

**Radishes**

Cut into flower shapes; select those of uniform shape, either small and round, or long and tapering; root end cut off and about an inch of green stems left on for color contrast.

**Shrimp**

Large, wet pack shrimp; or the shrimp may be soaked in a liquor made by cooking an onion, bay leaf, thyme, three cloves, six allspice, and six peppercorns, one tablespoon vinegar, and about a pint of water. The condiments are first stewed in the water for about an hour, then the liquor is filtered, and the shrimp soaked in it for a few hours. The shrimp are dried and used to ornament other dishes, or they may be served on cracked ice.

**Parsley**

Chopped fine or coarse, sprays, sprays fried.

**Pimientos**

Canned or raw pimiento cut into strips, circles, or fancy shapes, green or red, or a mixture of both colors.

**APPETIZERS****Lobster Cocktail**

One can lobster (8 ounces), tomato ketchup, sherry, lemon juice.

Cut the lobster into small pieces, mix with the ketchup, sherry, lemon juice, and salt to flavor. Serve in cocktail glasses.

**Crab Cocktail**

Substitute crab for lobster, prepare like lobster cocktail.

**Oriental Canapés**

One can lobster or crab, one ounce butter, curry powder, lemon juice.

Pass the lobster or crab meat through a food chopper, and mix with the butter. Season with salt, pepper, mustard, cayenne, nutmeg, and curry powder, and moisten with lemon juice. Cut small rounds of toasted bread, scoop out some of the center, fill with the mixture and cover with curry sauce. Sprinkle with fine bread crumbs and let bake in the oven for a few minutes. Serve hot.

**Curry Sauce**

Two ounces butter, two tablespoons flour, one tablespoon curry (scant), one teaspoon onion juice, one-half pint of milk, one hard boiled egg.

Blend the butter, flour, curry, and onion juice. Let cook a few minutes, but do not brown. Stir the milk in gradually, season with salt and pepper, and before serving add the eggs chopped fine.

**India Canapés**

Bread, one can ham (4 ounces), one ounce chutney, two ounces Parmesan cheese, parsley.

Cut the bread into thin circles and toast in butter. Spread with the ham and chutney, and sprinkle with the grated cheese. Set in the oven a few minutes. Serve hot garnished with parsley.

**Spanish Canapés**

Bread, one can tuna (8 ounces), three sweet pickles, two tablespoons chutney, two tablespoons Hollandaise sauce, three tablespoons Parmesan cheese.

Cut the bread into thin circles, toast in butter. Mix the fish (drained from oil) with the minced pickles, and the chutney, and moisten with the sauce. Spread on the toast, sprinkle with the grated cheese and bake for 5 minutes. Serve hot.

**Asparagus Canapés**

One can asparagus (No. 2), bread, mayonnaise.

Drain the stalks in a towel, serve on the bread cut into diamonds and toasted, and the mayonnaise poured over.

**Ham Canapés**

Bread cut in circles and fried, one small can deviled ham (4 ounces), cream, cheese.

Prepare the bread, and spread with a paste made of the ham with cream to moisten. Sprinkle with grated cheese.

**Caviare Canapés**

One can caviare, bread, watercress, butter.

Cut the bread into disks, sauté in butter. Spread with a mixture of equal amounts of butter and minced water cress, with a thick layer of caviare on top.

**Shrimp Canapés**

One can shrimp (No. 1), bread cut in squares and fried, parsley, butter.

Grind part of the shrimps until a smooth mass and mix with butter until smooth. Spread on the bread. Place whole shrimp on top, and sprinkle with chopped parsley.

**Small Rolls with Ham**

Small rolls, one can potted ham, two hard boiled eggs, lettuce, three radishes, one ounce butter.

Mix the ham, butter, minced eggs, thinly sliced radishes, and finely cut white lettuce leaves. Cut the rolls, almost through, in two lengthwise, and remove most of the soft part. Spread the insides with the mixture and close.

**Small Rolls with Mayonnaise**

Six small rolls, mayonnaise, two tablespoons finely chopped celery, two tablespoons chopped olives, two tablespoons chopped smoked tongue.

Cut the rolls in two lengthwise, keeping together, remove soft part, and fill with a stiff mayonnaise to which has been added the celery, olives, and tongue. Close each roll.

**Tongue Canapés**

One can tongue (4 ounces), one teaspoon made mustard, one-half ounce of butter, one hard boiled egg yolk, two teaspoons lemon juice, paprika, nutmeg, bread.

