

its excellent quality, it brings a good price. The roe is carefully washed, the proper quantity placed in cans and either brine, oil, or sauce added, sealed, and given a process of 240° F. (115.5° C.) for an hour.

Shrimp

The shrimp is a crustacean the same as the cray fish, crab, and lobster. They are caught in the Gulf of Mexico from Texas to Appalachicola, Florida, and on the Atlantic Coast as far north as Savannah. Shrimp are caught in other places, but are not of proper size or in sufficient quantity to can. Formerly the catch was very irregular as they had to be taken in nets in shallow water less than 6 feet deep. The invention of new fishing tackle makes it possible to fish in water 30 feet deep, and has greatly increased the available supply.

The fishing is done with nets, and, as soon as they are brought on board the boats, they are iced, as they not only keep better, but the period of holding in the ice at the plant is shortened. The icing greatly facilitates the work of heading and picking at the factory. The preparation at the factory consists of removing the head and thorax, squeezing the heavy muscular part out of the shell, washing, and then dropping into boiling brine for about four minutes. The blanched shrimp are turned out upon wire tables to cool, and are then run through a wire squirrel-cage to rid them of particles of shell or small broken pieces. In the smaller factories this work is done by hand. The cans are filled by weight and may be packed wet or dry. A wet-pack shrimp has weak brine added, while the dry-pack is without such an addition. The wet shrimp has more of the original or natural flavor than the dry.

Tuna

American canned tuna is of comparatively recent origin. Although the tuna belongs to the mackerel family, it was not regarded as a specially good food fish. A method of treatment was developed, however, which has made one of the best and most popular fish products. The tuna is

a rather large, very firm fish. It is caught with hook and line. It is bled and dressed as soon as it is drawn into the boat. At the factory the fish are washed and hung up by the tail for twelve to twenty-four hours to be certain of the drainage of all blood. They are then placed in pans or on iron racks and run into ovens and baked by steam heat for about three hours which loosens the skin from the flesh, and the flesh from the bones, causes the oil to separate, and produces a marked whitening of the flesh. When cold, the skin is peeled off, the white meat is separated from the dark, and cut into suitable lengths to fit the cans. The meat is carefully graded, the white being used for the highest grade, while the dark meat and the small bits and scraps from the white meat are run through a grinder, spices may or may not be added; the latter product is sold as potted or deviled tuna. When the cans are filled, instead of using the oil from the fish, either olive oil or a mixture of olive and cotton-seed oil is used. Tuna has a distinctive flavor that makes it particularly desirable for salads.

