marjoram. Add a nubbin of garlic, mashed very fine. Then wrap and tie in the shape of a small loaf of bread.

“In an iron pot melt a little fat and brown the meat well. At this point, add a can of tomatoes or six fresh tomatoes, chopped fine. Cover the pot with tight lid and “pot roast” the lamb until it is well done. (Inserting a fork to check the color of the juice will suffice to tell the tale.)

“Remove meat from pot, skim all possible surplus fat from gravy. Season with salt and pepper if needed. Strain the liquid and heat again with the meat.”

Serve with small browned potatoes, fresh garden vegetables and a cold green salad. For collateral reading—“The Prisoner of Chillon.”

INGREDIENTS

Shoulder of lamb

Salt and pepper

Thyme or marjoram

Nubbin garlic

1 can tomatoes or 6 fresh
tomatoes

Fat

LAMB WITH SAVORY

HERE is an Alpine favorite—a “one piece” meal of delightful flavor—but make sure you have one main ingredient—the herb savory. If your garden cannot provide it, buy a small package at any spice and herb counter. This savory is the element which “makes” this dish:

The Swiss call it “Gedaempfetest Lamfleisch mit Schnitt-Bohnen.”

Get a small shoulder of lamb, remove the bones, roll it, then brown slightly. Cover with broth or hot water and cook gently. When the meat begins to be tender, add string beans, young and crisp. Also a pinch or two of that important savory. Keep skimming off all the fat that comes to the top. When the beans are done, thicken the broth slightly with butter and flour. Add a bit more savory, if you like. Check for salt and pepper. Cut the meat into portions before serving with the beans and sauce all in one bowl.

Some cooks add diced raw potatoes half an hour before cooking is complete. Others serve potatoes as a separate dish. And for dessert, cheese and fruit are the thing. Definitely, the accompanying beverage is cold, rich milk.

INGREDIENTS

Shoulder of lamb	Pinch or two savory
Broth or hot water	Butter
String beans	Flour
	Salt and pepper

QUICK LAMB CURRY WITH RICE

ONE of the finest lamb curries in all this wide world is hustled into shape to serve in a matter of minutes and a fine dish it is, indeed.

First buy a can or bottle of curry powder at your grocer's. Have ready two cups of sliced cold, leftover cooked lamb.

Make a mixture of one tablespoon of curry powder, one of flour and a level teaspoon of salt.

Now, fry a heaping tablespoon of chopped onion in butter or bacon fat and into this stir the curry and flour mixture. When smooth, add two cups of stock or hot water. Stir and cook to the thickness of heavy cream and there is your curry sauce.

Into this put the cut up, cold lamb and let it simmer until the meat is well heated.

Have ready a dish of properly boiled rice—and dinner is ready.

Rice to be at its best must be prepared so that each kernel is tender and dry. This is done by first washing the rice in several changes of cold water, then boiling fast in plenty of water until the kernels are tender. Place in a colander and rush cold water through to remove the starch. Place in top of double boiler and, with the lid on, let it steam and swell.

INGREDIENTS

2 cups sliced, leftover cooked lamb	1 teaspoon salt
1 tablespoon curry powder	1 tablespoon onion, chopped
1 tablespoon flour	Butter or bacon fat
	2 cups stock or hot water
	Boiled rice

LAMB SHANKS PROVE ADAPTABLE

LAMB SHANKS, each about the size of a turkey leg, may be ordered from your meat dealer, generally in advance—allowing maybe several days to get them.

They are delightful—cooked in many ways. One way is to boil them in salted, seasoned water, then make a curry sauce with the broth, serving with boiled rice.

Another is to fry the shanks brown in a frying pan, using olive oil, some chopped onions and bits of carrots and celery. When brown place in a casserole, cover with water and cook in oven until tender. Then thicken the gravy with a little butter and flour roux, serving with boiled potatoes, buttered beets or greens.

This is rather a rich dish, as it happens, so that the menu surrounding it must be chosen with that fact in mind. A strong, clear consommé, with lemon slices floating in its golden depths, makes a good start; and the wind-up could be a dish of chilled, shredded fresh pineapple, to which just a dash of light rum has been added.

INGREDIENTS

Lamb shanks
Olive oil
Onions, chopped
Carrots

Celery
Water
Little butter
Flour

IT MAY BE HASH, BUT—!

HERE'S a lamb hash that deserves a French name and a high-priced mention on the menu:

Cut cold, leftover roast lamb into quarter inch cubes. Then, using raw peeled potatoes, dice as much potato as you have lamb.

Now put all the meat and half the potatoes into a skillet, adding half a cup leftover gravy, seasoned with tomato catsup or tomato sauce. Use hot water if no gravy. Add a pinch of thyme or marjoram. Cover carefully and simmer (don't boil) until the potatoes are tender.

Take the remaining half of the potatoes and, using another pan, fry the potatoes in fat until they are crisp and brown. Salt last of all.

Place the hash on a serving dish and over it sprinkle the browned potatoes.

Top with chopped parsley.

Variations may be obtained by seasoning the hash with a chopped onion, or using a bit of chopped pimento, or adding, at the last moment, a couple of hard boiled eggs, chopped in quarter inch pieces.

INGREDIENTS

Leftover roast lamb

Potatoes

Gravy

**Tomato catsup or tomato
sauce**

Pinch thyme or marjoram

Fat

Salt

EDGAR LESLIE'S «LAMBURGERS»

IT IS odd how just getting tired of the same old thing so often is the inspiration for a really new and brilliant version of the same theme! And that is what makes the culinary world, and the gourmets who inhabit it, so interesting and so delightful to those who appreciate the unusual in fine foods.

Edgar Leslie, the writer of sweet songs—"Romance," "Little Gipsy Tea-room," "Among My Souvenirs," and many others—introduced me, some time ago, to his favorite meat dish, "Lamburgers."

He had grown tired of hamburgers so he adventured about. In talking it over with this and that chef, they finally evolved a pleasing and economical dish:

Start out (for four lamburgers) with a pound of uncooked lamb—inexpensive bits—and grind them as for hamburger. To the meat add two tablespoons (heaping) minced ham or bacon, half a cup stale bread crumbs, a teaspoon chopped parsley and a teaspoon minced onion (optional). Mix well and add a tablespoon of bacon drippings. If desired, a beaten egg or two well mixed in will give added richness. A pinch of poultry seasoning may be added for those who like it.

This is formed into small cakes and cooked the same as hamburgers.

INGREDIENTS

1 pound lamb	1 teaspoon onion, minced
2 tablespoons minced ham or bacon	(optional)
1/2 cup stale bread crumbs	1 tablespoon bacon drippings
1 teaspoon parsley, chopped	1 or 2 beaten eggs
	Pinch poultry seasoning

PICKLED PORK, MISSION STYLE

IN OLD mission days in California, when refrigeration was practically impossible, the mission fathers used to take well cut pieces of pork—fresh hams, shoulders and so on—and treat them in a certain form of pickling which took from a week to ten days, and thus made their meat supply stretch over a longer period of time.

This process not only kept the meat fresh and wholesome, but added an interesting and pleasing flavor. The identical procedure is entirely suitable in our own homes in this day and age. All we need is a proper size earthenware crock and the meat and the pickling spices:

First the pickle: Make enough liquid, using red wine vinegar (which most grocers can supply) and water, half and half. If desired, add a cup of good, dry red wine, making enough liquid to cover the meat when it is placed in the crock. To the vinegar mixture add three or four bay leaves, a dozen pepper corns, one or two chili peppers, a nubbin of garlic, a cup of sliced onions and four teaspoons of salt. With the piece of meat wiped dry, place in a crock, cover with the pickle for six days to two weeks. When wanted, remove from pickle, place in roasting pan and roast in the ordinary way, using some of the pickle for occasional basting. With such a dish, serve red cabbage and mashed potatoes.

INGREDIENTS

Pork	1 dozen pepper corns
Red wine vinegar	1 or 2 chili peppers
Water	Nubbin garlic
1 cup dry red wine	1 cup onions, sliced
4 bay leaves	4 teaspoons salt

«POSOLE» FROM MEXICO

MANY hungry souls are finding the dishes from "South of the Border" interesting and handy these days. So we give you "Posole" which is the Mexican way of cooking the great southern comestibles "hog and hominy."

To make enough for four or five persons, get two pounds of pork and cut it into half-inch dice. Put a cup of chopped onions into some bacon fat in an iron kettle or earthenware casserole. When the onions are brown, add the diced pork and brown it lightly. Then stir in five tablespoons ground chili powder, mixed with two of flour and one teaspoon ground marjoram. Cover with hot water or any kind of leftover broth and cook in a low oven or over a low fire until the meat is almost tender. Then add a can of hominy and continue cooking until pork is tender. Season with salt to taste.

Potatoes boiled in their skins are nice or may be left out entirely. But a sharp mixed green salad of lettuce and other vegetables is practically a "must." The most appropriate dessert is a fruit salad, or a slice of melon or cup of sherbet.

With the "Posole," bottled beer is most refreshing, with iced coffee running a close second.

INGREDIENTS

2 pounds pork	2 tablespoons flour
1 cup onions, chopped	1 teaspoon ground marjoram
Bacon fat	Hot water
5 tablespoons ground chili powder	Can of hominy
	Salt

PORK CHOPS, EASTERN SHO'

IN AN old southern home on Maryland's beautiful and historic Eastern Shore, the fine art of cooking reaches heights that are well-nigh sublime. The simplest foods receive skillful treatment that makes them worthy of the most cultured epicure's attention.

For instance, follow this recipe for the humble pork chop:

Each chop is large enough for one serving, and each one is browned in a skillet and then the chops are laid side by side in a big baking pan. Into the pan go the drippings from the skillet. Then, on top of each chop goes a thick slice of tomato, a slice of onion, some chopped green peppers and a sprinkling of chopped parsley. All this is baked in a slow oven for about an hour and a half, unless the pork chops are very thick, when it may require two hours. About half an hour before serving, fill all the crevices between the chops with boiled rice and moisten with a little gravy or broth.

This is a "one-pan" dinner calling only for salad and dessert. The salad may be cole slaw or pickled beets and a tart apple pie or baked apples are nice for dessert.

INGREDIENTS

Pork chop
Tomato
Onion

Green peppers, chopped
Parsley, chopped
Boiled rice
Gravy or broth

«KASSLER RIPPCHEN MIT SAUERKRAUT»

FOR all-around good, wholesome, substantial food, providing the utmost in nourishment and taste and flavor, twelve months in the year, it would be hard to beat the Dutch of Pennsylvania. While they are tremendously hard working, frugal and industrious, the women folk have learned from tiniest girlhood how to feed the men folk—and the men folk know this and make the most of it.

In the fall of the year, on many a farm around Lancaster, families sit down to a hearty meal of “Kassler Rippchen Mit Sauerkraut” all served from a great pot with a bowl of baked potatoes.

Kassler Rippchen are pork loins mildly cured and lightly smoked, then cut into individual serving size and cooked in a pot of sauerkraut for about two hours, until both meat and kraut are done. There is probably no need of adding salt, but a little pepper perks it up and a good Dutchman will add a tablespoon of dill or caraway seed to the pot about an hour before the kraut is finished.

It usually takes several cups of coffee or several glasses of milk to go with this, and for dessert the farmer will appreciate apple dumpling and a glass of sweet cider.

INGREDIENTS

Pork loins
Sauerkraut

Pepper
1 tablespoon dill or caraway
seed

ROAST PORK, IN THE TEXAS MANNER

ON A ranch in western Texas, roast pork is cooked in this manner—and very good it is:

The meat is put to soak for six to eight hours, covered with either dry red wine or half vinegar and half water. At the end of that time, it is wiped dry, rubbed with olive oil and a tablespoon of ground sage. It is then dusted with salt and a generous sprinkling of ground chili pepper. If there is no ground chili pepper handy, use black pepper and a touch of cayenne. Finally give the roast a dusting of flour, brown it quickly in a hot oven and then finish in a medium oven, allowing about half an hour to the pound. Pork must always be well done.

From the pan drippings, delicious gravy may be made, using a few tablespoons of drippings after skimming off all fat, adding the same amount of flour, cooking smooth together and adding hot water. A little tomato paste is good, too, but by no means a "must."

Mashed turnips, baked squash, or roasted sweet potatoes make themselves right at home with this roasted pork.

For dessert, a pumpkin pie, dark and spicy, with a wedge of sharp cheese to add extra tang.

