

**Grilled Sardines (Large)**

One can sardines (1 pound), one can mushrooms (pieces, No. 1), parsley, butter, pepper, salt.

Scrape the fish free from skin and wipe dry. Roll each fish in melted butter, season with cayenne pepper and salt. Cover with finely chopped parsley and chopped mushrooms. Wrap each fish in oiled paper and heat in the oven. Serve on rectangular strips of toast, slightly larger than the fish.

**Deviled Sardines**

One can sardines in mustard (1 pound), Worcestershire sauce, anchovy sauce, butter.

Roll each fish in a mixture of Worcestershire sauce, anchovy sauce, and melted butter. If the mustard sardines are not used, add mustard to the sauce. Lay each fish on a slice of toast, place in a hot oven for about five minutes. Serve hot.

**Salmon Balls**

One can salmon (8 ounces), one cup mashed potatoes, two eggs, oil, pepper, salt, breadcrumbs.

Drain the salmon, shred, add the potatoes, one egg and seasoning, and moisten with oil. Form into balls, coat with egg and crumbs. Fry in deep fat until brown, and drain on paper. Serve hot and garnish with lemon points and slices of cucumber.

**Spiced Tongue**

One can tongue (1 pound), one teaspoon ground allspice, one-half teaspoon ginger, one-half teaspoon pepper, one onion, one-quarter pint vinegar, one-half cup raisins, one ounce butter.

Mix the allspice, ginger, and pepper and rub over the tongue, then roll in flour. Fry the onion, sliced, in the butter, then fry the tongue. When brown take out the tongue, and make a sauce with the butter and onion in the pan, a tablespoon of flour, and a pint of water. Put the tongue back in the sauce, add the vinegar and raisins, and simmer until tender.

**Sardine Loaf**

One can large sardines (1 pound), one egg, corn meal or cracker crumbs, two ounces melted butter.

Cut the sardines into small pieces, and mix with them the butter, crumbs, cayenne pepper, and salt to taste. When well mixed, turn into a mold, cover, and steam one hour. Slice for sandwiches, or serve cold as a luncheon dish.

**Fried Sardines**

One can sardines (1 pound), one egg, corn meal or cracker crumbs, olive oil.

Dip the fish into beaten egg, roll in cornmeal or cracker crumbs, and fry in olive oil until brown and crisp. Serve on slices of hot toast and garnish with slices of lemon.

**Creamed Chicken and Peas**

One can chicken (8 ounces), one can peas (No. 2), one-half pint milk or cream, two ounces butter, two tablespoons flour, salt, pepper.

Make a cream sauce, then add to it the chicken cut in dice and the peas freed from their liquor. Serve hot with toast triangles.

**Creamed Salmon**

One can salmon, one ounce butter, one tablespoon flour, salt, pepper, paprika, one teaspoon lemon juice, one-half pint milk.

Make a sauce of the butter, flour, milk, and seasoning. Then add the salmon, cut into regular pieces, and heat, but not boil. Take out the salmon, place in a hot dish, add the lemon juice to the sauce, and pour hot over the salmon. Garnish with sprigs of parsley.

**Fish with Italian Sauce**

One can fish (No. 1), one can tomatoes (No. 2), one onion, one-quarter pint olive oil, one clove, one bay leaf, salt, pepper.

Fry the sliced onion in the olive oil and when brown add the clove, bay leaf, tomatoes, salt, and pepper. Cook, then add the fish.

**Spanish Tongue**

One can tongue, one can red peppers, one can ripe olives, one teaspoon onion juice, two tablespoons vinegar.

Cut the tongue into thin slices and pour over them the following sauce: Run the peppers through a chopper, add salt to taste, and the onion juice, then sauté for five minutes. When cold, add the vinegar and the ripe olives.

**Mexican Meat Balls**

One can meat (8 ounces), one can tomato purée (No. 1), one small onion chopped, one-half cup corn meal, two eggs, one can beef broth (No. 2).

Mix the minced meat (beef, veal, or mutton) with the tomato, onion, cornmeal scalded, pepper, and salt. Bind with the eggs and form into balls the size of a walnut. Roll the balls in flour and boil in the beef broth for fifteen to twenty minutes. Serve with the broth thickened for a sauce.