Put the tongue through a meat chopper, mix with mustard, butter, egg yolk, lemon juice, and flavor with salt, paprika, and nutmeg. Fry rounds of bread, place the mixture on them, and garnish with water cress. This mixture may be used in sandwiches.

**Oyster Canapés**

One can oysters (No. 1), one teaspoon bread crumbs, one ounce butter, one-eighth pint cream, bread roll.

Chop the oysters fine, mix with them the bread crumbs and cream. Season with salt and pepper, and simmer for a few minutes. Cut the bread into circles, toast, and butter them. Pour the mixture over and serve hot.

**Oysters on Toast**

One can oysters (No. 2), one saltspoon salt, pepper, one egg yolk, three tablespoons cream, two teaspoons sherry.

Drain the oysters, then heat in a buttered pan, sprinkle them with the salt and pepper. Next add the beaten egg yolk in the cream. When heated well, but not boiled, add the sherry, and serve on toast.

**Savory Butter for Canapes**

One-quarter pound butter, two dozen olives.

Cream the butter, then add the olives which have been passed through a meat chopper, after being stoned, season with paprika, and rub together until smooth. Either green or ripe olives may be used.

**Olive Cream for Sandwiches**

One-quarter pint cream, two dozen olives, one-quarter teaspoon salt.

Beat the cream until stiff, and add the olives after stoning and running through the meat chopper, then add the salt, and rub to a paste. Spread between buttered slices of white bread.

These may be varied by using green olives with half the cream, and ripe olives with the other half. Use four slices of bread, two of which have been lightly buttered on both sides, the other two slices buttered on one side only. Put layers of the green and ripe olive mixtures between the slices so that there will be two layers of ripe to one layer of green or the reverse. Cut in strips and arrange on a doily.

**Plain Canapés**

Potted fish or meat, brown bread.

Cut the bread very thin, remove crust, toast, and butter lightly. Spread with the potted fish and cut into strips.

**Mayonnaise Piquante Sandwiches**

One-quarter pint mayonnaise, two dozen ripe olives.

After stoning, pass the olives through a meat chopper, mix with the mayonnaise, and spread between thin slices of bread lightly buttered.

**Chicken and Mushroom Sandwiches**

One can chicken, mushrooms, bread.

Pass the chicken and mushrooms through a meat chopper, then moisten with some tomato cocktail sauce or tomato ketchup. Spread the mixture on thin slices of white bread which have been buttered. If the regular sandwich loaf has been used, the sandwich may be cut lengthwise to form two narrow strips, or diagonally to form triangles. The number of sandwiches desired will determine the size of the can of chicken.

**Russian Canapés**

One can smoked sardines, two ounces butter, four teaspoons cream, ripe olives.

Heat the butter until hot, mix with the sardines, which have been passed through a chopper. Then add the cream, mix well, and spread on toast cut in fancy shapes. Garnish with olives.

**Ham and Mayonnaise Sandwiches**

One can ham, mayonnaise, mustard butter, bread.

Pass ham through meat chopper, moisten with mayonnaise, and spread on thin slices of bread which have been buttered with mustard butter. The mustard butter is prepared by creaming butter, then flavoring with cayenne pepper, mustard, and salt. The amount of the flavoring must be determined by one's taste.

**Salmon and Tartar Sauce Sandwiches**

One can salmon, tartar sauce, white bread.

Drain the salmon from the oil, shred, then mix with tartar sauce. To prepare the tartar sauce, take the desired amount of mayonnaise, and add to it minced gherkins, chives, capers, and parsley. Spread the mixture on buttered slices of white bread.

**Tuna, Celery and Mayonnaise Sandwiches**

One can tuna, celery, mayonnaise, rolled-wheat bread.

Drain the tuna, shred, mix with one-third its volume of celery cubes, and moisten with mayonnaise. Use very thin slices of rolled-wheat bread, spread with plain or mustard butter.

**Baked beans and Sweet Relish Sandwiches**

One can baked beans, sweet relish, pumpernickel.

Make a paste of the beans, season with salt and pepper, then add about an equal volume of sweet relish. Use with buttered slices of whole-wheat bread or pumpernickel.

**Pimienta and Onion Sandwiches**

One can pimienta, white pickled onions, olive oil, white bread.

Drain the pimientas, either green or red, mash to a paste, Then mix with slices of the small white pickled onions. Moisten with olive oil and season with salt. Spread on buttered slices of white bread.

**Figs and Cream Cheese Sandwiches**

One can figs, cream cheese, brown bread.