INGREDIENTS

Pork	1 tablespoon ground sage
Dry red wine or half vinegar and half water	Chili pepper, ground
Olive oil	Salt
	Flour

THE DRESSING DOES IT

CHASE the shoulder of pork off the beaten path and make it do tricks—and, lo and behold, you have a dish to serve which will bring three cheers from the whole family.

Tell your butcher boy to bone the shoulder and have it ready for you to stuff, roll and tie into the shape of a duck. In fact, this dish has been called a “pork duck.”

The dressing is the big and delicious creation: Into a mixing bowl put one cup chopped apples, half a cup raisins or some chopped prunes (uncooked), a small onion, chopped fine, a few stoned olives (if handy), any leftover mushrooms, cut small, and about two cups bread crumbs. (Corn bread crumbs are wonderful.) Mix well and add a tablespoon of bacon drippings and just enough hot water to make a mix, adding salt and pepper to taste.

Spread this mixture over the meat, laid out flat. Roll it up into a tight roll, tying with twine.

Then roast as an ordinary roast. Make gravy from drippings from roast, using two or three spoonfuls of drippings and same amount of flour rubbed and cooked together, and add hot water, cooking to thicken. A little canned tomato or catsup will help out.

INGREDIENTS

Shoulder of pork
1 cup apples, chopped
1/2 cup raisins
1 small onion, chopped
Few stoned olives

Mushrooms
2 cups bread crumbs
1 tablespoon bacon drippings
Hot water
Salt and pepper

HAM-STUFFED CABBAGE LOAVES

DOWN below Washington Square, in New York City, there is a bookshop run by a renegade Frenchman with a wife born in Greece. I looked up the shop recently to see if my good friends knew if there might be some Greek goat's milk cheese still to be found in this wide world. I did not find any goat's milk cheese but I detected an intriguing odor from the kitchen in the rear. And, peeking into a saucepan, I saw cooking pleasantly several concoctions that looked like sausages rolled in cabbage.

I stayed to enjoy one and then wangled the recipe. It's well worth trying. For each person to be served, select a large but unblemished leaf of cabbage and trim out the hard stalk. Dip the leaf in hot water to blanch it. Then, laying it flat, spread on it a layer of chopped cooked (or canned) spinach. Over this spread minced leftover ham. Season with salt and pepper. Roll it up and tie with string. Place the rolls in a saucepan or pot, add a cup or so of good broth (canned chicken broth is fine). Put a lid on the pot and set in a medium oven for about half an hour.

Serve with baked potatoes, or you may prefer potato salad.

INGREDIENTS

Cabbage	Leftover ham
Chopped cooked spinach	Salt and pepper
	Broth

SPARERIBS, BARBECUE SAUCE

AND HOW about an indoor barbecue for a change? Gather up enough of your hard earned shekels and get spareribs. Put them to roast in the oven in the usual manner, but baste often with a barbecue sauce made like this:

In a saucepan put a tablespoon of bacon drippings, a cup of vinegar, a cup of tomato juice, half a teaspoon of cayenne or chili pepper, half a teaspoon of salt, half a teaspoon of black pepper and a teaspoon of Worcestershire sauce. Simmer for half an hour. Then, with a cloth tied around the end of a clothespin or other stick of wood, swab your roasting ribs—frequently and thoroughly.

Serve with a pot of mashed potatoes and a mixed vegetable salad, and the folks will assure you, you should start a restaurant.

(Any barbecue sauce that is left—keep in the refrigerator and use a few days later on roasting frankfurters or over a hamburger.)

INGREDIENTS

Spareribs	1/2 teaspoon salt
1 tablespoon bacon drippings	1/2 teaspoon black pepper
1 cup tomato juice	1 teaspoon Worcestershire
1/2 teaspoon cayenne or chili	sauce
pepper	

HAM FROM «DOWN UNDER»

A YOUNG friend of mine, formerly an entertainer in a New York City night club, when keeping an engagement with one Hashimoto Togo or somebody like that, sent me a recipe which he acquired while doing his duty "Down Under." He writes:

"Get yourself a slice of smoked ham, freshly cut, and not less than three quarters of an inch thick. Place it in a deep, broad iron skillet and fry the lower side brown. Don't turn it over. With the bottom well browned, pry it loose from the pan and pour enough rich milk into the skillet to cover the ham. Bring this to the boil and keep on adding milk as the ham drinks it up. You'll be amazed with the amount of milk the slice of ham absorbs. In time, the ham will be so tender it can be cut with a fork. Then it's done. Set it on a hot platter.

"Into the milk in the pan, pour a cup of olives, add a cup of canned mushrooms and three or four hard cooked eggs, in slices. Season with pepper. Thicken the sauce by running in the beaten yolks of two or three eggs (without boiling the gravy). Sharpen with a bit of lemon juice. Pour the sauce over the ham and serve with baked potatoes and a generous serving of cole slaw."

INGREDIENTS

Slice smoked ham	3 or 4 hard cooked eggs
Rich milk	Pepper
1 cup olives	2 or 3 egg yolks, beaten
1 cup canned mushrooms	Lemon juice

DOUBLE OR NOTHING

IN THE heart of Maryland there is a farmer who each winter smokes excellent country hams. One day he butchered a veal and had an Italian stone-mason building a wall—all at one time. When the Italian saw the fine young veal and the grand smoked hams, he dropped his tools and said that if given a chance to cut some veal and some ham, he'd create a culinary sensation. And so he did, and here is how he did it:

He cut veal steaks half an inch thick and about three by five inches in size. Then he sliced ham very thin indeed and trimmed the slices to fit on top of the veal—as for a sandwich. He spread catsup on each slice of veal, clapped down the slice of ham, pinched them together. He dipped the combined slices first in raw egg, then in bread crumbs, seasoned with salt and pepper. These he cooked slowly in bacon fat in a skillet. They were served very hot with quarters of lemon to squeeze.

Leftover boiled potatoes, diced and fried brown, and a dish of creamed asparagus tips harmonize beautifully to make an excellent principal dinner course.

A nice dessert would be whole strawberries with their stems left on, served on a circle on each plate with a little mound of powdered sugar in the center for dipping.

INGREDIENTS

Veal steaks
Sliced ham
Catsup
Raw egg

Bread crumbs
Salt and pepper
Bacon fat
Lemon quarters

BOHEMIAN VEAL, SOUR CREAM SAUCE

FROM ancient Bohemia come lovely and unusual dishes. It is well worth the time to hunt up some of the old Bohemian recipes and try them out at home. One in particular is especially delightful. This is "Bohemian veal, sour cream sauce."

For four persons, get two pounds of veal and cut into cubes of about an inch or a bit more. Dust with flour and salt and pepper. Place in an iron pot or skillet in which bacon fat or butter has been heated and a chopped onion lightly browned. Cook the veal until it is well browned on all sides.

In a saucepan rub together until smooth a quarter cup of vinegar and a level tablespoon of flour. Add a pint of sour cream and a little salt and cook to a creamy thickness. Strain through a sieve and pour over the browned veal. Add a little lemon juice if it needs more "bite." Add pepper to taste.

Serve this with fluffy steamed rice, or fried potatoes, and any green vegetable. Fried tomatoes seem to go well with it, too.

The perfect dessert is a fruit compote.

INGREDIENTS

2 pounds veal	Onion, chopped
Flour	1/4 cup vinegar
Salt and pepper	1 tablespoon flour
Bacon fat	Pint sour cream
	Lemon juice

BEATING THE HEAT WAVE

FOR a hot weather meat dish, a home-made veal loaf of about three pounds will provide enough meat for a family of four for two meals—or at least for a dinner and next day's sandwiches. And a delightful dish it is—and not hard to make:

Cut into pieces three pounds of veal, free of inedible portions. Place in kettle, cover with water, add one large onion in slices, two stalks chopped celery, pepper and salt and a tablespoon butter. Let this mixture cook until meat is tender and the broth is down to merely two cups. Put the veal through the meat grinder and strain the broth. Soak in half a cup of water one tablespoon gelatine and after five minutes' soaking let it dissolve in the broth. Then mix the ground veal with the hot broth, containing the gelatine, check as to salt and pepper. In a handy shaped dish, place a lining of waxed paper. Pour in the veal mixture and let stand to cool. Slice to serve.

A vegetable salad of cooked beets and string beans rounds out a good main course and a hot dessert of the pudding type completes a generous meal.

INGREDIENTS

3 pounds veal
1 large onion
2 stalks celery, chopped

Pepper and salt
1 tablespoon butter
1 tablespoon gelatine

CHEAT IF YOU MUST—

ON THE eastern shore of Maryland there used to be an irreverent Yankee who could do a bit of cooking, bragged about it, and made mean remarks about terrapin—which the natives adored.

He used to maintain that he could take veal and make an imitation of terrapin that was even better than the original. Here is how he cooked this dish and you can decide whether it compares with terrapin or not. Of course, keep in mind that this veal imitation can be made at a cost of a few cents a dish while genuine terrapin, at present rates, will subtract some three to four dollars from the finances.

To make the veal a la terrapin, get two pounds of veal and cut into small pieces, about an inch long and a quarter inch square. In a small pot or kettle, cook a finely chopped onion in bacon fat until the onion is tender—not browned. Then add the meat, stirring often until it is brown. Now rub in a tablespoon flour and work smooth, then pour in slowly a cup of hot broth and a tablespoonful mushroom catsup. Season with pepper and salt. Simmer very slowly for an hour and a half to two hours, adding a little broth now and then if it dries out. When the meat is very tender, add a cup of cream, two or three hard boiled eggs, cut into small dice and season to taste with a little sherry, Madeira or lemon juice. Serve with hot toast.

INGREDIENTS

2 pounds veal
Onion
Bacon fat
1 tablespoon flour
Hot broth

1 tablespoon mushroom catsup
Pepper and salt
2 or 3 hard boiled eggs
Sherry, Madeira or lemon
juice

AND HERE'S ANOTHER FAKER!

YOU don't have to catch your rabbit to make this delightful imitation of "Hasenpfeffer." Instead, use veal—cheap, inferior cuts, figuring two and a half pounds to serve four.

The day before this is to be cooked, get your veal, cut it into convenient "chunks" and put into a bowl, covering the veal with a mixture of half water and half vinegar, plus a couple of bay leaves and a dozen whole pepper corns (or ground pepper). When ready to cook, remove from the bowl and wipe dry. Dust with flour. Fry the meat to a rich brown in some bacon fat. Set aside while the gravy is made—like this:

Strain the fat in the pan and take three tablespoons of it and thicken with three tablespoons of flour. Then add liquid in which meat was soaked to make a rich thick gravy. To this add a pinch of ground cloves, a tablespoon of sugar, one chopped onion and one minced stalk of celery plus salt and pepper to taste. Let cook for five minutes while you place the meat in a casserole or iron pot. Pour the gravy over it. Cover with a good lid and keep in medium oven until the meat is tender. Add a little hot water from time to time if gravy dries out.

Serve with boiled or mashed potatoes and a mixed green salad.

INGREDIENTS

2 1/2 pounds veal	Bacon fat
Mixture half water, half vinegar	3 tablespoons flour
2 bay leaves	Pinch ground cloves
1 dozen whole pepper corns	1 tablespoon sugar
Flour	1 tablespoon onion, chopped
	1 stalk celery, minced
	Salt and pepper

WE GO HUNGARIAN

THE ownership of a couple pounds of veal paves the way for some fancy but easy cooking with the use of some paprika. Thus we go Hungarian and prepare a dish famous in that country—"Veal paprika."

Cook until light brown a cup of chopped onion in six tablespoons olive oil or bacon drippings. Then stir in a tablespoon paprika and rub smooth.

Get the real Hungarian paprika if you can, to obtain the authentic flavor. To this add the veal cut into one-inch cubes and brown slightly. Then add two cups of boiling water and let the mixture simmer until meat is tender.

Remove the meat and set aside in a warm place. Into the sauce, stir a cup of sour cream. (In a pinch, a cup of evaporated milk to which lemon juice is added will act as a substitute for real sour cream.)

To complete the menu in true Hungarian style serve with "gnocci" or noodles, a green leaf lettuce salad, and little jam tarts for dessert.

INGREDIENTS

2 pounds veal	1 tablespoon paprika
1 cup onion, chopped	2 cups boiling water
6 tablespoons olive oil or bacon drippings	1 cup sour cream

ANOTHER FROM BUDAPEST—

THERE must be literally millions upon millions of Hungarians because it seems to me there are almost that many different recipes for goulash—all supposed to be authentic.