**Deviled Meat**

One can meat (1 pound), two tablespoons dry mustard, three tablespoons flour, one teaspoon butter, two eggs, one teaspoon olive oil, one teaspoon vinegar, cayenne pepper.

Make a batter of the mustard, flour, eggs, salt, pepper, oil, and vinegar. Cut the meat (any kind) into slices, soak in the batter, then fry in lard. Add the batter that is left to a cup of soup stock or water, add the butter, heat slowly to thicken, and serve as a gravy over the meat.

**Pilchers**

One can sardines (1 pound), bread, one can pimienta (No. 1), Parmesan cheese.

Skin and bone the sardines and put on unglazed paper to drain. Cut strips of bread longer and wider than the sardines, and fry in olive oil until a light brown. Lay a sardine on each piece and heat in the oven. When ready to serve, sprinkle with the grated cheese, and garnish with strips of pimientos.

**Lobster**

One can lobster, one small onion, two ounces butter, two tablespoons flour, one can tomato pulp (No. 1), two tablespoons sherry.

Mince the onion and cook until yellow in the butter, then stir in the flour, and blend. Then pour in the pulp slowly, stirring constantly. Season with paprika and salt and when at the boiling point, add the lobster cut into small pieces. When at the boiling point again, add the sherry and serve.

**Salmon Timbales**

One can salmon (No. 1), one can stock (No. 1), one-half teaspoon gelatin, beets, turnips, mashed potatoes.

Drain the salmon and shred. Dissolve the gelatin in the stock, which has been reduced one-half, and when cool pour sufficient into timbale molds to cover the bottom. Set on ice to harden. Then ornament the bottom and sides with the beets and turnips cut into fancy shapes, and when firm put a spoonful of mashed potatoes in, then fill with the salmon after which pour over the remainder of the stock, and let it harden. When ready to serve, unmold by wrapping a hot cloth about each mold. Serve on lettuce with mayonnaise.

**Polentas**

One can Hamburger steak (1 pound), one egg, one large onion, parsley, bread crumbs.

Mix the meat, well beaten egg, minced onion, and parsley, and a few bread crumbs. Roll into balls and simmer for about an hour in the following sauce:

One onion, two bay leaves, one can tomatoes (No. 2), or small can tomato pulp (No. 1), two green peppers, one teaspoon butter.

Cook the ingredients, except the butter, in half a pint of water, and when the onion is soft, pass through a colander and return to the fire. Then add the butter and the meat balls, and cook slowly. Serve the sauce with the balls, and garnish with watercress.

**Fish Ramekins**

One can fish (8 ounces), one tablespoon parsley, white sauce, salt, pepper.

Drain the fish, shred, then add the minced parsley, salt, pepper, and enough white sauce to moisten. Fill into buttered ramekins, set in a pan of hot water, and bake for half an hour.

**Fish Roe Ramekins**

One can roe (8 ounces), one tablespoon dried bread crumbs, one ounce butter, one tablespoon minced parsley, one egg yolk, salt, pepper, cream.

Mix the ingredients with enough cream or milk to moisten, then fill greased ramekins, set in pan of hot water in oven for about half an hour. Serve with tomato sauce.

**Ham and Sausage**

One small can ham (8 ounces), one can sausage (8 ounces), one can tomato pulp (No. 1), parsley, two onions, one rather small pepper, one cup rice.

Cut the ham into dice and sauté with the sausage, sliced onions and pepper, and the minced parsley. Then add the tomato pulp, a pint of water, and the rice, which has been soaked. Cover and cook slowly without stirring. Salt to taste and serve hot.

**Veal Terrapin**

One can veal (No. 2), six eggs, hard boiled and quartered, two ounces butter, one tablespoon onion chopped, one tablespoon flour, one tablespoon mushrooms chopped, one-half pint cream, one-half pint stock, one bay leaf, one clove, small piece stick cinnamon, one teaspoon lemon juice, two tablespoons wine.

Fry the onion in the butter without browning, add the meat cut into dice, and cook until slightly browned; add the flour and stir until browned, then add the stock (or water), stirring until it thickens, after which add the bay leaf, clove, and cinnamon. Simmer for half an hour. Remove the seasonings, and add the eggs, cream, and mushrooms, bring to the boiling point, then add the lemon juice. Take from the fire, add the wine, and serve at once.