Drain the sweet canned figs, run through meat chopper, and add sufficient vinegar to be perceptible. Spread thin slices of brown bread with cream cheese, then with the figs.

**Beef and Horseradish Sandwiches**

One can beef, horseradish, mustard butter, bread.

Spread slices of bread with mustard butter, between use thin slices of meat, sprinkled lightly with prepared horseradish.

**Chicken and Bacon Sandwiches**

One can chicken, one glass bacon, lettuce, bread.

Toast slices of bread, allow to cool, then butter. Between two slices place a thin slice of chicken, then a heart leaf of lettuce, then thin slices of crisped bacon. Press the sandwiches lightly.

**Sardine Sandwiches**

1 can sardines, pickled onions, mayonnaise.

Drain the fish, remove skin and bones, shred into small pieces, and moisten with highly-seasoned mayonnaise. Spread on buttered slices of white bread, and place thin disks of the onions on top.

**PASTES FOR APPETIZERS****Pimienta Butter**

One green or red pimienta, two ounces butter, salt.

Cream the butter, add salt, and pimienta passed through a chopper.

**Pimienta Cream**

One-quarter pint heavy cream, one egg white, two tablespoons pimienta purée.

Beat the cream dry, also the egg, put together with the pimienta and salt.

**Cream Cheese**

One Philadelphia style cream cheese, two tablespoons cream one tablespoon sherry.

Cream the cheese, add the stiffly-beaten cream, and the sherry. This may be given a more pronounced flavor by adding a small Neufchatel cheese, creamed.

**Shrimp Butter**

One can shrimp (No. 1), plain or prepared in an aromatic liquor, an equal weight of butter.

The shrimp are run through a chopper to form a paste and creamed with the butter.

A variety of butters may be made from shell-fish, plain or smoked fish, seasoned meat, various forms of cheese, and condiments, as, pimienta, horse-radish, etc., then worked to a paste, and creamed with butter. Or the creamed butter may have curry, onion, garlic, or celery seasoning added. They may be lightened with stiffly beaten cream, and moistened with sherry in some cases. Butters may be colored green, red, etc., and by means of a piping-bag made into fanciful designs.

## SOUPS

There is a variety of soups canned, these including some of the different types of the clear thin and the thick soups. Among the latter are the purées, having a vegetable base, the bisques, having a shell-fish base, the cream soups, and other special forms. In addition to the soups there are meat extracts which may be used in making soups. These are not so rich in flavor as the consommés as the latter have the additional flavor derived from the vegetables and seasoning used in their cooking and clarification. The meat extracts can be used to much greater advantage than as plain broths if vegetables be prepared and cooked with them. The vegetables may be of different kinds, and cooked directly in the broth or better still sautéed in butter or drippings and then added. If bacon or ham dripping be used, it is an advantage. In the same manner the consommés may be used in many ways by changing the garnishing, the thickening, or combining them with a purée.

The consommés may be used also as the basis for rich sauces, or for glazes for meat or poultry. For these purposes the consommé may be reduced, until a spoon dipped in it is coated as if varnished, and in this condition it can be kept for a considerable time. A canned tongue or other canned meat which is to be sliced, if removed from the can, then brushed with the glaze, and placed in the oven until the glaze is formed, is much sightlier when placed on the table with a proper garnish than without the glaze. It also makes it possible to make well flavored sauces in a short time without the preliminary work of making stock.

The clear soups may have many changes made in serving them by adding freshly cooked vegetables cut into disks, stars, or rods, or sago, arrowroot, rice, and the various forms of macaroni. The sago and arrowroot may be cooked in the soup, but the rice and macaroni should be

cooked separately, in order to retain the clearness. For the purées, creams, or special thick soups, cream or milk may be added, but it should be boiled first, as the flavor is better, and the risk of curdling reduced. A substitute for cream that may be used and that will impart a similar smooth effect, is milk cooked, removed from the fire, and when it has cooled somewhat, added gradually to a beaten egg yolk. This should be poured through a strainer into the soup. If one has made soup that is too weak, it may be corrected by adding to it meat extract until the desired strength is attained. Additional flavor may be imparted to an inferior soup by the addition of some of the prepared meat sauces. The sauces are concentrated and rich in flavor.