Here is another one—I don't know what your Hungarian friends will say about it—but I ate a dish of it and it tasted wonderful, no matter what it might have been:

Get four pounds of veal free from bones and cut into pieces size of an egg. Cube two cups of onion and fry in fat until lightly browned. Add the veal and salt as required. Cover the dish and simmer in the oven at about 350 degrees for half an hour. Then add a cup of canned tomatoes, two heaping tablespoons paprika and half a teaspoon caraway seeds. Add six cups of water, cover with a lid and simmer for an hour and a half or until meat is entirely tender. Take the meat from the kettle, strain the gravy carefully, add a cup of sour cream and cover the meat with the mixture. Serve with boiled potatoes or buttered noodles, and green peas or beans.

The dessert should be a cold stewed pear, left whole, a bit of sponge cake and a glass of finest Tokay wine.

INGREDIENTS

4 pounds veal	2 heaping tablespoons paprika
2 cups onion, cubed	1 teaspoon caraway seed
Salt	6 cups water
1 cup canned tomatoes	1 cup sour cream

LADIES AND GENTLEMEN—THE MULLIGAN!

WHEN there are boys in the family—any kind of boys of any age from four to about eighty-four and over—no creation of foreign chef or domestic diet expert can hold the well known candle to that great American dish with the Irish name—to wit: the “mulligan.”

Why it is called a “mulligan” nobody knows, but why it is popular is self-evident. It is good for luncheon or dinner and it is made in many ways, but in general along these lines:

Into a gallon tin can or kettle put raw beef or veal or lamb or mutton, cut into convenient pieces. Cover with cold water and bring to boil, then lower the heat and simmer until the meat is tender. While this cooking is going on, add as much chopped onion as you think you'd like. Also add fresh or canned peas, string beans, little lima beans, tomatoes, corn, turnips—any or all of them. About half an hour before serving, add a few potatoes cut into eighth-inch slices. In twenty minutes add a little flour and water mixture to thicken the broth, and cook ten minutes longer. Season with salt and pepper and some chopped parsley, if there is any, heat through and serve.

Corn bread comes in handy and apple pie follows along behind without calling.

INGREDIENTS

Beef, veal, lamb or mutton	Tomatoes
Cold water	Corn
Chopped onion	Turnips
Peas	Potatoes
String beans	Flour
Lima beans	Salt and pepper
	Chopped parsley

PICKELSTEINER STEW

IN SAN FRANCISCO, I used to relish the cooking of a great chef named Victor Hirtzler. He ran his great kitchen as Napoleon ran his armies, but he had a finer sense of humor, so I am told. And he made "Pickelsteiner Stew." I think he was the inventor of the dish and the sole owner of the name. I am sure he would like to have you try to cook it:

Take a pound of beef, a pound of pork, a pound of lamb and cut into one-inch cubes. Using some of the fat of the pork, fry the meat brown, seasoning with salt and pepper. Now put this meat into a little iron kettle or casserole, add a chopped onion and cook until the onion is brown. Then rub in a couple tablespoons flour and when that is smooth and brown, add a cup tomato juice, two cups broth or bouillon and some herbs—a few sprigs of parsley, a bay leaf and a pinch or two of thyme (wrapped in a cloth). Cook until tender—about an hour—then add two or three cups sliced raw potatoes and simmer the stew until the potatoes are done—about half an hour. If the stew dries out, add a little broth or tomato juice or hot water.

This is a grand he-man or Boy Scout dinner, served right from the kettle.

INGREDIENTS

1 pound beef
1 pound pork
1 pound lamb
Fat
Salt and pepper

Onion, chopped
2 tablespoons flour
2 cups broth or bouillon
Herbs
2 or 3 cups sliced raw potatoes

SHADES OF «THE SHEIK»!

AN AMERICAN adaptation of the great Near East favorite—a pilaff—is this quick and easy way to prepare a hearty main dish for four:

Have ready six cups boiled and well washed rice—the kind which, when laid out on a plate, could be blown away, as snowflakes can be “whooshed” about.

Have ready half a cup canned okra, cut fine, and two cups canned tomatoes.

Now fry tender, but not crisp, half a pound of bacon, cut into half-inch bits.

Mix the rice, tomato and okra mélange with the bacon, heat thoroughly, press this into a buttered bowl, then reverse the bowl, placing the moulded pilaff on a round platter.

With some leftover brown gravy or a tomato sauce and some cole slaw, dinner is ready and very good.

For dessert, a bit of cheese and some fresh, chilled fruit and black coffee. An exotic meal which the American family is sure to enjoy.

INGREDIENTS

6 cups boiled and well washed	1/2 cup canned okra
rice	2 cups canned tomatoes
	1/2 pound bacon

SIMPLIFIED CHOP SUEY

WITH nothing Chinese but soy sauce, which most stores carry these days, one can make a very fine American style chop suey. Of course, we are told that chop suey is, after all, a Chinese dish made for the American public. But here it is without Chinese ingredients:

In a sizable skillet melt two tablespoons fat and in it sauté two cups of leftover meat (veal, chicken, lamb, etc.) cut into matchstick size. When cooking starts, add a cup of chopped onion and stir in a tablespoon of flour. When the flour has been worked in smoothly, add a cup of hot water and a cup of celery cut into matchstick size. Now add a tablespoon of good brown gravy and two tablespoons of soy sauce. Cover the pan and cook until celery is tender—about half an hour. Season with pepper. The soy sauce provides ample salt.

With this serve plain boiled rice and the result is a delicious and economical dinner dish. Tender green beans, or baby limas are nice vegetables to accompany the chop suey. Slices of fresh pineapple, dusted with powdered sugar, and macaroons make a fine dessert.

INGREDIENTS

2 tablespoons fat	1 cup hot water
2 cups leftover meat	1 cup celery
1 cup onion, chopped	1 tablespoon brown gravy
1 tablespoon flour	2 tablespoons soy sauce
	Pepper

MEAT BALLS WITH EGG CENTERS

THROUGHOUT South America, balls of ground meat, seasoned in an endless variety of ways, and some so hot that they fairly sizzle from the peppers used in them, are as popular as the well known meat balls of Sweden. Some are plain and dry little "critters" and others are most elaborate, but the most interesting I ever ran across were those built around hard boiled eggs.

Easy to make, delicious, served with steamed shredded cabbage, red cabbage or sauerkraut or with generous portions of cole slaw, this round sausage cake with an egg in the center forms the meat dish of an interesting meal.

First hard boil and peel four to six eggs. Then make the sausage mixture to be packed around the eggs: Grind fine a half pound of beef and a pound of pork (or chopped bacon will do as well). Season with salt, pepper, a pinch of sage and plenty of chopped parsley. Then mix in half a cup of dry bread crumbs and bind the mixture with three or four well beaten eggs. Pack this mixture around the hard cooked eggs, making as many balls as there are eggs. Set the balls in a casserole and cover with beef or chicken broth (canned broth is perfect). Cook in oven at about 350 degrees for one hour.

INGREDIENTS

4 to 6 eggs

1/2 pound beef

1 pound pork

Salt and pepper

Pinch sage

Parsley, chopped

1/2 cup bread crumbs

3 or 4 eggs, well beaten

Beef or chicken broth

OLD ENGLISH STEAK AND KIDNEY PIE

A POUND of ground steak and four lamb kidneys are plenty for making one big or four individual steak and kidney pies—and grand they are on a cold winter night, the kind of night that isn't fit for man nor beast.

The round steak is cut into three-quarter inch squares, dipped in flour and browned in some drippings in which minced onion was browned. The kidneys are not pre-cooked—merely skinned and cut into four pieces. Then using either four individual baking dishes or one large one, put meat and kidneys into the dish—or dishes. Just cover with cold water, add salt and pepper. Then cover with piecrust dough and bake in a medium oven about twenty minutes—or until crust is light brown.

If you like, add to the mixture any leftover peas, potatoes diced in half-inch cubes, small peeled onions, bits of carrots—. In that case, bake half an hour. Then it is no longer a real steak and kidney pie—but as Fanny Brice used to say: “Awfully good company!” A green vegetable salad may be served with the pie and for dessert a stewed fruit compote or half a grapefruit.

INGREDIENTS

1 pound round steak
4 lamb kidneys
Flour
Drippings

Onion, minced
Cold water
Salt and pepper
Piecrust dough

CASSEROLE OF RABBIT

IN THOSE suburban and rural districts where unpleasant and overly cautious neighbors do not put the proverbial "kibosh" on raising rabbits for meat, countless backyard rabbiteers will soon be dining off tender bunnies, prepared in a variety of ways.

Here is one of my favorite recipes:

Joint a young rabbit in about eight portions. Melt a little butter or bacon fat in a casserole. Add the pieces of rabbit, nicely salted and peppered, with a dozen small onions for atmosphere. When the pieces of meat are all browned, add a cup boiling water or the same amount of good dry white wine, or red wine and water mixed. When the rabbit becomes almost tender, add some chopped canned mushrooms. Reduce the sauce to about two cups. Thicken a bit, using tomato paste if desired, or a little butter and flour if pure meat gravy is preferred.

Two chopped hard boiled eggs may be put in the pot, together with chopped parsley, all heated up well and seasoned properly with salt and pepper if needed.

Noodles or steamed rice may replace the potatoes and pickled beets are practically a "must."

INGREDIENTS

Rabbit	Canned mushrooms
Butter or bacon fat	2 hard cooked eggs, chopped
1 dozen small onions	Parsley
1 cup boiling water or same amount of dry white wine or red wine and water mixed	Salt and pepper

«TOAD-IN-THE-HOLE»

WHEN the youngsters deserve a special supper treat, make them a "Toad-in-the-hole." This is an old, old English supper favorite for good little boys and girls.

Start out by baking, for each young one, a sizable potato. Slit off the top, scooping out the meat and giving yourself a neat little canoe. Into each one of these canoes, lay a proper sized broiled sausage and over it pour some made gravy. There you have the toad nicely arranged in his hole. Now cover up the toad by spreading over it a mixture of the potato and butter, pepper and salt. Then under the broiler to give it a brown topping—and there you are—already to serve.

Should there be no sausage to hand, another pleasing "Toad-in-the-Hole" may be made by using ground beef or lamb, well seasoned, and formed into the proper shape by molding with the hands. Or, if you like, drop in a raw egg, carefully, so that it remains whole, and let it heat through in the potato until just set. Sometimes a little leftover creamed chicken may be put to good use in this manner. The main thing about the appeal of the dish is its element of mystery and surprise.

For dessert, a stewed pear and graham crackers with a glass of good milk.

INGREDIENTS

Potato
Sausage

Gravy
Butter

Salt
Pepper

SCALLOPS OF CALVES' BRAINS

IN A little restaurant near the old French Market in New Orleans there used to be a chef who did a lovely thing with calves' brains—"scallops of calves' brains."

The brains are washed and the inedible membrane removed. Using a very sharp knife, the large sections are cut into portions about the size of a pecan.

Each little portion is then rolled in flour and kept separate. Using very hot butter or bacon grease, these little "scallops" are fried quickly for a few minutes, then the flame is turned down while they cook through thoroughly. Each portion is about the size of a small, dainty fried scallop, with a crisp, light brown crust.

These are served, five or six pieces per portion, with a small side dish of lemon butter. Or plain quarters of lemon may be squeezed on.

Then again, just before removing the "scallops" from the pan, a few beaten eggs may be poured over, left to set and the whole turned onto a hot plate, and served as an Italian fritatta is served.

Creamed celery or asparagus and tiny boiled new potatoes complete a distinguished course.

Instead of dessert, a fresh spring salad of leaf lettuce, thinly sliced scallions and radishes, with a bit of cheese would be perfect.

INGREDIENTS

Calves' brains

Butter or bacon grease

Lemon butter

STUFFED BEEF HEART, PENNSYLVANIA

MANY years ago, the Pennsylvania Dutch established great reputations as hearty trenchermen. In short, they enjoyed their food. As some said, "they relished their victuals." Frugal, thrifty farmers, they saw to it that their cattle and their farm animals were well fed, and they did not overlook themselves.