**Turkey**

One can turkey (1 pound), one ounce butter, one tablespoon flour, two egg yolks, one-quarter pint white stock, one-quarter pint cream, salt, paprika, nutmeg, onion juice.

Make a sauce of the butter, flour, stock, cream, and seasoning. Add the turkey cut into neat pieces, and cook about five minutes. When ready to serve, add the well beaten egg yolks.

**Italian Cakes**

One can chicken with veal mixture, one can artichoke hearts, olive oil, one egg, spaghetti, tomato sauce.

Mince the meat and artichokes, add salt and pepper and the egg. Make into small cakes or cylinders, dip into plain batter, and fry in olive oil. Serve on a bed of spaghetti mixed with a tomato sauce.

**Shrimp Fricassee**

One can shrimp (No. 1), one can tomatoes (No. 2), one onion, one clove of garlic, one ounce butter, one tablespoon flour, one teaspoon salt, red pepper.

Brown the butter and flour, then add the onion sliced, tomatoes, salt, a pinch of red pepper, garlic, a pint of hot water, then the shrimp. Cook slowly for about an hour.

**Oyster Rabbit**

One can oysters (No. 1), one ounce butter, one-half pound cheese, one saltspoon salt, cayenne, two eggs.

Melt the butter, then add the cheese cut into small pieces. While the cheese is melting, beat the eggs lightly, add to them the oyster liquor, then the oysters. When hot, serve on squares of toast.

**Creole Lamb Hash**

One can lamb (1 pound), three medium-sized potatoes quartered, two green peppers, minced, seasoning.

Chop the lamb and heat in a double boiler with stock or water to moisten. Fry the tomatoes and peppers and add to the lamb, seasoning well. Make a bed of rice on a dish and pile the hash on top.

**Chicken Ramekins**

One can chicken (8 ounces), one egg yolk, one tablespoon minced parsley, one ounce butter, one tablespoon bread crumbs, salt, pepper.

Cut the chicken into small pieces and mix with it the other ingredients. If not sufficiently moist, add cream. Mix well. Put into greased ramekins, and set in a pan of hot water in the oven for about half an hour.

**Clam Croquettes**

One can clams (No. 1), three tablespoons flour, one teaspoon chopped parsley, one ounce butter, two egg yolks, salt, cayenne.

Add milk to the clam juice so as to make half a pint. Heat the juice and thicken with the butter and flour, then add the eggs, cook a minute longer, then add the parsley, seasoning, and the clams chopped fine. Mix, then pour into a shallow pan to cool. When cold, form into balls, dip in eggs and crumbs, and fry in hot fat.

**Chicken with Sauce**

One can chicken (1 pound), two ounces butter, one tablespoon cornstarch, two egg yolks, salt, pepper, one-half cup cooked carrot, one-half cup cooked peas, one teaspoon lemon juice, one-half tablespoon minced parsley, one-half pint cream.

Cut the chicken into neat slices and arrange on a hot platter. Make a sauce of butter, cornstarch, and stock or water, and add to it the carrot, cut in fancy shapes, the peas, lemon juice, eggs, salt, and pepper. Pour around the chicken, then sprinkle with the parsley.

**Cannelon of Beef**

One can beef (1 pound), one can ham (5 ounces), one egg, one and one-half teaspoons salt, one-half teaspoon pepper, thyme, savory, lemon rind.

Chop the meat and add to it the egg well beaten, salt, pepper, pinch of thyme, savory, and the grated lemon rind. Make into a loaf, wrap in buttered paper, and bake about three-quarters of an hour. Make a brown gravy seasoned with ketchup to pour over the loaf.

**Meat Curry**

One can minced beef (1 pound), one onion, six sweet almonds, two eggs, one-quarter pint milk, one ounce butter, one teaspoon curry, one lemon.

Fry the sliced onion, soak a small slice of bread in milk, grate the almonds, beat the eggs in the milk, mix all together with the meat, butter, and curry. Grease a pudding dish with butter, squeeze into it the juice of a lemon, then turn in the mixture. Bake in a moderate oven, and serve hot with rice.

**Baked Sweetbreads**

One can sweetbreads (1 pound), one onion, one carrot, parsley stock.