Some persons have an impression that inferior meats may be used in soups, but the absurdity of this is apparent, when it is considered how soups are made and the enormous amount of material required in their manufacture. In the first place the chef selects meat that is older than that for roasts, etc., because the flavors are better developed. The bones are separated and cooked for a longer time in order to obtain all the gelatinous matter possible; after these have cooked for a certain number of hours, the stock from these is used instead of water with the meat. The meat is not cooked as long as are the bones, for the flavor of the finished product would be impaired. The chef has to produce distinct flavors that must be repeated in each batch, and he knows well that indifferent original material will result in indifferent stock, and aside from the materials used, every stage of the process must be carefully done. On account of the superior skill required in this branch of canning, the number engaged in the work is comparatively small, and the work is done usually on a large scale.

In the following recipes, and also those in other sections, evaporated milk may be used instead of the fresh milk designated, and in most cases to better advantage. The evaporated milk is cleaner and prepared under more sanitary conditions than the average fresh milk delivered

in towns. For the recipes in which plain cream is required, the milk may be used without dilution, but in those requiring milk it should be diluted one-half.

#### Clam Chowder

One can clams (No. 1), one can soup stock (No. 1), one onion, four slices salt pork, one ounce butter, two tablespoons flour, one-half pint cream, two potatoes.

Fry the onion and the diced pork in the butter, add the flour, and when cooked, the juice from the clams, the soup stock, the cream, a bit of mace, if the flavor be liked, and the potatoes diced. The potatoes require about 10 minutes to cook. At the last, add the clams chopped, and when ready to serve, some hard crackers.

#### Cream of Kornlet

One can kornlet, one can bouillon (No. 2), two ounces butter, one-half pint cream, salt, pepper, cayenne, croutons.

Heat the kornlet in the bouillon (chicken broth may be used), add the butter, and cream to the hot kornlet, strain through sieve, season, and serve with the croutons.

#### Hungarian Goulash

One can soup stock (No. 2), tomato purée (No. 1), one-half pound lean beef, six large onions, 4 ounces butter, four tablespoons flour or two tablespoons corn starch, one-half teaspoon paprika, one teaspoon caraway, one-half teaspoon marjoram, one-quarter teaspoon thyme, one clove of garlic.

Mince the onions, fry to a light brown in the butter, add the beef cut into small dice, then the paprika, and the flour. Stir well while cooking. Add the soup stock and tomato purée, and simmer for 15 minutes. Then add the spices which have been ground fine, and the garlic, crushed. Simmer for an hour.

#### Artichoke Purée

One can chicken broth (No. 2), one pint cream sauce, three ounces butter, artichoke leaves, one-half pint cream, salt, pepper.

To the chicken broth add the artichoke leaves crushed, and the cream sauce, cook half an hour if the raw leaves are used, a less time if the canned are used. Strain through sieve, heat, and add the butter, cream, and seasoning.

#### Clam Broth

One can clam broth, celery, parsley, cream.

The broth should be heated with a couple of celery stalks and some sprigs of parsley for about 10 minutes, then the bouquet is removed, and the broth seasoned with cayenne. A spoonful of whipped cream is added to each cup.

#### Consomme, Garnished with Leftover Vegetables

One can consomme (No. 2), two tablespoons tapioca, two tablespoons asparagus, one tablespoon peas, one tablespoon string beans.

Cook the tapioca in the consomme for about 15 minutes. When ready to serve, add the peas, the beans cut into disks, and the butt ends of the asparagus, also cut into thin disks. If it be desired to have all green, the green asparagus may be used.

#### Carrot Soup

One can bouillon (No. 2), one can carrots (No. 1), four tablespoons tapioca, one ounce butter, seasoning.

Cook the tapioca in the bouillon. Heat the carrots, force through ricer, add the butter and seasoning, and add to the bouillon just before serving.

#### Cream of Tomato

One shinbone, one can tomatoes (No. 2½), one tablespoon corn starch, four ounces butter, one-half pint cream, salt, soup bouquet.

Soup bouquet—one sprig parsley, one stalk celery, one small sprig of thyme, one bay leaf.

Cover the shinbone with cold water, salt well, and add a generous soup bouquet. Simmer slowly until the meat drops from the bone then strain through cheese cloth. Cool, remove the fat, then add the tomatoes, simmer for half an hour, strain, then put over the flame to thicken with the cornstarch. When ready to serve, add the butter and cream. Toasted rolls may be served with this soup for a luncheon dish.

**Sweet Potato Purée**

One can chicken broth (No. 1), one-half can sweet potatoes (No. 3), one quart milk, one-half pint cream.

Heat the potatoes, mash fine, add to the hot milk and broth. When ready to serve, strain, and add the cream.

**Quickly Prepared Soup**

One teaspoon meat extract (semi-solid), one-half package gelatin, two branches parsley, one onion, three cloves, celery seed.