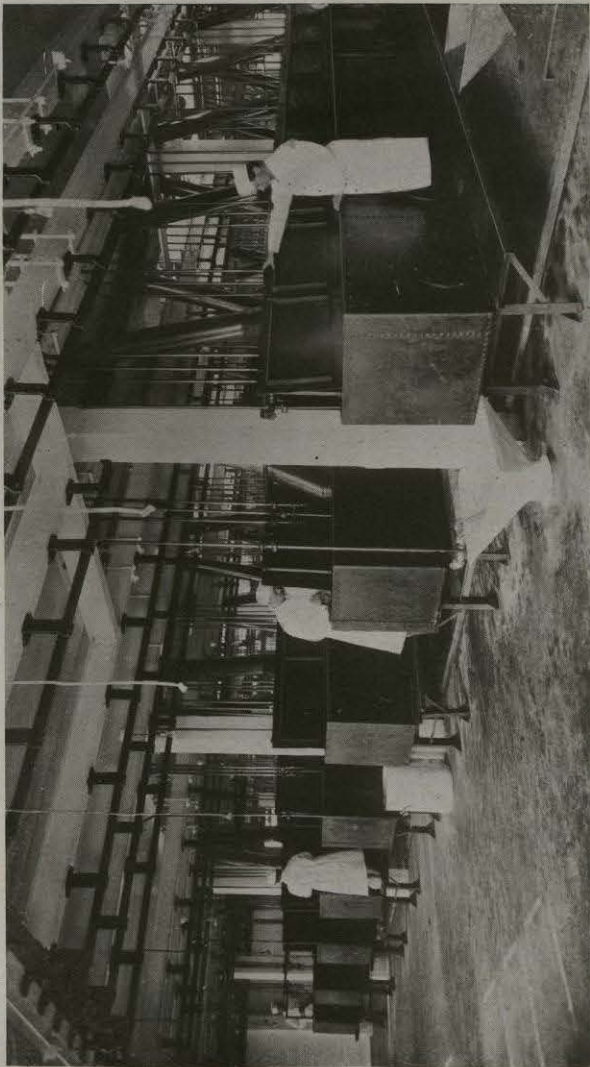
Fish Flakes

Fish flakes are a mixture of fish meats, though principally of cod and haddock. Instead of drying, as has been customary, the fish are lightly corned, then put on trays, run into a retort, and given a steaming sufficient to loosen the skin, and to permit the bones being lifted almost free from the flesh. By this treatment the flesh breaks apart in layers making a product known to the trade as flakes. The skin and bones are easily picked out by hand, and the meat filled into paper-lined cans. No sauce is added. This gives a very tender and better flavored product than that secured by the method of hard salting and drying.

MEATS

Meats

The canning of meats for interstate commerce is under government supervision. No meat may be used which



Each large cooker in a meat cannery will handle a ton or more of meat.

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has not been inspected, the plants must comply with prescribed sanitary regulations, and the methods be approved. This is the only line of canning under inspection. It practically limits the canning to the large slaughter houses, or to companies purchasing only inspected products and having inspectors in their plants.

The meats used for canning are principally the fore-quarters of beefs, and other parts that cut with waste upon the butcher's block. The meat is stripped from the bones, the larger layers of fat removed, and it is then placed in a jacketed kettle to heat for an hour or more just below the boiling point. This causes a marked shrinkage and loss of weight—30 to 40 per cent. If the meat be cut into pieces and put into cans without this preliminary cooking, it will shrink and float in an unattractive looking liquor. The cooked meat is cut into the proper sized pieces and packed into the cans. A quantity of meat jelly is added to prevent the meat adhering to the tin in spots, and also to give it a better appearance.

Some of the meats are partially cured before canning, as corned beef. Sausages and minced, deviled, and potted meats are cooked and run through meat cutters or grinders. These products are generally made from meat trimmings and pieces too small to use in the regular style. Some of these contain mixtures of meats, some cereal, and others spices. The packing of chicken, turkey, and game follows the general routine of meat packing. Owing to the difficulties in processing, and the possible danger from the use of a spoiled meat product, it is strongly advised not to attempt home-canning.

MILK

Milk

Canned milk may be obtained at almost any grocery store in the country, either as evaporated milk or as condensed milk. The difference is that in the former, the milk is concentrated and then sterilized, while in the latter it is concentrated and then sugar added to preserve it.

The packing of milk requires greater care throughout the various operations than is usually found in the dairies supplying the fresh milk trade. An evaporating plant cannot operate unless it be assured of a fairly constant supply of several thousand pounds per day. This supply must come from large producers; a dairyman with only

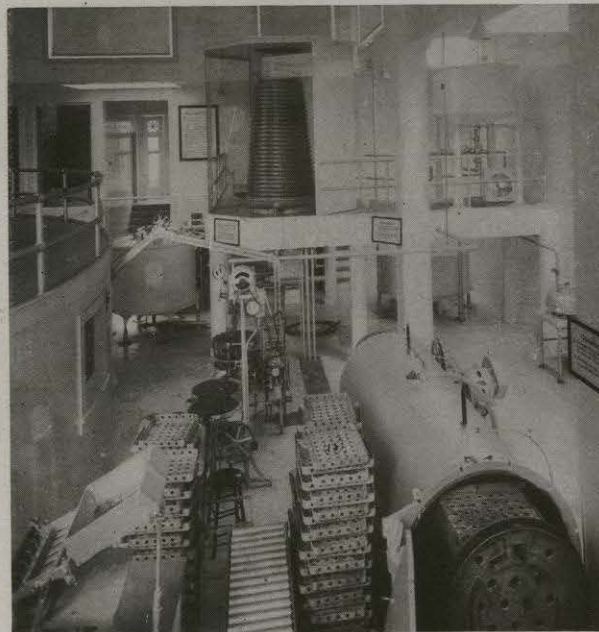


Milk plant, showing clarifier, vacuum pan, cooler, and holding tank.

two, three, or four cows is not a desirable patron. The character of the feed is kept under control, the health of the herds, the sanitary condition of the stables, the handling of the milk, and the time of delivery are all matters of factory supervision in order to secure a high and uniform quality in the raw product. The effect of concentrating and high temperature is such that milk if not first class

will curdle, separate, and otherwise become unmerchantable. Milk which would pass in the fresh market might not be suitable for condensing.