Slice the onion and carrot and mince the parsley into a baking dish. On top of these place the sweetbreads, pour over sufficient stock to cover, and bake in a moderate oven, basting often. Serve with mushroom sauce.

**Chicken in Spinach**

One can chicken (1 pound), one can spinach (No. 2), cream sauce, mace, egg.

Heat the spinach in a double boiler with a blade of mace. Line a mold with slices of the egg, hard boiled; in this place the spinach in a thick layer. Fill the center with the chicken diced and in a cream sauce, cover with the spinach, heat in the oven.

## VEGETABLES

**Artichokes**

Artichokes may be served whole or cut in halves or quarters. The number in a can varies with the size of the can. The artichokes are most easily heated by placing the can before opening in a vessel of hot water. The edible part of the artichoke consists of the large receptacle and the fleshy base of the bracts or leaves. They may be served cold, or hot with Bechamel sauce.

**Genoese Artichokes**

One can artichokes, one ounce butter, one tablespoon flour, pepper, salt, one can bouillon (No. 1), one teaspoon tarragon vinegar, two egg yolks.

Sauce: Mix the flour, salt, and pepper and cook in the butter, then add the bouillon and vinegar, and when ready to serve, add the eggs. Heat the artichokes, drain by turning leaves down, cut in quarters, and pour the sauce over them.

**Artichoke Hearts**

The artichoke hearts may be warmed in the can or in a saucepan, or sautéd and served with melted butter, Bechamel, or Hollandaise sauce. They may be served cold with tartar sauce.

**Asparagus and Cheese**

One can asparagus (No. 2½), cheese, butter.

Heat the asparagus in the can, then drain, arrange in layers, the heads one way, with grated cheese between, and pour over them very hot butter.

The canned asparagus is much superior to that in the market, as it is canned immediately after cutting. That found in the market has been cut at least twenty-four hours, usually much longer. Asparagus gradually becomes tough and bitter after cutting, and the longer it is held, the more pronounced are these features.

**Stuffed Artichokes**

Artichokes, forcemeat, butter.

Drain the artichokes, remove the middle leaves and the chokes. Fill with a well-seasoned forcemeat, and bake long enough to cook the meat. Serve with melted butter.

**Asparagus**

One can asparagus (No. 2), white or Hollandaise sauce.

The asparagus is drained, placed on buttered toast, and white or Hollandaise sauce served, to which has been added the juice of a blood orange, and a small amount of the grated rind. If it is desired to serve the asparagus in pieces, the hotel or soup stock asparagus will answer the purpose as well and is cheaper. Hotel stock consists of the irregular and broken stalks that cannot be packed in the regular grades.

**Asparagus in Croustades**

One can asparagus, hotel stock (No. 2), one loaf bread, one-half pint white cream sauce.

Cut slices of rather stale bread, cutting out the center but not quite through with a small biscuit cutter, brush with butter, and brown in the oven. The cylindrical loaf is more ornamental than the square. Drain the asparagus, cut in uniform pieces, pour over them the thick sauce, and serve in the croustades.

**Tomatoes**

One can tomatoes (No. 3), pepper, salt, croutons.

Season the tomatoes and heat. Serve garnished with the croutons.

**String Beans**

One can string beans (No. 2), two ounces butter, salt, pepper, nutmeg, one-half pint white sauce, one tablespoon chopped parsley, and the juice of one lemon.

Make a sauce by melting the butter, adding the white sauce, salt, pepper, and nutmeg, then the drained beans and heat. When ready to serve, add the parsley and lemon juice.

String beans may be served by heating in the can, draining and adding butter, salt, and pepper, or with vinegar.

#### Lima Beans

One can lima beans (No. 2), two ounces butter, salt, pepper, parsley chopped, and lemon juice.

Drain the beans and put in a pan with the butter, salt, and pepper. Heat for a few minutes, then add the chopped parsley and lemon juice.

They may be served by heating in the can, draining, then adding butter, salt, and pepper.

#### Celery with Cream

One can celery (No. 2), two ounces butter, one tablespoon cornstarch, nutmeg, one can consomme (No. 1), two egg yolks, three tablespoons cream, croutons.