And so their old-time recipes are important—and excellent. One such recipe furnished a stuffed beef heart one day near Lancaster, Pennsylvania, and it is worth passing on:

Soak the beef heart in cold water for an hour. Then wash it and remove the muscles, veins, etc. Now stuff all the openings with a stuffing made like this:

Have ready a half cup of cream sauce and mix in with it a cup of bread crumbs, a beaten egg and a cup of either roasted chestnuts or diced celery. When the heart is well stuffed, tie it carefully with twine and put it in a kettle, cover with boiling water and boil for fifteen minutes. Lower the heat and simmer about an hour and a half until tender. Remove from water and drain. Moisten well with a couple of beaten eggs and roll in a mixture of bread crumbs or cracker crumbs, seasoned with salt and pepper. Bake this in 350 degree oven for about half an hour to brown it.

Serve with this steamed cabbage, boiled potatoes with butter and parsley sauce, sliced tomatoes or stewed tomatoes.

INGREDIENTS

Beef heart	1 cup roasted chestnuts
1/2 cup cream sauce	Celery, diced
1 cup bread crumbs	Water
3 eggs	Cracker crumbs
	Salt and pepper

LAMBS' HEARTS, DEUTE

BELIEVE it or not, as Ripley would say, I went into a good meat market and asked the butcher boy for some brains. He said to me: "We've cut out brains for the duration!"

"So I see!" I replied.

And then I spied some lambs' hearts. I don't know how they managed to think of them, but there they were, and well worth cooking. This is a delightful delicacy, best known in the sections where sheep are grown.

And here is a fine way to prepare them:

To serve four, get two or, at most, three lambs' hearts. Wash them thoroughly, trim off any inedible portions, roll them in flour and brown in bacon fat. Now place the hearts and the gravy into a pot or baking dish and pour over them a can or jar of tomatoes or tomato juice or tomato soup. Add a chopped onion and, if you like, a nubbin of garlic, cut in two. A bay leaf helps, plenty of pepper is good, and salt to taste. If the liquid evaporates, add a little, bit by bit. In about two hours the meat is tender. Remove to a hot platter, strain the sauce, reducing if necessary to a creamy consistency and serve as gravy with mashed potatoes.

In addition to the mashed potatoes, serve steamed spinach, topped with hard cooked egg slices.

INGREDIENTS

Lamb hearts	Onion, chopped
Bacon fat	1 bay leaf
Flour	Nubbin garlic
Can tomatoes or tomato juice or soup	Pepper and salt

KIDNEYS, ONIONS AND MUSHROOMS

THEY do say that some good must come out of everything, and perhaps that will be the case in the rationing situation that has developed in the last war. We have learned new eating habits.

It will be regrettable if, now when most meats are readily obtainable again, we drift away from the really unusual dishes made of the tidbits that come from the butcher's shop. We have in mind a wonderful dish of lamb kidneys, mushrooms and tiny white onions—a truly epicurean delight.

First, provide enough lamb kidneys for four—if that be the number of portions. Trim and skin them and wipe clean with a damp cloth.

Now reach over and get a cup of tiny dry white onions that have been made ready to cook and simmer them to a light brown in a little fat. With the onions browned, set them aside for a moment and in the pan, with the fat, put the kidneys, cut into slices, and “frizzle” them. Then rub in a tablespoon of flour and when it is smooth, add the kidneys and a water glass of dry white wine or boiling water. Stir and cook together and add half a cup of canned or cooked mushrooms, cut into slices, and bring the mixture to just under the boiling point. Season.

INGREDIENTS

Lamb kidneys	1/2 cup canned cooked mushrooms
1 cup white onions	Parsley, chopped
Fat	Pepper and salt
1 tablespoon flour	
Water glass dry white wine or boiling water	

KIDNEY STEW, BAYONNE, NEW JERSEY

IN BAYONNE, New Jersey, one finds one of the most cosmopolitan populations in all the world. They have probably only one subject in common, taking everything by and large, and that is a love for good, sturdy food—nothing fancy, mind you, but filling and tasty.

In a family of Bohemian ancestry, I enjoyed this very interesting kidney stew:

For about four servings, select a fine beef kidney, remove the skin and fat and cut into small bits. Soak it in cold water for a couple of hours and drain. Now place the kidney in a kettle and cover it with one can of condensed vegetable soup and another of water. Simmer for an hour. Add a cup of raw potatoes cut into small cubes, a quarter of a cup of chopped onion and salt and pepper to taste. Simmer until everything is tender—about half an hour longer.

If you like the sauce fairly thick, add a little butter and flour thickening. If you like the taste a little sharper, add some lemon juice to taste. For an extra touch, add a couple of hard cooked eggs, cut into pieces, just before serving.

In this Bohemian American home, a large waffle iron did full duty and with this kidney dish, freshly baked waffles were served. And the waffle idea is a good one in any nationality.

INGREDIENTS

1 beef kidney	1 can water
Cold water	1 dill pickle
1 can condensed vegetable soup	1 cup raw potatoes
	1/4 cup onion, chopped
	Salt and pepper

VEAL KIDNEYS, SUISSE

ONE THING that the war has taught us is the deliciousness of veal kidneys and the many ways to cook them. Here is an extra nice idea which comes from Switzerland:

Get yourself half a dozen or eight kidneys, wash, skin, trim and slice in little finger size pieces.

Now, in an iron skillet, place a bit of butter and when it is hot add half a cup of small, peeled onions—about the size of hazelnuts. Brown slightly and remove the onions to a dish for later use. Into the pan put the kidneys and cook about five minutes. Then return the onions to the pan. Next, season with pepper and salt. Pour into the mixture a cup of chicken or veal broth, or a cup of boiling water or a cup of dry white wine, whichever you prefer. Let all cook slowly for another few minutes. Thicken, then, if you like with a little flour. Last of all, add a level tablespoon of lemon juice and a tablespoon of chopped parsley. Stir for a moment to mix everything nicely and serve immediately.

If you have some canned mushrooms, half a cupful, added a few minutes before serving, is a nice final touch.

INGREDIENTS

1/2 dozen or 8 kidneys
1/2 cup small onions
Pepper and salt
**1 cup chicken or veal broth or
boiling water, or dry white
wine**

Flour
1 tablespoon lemon juice
1 tablespoon parsley, chopped
Canned mushrooms

«WE DRESS FOR DINNER»

SOME years ago, an Englishman, living almost a hermit's existence in Central America, but never forgetting that he was an Englishman, served me this delicacy:

Not being able to buy fresh kidneys, he had canned kidneys brought from England, and he had curry powder and canned butter. He baked his own biscuits. From this assortment he made a lovely dish of curried kidneys on toasted biscuits.

Here is how: First make curry butter, which is done by rubbing together half a cup of butter and a teaspoonful of curry powder. Then split the biscuits and toast them. Now put the kidneys, split in flat, into a skillet with some butter and sauté them. Spread the curry butter thickly on the biscuits, place the kidneys on the toast and they are ready to eat—and very delicious, too.

Braunschweiger sausage or liver-sausage may take the place of kidneys, broiling or sautéing slices a quarter of an inch thick. Toast may take the place of biscuits.

Two or three of these make a very adequate meat portion for luncheon or dinner, while as a midnight snack, they are truly great. Bottled beer is a fine beverage partner and a generous mixed green salad adds zest.

INGREDIENTS

Kidneys
1/2 cup butter

1 teaspoon curry powder
Biscuits

LIVER, LIBERTY RANCH

BACK of San Rafael, California, there used to be (maybe still is) a place called Liberty Ranch where some good things to eat could be obtained. One rode horseback out that far, stopped for a meal and rode back—maybe it was the ride that made the food taste so good, but again maybe it was the food, too!

At any rate, they used to make a liver dish that is worth passing on:

Take a pound to a pound and a half of calf, lamb or beef liver, slice and scald in hot water, drain, wipe dry and roll in flour. Using olive oil preferably, but bacon fat otherwise, fry the liver to a light brown, frying very slowly.

Set the liver aside and work up the sauce. Do this by adding a chopped onion to the oil (and also a nubbin of chopped garlic, unless the folks object), cooking for about five minutes. Put the liver back into the pan and season with salt, pepper, chopped parsley and a couple of pinches of dried basil. Baste the liver a few times with this dressing, add a cup of good, dry, white wine and let it simmer slowly. The wine will “cook down,” the alcohol will “cook out” and the resulting sauce will prove heavenly.

Serve some little potatoes, boiled with the skins on, and peeled just before serving. String beans or green peas or asparagus tips complete the course.

INGREDIENTS

1 1/2 pounds calf, lamb or
beef liver

Flour

Olive oil

Onion, chopped

Nubbin garlic (optional)

Salt and pepper

Parsley, chopped

Pinches dried basil

1 cup dry, white wine

«SAUCE PIQUANTE» FOR GLAMOUR

FOUR slices of calf or beef liver, cut a quarter inch thick, will serve two persons nicely and eight slices will serve four, provided there be a mess of good mashed potatoes and a bowl of "Sauce Piquante" to go with the liver. The liver is merely dredged in flour, salted, peppered and fried quickly in butter or bacon drippings. Just cook these thin slices to a rich brown over a fast fire. Slow, long cooking makes it tough.

For the sauce, you need a pint of leftover, good brown gravy, or make a pint, using three cups of water, three bouillon cubes, thickened with brown flour and butter mixture and boil down to a pint. Sauté one finely chopped onion in a little olive oil or butter, season with salt and pepper and add four tablespoons vinegar. Cook this in a saucepan until the saucepan is almost dry—what the French chefs call an almost complete reduction. Pour into this the pint of brown gravy, stir up well and boil for fifteen minutes. Add to the sauce half a cup of sweet pickles minced fine and simmer for about five minutes.

Now you have a gravy bowl full of "Sauce Piquante." Place liver on hot platter, pour a little of the sauce over it and serve the rest in sauce dish.

Also serve mashed potatoes, cole slaw, apple pie, coffee.

INGREDIENTS

4 slices calf or beef liver	1 onion, chopped
Flour	Olive oil or butter
Butter or bacon drippings	Salt and pepper
1 pint leftover brown gravy	4 tablespoons vinegar
	1/2 cup sweet pickles, minced

SOMETHING NEW—BRAISED LIVER

DON'T let anyone ever tell you that there's nothing new under the sun—particularly in the food line! For instance, fried slices of liver are one thing—and very good food—but did you ever leave the liver unsliced and braise it?

Here is how this delicious dish is prepared:

Get a two to two and a half pound piece of liver—NOT SLICED. Wash and dry it and in a skillet or iron pot brown the entire piece in oil or fat. When it is well browned, place in a roasting pan, laying strips of bacon or fat pork on top. Mix a cup of chopped onion, carrot and celery and place around the liver. Add a bay leaf, salt, pepper, a pinch of ground cloves and two cups of broth or hot water. Cover tightly and braise slowly for two to two and a half hours. Make sure the moisture does not evaporate from the liver as it bakes. When liver is done, remove to platter. Press the sauce through a sieve, thicken with a little flour, sharpen with some lemon juice and serve in gravy dish.

Boiled potatoes are correct and a cold crisp vegetable salad adds the final touch to a gourmet's dish.

Dessert may well consist of lemon meringue pie!

INGREDIENTS

2 1/2 pound piece of liver	1 bay leaf
Oil or fat	Salt and pepper
Bacon strips	Pinch ground cloves
1 cup onion, chopped	2 cups broth or hot water
Carrot	Flour
Celery	Lemon juice

PIGS' FEET—BELOW WASHINGTON SQUARE

IN THE seething foreign language section of New York City that lies just down the island from Washington Square, the owner of a small restaurant catering to the local trade asked me if I would enjoy a pig's foot prepared in some outlandish manner. I said: "Trot it out!" It was a wonderful dish and he said that this is how it is made:

Figure a pig's foot for each person to be served. Scrub them, blanch them and make them fairly glow with cleanliness. Put them into a sizable stew pan, together with salt and pepper, chopped onions and a little garlic, with just enough bouillon to cover. Simmer until the feet are tender and the liquid somewhat reduced, adding a bit more from time to time if it dries out too fast. When the meat is tender there should be about three cups of good liquid. Remove the feet and strain the gravy.

Then add tomato sauce to flavor, together with enough grated cheese to give the desired creamy thickness. If there is any leftover brown gravy, this is a good place to use it or, in lieu of leftover gravy, a teaspoon of meat extract will add zest and snap. Check well for salt and pepper, add some ground cloves or cinnamon if you like that flavor, and some squeezes of lemon juice if the dish seems to need a little sharpening to fit the family taste.