Put the onion sliced, the parsley, cloves, and a few celery seed in about a quart of water to boil for about 15 minutes, add the gelatin, and when dissolved, strain, pressing slightly. To the liquid add the meat extract, salt and pepper, and reheat. This may be varied by using more meat extract, or by thickening slightly with arrowroot, or by adding cooked rice, barley, etc.

**Consomme with Carrots**

One can consomme (No. 2), two tablespoons of carrots, ten quenelles chicken forcemeat.

The carrots are cut into disks, fried in butter, then added to the hot consomme with the quenelles, the cooking of the quenelles being done in the soup. (See recipe for quenelles.)

**Purée of Beans**

One pound green beans or one can (No. 2), one can white consomme (No. 2), one ounce butter, two medium-sized potatoes.

Parboil the beans for 5 minutes, then drain. Melt the butter in a stew-pan, add the beans and stew for 10 minutes, add the consomme, and the potatoes minced. Simmer slowly until the vegetables are tender, force through sieve, bring to the consistency desired with scalded milk, and add a small bit of butter just before serving.

**Purée of Green Peas**

One can peas (No. 2), one can bouillon (No. 2), two ounces butter.

Heat the peas, drain, mash, mix with the consomme and strain. Reheat adding the butter. A few of the peas may be reserved for a garnish.

**Purée of Tomatoes**

One can tomatoes (No. 2½), one can bouillon (No. 2), one ounce bacon, one small carrot, one small onion, bay leaf, thyme, two ounces rice, three ounces butter.

Mince the bacon, carrot, onion, and a piece of bay leaf and thyme, and sauté in an ounce of butter, then add the tomatoes, rice, and half a teaspoon of sugar, and the bouillon, and simmer until the rice is soft. Force through a sieve, reheat, and add the rest of the butter when ready to serve.

## SOUP ACCESSORIES

**Pulled Bread**

Remove the crust from freshly baked bread, and with a fork pull the the crumb into irregular pieces. Place on paper in a pan and dry in the oven with the door open, then close the door and brown.

**Crisped Bread**

Cut stale bread which has had the crust removed into very thin slices. Dry on paper with the oven open. When dry, close the door and brown.

**Crisped Crackers**

Toast crackers in the oven until crisp; or they may have a bit of butter placed in the center, and then heated.

**Bread Sticks**

Four ounces condensed milk, four ounces butter, one-half teaspoon salt, one-half compressed yeast cake, one egg, one quart sifted flour.

Add one cup hot water to milk, then the butter and salt, and when lukewarm the yeast, the egg well beaten, and the flour. Mix well, let rise, shape, let rise again. Start the baking in a very hot oven, then reduce the heat, so that the sticks will be dry and crisp. To form the sticks, shape pieces of dough into small biscuits, then with the hands roll on unfloured board until the pieces are about 8 inches in length. Keep the pieces of uniform size and with blunt ends.

**Cheese Straws**

Three ounces grated cheese, two tablespoons flour, two ounces butter, one egg yolk, salt, pepper, cream to moisten.

Mix the dry ingredients well, then add the egg yolk and the cream. Roll out very thin, cut into rings and then strips. Bake until crisp and yellow. Place the strips in the rings and pile on a plate. They may be served hot or cold.

**Noodles**

Add one teaspoon salt to an egg, beat slightly, then add sufficient flour to make a stiff dough. Knead and roll to wafer thinness. Cover on board with a towel, and let stand for one-half hour, then cut into fancy shapes with a small vegetable cutter. Dry and when required, cook in boiling water for 15 minutes.

**Noodle Balls**

Make a paste as for noodles. When rolled thin, fold the paste double, and cut tiny circles with a cutter, and fry brown in hot fat. Drain on paper. They should not be put in the soup as they soften too quickly.

NOTE.—The recipe for noodles is given, but the package noodles are much more convenient. If noodles are to be cooked in the soup, they should be parboiled for a few minutes to remove any particles of flour, etc., on the outside, then drained and cooled, before being added to the soup.

**Croutons**

Cut stale bread one-half inch thick, and remove the crust. Spread with butter, then cut into squares. The squares may be baked in the oven, fried in deep fat, or sautéd in butter. They should be put in soup at the time of serving.

**Egg Balls**

Five eggs, one teaspoon salt, pepper, cayenne, parsley.