As soon as the milk is drawn, it is strained and either run over a cooler or filled into cans that are set in a chilling



Milk plant, equipment for filling and sterilizing cans.

tank to reduce the temperature as quickly as possible. At the factory the milk is first run through a clarifier to remove all foreign matter, and is drawn into large tanks or forewarmers, in which it is heated to near the boiling point. The milk is then tested to determine the ratio of evaporation necessary to bring it to the desired standard.

The concentration is conducted in a vacuum pan, in order that the evaporation may go on at a low temperature. The boiling proceeds between 130° and 150° F. (54° and 66° C.). When it is believed that the batch is nearly completed, a "strike" is made and the milk tested, and this is repeated at short intervals until the desired consistency has been reached. The completed batch is drawn over coolers into storage tanks, and very carefully tested for fats and solids to be certain that it will comply with the minimum requirements of the food regulations, that is, it shall not contain less than 25.5 per cent total solids and not less than 7.8 per cent of milk fat.

The cans are filled, and are agitated while being processed. This is for the purpose of preventing overheating the very thin layer of the milk next to the tin.

If condensed milk is being prepared, sugar is added to the hot milk before it goes into the pan, or heavy syrup is made and drawn into the pan with the milk. The proportion is about 16 per cent by weight to the raw milk so that when evaporated it is equivalent to about 40 per cent. The condensed milk is tested the same as the evaporated on the finished product, is run into the cans, sealed, but given no subsequent sterilization.

The great advantage of the evaporated milk is that it is of a certain quality, is sterile, and remains free from contamination until the can is opened.

SPECIALTIES

Beans

The canning of pork and beans, beans with tomato sauce, and baked beans is a very large business in itself. The white or navy bean grown in Michigan, Wisconsin, and New York is preferred for canning. The beans are machine-cleaned and hand-picked for defects. They are soaked from twelve to twenty hours in cold water, the water being changed about every four hours. The beans are then either placed in large jacketed kettles and heated

to near the boiling point for from thirty minutes to an hour and a half, or are blanched from ten to twenty minutes. A bit of pork is placed in the can, the beans are filled to the proper height, and sauce added so that when processed, they will have the proper consistency. There is a very marked difference in the mode of preparation and the sauce used. There are very few baked beans. This term implies the subjection of the beans to heat before being put into cans, which entails a loss of weight in the process. Heating in the closed can gives a different effect, and it is a matter of personal opinion which is better.

Hominy

Hominy is used in every logging and mining camp in the country. It is a food much relished by those engaged in hard physical work, and the canned article is the one preferred, because of the ease and the short time required for preparation. It is also becoming a fairly popular breakfast food, when served with milk. In the high class hotels it frequently appears under titles, such as "Cream of Whole Corn."

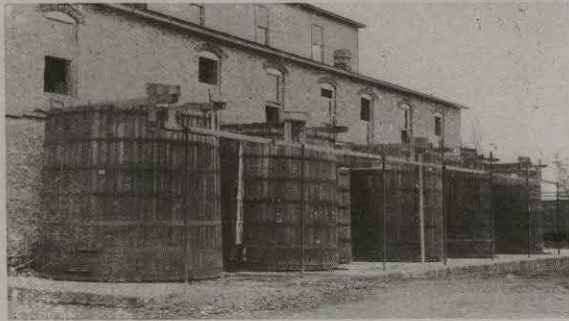
Hominy is made from selected white shelled corn. It is screened to take out the small defects and split grains. It is then washed and subjected to hot lye for from twenty to forty-five minutes. During this time it is agitated. When the hull loosens, the corn is run through a machine which removes the hull from the kernel. The next step is thorough washing and soaking, which requires several hours, and at most factories the soaking process is continued over night. The can is filled with the proper amount, and weak brine added.

Sauer Kraut

Sauer kraut is made by cutting cabbage into fine shreds, packing it tightly in large tanks or casks, and permitting it to ferment through the activity of its own organisms. This product has a rather ancient history in Central Europe and Russia, but the greatest modern improvement

is in distributing it in cans. The packing of sauer kraut is growing very rapidly in this country.