INGREDIENTS

1 pig's foot for each person	Tomato sauce
Salt and pepper	Cheese, grated
Onions, chopped	Brown gravy
Garlic	Ground cloves or cinnamon
Bouillon	Lemon juice

TWO DISHES OF «TROTTERS»

WHAT with all the butchering of porkers in the fall of the year, pigs' feet return to us every autumn in the approved manner. Being intricate little morsels, they require time in the eating—which makes them last longer and for the same reason go further. Remember in those beloved books of the Victorian era, the popularity of the "trotter"?

Properly supplied with a collection of these feet, all nicely trimmed and cleaned by your meat dealer, first boil them. To keep them nice and straight, tie them two by two in cheesecloth wrappings. Put into a kettle, seasoning the cold water with salt and pepper, a chopped carrot, a chopped onion, a couple of bay leaves and some parsley. Boil until well done. "As is" they are fine with sauerkraut.

To broil these same tidbits, take some of the boiled feet, split them lengthwise and remove the upper bones. Season with salt and pepper, brush over with olive oil or drippings, roll in flour and an egg and bread crumbs and broil to a golden brown. Fried apples are a nice side dish and either a mustard or a tomato sauce enlivens the feet. And a grand and glorious and economical winter dish it is, guaranteed to stick to man's ribs in the most satisfying manner.

INGREDIENTS

Pigs' feet	2 bay leaves
Cold water	Parsley
Salt and pepper	Olive oil or drippings
Carrot, chopped	Flour
Onion, chopped	Egg
	Bread crumbs

THE TWO-DOLLAR DISH OF SWEETBREADS

ONE pays about two dollars in any great restaurant for this very good dish of sweetbreads which may be made at home—and equally successful:

In cooking with sweetbreads, there is one general rule for starting: Get one or more pairs of sweetbreads from the market, soak in cold water for about an hour. Then drain well and place in salted water, simmering (not boiling) for half an hour. At that time, remove at once from the hot water and place in a dish of very cold water, to hold their form. Keep them so until ready to finish for serving.

One excellent way—"the two-dollar dish"—is this: Cut each parboiled sweetbread into four quarters and fry in butter for five minutes. In a shallow baking dish, place pieces of toast, cut round. On each piece, spread some butter and grated cheese and add a piece of sweetbread. Season with salt and pepper and add to the dish two or three tablespoons of good cream or light cream sauce. Cover the dish and bake in a medium oven for about one-quarter of an hour.

Serve with corn sautéed with green pepper, green peas, small carrots or string beans.

As the sweetbreads make a light main dish, a heavier-than-average dessert, such as Indian Pudding with ice cream, is permissible.

INGREDIENTS

1 or more pairs of sweetbreads	Toast
Cold water	Grated cheese
Salted water	Salt and pepper
Butter	2 or 3 tablespoons cream sauce

TONGUE CAN TELL—

WORKING in a small winery in Sonoma County, California, there used to be an old man who did just enough work to enable him to live in solitary and lonely comfort in a small cabin nearby. Next to his love of fine wine, his delight was in preparing, one at a time, unusual dishes to which he would invite one, but never more than one, guest. He had no objection to one's watching him make these dishes.

I watched him one afternoon preparing a beef tongue—and this is how he did it:

In a sizable pot he placed the beef tongue in just enough cold water to cover and, bringing it to a boil, cooked it slowly until tender. He was careful to reserve about a pint of broth at the finish of the cooking. The tongue was skinned and set aside for the moment. Then he reduced the broth to just a pint, strained it carefully and returned it to the kettle, adding to it just half as much port wine as he had tongue broth. Then he stirred in a small glass of sharp currant jelly, a pinch of cloves (ground) and a handful of raisins. To this mixture he added the skinned tongue and simmered all together for about half an hour more. At the end, he seasoned with salt and pepper and the dish was ready.

Hot broccoli and a generous mixed green salad rounded out a grand meal, with bread and cheese and an apple for dessert.

INGREDIENTS

Beef tongue
Cold water
Broth
Port wine

Small glass currant jelly
Pinch cloves, ground
Handful raisins
Salt and pepper

LAMBS' TONGUES WITH ONIONS

A BOHEMIAN iceman who likes his food hale and hearty shared with me this kettle of lambs' tongues and onions—and what a dish it is! It compares with the English workingman's kettle of tripe and onion, except that the tripe gives way to the tongues.

A mess of lambs' tongues is soaked in warm water for an hour or so, then cooked for fifteen minutes, allowed to cool, skinned and split lengthwise.

In a stew pan or little iron kettle, melt some cooking fat or oil or butter and lay on the bottom of the kettle a layer of thinly sliced raw onion, to the depth of about an inch. Season with salt and pepper. Cover the kettle, and over a slow fire let the onion begin to stew in its own juice. If the onion dries out, add a little water or broth—just enough to keep it moist. When the onion has a little head-start, place the halves of tongue on top of the onion, season with salt and pepper, add a little broth or water and stew onions and tongues until tender. The onions must not brown, but neither must they be made so moist as to become soupy. When finished, place the tongues in center of platter, surround with onion and season with a little lemon juice.

In case you want to order this in a restaurant the Bohemian name of this dish is “Dusene skopove jazyky”—and that's a fact.

INGREDIENTS

Lambs' tongues
Cooking fat or oil

Onions, thinly sliced
Salt and pepper
Water or broth

FROM A PRETTY PICKLE—

HERE'S something interesting to make in the way of a hot dish from a jar of pickled lambs' tongues: First wash off the tongues and cover with water and bring to a simmer for a few minutes. Then drain off the water.

Next, take a can of chicken broth and thicken it with a little butter and flour roux, running in the well beaten yolk of an egg to color it. Then stir in some capers (if you have any) and, if not, use sweet pickles, minced fine. Also add some chopped hard boiled egg. Season with salt and pepper. When smooth and creamy, place the tongues in this sauce and heat thoroughly. A little chopped parsley may go in at the last.

With this serve small potatoes which have been boiled with the skins on. A salad of leftover string beans and a bit of chopped onion, dressed with a mixture of mayonnaise and lemon juice—and there we have a little continental dinner which will recall Switzerland or an Alsatian village, especially if a light dry white wine comes on, served in thin-stemmed glasses with greenish bowls.

"A traminer from a warm hillside!" I can hear someone say.

And the dessert will be young American Swiss cheese, a few grapes or an apple and a cup of black coffee.

INGREDIENTS

Jar of pickled lambs' tongues	Egg yolk, well beaten
Chicken broth	Capers
Butter	1 hard cooked egg
Flour	Salt and pepper

TRIPE WITH OYSTERS, ST. JULIEN

SOME day a great doctor will lend style and reputation to good old tripe and the price will go up alongside of calf's liver and everybody will hunt for it in every nook and corner. Now it is still unfashionable so it is very economical but as good as it will be when it is moved over to a Park Avenue, New York, menu card.

The same tripe—about two pounds of it—bought of your meat dealer and cut into strips about two inches long and half an inch wide together with two dozen oysters get together to make up a truly gourmet dish. Just try it, and see!

Simmer a chopped onion in a little butter, but don't brown the onion. Add the tripe cut into strips, a cup of broth, some chopped parsley and boil for an hour, adding more broth if needed. Then drain off the broth and in its place pour on two cups of cream sauce and two dozen oysters. Simmer—don't boil—for four minutes—to just heat the oysters. Season with salt, pepper and, if you like a sharper flavor, add a little cayenne.

With this serve hashed browned potatoes and green peas or asparagus. Call this "Huitres aux tripes St. Julien" or something like that and it becomes a "four-dollar dish."

INGREDIENTS

2 pounds tripe
2 dozen oysters
Onion, chopped
1 cup broth

Parsley, chopped
2 cups cream sauce
Salt and pepper
Cayenne

TRIBE IN BREADCRUMBS

AN ENGLISH friend of mine speaks of tripe as one of the “vulgar dishes”—but he prepares tripe in a most delicious manner, enjoys it himself and invites his closest pals. So you can see how good it must be and it is made like this:

Ask your meat dealer to give you fresh, ready-to-cook tripe. Cut the tripe into pieces about three by five inches or about four inches square. Place it in a stewpan and cover with good fresh or canned chicken broth. Add a lemon squeezed out and cut into bits, a cup of sliced onions and some salt and pepper.

Simmer until the tripe is really tender—adding liquid if it evaporates too fast. Then drain well, dip each piece in flour, beaten egg, bread crumbs and fry in butter or bacon fat. Serve with tomato sauce, mustard sauce or melted butter mixed with lemon juice and chopped parsley.

If this tripe is served as a main dinner dish, a good starter for the meal would consist of black bean soup—canned will do—with a dash of sherry, and a slice of lemon and hard cooked egg floating in each plate. Baked potatoes, slashed open, with butter, salt, pepper and paprika dropped into the gash, are wonderful with the tripe, and so are tiny green Brussels sprouts.

And for dessert, a sour cherry pie.

INGREDIENTS

Tripe	Salt and pepper
Fresh or canned chicken broth	Flour
Lemon	Egg, beaten
1 cup onions, sliced	Bread crumbs
	Butter or bacon fat

VEGETABLES

STRING BEAN HARVEST

WHEN the string beans in your garden are ready to report for duty, present yourself with as many as your family will eat at one meal. Trim, cut and cook in a little salt and water until tender.

Get a half pound or a little more of bacon, left unsliced, and brown this in a skillet. Then add it to the kettle of string beans. Add, also, one onion chopped fine and two cups of sliced raw potatoes. Cook together for half an hour, or until potatoes are tender. Season with salt to taste and rather strong with black pepper.

This is a Kentucky mountain farm dish of no mean proportions. The bacon is sliced in quarter-inch slices across the grain for serving. Here you have meat, potatoes, and a green vegetable all at one and the same time—and very good.

Or, if you pick the beans while they are really tiny, just cook them in a very small amount of salted water. Let them cool, and combine them with cooked beets, cut in julienne strips, chill together, dress with a rather tart French dressing and serve in little bundles on lettuce leaves for a most delectable salad that goes especially well with cold meats and a glass of minted iced tea, or cool bottled beer.

INGREDIENTS

String beans	1 onion, chopped
1/2 pound or a little more	2 cups potatoes, sliced
bacon	Salt and black pepper

BOSTON BAKED BEANS, NEW ERA

IF DOUSING criminals in cold pools were still a New England outdoor form of entertainment, I could be well dipped for betraying the following secret. I stumbled upon it in no less a place than Boston, itself.

For, listen: Countless modern New England housewives adhere in theory to the ancient tradition of pots of oven-baked beans—the kind it takes all night to soak and most of next day to bake. But, in practice they leave most of the hard work and hot kitchen and hours of time to the commercial bean bakers who are really expert and who then put their fine baked beans into cans and jars.

With her trusty old bean pot (probably from Mayflower days) resting before her, the modern daughter opens two or three jars of these truly splendid beans, drops them into the pot and proceeds to add the homey touch. A few pieces of salt pork pre-cooked or baked, or maybe chunks of roasted bacon are buried down under. A tablespoon of molasses and a sprinkling of brown sugar go on top. The bean pot is popped into the oven for an hour or so, at low heat—with a quick finish to brown the top a bit.

Aunt Prudence Abernethy and Cousin Honesty Lowell, glancing down from on high, would say, "Tsk, tsk, tsk," but still nod definite approval.

INGREDIENTS

2 or 3 jars beans
Salt pork or bacon

1 tablespoon molasses
Sprinkling brown sugar

CABBAGE WITH AN AIR

AND WE don't mean the kind of air you usually associate with cabbage, either! If you have been prone to wrinkle your nose literally and figuratively at the so-called humble green vegetable, now is the time to change that attitude. Cabbage can form one of the most delicate and yet hearty dishes made—a fact well known to the chefs of Europe who for hundreds of years have regarded it is a culinary standby.

If you want to try just one of these old time, Old World recipes, just lay hold of an average sized head of cabbage and cook it to just short of being tender. Then cut it into coarse shreds—not too fine.

Have ready a pint of medium heavy white sauce, a cup of grated cheese, half a cup of cracker crumbs or stale bread crumbs and a few dabs of butter.

Butter a baking dish and place a layer of cabbage on the bottom. Sprinkle in a layer of grated cheese, season with salt, pepper and paprika and pour on a thin layer of cream sauce. Continue this procedure until all the ingredients are used, finishing with a topping of cream sauce. Then cover with the crumbs and the dabs of butter. Set in a medium oven until the crumbs are nicely browned.

No meat is needed to make a dinner.