Boil four of the eggs hard, then mash the yolks to a paste and add the salt, pepper, parsley, cayenne, and the well beaten raw egg. Shape into tiny balls. Roll in flour, fry in deep fat, or they may be sautéd in butter, or poached in salted water.

**Bread Crusts**

Cut small rounds from the crusts of French rolls and dry in the oven. Serve hot in the soup.



**Cheese Sticks**

Cut stale bread into one-half inch slices, remove the crust, and cut into strips. On these spread a mixture made in the following proportions—2 ounces of grated cheese, 2 ounces of butter, and a dash of paprika, the whole creamed until smooth. Set the strips in the oven to melt the cheese, or they may be left until brown.

**Chicken Force meat Balls**

Two chickens' breasts, one-half tablespoon salt, one-eighth teaspoon pepper, two ounces butter, four ounces stale bread crumbs, one-half pint cream, one-half blade mace, three egg whites.

Chop the chicken very fine, and add to it the salt and pepper. Cook the crumbs, cream, and mace until a smooth paste is obtained, remove from the fire and add the butter, the seasoned meat, and the eggs well beaten. Stir until thoroughly blended. When cold, form into very small balls, dip in egg, then in crumbs. They may be browned in the oven, sautéd, fried, or poached.

**Chicken Force meat**

One pound chicken, two egg whites, salt, pepper, nutmeg, one pint double cream.

Cut the chicken into small pieces, pound in a mortar until reduced to a paste, or run through food chopper, using the fine cutter, add the slightly beaten egg-whites, and seasoning. Force through a ricer, and add the cream which should be ice-cold, gradually.

Other meats may be substituted for the chicken, in the above recipes.

**Egg Dumplings**

One-half pint milk, two eggs, one-half teaspoon baking powder, salt, flour.

To the eggs well beaten, add the milk, then the flour to which has been added the salt, and baking powder. Make into a stiff batter, and drop by spoonfuls into the boiling soup. Keep covered for 10 minutes.

**Mushroom Force meat**

One can mushrooms (No. 1), four ounces fine bread crumbs, two egg yolks, one teaspoon butter, salt, pepper, mace, nutmeg,

Drain the mushrooms, mince, add the other ingredients, the egg last to bind. Moisten with the mushroom liquor. Either pound well or force through a ricer or food chopper, so as to make smoother. They may be poached for soup, or fried for meat garnish.

**Cheese Balls**

One-quarter pint milk, one-half cup flour, one egg, one ounce butter, one ounce cheese, salt, cayenne.

Mix all the ingredients except the egg in a double boiler, and cook until smooth, then add the well beaten egg. Place in a shallow pan to cool, cut into disks or triangles, cook for about 5 minutes in the boiling soup before serving.

**Quenelles**

One can chicken minced (8 ounces), one teaspoon parsley, salt, pepper, nutmeg, egg, crumbs.

Mix the chicken and seasoning thoroughly, form into small balls dip in egg, roll in fine crumbs, fry in hot fat, and add to the soup when ready to serve.

**Dumplings**

One cup flour, one teaspoon baking powder, salt.

Add the salt and baking powder to the flour, sift twice, then add water to make a stiff batter. Drop by spoonfuls into the boiling soup and keep covered for 10 minutes.

**German Paste**

One pint flour, three eggs, one ounce butter, salt.

Sift the flour twice, then add the well beaten eggs, salt, butter, and water to make a stiff paste. Mix thoroughly, then roll out, cut into strips one-half by 2 inches, let stand for an hour to dry, then turn and dry the under side. Poach in boiling salted water for about 10 minutes, place in a current of warm air to dry. Serve with clear soup.

**Fried Gravy Crusts**

Toast crusts brown, then put in a pan and pour some stock over them, simmer until the stock is dried and the crusts crisp. The crusts are placed in a tureen and the soup poured over them. The crusts enrich a weak soup.

**Vegetable Cream**

One can of vegetable (No. 1), two eggs, one can stock (No. 1), nutmeg.

Heat the vegetables, pass through sieve, and add the eggs well beaten, a pinch of nutmeg, and the stock. Mix thoroughly, then place in a mold, and the mold in a pan of water to cool. When cold, remove from the mold and cut into dice. The dice may be added to the soup. The color of the cream may be varied by the use of different vegetables, white or green asparagus, the inner, or outer parts of carrots, etc.

**Cheese Crackers**

Spread crackers with partly melted butter, sprinkle with paprika, and place a small mound of grated cheese in the center. Heat in the oven until the cheese is melted.