The cabbage is trimmed of its outer coarse and green leaves, the core is cut out or shredded by a special cutter, and the heads are then thrown into the cutter. This consists of a series of curved knives mounted in a wheel, the knives being set to cut as coarse or as fine as desired. The finely cut cabbage is packed tightly into large vats and as each layer is packed, about 2 per cent by weight of salt



A small group of kraut tanks.

is added. The top is covered tightly and weighted. If the temperature is above 60° F. (16° C.), fermentation will begin at once, a brine will rise above the cabbage and will remain for two weeks or more, depending upon the temperature, and then gradually return to the mass. This marks the completion of the fermentation which indicates that the kraut is fit for consumption.

The kraut is filled into cans by weight, a weak brine added and it is given a short process at boiling temperature.

Soup

This is described on page 113.



A view in a modern soup kitchen

HOW TO USE CANNED FOODS

Introductory

The object of the work that follows is to indicate how some canned and other prepared foods may be used in ways to lighten work in the preparation of various dishes, and especially how they may be used in more appetizing ways than the ordinary reheating. In the recipes that follow, either fresh or canned material may be used, but it is believed that the latter will usually prove the more economical.

In the ordinary treatise on the use of canned foods their advantage for emergencies is given, sometimes accompanied by a list of foods which should be in the emergency closet, or a menu for unexpected guests is given in which canned foods play a leading part, and enable the ingenious housekeeper to display her skill creditably. The tendency of the basic reasoning is somewhat illogical and misleading.

The housekeeper likes something better than the ordinary for company, and if that has been obtained, and with it a shortening of the time of preparation and inevitably with the shortening a lessening of the labor, then why not use these foods commonly instead of in emergencies?

The relative cost of canned and fresh stock is not well understood. Any estimate made to determine which is the cheaper should include not only the first cost of raw material, but also the added labor in securing the material, in its preparation, and in the disposal of the waste. In the rural districts and in the smaller cities and towns, the cost of fresh material is low, but in the larger cities it may not become cheap at any season. When peas or tomatoes cost 10 cents or more for a quarter of a peck, a can is almost certain to be the cheaper, for it requires more than this quantity of either to make one can. It requires on an average more than four ears of sweet corn to make one can. Peas, string beans, tomatoes, and beets, shipped from the south to northern markets, or asparagus shipped from

California to the East, are always much higher than the corresponding products in cans. There is a real need for both the fresh and the canned, and the latter cannot be substituted in whole for the former, but most persons do not know the basis on which to make a discrimination between the two in the matter of cost. What applies to the few products cited, applies with equal force to many others. The canner buys by the hundreds of tons and thus he is enabled to deliver goods in quantity and of a quality equal to, or better, than can be delivered raw in the regular fresh market.

In the preparation of many of the nicer dishes in which skill is required, the part in which individuality is used is after the meat, vegetable, or fruit is cooked, and in many cases cooled. For these dishes it would seem unprofitable for the housekeeper to do the rougher work of sorting, washing, peeling, and preliminary cooking, and to look after the disposal of the waste, if this work is avoidable. It is in this respect that the better hotels and restaurants have the advantage, as they waste no time in preliminary work which can be more advantageously done by outsiders, and they look after the cost much more closely than the housekeeper; if it were cheaper, or if the finished foods were better, they would use the raw products. The housekeeper has spent most of her energy in doing the rougher work, and has little left for the part requiring skill, so that necessarily "plain" foods are served.

A feature which enters into the higher cost of using canned foods is that the ordinary housekeeper is possessed of a form of pride which permits her to use only the highest grade article, though when she buys raw material in the market she must necessarily use it ungraded, as a very large amount would be required to grade as done in the factory. For an example, twelve peaches are often times better suited to her purpose than six larger halves, and cost less; and there is more nourishment and flavor in a can of fully developed peas at one-half to two-thirds of the cost of the tiny immature ones.

An important step in the reduction of the cost of canned foods is the purchase of case lots. At the present time the retail price is based upon the single can, and there is little concession made for sales in dozens or cases, either straight or mixed. Any smoker can go to the corner tobacconist and buy a box of "indulgence" at almost wholesale rates. There is far more reason why this principle should apply to canned foods.