INGREDIENTS

Head cabbage, average size	1/2 cup cracker crumbs or
Pint medium heavy white	stale bread crumbs
sauce	Butter
1 cup grated cheese	Salt and pepper
	Paprika

VIRGINIA CORN FRITTERS

THERE'S almost a whole meal—and a good one—in just a big platter of hot, crisp corn fritters. They are especially good in the summertime when they can be made with fresh corn, and it is a shame to put other dishes in competition.

For four servings, pick out eight good ears of corn and cut the cobs clean. Into the corn add the beaten yolks of three eggs, four tablespoons milk, three level tablespoons flour, half a teaspoon salt and, last, the beaten whites of the eggs.

Mix well together, and drop by the spoonful into deep, hot fat and fry brown. Place on brown paper for a moment and serve hot with butter, pepper and salt. Some like syrup. A fruit salad comes in handy and acts, also, as dessert. Good coffee completes the meal. If still hungry, make more corn fritters!

Of course, down Virginia way, they use these same corn fritters as an accompaniment for fried chicken with cream gravy—a combination that is impossible to beat for true savor and elegance. But you don't have to have the chicken and the gravy to enjoy these delightful bits of gold. In fact, a goodly number of true gourmets prefer not to gild the lily, and as we mentioned before, the fritters are in themselves so good that it seems a pity to place other dishes in competition.

One of the greatest gifts a true epicure can acquire is the knowledge of when to stop!

INGREDIENTS

8 ears corn	1/2 teaspoon salt
3 egg yolks, beaten	3 egg whites, beaten
4 tablespoons milk	Hot fat
3 tablespoons flour	Butter
	Pepper and salt

EGGPLANT À LA ARNAUD

HERE is how eggplants are stuffed in New Orleans. At Arnaud's Restaurant, if memory serves me, I enjoyed this creation, explained to me later by the suave M. Félice:

For each person provide one smallish eggplant. Cut off enough of the stem end to permit it to stand upright. Then cut off the other end, about a third of the way down from the top. Scoop out all the center, leaving side walls and a floor.

For each eggplant, mince one medium sized onion and brown in butter. For each onion allow one cup of canned tomatoes and add to the onion, then stir in the chopped up eggplant that was hollowed out of the shells. Cook together for a few minutes. Now stir into this mixture some leftover boiled rice or spaghetti—about a tablespoon (heaping) for each eggplant. Heat thoroughly and stuff each eggplant. Cover with bread crumbs over the top, and dot with butter.

Then, standing eggplant upright, set it in a baking pan and place in a medium oven (about 350°) until the bread crumbs have browned.

Serve this as the main course of a meatless lunch or dinner.

You'll enjoy a Waldorf salad with this dish, and for dessert raspberry ice with canned black cherries is good.

INGREDIENTS

1 eggplant per person
Onion
Butter

Tomatoes
Rice or spaghetti
Bread crumbs

FRENCH FRIED ONION RINGS

WITH any sort of roasted or broiled meat, French fried onions are a revelation. And so easy to make—and how they do make the meat ration extend itself!

Use large onions—the larger the better. Peel and slice into quarter-inch slices. Place in a bowl and cover with milk, letting them stand an hour. Then push each slice into its rings.

Make a thin batter of a cup of milk, an egg beaten into it and a tablespoon of flour well beaten in.

Have ready a kettle of boiling fat and, dipping the onion rings momentarily into the batter, cook in the hot fat until a golden brown.

Remove to brown paper (an ordinary brown paper bag split open and laid out flat cannot be beaten) and let them drain themselves dry—sprinkling with a little salt and serving very hot. Cook a few at a time and serve on the installment plan. Keep them coming to the table hot and dry and crisp and fresh. It is astounding how many of these people can eat!

If the onions are served with steak, or a roast of veal, hashed-in-cream potatoes will go well.

Most men would prefer to end such a dinner with a well tossed leafy green salad, with thinly sliced radishes and bits of chopped green pepper in it. There should be a bit of cheese of the Camembert or Trappist type, “bien fait,” served with crusty French bread, slightly warmed, but not toasted.

INGREDIENTS

Onions
Milk

1 tablespoon flour
Boiling fat
Salt

POTATOES «DARK SECRETS»

HERE are “Dark Secrets” which the whole family, especially the children, will enjoy for dinner:

Have ready enough cold mashed potatoes to make for each serving a mashed potato ball the size of a baseball. Shape them and make a hollow in the top of each. Into each hollow pour some of the following:

A pound of chopped beef or any leftover meat—pork sausage and beef mixed is excellent. Fry the meat into crumbles, using a little bacon fat, adding some chopped onion and raw or canned tomato or catsup for seasoning. Cook this for about fifteen minutes and fill the hollows in the balls. Top off with bread crumbs and, possibly, bits of butter. Place these in a greased baking dish and set in the oven to brown. Serve with string beans, buttered beets or steamed cabbage.

Children love something hidden—something that is a surprise when eaten—hence the immemorial popularity of these “Dark Secrets” and of “Toad-in-the-Hole,” of boiled apple dumplings and similar disguised dishes. Many a youngster who develops a sudden disinclination to “eat his nice meat and potatoes” can be turned into a ravenous little diner by the “mysterious” approach.

INGREDIENTS

Potatoes	Onion, chopped
1 pound beef, chopped	Tomato or catsup
Bacon fat	Bread crumbs
	Butter

«QUELITES»—SPINACH, TO YOU!

HERE is the way folks “south of the border” treat spinach—only they call it “quelites,” in that sunny and leisurely land.

And the spinach which they prepare and call by the musical name “quelites” would make Pop-eye turn green with envy.

Have ready to cook about two pounds of spinach and put it into the cooking pot. Then, in a little skillet, heat a tablespoon of bacon drippings or other fat and in it brown a minced onion. Add to this a tablespoon of chili powder and mix well. Then pour this hot chili flavoring over the spinach and turn it about a bit with a fork. Into the pot pour a little well salted water, put a tight lid on the pot so that the water will generate enough steam to cook the spinach and cook slowly until the spinach is tender.

This method of preparing spinach does not take away the food values of this classic vegetable but goes far to remove the curse and the blighted reputation that has so unjustly been attached to the leafy greens. It just goes to prove the old adage right about giving a dog a bad name—spinach as spinach is always looked upon with disfavor. But call it something else, like “quelites”—and it becomes an exotic food, approved by all gourmets.

This particular dish of spinach, as prepared by our good neighbors, goes especially well with veal or pork chops.

INGREDIENTS

2 pounds spinach	Onion, minced
1 tablespoon bacon drippings	1 tablespoon chili powder
	Well-salted water

CANNED GARDEN TOMATOES

THERE comes a time of year when fresh tomatoes are at their lowest in quality and at their highest in price. It insults me to have them show their melancholy pale faces while the wily purveyor pretends they are extra special and I am supposed to hand over an enormous sum of money for a few miserable specimens. I recall that only last fall, I had baskets of them in my garden and I'll try to have more next autumn!

And still I like tomatoes, so I bethink me of the row of nice full jars that we canned last season. Now is the very time to make use of them.

So, we mince up two big onions and place them and some bacon fat in a large saucepan. When the onions begin to brown, we pour in two pint jars of our canned garden tomatoes. Then two big green peppers, sliced very thin indeed, salt and pepper and a heaping tablespoon of basil—which tomatoes adore. Then all this simmers for an hour or more and finally we add a cup of chopped leftover ham. Last of all, we add a can of good tomato paste.

Now we have a wonderful sauce. Some we use to make a great omelette filling—using eight eggs for an omelette for four. The rest of the sauce we save and we'll use it tomorrow to flavor a pot of boiled rice.

And I'll make a face at the man who wants to impoverish me because of a couple of tomatoes he has on display.

INGREDIENTS

2 pint jars tomatoes
2 big onions
Bacon fat
2 big green peppers

Salt and pepper
1 tablespoon basil
1 cup leftover ham
1 can tomato paste

SALADS

BREATH-OF-SPRING SALAD

COMES the day when one has the feeling of “the importance of living right”—and that is the time to soothe the conscience and also treat the family to a good “spring tonic”—one that really does take the place of the good old-fashioned dosing with sulphur and molasses. We are talking, as you have guessed, of a rollicking salad bowl.

The bowl is important. It should be big enough to hold all the ingredients and deep enough to permit of real tossing. And the bowl should be cold! In fact, the dressing must be very cold—and all the vegetables well chilled, too.

Into the bowl goes a head of lettuce with the leaves torn (not cut) into bits. Add a handful of spring onions, sliced fine, some radishes sliced thin, two or three tomatoes cut into quarters or eighths, a cucumber, washed but not peeled, sliced very thin and a green pepper in thin rings. A handful of ripe or green olives helps, too. Then when the greens are properly mixed, sprinkle on a topping of crumbled cheese.

As the salad appears on the table, dress with French dressing—toss with the wooden spoon and fork in plain sight of the assembled diners and serve into small wooden bowls or plates.

INGREDIENTS

Head lettuce	1 cucumber
Spring onions	Green pepper
Radishes	Ripe or green olives
2 or 3 tomatoes	Cheese
	French dressing

WHITE BEAN SALAD, BOHEME

SOMEHOW or other, the California climate or something makes for a Bohemian attitude when it comes around mealtime. If one is driving along a California highway and detects the home of a farmer of Italian descent, a good idea is to look in and ask if it is possible to purchase a light meal. Nine times out of ten, the reply is a gracious affirmative, with the comment that there is really nothing to serve, but we'll make the best of it. And that is how I ran into this salad of cold white beans:

Pick over and soak a pound of white beans overnight. Drain and put them into a kettle with about two quarts of water, a little salt and pepper, a chopped carrot, a chopped celery stalk, a sliced onion and a couple of bay leaves. Simmer until beans are soft. Then remove carrots, onions, etc., and drain the beans, setting aside to cool. Place them in a broad salad bowl and add a couple of chopped tomatoes, one finely minced onion, some chopped parsley—dress with a dressing of one part vinegar to two parts olive oil and season with salt and pepper.

This is the main course—with it serve any bits of cold meat, cheese and what there may be handy—some olives or radishes. Then a dish of chilled cooked fruit and a bit of cake.

The California Italian would have a bottle of native red wine, and probably coffee. Either will do, though.

INGREDIENTS

1 pound white beans	1 onion, sliced
2 quarts water	2 bay leaves
Salt and pepper	2 tomatoes, chopped
1 carrot, chopped	Parsley, chopped
1 stalk celery, chopped	Vinegar
	Olive oil

CHARPENTIER'S SALAD NO. 1

ONE OF the greatest of living chefs is Charpentier—a chef who is a true artist. I saw him one day in Lynbrook, Long Island, set before a dinner party what seemed to be a lovely floral centerpiece. It looked like a great white bud with a yellow center and a surrounding wreath of greenery.

Charpentier set it down with a flourish. Then, in a flash, he fairly leaped upon this decorative creation and began to serve it on salad plates with an accompaniment of French dressing.

This is what he had made—it is worth imitating, and not difficult. Charpentier had selected a perfect cauliflower and cooked it a pure white. Then he had placed it in a lovely green bowl, surrounding it with stalks of cooked broccoli. He had removed a portion of the center of the cauliflower and in the hollow placed the chopped yolks of hard cooked eggs.

It was a beautiful flower in appearance, but actually a delightful cooked vegetable salad—a complete course in itself—a rare surprise to set before any group of guests.

Too often the average amateur chef overlooks the fact that appearance counts for as much in achieving culinary triumphs as does the choice of ingredients, or the subtlety of seasoning. Producing works of art to delight the eye from run-of-the-mill eatables, is a craft to be undertaken with determination and the will to practice until perfection is attained.

INGREDIENTS

Cauliflower
Broccoli

Yolks of hard cooked eggs
French dressing

CHARPENTIER'S SALAD NO. 2

MY OLD friend, Henri Charpentier, the chef, made for me another flower-like salad which was an entire main course.

He took a small head of lettuce, removed the imperfect outer leaves, cut the stem straight and clean across, and removed the heart of the head, cutting from the top down, as one would hollow out a tomato. Washing under the faucet, the lettuce was cleaned and also opened into a blown rose pattern.

Into this open space went a mixture of the shredded leaves that had been removed, plus chopped lobster meat, chopped cucumber, minced onion and parsley—all dressed with French dressing.

This cool and suave morsel was set upon a plate and surrounded by some radishes, some olives and some slivers of cheese.

Then Henri made a speech. It seems that the great chef, Camous, had first made this dish for Sarah Bernhardt—which may be quite true. In any case, it is a nice dish with both taste and eye appeal.