**Egg Threads**

Egg threads are made by beating the desired number of eggs, seasoning with salt and pepper, and pouring through a strainer into the boiling soup. The eggs pass more freely into the soup if they are strained twice before adding to the soup.

**Thickening, etc.**

The thin soups may be thickened with arrowroot or sago starches by dissolving the starch in a small quantity of the cold soup to avoid lumps, mixing with the soup and heating. To thicken with egg, beat the yolks light, add some cold soup, then mix with the soup to heat, but not to boil, as the eggs may separate. The whipped whites may be served on top. Cooked rice or tapioca may be added, or vegetables as peas, beans, etc., or the larger forms may be diced or cut into desirable pieces.

**ENTREES****Chicken Terrapin**

One can chicken (No. 1), two hard boiled eggs, one-half pint cream, one-half pint milk, one-half pint sherry, two ounces butter, one tablespoon flour, salt, cayenne, mace.

Make a sauce by melting the butter, add flour, stirring constantly, then the milk gradually, keeping the sauce smooth, then the cream, seasoning, and chopped eggs, add the chicken, cut in large dice, simmer for 10 minutes. When ready to serve, add the wine.

**Chicken and Oysters**

One can chicken (No. 1), one can oysters (No. 2), two ounces butter, one tablespoon flour, two hard boiled eggs, one tablespoon parsley, one pint milk.

Heat the chicken, cut into neat slices. Heat the milk in a double boiler, add to it the butter and flour rubbed together, the chopped eggs, and seasoning. Drain the oysters, and add them to the sauce. When hot, pour over the chicken. This may be served in a mound of rice.

**Creamed Chicken**

One can chicken (8 ounces), two ounces butter, four minced olives, one wineglass sherry, two egg yolks, one-half pint cream.

Cut the chicken into neat slices or dice, and heat in the butter, season with salt and pepper, add the olives and wine, cook a few minutes, then add the eggs beaten in the cream. Stir and serve as soon as it thickens. This may be served on toast or in patty cases.

**Salmi of Duck**

One can duck (8 ounces), one-half can mushrooms (No. 1), one cup brown sauce, one tablespoon ketchup, one-half teaspoon onion juice, one-half teaspoon lemon juice.

Heat the duck, cut into regular pieces, and the mushrooms in the sauce. Add the seasoning and salt and pepper to taste.

**Chicken Croquettes**

One can chicken (No. 1), one ounce butter, one tablespoon flour (scant), one-half pint milk, one-half teaspoon onion juice, one egg, two teaspoons lemon juice, salt, pepper, nutmeg, beaten egg, bread crumbs.

Make a sauce of the butter, flour, and milk, then add the seasoning and the chicken, which has been passed through the meat chopper. When heated thoroughly, remove from the fire and add the well beaten egg. When cool, shape in cylinders, dip in beaten egg, then roll in bread crumbs. Fry brown in hot fat, drain on soft paper.

**Meat Croquettes**

Turkey, veal, lamb, mutton, or beef may be substituted for the chicken.

**Creamed Chicken and Mushrooms**

One can chicken (No. 1), one can mushrooms (No. 1), one cup white sauce.

Make white sauce with half cream and half liquor from mushrooms. Cut the chicken into dice, and the mushrooms, if large, into quarters. Heat in the sauce, and serve in patty cases.

The mushrooms may be omitted, and the sauce made with half milk and half cream, or with evaporated milk. Flavor with nutmeg. Any of the canned meats may be substituted for the chicken.

**Beef Pilau**

One can beef (8 ounces), one can tomatoes (No. 2), one tablespoon butter, one-half cup rice, one onion.

Lightly brown the chopped onion in the butter, then add the sliced beef, seasoned with salt and pepper. Cook slowly for 10 minutes. Put rice in cold water, boil for 5 minutes, then drain and turn cold water over it to separate the grains. Add the rice to the meat and pour over them the tomato and a cup of boiling water. Cook slowly until the rice is soft.

**Beef Fricassee**

One can beef (8 ounces), one pint of stock, one ounce butter, one tablespoon flour, one teaspoon onion juice.

Make a brown sauce of the butter, flour, and stock (the extract of beef may be used instead of stock. The proportions to use are given on the package). Season with salt, pepper, and onion juice. Add the beef cut in thin slices, and simmer for a few minutes. Serve with a border of mashed potatoes.

**Creamed Corned Beef**

One can corned beef (8 ounces), one ounce butter, one tablespoon flour, one teaspoon onion juice, celery salt, one-half pint milk.