Kinds of Food

The variety of foods canned is constantly increasing, as it is found from experiment that certain foods can be utilized the entire year, instead of for only a limited season, or that certain foods are improved by the treatment. In foreign countries many products are canned of which the average person is wholly unaware, the goods being used by the natives only, or by those who have traveled, or where the price is high, available only to persons of means. In our own country many foods are canned which are also unknown to the average consumer, but which, if known, would not only lighten the labor of preparation, but add variety to the menu, as well as in many cases lessening the cost. There are also many foods and condiments prepared in other ways than by canning, which, if known, would be of considerable advantage to the housekeeper in aiding her to give variety to the menu. Among these are prepared sauces and forms of ketchup which may be used to impart flavor and a degree of piquancy to the ordinary sauces. Preparations of the various spices, spiced salts, and herbs are also valuable additions to the kitchen supplies, and as they are in dry form, may be kept without fear of spoiling.

The following is a list of the more common canned foods. Those marked with a star, while packed in tin and glass and popularly called "canned," are not sterilized by heat.

Soups

Asparagus.
 Beef—broth, soup, juice, extracts (liquid, solid).
 Bouillon—beef.
 Chicken—broth, chowder, consomme, gumbo, okra.
 Clam—bisque, bouillon, broth, chowder.
 Consomme—ordinary, condensed.
 Julienne.
 Meat—extracts (liquid, solid, juice).
 Mulligatawny.
 Mutton—broth.
 Okra.
 Onion.
 Oxtail—clear, thick.
 Oyster—bisque.
 Pea.
 Pepper pot.
 Petite Marmite.
 Printaniere.
 Purée—asparagus, beans, lima beans, celery, peas, tomato.
 Tomato—nectar, purée, okra.
 Turtle—clear, green, mock.
 Vegetable—clear, condensed.
 Vermicelli—tomato.

Fish and Shellfish

Anchovies—whole, paste.
 Carp—smoked.*
 Caviar.*
 Cod—sliced, shredded, balls, cakes.
 Eels—in jelly, spiced.
 Haddock (Finnan haddie).
 Halibut.
 Herrings—fresh, bloated, kippered, in tomato sauce, smoked.*
 Mackerel—plain, broiled, salted.
 Menhaden.

Pickereel—smoked.*
 Pike—smoked.*
 Roe—caviar (sturgeon or other fish),* cod, herring, salmon.
 Salmon—plain, smoked.*
 Sardels.
 Sardines—oil, mustard, tomato, soused.
 Shad.
 Sturgeon—pickled, smoked.*
 Tuna—white, dark, mixed, spiced, deviled, potted, chowder.
 Trout—smoked.*
 Clams—little neck, razor backs.
 Crabs—plain, deviled.
 Lobsters—plain, pickled.
 Oysters.
 Shrimps—dry, wet, headless, paste.
 Terrapin.
 Turtle.

Meats

Bacon—sliced.*
 Beef—a la mode, boiled, braised, brisket, Burgundy style, chipped,* corned,dried,* extract, goulash (Hungarian style), knuckles, minced, roast, sliced, smoked,* stew, suet.
 Beef—with onions, with vegetables, hash (corned and roast beef).
 Brains.
 Chicken—boneless, potted, deviled, tamales, sauté a la Marengo, curried, provencale, liver.
 Duck—roast, wild.
 Goose—roast, paté de foie gras.
 Grouse.
 Ham—deviled, loaf, potted.
 Irish stew.
 Kidneys—stewed.
 Lamb—roast, tongue.
 Liver—with bacon, with onions.

Loaf—beef, chicken, ham, veal.
 Mutton—roast.
 Ox-tails, tongue.
 Partridge.
 Pork—pig's feet, lard.
 Quail.
 Sausage—Frankfurt, German lunch, lunch, Oxford, pork, sausage meat, with sauer kraut, Vienna.
 Tongues—calf's, lamb, lamb pickled, lunch, ox, picnic.
 Tripe—boiled.
 Turkey—roast.
 Specialties—Chile con carne with and without beans, collops, hash of various kinds, mince meat, deviled and potted mixtures.
 Stews—army rations.
 Veal—loaf, roast.
 Game patés truffled—chicken, chicken liver, wild duck, grouse, partridge, quail.
 Entrees—braised beef a la jardiniere.