And if one ingredient is missing, another one will do, for luscious crab lumps, or plump pink shrimp could replace the lobster with no trouble at all. Or, if sea food is entirely missing, cooked chicken, or even diced avocado, will do nicely.

A cup of clear bouillon would be a nice starter for this meal, with dessert consisting of cool pineapple sherbet and a macaroon.

INGREDIENTS

Head lettuce	Parsley
Lobster meat	French dressing
Cucumber	Radishes
Onion	Olives
	Cheese

ALL-IN-ONE SALAD BOWL

ONE does develop a virtuous and satisfying feeling when a meal is built around a good salad, plus a piece of cheese and a simple dessert.

When we come into the season of the year when salads are at their best—especially if we are attending to even a small home garden, we get more and more interested in salads. Incidentally, while a vegetable garden may be economical, it does not really entitle one to feel sanctimonious because there is nothing to compare with it in value returned. Aside from the few cents spent for seed, it is all clear personal gain, including the fresh air inhaled during the working periods!

Here's a good salad, largely from our own plot: Rub a wooden salad bowl with a bit of garlic and toss in lettuce leaves, torn into bits, some newly cut water cress, several radishes sliced very thin, half a dozen green onions sliced fine, tops and all, and there is the base. Bits of meat may be added if it is to be a "whole meal salad." American Swiss cheese cut in matchstick shapes will help to make the meal, if you like it. Too, there may be asparagus tips from the patch, and some hard cooked eggs from your own poultry yard. Tomatoes may be added if one likes them in a mixed salad, which I do not, but then—!

Now the dressing: Use basic French dressing but touch it up this time with some Worcestershire sauce and mustard to taste.

INGREDIENTS

Garlic
Lettuce leaves
Radishes
Green onions

Meat
American Swiss cheese
Asparagus tips
Hard cooked eggs
Tomatoes

CELERY ROOT SALAD, À L'EUROPE

A LETTER from a searcher in fine food reached me one day, asking about a good salad using knob or root celery. It seems the vegetable is not so well known in this country as it should be. It has many unusual qualities in its favor. Some people call it celeriac, which, I think, is an unpleasant sounding word.

Here is a salad, using root celery among other things, and it is really a complete main luncheon dish:

On individual plates or a serving platter place selected leaves of lettuce. Arrange on the leaves quarter-inch slices of cooked celery root previously marinated. For each serving add two halves of hard cooked egg, preferably stuffed. Here and there set slices of cucumber. Sprinkle liberally with ripe olives and add fine chopped parsley and chives. If you can get them, a few tarragon leaves, snipped into tiny bits, will be a gift in flavor from heaven itself.

To cook the celery root, scrub it well, peel it, and cook in salted, boiling water for several hours, or until tender. Drain, rinse in cold water and cut in slices. Place in a marinade of French dressing made with more than the usual proportion of vinegar, and let chill in the marinade for several hours. Drain off the dressing before placing on the lettuce leaves to serve.

INGREDIENTS

Lettuce	Ripe olives
Celery root	Parsley
Hard cooked egg	Chives
Cucumber	Tarragon leaves
	French dressing

SEA FOOD SALAD, CHESAPEAKE BAY

OUT OF Baltimore to Norfolk in the old days used to go the regular nightly runs of the Chesapeake Bay boats—and wonderful trips those were! On those boats a splendid seashore salad was served, which the home cook would do well to copy.

While there may be considerable leeway in choosing the ingredients, in the center of a base of lettuce leaves there must be a mound of crab meat. (At a distance from Chesapeake Bay it may be carefully picked canned crab meat.) The crab meat is mixed with mayonnaise before being put into the mound.

Around the crab meat are placed eight or ten shrimps. Bits of firm-meated, leftover fish can be used, also. Quarters of hard boiled eggs, chopped celery, ripe olives and green olives are neatly arranged in between the shrimp. Small radishes, bits of pickled beets and sprigs of water cress may be added, too.

With this salad there should be freshly made toast and somehow a cup of good tea or coffee is right at home.

Some guests on the boats liked pieces of cheese with the salad, while others preferred their cheese with fruit for dessert.

All in all, this is a highly successful light dinner!

INGREDIENTS

Lettuce leaves
Crab meat
Mayonnaise
Shrimps
Boiled egg

Celery
Ripe olives
Green olives
Radishes
Pickled beets
Water cress

DESSERTS

GEORGIA STRAWBERRY SHORTCAKE

AT THE home of friends in Brunswick, Georgia, I ate the world's finest strawberry shortcake. And it seems that the cook in that household used the same cake dough, baked it, and when there were no strawberries, used peaches and whatnot.

And so, with due permission, I asked if I might take the recipe. It turned out that it was the prize recipe of Mrs. Dull, who used to edit a food page for the Atlanta, Georgia, *Journal* for twenty years and more.

This formula is well worth keeping and following: Mix two and one half cups of flour, one-third cup of finest lard, one teaspoon salt, one tablespoon sugar and four teaspoons baking powder. Then beat an egg into three quarters cup of milk and add to the dry ingredients and knead into a good, smooth dough. Divide into two parts. Roll out one part to fit a pie tin. Sprinkle generously with flour. Then roll out second half and place on top. Bake at 325 degrees for about half an hour, until done. Then separate the layers and spread the lower with butter. Have ready a box of berries, sliced and sugared. Spread between layers and over the top and cover with whipped cream.

INGREDIENTS

2 1/2 cups flour	4 teaspoons baking powder
1/3 cup lard	1 egg
1 teaspoon salt	3/4 cup milk
1 tablespoon sugar	Berries
	Whipped cream

THOSE FAMOUS «CRÊPES SUZETTE»

ONE OF the best advertised among the glamorous desserts of the French restaurants are "Crêpes Suzette"—often the charge for this dish is a dollar to a dollar and a half per portion. The little "crêpes" or pancakes are made in the kitchen and brought to the table. In a chafing dish, the sauce is cooked at the table or on the sideboard. When ready, the cakes are laid in the sauce and heated through, then rolled and served with a bit of sauce poured over.

This is the recipe for the crêpes:

Mix and sift twice one cup flour, two tablespoons powdered sugar and half a teaspoon salt. Add to this one cup milk and two eggs. Add a tablespoon melted butter and beat long and hard (five minutes or so). Fry into small (about five inch across) pancakes—not too brown.

Then bring them to the dining room and re-heat them in the sauce, made thus:

Mix and cream half a cup butter and one cup sugar. Add a tablespoon lemon juice, the juice of one large orange and its grated rind. Flavor with a little brandy or Cointreau, and heat in chafing dish, stirring constantly. The alcohol will cook out, but the flavor will remain. Dip cakes into sauce, heat thoroughly, roll and serve, about three per portion.

INGREDIENTS

1 cup flour	1/2 cup butter
2 tablespoons powdered sugar	1 cup sugar
1/2 teaspoon salt	1 tablespoon lemon juice
1 cup milk	Juice of orange and grated
2 eggs	rind
1 tablespoon melted butter	Madeira or sherry

STATE OF MAINE GRIDDLE SOUFFLÉ

HERE'S a nice dessert for a small family—as a dinner dish for two it is a marvelous creation but to be done properly it calls for two separate cooking operations. However, it is worth it!

This is a “State of Maine Griddle Soufflé.”

For each serving, take two eggs and separate yolks and whites. Into the whites put a dash of salt, half a teaspoon sugar and half a teaspoon baking powder and beat very stiff. Then beat the yolks and stir them into the beaten whites, stirring as little as possible but still getting them mixed.

Now have ready a flat, round griddle which is not too hot—just hot enough to melt a bit of butter without burning it. On this griddle pour the soufflé mix, and spread to a depth of an inch, almost up to the edge of the griddle. Cook on top of the stove until a buttered knife blade will slide under and place in a medium oven for two or three minutes to give the mixture a chance to puff up. Test with a knife blade to make sure it has cooked through. On one half the top spread jelly, marmalade or bits of fruit and fold the other half over. Serve immediately before it has a chance to fall.

This is one portion *ONLY*.

With it toasted sponge cake or cinnamon toast and tea go well and, if you like, some stewed, rather tart fruit or berries.

INGREDIENTS

2 eggs separated
Dash salt
1/2 teaspoon sugar

1/2 teaspoon baking powder
Butter
Jelly, marmalade or bits of
fruit

OLD-TIME FLOATING ISLAND

MANY of us have a greater nostalgia for certain dishes enjoyed in our youth, or under some special circumstances, than we ever acquire for any other part of our "past." This is particularly true in the case of good things eaten in our teens, when food is a matter of paramount importance, and somehow assumes a flavor and a satisfying quality rarely encountered in our dining of later years.

Back in our own old high school days, there was a delightful creation which all the high school girls could make and all high-school boys ridiculed (but ate avidly, I can tell you).

This was "floating island" and it ought to come back in this day and age. Let's make some:

Into the top of a double boiler goes a cup of rich milk, which is brought to the scalding point. While it is heating, mix four level tablespoons flour and five level tablespoons sugar into another cup of cold milk, mixing well until very smooth, then, little by little, blend this into the scalding milk in the double boiler. Stir constantly and thoroughly until the mixture starts to thicken, then stir in two egg yolks, very well beaten. Cook all together about five minutes longer.

Turn this mixture into a broad, rather shallow dish to provide the "ocean." Let it stand by while we beat the whites of the two eggs to a froth, adding two level tablespoons sugar. When the "ocean" is cool, drop the white of egg mixture on, a spoonful at a time, to make "islands."

INGREDIENTS

2 cups milk	5 level tablespoons sugar
4 level tablespoons flour	2 eggs, separated
2 level tablespoons sugar	

BAKED ALASKA, À LA MAISON

“CAN ONE make a ‘Baked Alaska’ at home?” comes a question.

Certainly—and it is not at all difficult. “Baked Alaska” is one of those spectacular dishes which create Ahs! and Ohs! with little, if any trouble. But a few practice rounds are recommended before trying the dish for company as there is no backtracking. It either is—or it isn’t.

Start out, for, say, six portions, with a piece of sponge cake, about three-quarters of an inch thick and about five by eight inches. Place this on a flat dish which can stand oven heat. Now, on the cake place a layer of very firm ice cream—about two inches in depth.

Have ready a bowl of the whites of five eggs, beaten stiff, with two cups of powdered sugar worked in. This meringue must be freshly whipped up and firm. With a spoon and a spatula, unless you own a pastry bag, spread the meringue over the sides and top of the cake and ice cream and don’t spare the meringue!

Be sure the oven is very hot—450 degrees or better. Plop the dish into that hot oven—close the door—and in a minute and a half to two minutes the meringue should be lightly browned and the ice cream still firm. Serve at the table, cutting portions about an inch wide.

This is not a hard dish—but tricky until given a trial or two.

INGREDIENTS

Sponge cake
Ice cream

5 egg whites
2 cups powdered sugar

MISCELLANEOUS

DOUGHNUTS FROM MOOSEHEAD LAKE

NOW let's talk just about doughnuts—or rather just one wonderful doughnut—the recipe is a new one to use. It comes from Mrs. Amory Houghton who lives on Spencer Bay on Moosehead Lake in the deep interior of the State of Maine. If there is a home and headquarters for doughnuts it is in just this corner of the Maine woods.

This is a molasses and walnut meat doughnut. Given half a dozen of these and a couple cups of strong coffee the woodsman is ready for a big day when the thermometer is 40 below.

Mix three tablespoons melted butter and a cup and a half of molasses and beat well. Beat two eggs and add to the above. Now mix four cups flour, three teaspoons baking powder, a pinch of salt, a pinch of cinnamon and into this stir a cup of milk, then add the butter, molasses and egg mixture. This dough is then rolled out on a floured board to the thickness of a quarter of an inch. It is a rather thick dough, a little heavier than biscuit dough. Cut into shape with a doughnut cutter and cook in deep hot fat, turning over to brown both sides. Sprinkle with powdered sugar. (If you can possibly find some walnuts, get half a cup of broken pieces and stir them in before rolling out the dough. The walnuts do add a lot—but even without them, this is a grand breakfast number.)

INGREDIENTS

3 tablespoons butter	Salt
1 1/2 cups molasses	Cinnamon
2 eggs	1 cup milk
4 cups flour	Hot fat
3 teaspoons baking powder	Powdered sugar
	Walnuts

SWISS DUMPLINGS—«SPAETZLI»

SOMETIMES we get mighty tired of the routine of potatoes, or rice, or the macaroni family, and long for a change in that type of food. What can better fill the bill than dumplings of some kind? These are always favorites in the old world, and it is a pity that they are not served more often here in the land of plenty.