Make a white sauce and season with celery salt, pepper, and onion juice. Add to the hot sauce the diced meat. This may be put in a casserole, covered with buttered bread crumbs, and browned in the oven.

**Meat Pie**

One can beef (8 ounces), two cups mashed potatoes, one-half teaspoon onion juice, one teaspoon chopped parsley.

Butter a shallow dish, line with the mashed potatoes about an inch thick, fill with the beef cut into slender inch lengths, season with salt, pepper, and onion juice, and moisten with gravy. Cover with the mashed potatoes. Bake until the top is a light brown.

**Creamed Salmon in Rice**

One can salmon (No. 1), two tablespoons flour, two ounces butter, one tablespoon finely chopped onion, two tablespoons finely chopped olives, one-half pint cream, salt, paprika, three egg yolks.

Cook the onion until yellow in the butter, then add the flour and cream, previously blended, and cook for five minutes. Season and add the egg yolks, olives, and the salmon flaked. Line a mold with rice, fill with the creamed salmon, cover the top with rice, and steam a half hour. Serve with Bearnaise tomato sauce.

**Stuffed Potatoes**

One can roast beef (8 ounces), one can tomato purée (No. 1), one egg, three olives, baked potatoes, one ounce butter, salt, pepper.

Put the butter, chopped beef, and tomato in a spider, cook until thick, add the beaten egg, chopped olives, and seasoning. Scoop out the potatoes and add to the meat, then stuff the shells with the mixture. Serve very hot.

**Meat Rissoles**

Can meat, stock or gravy, pie crust, one egg.

Mince the meat, season with salt and pepper or paprika, moisten with stock or gravy. Roll pie crust very thin, cut in rounds. Put a spoonful of the mixture on each round, wet the edges, and press them lightly together. Brush the outside with slightly beaten egg white, and fry until brown. Drain on soft paper, and serve hot.

**Lamb and Peas**

One can lamb (8 ounces), one can peas (No. 2), two cooked potatoes, one onion, stock, one cup buttered crumbs.

Dice the lamb and potatoes, mix with the chopped onion, season with salt and pepper, and lastly mix in one-half of the peas. Make a mound in a baking dish, cover with the crumbs, and bake until brown. When ready to serve, pour around the remainder of the peas, seasoned with salt and pepper, and heated.

**Meat Rolls**

One can beef (1 pound), one onion, seasoning, cabbage leaves.

Make a soft hash of the meat, onion, and seasoning. Spread the mixture on small, firm cabbage leaves, roll them up and tie with string. Place close together in a shallow pan, cover with soup stock or water and butter, and cook for about half an hour. Thicken the liquor and use as a sauce, garnishing with peas or string beans.

Other meats may be used, instead of beef, but if chicken be used, omit the onion.

**Lamb Croquettes**

One can lamb (8 ounces), one cup cooked rice, one-half pint white sauce, one tablespoon lemon juice, one tablespoon parsley.

Pass the lamb through a meat chopper, mix with the rice, chopped parsley, lemon juice, and the hot white sauce. Season with salt and pepper. When cool, form into cone shape, roll in flour, egg, and very fine crumbs, and fry. Garnish with sprigs of mint or parsley.

**Crabs in Ramekins**

One can crab meat (No. 1), one can mushrooms (No. 1), cream sauce, mushroom ketchup.

Cut the crab meat and mushrooms into uniform pieces, and add to them a rich cream sauce. Season with mushroom ketchup, and serve in ramekins.

**Fish Roe Croquettes**

One can fish roe (8 ounces), two egg yolks, one cup cream sauce, one tablespoon parsley, salt, pepper, one teaspoon lemon juice.

Separate the roe into small pieces, and add the egg yolks, seasoning, and sauce, and mix thoroughly. Shape into cylinders or pyramids, brush with white of egg, then crumb and fry.

**Italian Chicken**

One can chicken (1 pound), one tablespoon olive oil, one teaspoon vinegar or lemon juice, one small can bouillon, one-half teaspoon onion juice, salt, pepper, parsley, fritter batter.

Cut the chicken into inch pieces, and marinate in the oil, vinegar, onion juice, pepper, and salt for one-half hour. Sprinkle with the chopped parsley, dip in the batter, and fry in lard. Serve with an Italian sauce, made by chopping fine one tablespoon parsley, one small onion, one-half can mushrooms, one glass of white wine, one-half teaspoon of kitchen bouquet. Cook until reduced, then add salt, pepper, one tablespoon olive oil, and one cup of bouillon. Simmer, then thicken with one ounce butter, rubbed with one tablespoon of flour.