Vegetables

Artichokes—heads, hearts.
 Asparagus—stalks, pieces (soup stock).
 Beans—baked, with tomatoes, with pork, kidney, lima, string, wax.
 Beets—various sizes, pieces.
 Bread—Boston brown.
 Brussels sprouts.
 Cabbage.
 Carrots.
 Cardoon.
 Cauliflower.
 Corn—cream, Maryland style, kornlet, corn-meal mush, on the cob.
 Cucumbers.
 Dandelions.
 Endive.
 Hominy—whole, pearl (cut).

Kale.
 Lentils.
 Mixed vegetables for soup.
 Mushrooms—heads, pieces.
 Oatmeal.
 Okra—slices, with tomatoes.
 Olives—green, ripe, stuffed* (with pimienta, celery, capers, nut meats), rings, in oil.
 Onions.
 Parsnips.
 Peanut—butter.*
 Peas.
 Peppers—pimienta (sweet), green, red.
 Pickles—gherkins.
 Potatoes—sweet.
 Pumpkin—plain, spiced.
 Rice.
 Salsify.
 Spinach.
 Squash.
 Succotash.
 Tomatoes—whole, pieces, pulp, chili sauce, ketchup, nectar.
 Truffles.
 Turnips.
 Whole wheat.

Fruits

Apples—whole, halves, pieces, sauce, butter.
 Apricots—whole, halves, slices, pieces.
 Blackberries—dry, syrup.
 Blueberries.
 Cherries—white, red, black, maraschino.
 Crabapples.
 Cranberries—sauce.
 Currants.
 Figs—whole, pieces.
 Gooseberries.

Grapes.
 Grapefruit.
 Loganberries—dry, syrup.
 Nectarines.
 Oranges.
 Peaches—whole, halves, slices, pieces.
 Pears—whole, halves, pieces.
 Pineapples—slices, pieces, grated.
 Plums—green, red, purple.
 Prunes—dry, syrup.
 Quince—pieces.
 Raspberries—black, red, white.
 Rhubarb.
 Strawberries.
 Tamarinds.

Specialties

Cake—various kinds.*
 Cider.
 Cheese.*
 Chili con carne.
 Chow chow.
 Conserve.
 Eggs.*
 Enchilladas.
 Fruit-butters—(plain, spiced), crushed, pulp.
 Honey.*
 Jams.
 Jellies.
 Marmalades.
 Milk—condensed, evaporated, dry.
 Mince—with and without meat, dry, moist.
 Molasses.
 Olive mixtures.
 Pie crust.*
 Puddings—fig, plum, etc.
 Salad dressings.
 Sauces—for meats, vegetables, puddings (brandy, custard).

Spiced and pickled fruits.
Tamales.

Ready-Made Entrees

Braised beef a la jardiniere.
Beef a la mode.
Beef, Burgundy style.
Goulash, Hungarian style.
Sauer kraut and sausage.
Veal and green peas.
Calf's tongue, tomato sauce.
Calf's tongue, sauce piquanté.
Chicken curry a la Marengo.
Chicken a la provencale.

SAUCES

In making the roux for sauces, starch gives a smoother, more transparent thickening than flour. Since the starch is the only part of the flour that is necessary and that thickens, there is no reason for using flour except as a matter of convenience. When starch is used, only half the amount is required that would be necessary if flour were used. Any of the starches, as corn, arrow-root, potato, etc., may be used. A few of the sauces that are oftenest used and which may be modified to suit particular dishes are given.

The numbers in parentheses in the list of ingredients indicate the size of can required.

Cream Sauce

One ounce butter, one ounce flour or one-half ounce corn starch, one-half pint cream, salt, pepper, mace.

Heat the butter, add the thickening gradually, working it smooth, being careful not to let it burn, then add the cream gradually. It may be thinned with milk or white stock, and varied by using nutmeg instead of mace, and may also have the juice of a lemon added.

Bearnaise Sauce

Four ounces butter, four egg yolks, four tablespoons tarragon vinegar, one small onion, one sprig of thyme, salt, six peppercorns.