So, for a change, and to prove our versatility, let's make "Spaetzli"—the unusual little dumplings so popular in Switzerland. They go over so well with a steak or a chop or, in fact, with any sort of meat, that, when you serve them, you wont miss potatoes or their like.

Into one cup of flour stir one whole egg and yolk of another egg, and finally half a cup of milk and a little salt. Stir into a smooth dough. Then with a pan of salted water boiling furiously, hold the bowl of dough in your left hand, over the pan, with a knife blade slip off small bits of dough from the edge of the bowl and let them drop into the water, boiling them for about five minutes. They will emerge a little firmer than ordinary dumplings. Drain off into a serving dish and pour over a little melted butter or some buttered, browned bread crumbs.

A dish to remember is composed of these dumplings with stewed chicken, rich in its own juices. Asparagus or little green peas go alongside.

INGREDIENTS

1 cup flour	Salt
1 whole egg	Salted water
1 egg yolk	Melted butter or buttered
1/2 cup milk	browned bread crumbs

GOOD NEIGHBOR TIDBIT

THROUGHOUT South America there is a very popular tidbit called an "Empenada." These empenadas are, one might say, the South American conception of what we call "pies." However, theirs are really what we know as "turnovers."

First of all, the pastry dough is made—different recipes in different sections, but our North American pastry dough will do nicely. The dough is rolled as for pie dough and cut into rounds about the size of a small salad plate. Into the center is laid the "filling," then the dough is "turned over" and folded over around the edge. Then it goes into the oven to bake to a rich brown—and is eaten hot or cold, either at home or about town, at cunning little bakeshops or stands.

The filling may be of fruits, vegetables with sauce, or chopped meat with gravy. Many are high Spanish-American as, for instance, this filling:

Chop together three onions, two green peppers, one tomato and sauté in oil or bacon drippings. When tender, add black pepper, chili pepper, salt and a little flour. Cook fifteen minutes longer, adding a little tomato juice if too dry. Place one large tablespoon of this filling on the dough, add a slice of hard boiled egg and an olive—bake, and there you are.

INGREDIENTS

Pastry dough	Chili pepper
3 onions	Salt
2 green peppers	Flour
1 tomato	Tomato juice
Oil or bacon drippings	Hard boiled egg
Black pepper	Olive

«PEASE PORRIDGE HOT»

IN ONE of the great foreign-language restaurants in New York City, one may obtain at this time a lovely dish of old-fashioned pea porridge with homemade sausage cakes. The suave waiter explains that this pea porridge takes a full night and a full day to make—and this is true. You can make this porridge in your own home, starting the night before when you pick over the dry peas and put them to soak and all that sort of thing. And it comes out in the end a great dish.

But here is how one can make this dish at home—and in only fifteen minutes. The trick is to buy for each two servings one can of condensed pea soup. Turn this into a saucepan—**DON'T ADD ANY WATER.** Just heat carefully—don't let it scorch. When it is hot, you have wonderful pea porridge.

While it is heating, fry your sausage cakes. Pour the porridge onto a platter and down the center lay the cakes, pouring a bit of the fat over each cake so that it runs over onto the porridge—not much fat—just a tiny little bit.

In the great restaurant the waiter marks you up for a dollar a portion for this dish—it will cost you, at home, about two bits a “throw”—even with prices where they are. If you keep the secret to yourself, this may be one of the dishes for which you can become famous among your friends.

INGREDIENTS

Condensed pea soup

Sausage cakes

MACARONI, MAZATLAN

ONE DAY, in Mazatlan, Mexico, a friend of mine and I detected an odor of rare excellence coming forth from the back room of a small shop.

We paid enough compliments to the shop owner and his good wife to get ourselves invited to the simple but tasty noonday meal. The principal dish was a round, flat bowl of fireproof clay in which had been baked a mixture of macaroni and oddments. With it there was avocado with oil and vinegar, pepper and salt, and afterwards cups of custard, and black, thick coffee.

The macaroni dish was so simple it seemed almost child-like but it was extremely good.

It seems that some four cups of cooked macaroni were gotten ready. Then in a little saucepan about a cup of chopped onions was browned in fat. The inevitable three or four cups of chopped tomato were mixed in (canned tomatoes are just as useful). To the tomatoes were added a cup grated cheese, two teaspoons chili powder and a teaspoon salt. All this was boiled up together and mixed in with the macaroni.

The clay baking dish was well greased, the macaroni mixture went in, some extra tomato juice was added to provide sufficient moisture and the baking job was done. About twenty minutes' cooking browned the top. Had they had butter or more cheese, they would have been spread on the "roof."

INGREDIENTS

4 cups cooked macaroni	3 or 4 cups tomato, chopped
1 cup onions, chopped	1 cup cheese, grated
Fat	2 teaspoons chili powder
	1 teaspoon salt

MACARONI WITH MUSHROOMS

WHEN the day comes that it seems smart to run through a meatless dinner, saving many and sundry dollars, and setting the stage for a doubling up next day, a big bowl of macaroni done with mushrooms and tomato sauce is really a lovely thing. If you have on hand a few chicken livers or a fraction of a pound of sausage, here is where to use it up.

Anyhow, for four mortals, cook in salted water a pound of macaroni until tender—but not soft. Drain off the water. Return to the pot and stir in half a pound of fresh or canned sliced mushrooms sautéed in butter, a medium onion minced and lightly browned, a cup or more tomato sauce and half a cup grated cheese. Add pepper and salt to taste, then, mixing up well, bring it up hot.

Serve from a huge platter with a bowl of cheese on the side.

A mixed vegetable salad goes along nicely with this dish and the dessert can be fresh or cooked fruit and cakes with coffee.

As an added attraction, if you have a handful of olives, ripe or green, toss them into the macaroni mixture. And here's something you probably won't do—but if you WILL do it, you'll be given three cheers: With this macaroni dish, serve slices of French or Italian bread covered with minced garlic and fried in olive oil!

INGREDIENTS

1 pound macaroni	1 onion
1/2 pound fresh or canned mushrooms	1 cup tomato sauce
	1/2 cup grated cheese
Pepper and salt	

LUMBERJACK'S PANCAKE

IN PORTLAND, OREGON, there used to be a famous pioneer eating place called The Pine Street Coffee House. In time the business section moved far away but the Pine Street Coffee House carried on because business men would walk more than the well known mile for their lumberjack's pancakes. One should say "pancake" because even the lusty lumberman rarely went beyond one—two would be a record, even for a Paul Bunyan.

If you wish to emulate the famous Coffee House and serve these pancakes to your guests, here is the recipe:

First of all, have ready a heavy iron frying pan—not less than fourteen inches in diameter, for this pancake is indeed man-sized.

Now, for each pancake, beat up a mixture of two eggs, a cup of milk, a pinch of salt and two and a half tablespoons of flour. When really well beaten, heat a tablespoon of butter, or more if needed to cover the bottom of the pan. When hot, pour in the mixture and cook until golden on the underside. Then, with a handy spatula and a deft flip of the wrist, flop the cake over and let that side become golden.

Serve flat on a huge plate and provide powdered sugar, jam or preserves.

If your pan is less than fourteen inches wide, pour in only enough batter to just cover the surface.

INGREDIENTS

2 eggs
1 cup milk

Pinch salt
2 1/2 tablespoons flour
1 tablespoon butter

PECAN TIMBALES

MANY, many years ago, a lady named Mary Alice Brown assembled a collection of recipes and put them into a book, now very old, called "The Lady of the Manor." I found the collection of recipes in a bookshop in Portland, Maine, where it rested on a shelf with second-hand books, being a member of that family. I found later that the book was printed many years ago in Lewiston, Maine. Mary Alice Brown included in this work a very interesting and unusual recipe for what she calls "Pecan Timbales."

One chops or grinds to a paste a cup of pecan meats and simmers this for a half hour in cider (ginger ale will do). To the drained nuts, add two cups stale bread crumbs, half a cup melted butter (or substitute), enough cream or milk to moisten sufficiently and the yolks of three eggs, well beaten. Season with salt, pepper and grated lemon rind. Bake in a pan set in another pan of hot water. Use a medium oven and the time required is about twenty minutes.

This makes a lovely, light but nourishing luncheon dish, and is an especially good choice for a meatless day, because of the high protein value of the pecans, as well as the eggs.

INGREDIENTS

1 cup pecan meats	Cream or milk
Cider	3 egg yolks
2 cups stale bread crumbs	Salt and pepper
1/2 cup butter (or substitute)	Grated lemon rind

DISSERTATION ON RICE

A BOWL of boiled rice, ready to heap onto one's plate and cover with good gravy, is a fine thing to have. And it is time to learn how to cook rice—for it is an art which few American housewives seem to achieve. In ever so many homes, a bowl of rice is a damp, gummy, sticky mess. Actually, the bowl of rice should consist of a collection of individual kernels, tender, but not soft, which may be picked up in handfuls and tossed to the four winds—and they will all toss separately.

All you do is this: Place the well-washed rice in an abundance of bubbling and boiling salted water and boil until it is tender. Pour into a colander, run cold water over it and wash the paste off—then return to the kettle, set it in a pan of hot water, cover with a lid and let your rice swell in its own steam until ready to eat.

Now this rice is ready to be used as the basis of any number of good dishes. It is the one and only proper accompaniment to a curry of any kind, be it fish, meat or eggs. It is the principal background of every famous New Orleans “jumbalaya,” it is part and parcel of “Shrimp Creole.” In casserole dishes it has an essential place, it combines with leftover meat to stuff peppers and tomatoes.

It goes into delicate puddings for desserts, and it may even be made into cakes, fried and eaten with syrup. Leftover rice adds much to certain hot breads, waffles and cakes. In fact, there are few, if any, limits to its usefulness.

But it must be cooked properly!

INGREDIENTS

Rice

Boiling salted water

BROWN SAUCE

SEEMS we can't rest until every American home possesses a good refrigerator. And why do you think we so strongly recommend a good refrigerator? Well, so that in it there will be a pint or a quart jar of good brown sauce ready to come to the aid of the dish which needs a nice sauce or other—one which is built on a foundation of brown sauce.

Now, to make a supply of brown sauce start small: Get a couple of pounds of beef and veal bones—those with marrow in are best. Have the butcher saw them into two or three inch lengths. Wipe clean and place in a heavy iron pot together with a little butter or oil and two chopped carrots, a handful of celery tops, a cup of sliced onion, a couple bay leaves, a little thyme and a couple cloves.

Over a good heat, let the bones brown well, basting them. Sprinkle a cup of flour over them and let the flour brown well. Then fill the kettle with hot water and boil the whole thing for two or three hours. Add water if it dries out too fast.

At the end of the boiling period, strain through a fine sieve and season with pepper and salt. Then cook the sauce down to make about a quart and, after it cools, put the jar of sauce into the refrigerator to use as needed. This sauce will keep a week or so.

INGREDIENTS

2 pounds beef and veal bones	2 bay leaves
Butter or oil	Thyme
2 carrots, chopped	Cloves
Celery tops	1 cup flour
1 cup onions, sliced	Hot water
	Pepper and salt

YORKSHIRE PUDDING

“THE roast beef of old England” was always accompanied by its inseparable partner—crisp and tasty Yorkshire Pudding. Just when the custom of serving Yorkshire Pudding with roast beef originated I cannot say—but it is a good one, and should be followed whenever possible.

There is something about its crunchiness in contrast to the smooth suavity of the rare beef slices that seems to fill the bill perfectly. It is just another instance of the importance of contrasting textures, as well as colors and flavors, too often overlooked by the amateur chef when planning menus.

Yorkshire Pudding is easy to make and well worth the time it takes.

Roast your ribs of beef in the usual way, seeing to it that there is some good essence of beef in the bottom of the roasting pan for that is part of the secret of good Yorkshire Pudding.

Place several tablespoons beef essence in another baking dish (be quite liberal with the essence). And it can be quite fatty.

Make a mixture of a cup of milk, half a cup of flour, two eggs and one teaspoon baking powder. Season with salt and pepper and add about half a cup of chopped beef suet. Pour this into the baking pan, bake to a light brown and serve at once, with the slices of roast beef.

INGREDIENTS

2 tablespoons beef essence	2 eggs
1 cup milk	1 teaspoon baking powder
1/2 cup flour	Salt and pepper
	1/2 cup chopped beef suet

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