Cook in a saucepan the vinegar, the minced onion, the thyme, salt, and peppercorns. When reduced to two-thirds, take off the fire and cool, then beat in the yolks. Put the saucepan on a low flame, add the butter gradually, stirring constantly until the yolks have cooked and thickened the sauce. Strain while warm. The sauce should not be served hot, as it is really more of a mayonnaise.

The sauce is usually made with shallots, but onion or an equivalent amount of leaves of chives may be substituted.

Bechamel Sauce

One ounce butter, one-half ounce arrowroot or other starch, one onion, few whole peppers, thyme, one pint milk, one ounce veal, salt, nutmeg.

Sauté the minced onion and veal, then add with the other seasoning to the hot milk, cover, and let infuse on a very low flame. Make a roux of the butter and starch, and pour the hot milk on, stirring until smooth, cook the sauce for fifteen minutes. Strain. It may be thinned with stock or cream. A small bit of ham is sometimes added with the veal.

Bearnaise Tomato Sauce

This is made by adding to the finished Bearnaise sauce a quarter of a pint of tomato purée.

Española (Spanish) Sauce

Two ounces butter, two tablespoons flour or one of starch, one can consomme (highly seasoned), two tablespoons tomato purée or ketchup.

Make a brown roux by stirring the butter and starch over a low fire, until of a brown color, then add the hot stock slowly so as to keep the sauce smooth, and the tomato. Cook slowly for about an hour, removing the scum from time to time. If necessary, add more stock.

Hollandaise Sauce

Eight ounces butter, five egg yolks, juice of one lemon, salt, cayenne.

Put the lemon juice and the yolks in a double boiler, and add the butter, a bit at a time, stirring constantly until the sauce is creamy. The water must be kept from boiling or the eggs will scramble. A safer way is to whisk the eggs until creamy, then remove the vessel from the fire, and add the butter gradually. The sauce may be thinned with cream or with water. The consistency may be varied by the number of eggs used or by the extent of the cooking.

Fish Sauce

An excellent sauce is made by adding whipped cream to the Hollandaise, adding the cream slowly, and in the proportion of one part cream to two parts of the Hollandaise.

Butter Sauce

Put the desired amount of butter in a saucepan and brown slightly, at the same time removing the froth. When ready to remove from the fire, season with salt and lemon juice, and strain over the fish or meat to be served.

Tomato Sauce

One can tomato purée (No. 1), one ounce butter, one carrot, one onion, six peppercorns, three ounces ham.

Brown the minced onion, carrot, and ham in the butter, add the peppercorns and the tomato and simmer for half an hour, then add starch to thicken, cooking again, so as not to have a raw flavor.

Mushroom Sauce

Make a white or cream sauce, using the mushroom liquor instead of cream or milk. Just before serving add the mushrooms and cream, and after that a teaspoon of lemon juice.

East India Sauce

One can chicken broth (No. 1), one small onion, one apple, two ounces butter, one teaspoon Worcestershire sauce, one table spoon Bengal chutney, salt, pepper.

Mince the onion, brown in the butter, then add the apple minced and the broth or stock, and cook until the apple is soft. Strain through a wire sieve, then add the Worcestershire sauce and the chutney.

Sauce for Cold Meat

To a pint of thick mayonnaise add gradually a quarter pint of whipped sour cream that has had added to it the juice of a lemon and a teaspoon of Worcestershire sauce.

SALAD DRESSINGS

Salad dressings are as easily made as any other simple sauce if the tradition in regard to having all the ingredients chilled is set aside. Oil need not be held in the refrigerator, but is better at the room temperature, and salt added at the start helps in the blending of the egg yolks and oil. An average-sized egg yolk will blend with five tablespoons of oil, and an extra tablespoon may be added if the mayonnaise is to be used at once. The separation of the oil and yolk is due to the oil being too cold, or to an excess of oil.

When it is desired to have the mayonnaise hold its form, gelatin may be added in the proportion of a quarter teaspoon to the cup of mayonnaise. The gelatin is soaked in a tablespoon of water, then dissolved with the smallest quantity of boiling water, and when cool, and before it sets, added to the mayonnaise. This is done sometimes by professional caterers in preparing large amounts, as the dressing retains its body.

French Dressing

One-half teaspoon salt, one-quarter teaspoon paprika, six tablespoons oil, two tablespoons vinegar.

Mix the salt, paprika, and a small quantity of oil, then the rest of the oil, and lastly the vinegar. The dressing may be varied by using celery salt, a few drops of onion juice, or rubbing the bowl with a cut clove of garlic.

Cream Mayonnaise Dressing

The same as mayonnaise, but add one-quarter pint of stiffly beaten cream when ready to serve.

Cream Dressing

Two eggs, one teaspoon sugar, one-quarter teaspoon salt, one-quarter teaspoon mustard, three tablespoons vinegar, one tablespoon cream.

Mix sugar, salt, and mustard; add to the eggs well beaten. Place in a double boiler and add the vinegar and cream. Cook until it thickens, beating constantly while cooking.

Boiled Dressing

Two eggs, one teaspoon sugar, one-half teaspoon mustard, one-half teaspoon salt, one-eighth teaspoon paprika, one-half pint vinegar.

To the well beaten eggs add the sugar, mustard, salt, and paprika mixed thoroughly, then the vinegar. Cook in a double boiler until it thickens. Beat with an egg-beater while cooking.

Boiled Dressing

Two egg yolks, four tablespoons olive oil, two tablespoons vinegar, one tablespoon lemon juice, one teaspoon sugar, one-half teaspoon salt, one-half pint double cream.

Beat the yolks, add half of the oil gradually, then the vinegar, lemon juice, and the seasoning. Cook in double boiler until it thickens, cool, then add the remaining oil, and when ready to serve, the stiffly beaten cream.

Mayonnaise Dressing

One-half teaspoon mustard, one-half teaspoon salt, trace of cayenne, two egg yolks, one-third pint olive oil, three-fourths tablespoon lemon juice, three-fourths tablespoon vinegar.

Mix the mustard, salt, and cayenne so as to have no lumps, add to the egg yolks, stirring until smooth, then add the oil drop by drop at first, until very thick, then alternate the remainder of the oil with the lemon juice and vinegar. If a light dressing be desired, use all lemon juice. The vinegar may be added to the yolks and seasoning, beaten well, and the oil then added, as at first, drop by drop.

Tartar Sauce

To a cupful of mayonnaise add a teaspoon each of minced capers, olives, and whole small cooked peas; chopped pickles may be substituted for the olives, and parsley may be very finely minced and used.

Swiss Mayonnaise

To one-half pint of mayonnaise add two medium sized potatoes which have been cooked, seasoned with onions, salt, pepper, and mashed light. Just before serving add the stiffly beaten white of the egg.

Remoulade Dressing

Three hard boiled egg yolks, one-half teaspoon salt, one-eighth teaspoon cayenne, one raw yolk, one-quarter pint olive oil, one tablespoon vinegar.

Mash the cooked yolks until perfectly smooth, then work in the raw yolk. Add the salt and cayenne, and the olive oil drop by drop at first, stirring rapidly, then the vinegar, adding this gradually and mixing well.

This may also be made by taking one pint of mayonnaise and adding to it one tablespoon of each of the following: mustard, minced gherkins, capers, and a teaspoon each of parsley, tarragon, and chives.

Roquefort Mayonnaise

To one-half pint of mayonnaise add two tablespoons of grated Roquefort cheese, mixing until the dressing is smooth. This should be used only on lettuce, endive, or other green salad.

Vinaigrette Sauce

To French dressing add minced parsley, capers, olives, pickles, and grated onions.

GARNISHES

Garnishing a salad adds materially to its attractiveness, and in many cases to its nutritive value. Below are given some garnishes which are easily prepared:

Celery

Tender tips, stalks slit so as to curl, tender rounded stalks filled with cheese, or cheese and other mixtures, the outer coarse stalks removed at the root, the root trimmed so as to taper, then the remaining stalks and root cut into quarters, each quarter will thus have a portion of the tender inner stalks.

Beets

The beets are removed from the can and drained, then soaked in spiced vinegar for a few hours, removed from the vinegar and sliced, cut into dice, balls, narrow uniform strips, or fancy shapes.

Chives

Leaves cut into uniform lengths, or minced.

Hard Boiled Eggs

Halved, sliced rings of white, yolk put through ricer, or yolk removed and mixed with relish, then returned to white.

Lemons

Cut in slices, quarters, points, or serrated.

Olives

Whole green, ripe, or stuffed, rings, ribbons, or small ones cut in points.

Onions

Cut in slices, rings, strips, or small ones cut in points.