Heat the celery in the can. Make a sauce by heating the butter, add the cornstarch or flour. Then moisten with the consomme, and cook until somewhat reduced. Add the drained celery cut into lengths and heat again. Then add the nutmeg and the beaten egg yolks in the cream. Serve garnished with the croutons.

#### Carrots with Cream

One can carrots, disks (No. 2½), three tablespoons Bechamel sauce, salt, pepper, nutmeg, one-half pint cream, chopped parsley.

Heat the carrots, drain, then add the sauce, seasoning, and cream. Heat thoroughly, place in a hot dish and sprinkle the parsley over them.

#### Spinach

One can spinach, salt, pepper, nutmeg, one and one-half ounces butter, bread croutons.

Drain the spinach, chop fine, season with salt, pepper, and nutmeg. Heat in double boiler, and when hot, add the butter. Serve garnished with croutons.

#### Kornlet Fritters

One can kornlet (No. 2), one-quarter pint milk, one egg, pepper, salt, one teaspoon butter, two teaspoons baking powder, flour.

To the kornlet add the pepper, salt, melted butter, beaten egg, milk, and sufficient flour to thicken. Drop by the spoonful into hot fat, and fry until brown. The kornlet is composed of the grated kernels of the corn, having the hulls removed.

#### Baked Beans

One can beans (No. 2), sliced bacon.

Heat the beans in the can, and while heating, fry thin slices of bacon. Place the beans on a small deep platter, and then arrange the bacon on the top.

#### Kidney Beans

One can kidney beans (No. 2), sliced bacon.

The kidney beans are prepared with a sauce, so that they may be served the same as the baked beans if they are the main dish for lunch. If served as a side dish, they need only to be heated, as they are usually prepared with a sauce.

#### Red Kidney Beans

One can beans (No. 2), small onions.

The kidney beans are prepared with a sauce, so that all that is necessary is to heat them. Serve garnished with small onions glazed. To glaze onions, place in a pan with butter, sprinkle with powdered sugar, and place in a slow oven for about fifteen minutes.

#### Beets

The beets can be obtained in different sizes—less than an inch in diameter, above an inch in diameter, and the large ones sliced. They may be served hot with butter, pepper, and salt, or with hot or cold Bechamel sauce, or with plain or spiced vinegar. The small ones may be used to garnish other vegetables or mixed with them.

**Sweet Potatoes**

One can sweet potatoes, salt, pepper, butter, powdered sugar.

Remove the potatoes from the can without separating them, cut into slices, sprinkle with salt and pepper, spread with butter, sprinkle with powdered sugar. Brown in a hot oven. Bacon dripping may be used instead of butter.

**Sweet Potatoes, Baked**

One can sweet potatoes, salt, pepper, butter, sugar.

Heat the potatoes in the can, then mash and add seasoning and butter. Put in a baking pan, dot with butter, sprinkle with sugar, and place in the oven to brown. Tomato ketchup may be served with them, or a hot tomato sauce.

**Spaghetti**

Spaghetti is prepared with spiced tomato sauce and cheese, so that heating is all that is necessary. It may be placed in a baking pan, and strewn with buttered bread crumbs and grated cheese, and browned in the oven.

**Peas, French Method**

One can peas (No. 2), one onion, one teaspoon sugar, salt, bouquet.

To a pint of water add the onion, sugar, salt, and bouquet, and simmer for half an hour, then drain off the liquor, discard the onion and bouquet, add the drained and rinsed peas, allowing them to heat slowly, so as to become flavored. The bouquet consists of four sprigs of parsley, one stalk of celery, one bay leaf, one sprig of thyme, and two cloves.

**Scalloped Tomatoes**

One can tomatoes (No. 3), two cups bread crumbs, salt, pepper, one ounce butter.

Cover the bottom of an earthenware dish with one cup of the crumbs. Pour on these the seasoned tomatoes, and spread over the surface the second cup of crumbs after stirring them in the melted butter.

**Peas, alone, or with Egg Plant or French Toast**

One can peas (No. 2), one ounce butter, pepper.

Drain the peas, place in pan with butter and pepper to heat. Or the peas may be drained, rinsed under the faucet, then heated in water, and when hot, drained and the seasoning added. The peas may be served on slices of egg plant, fried, or on slices of French toast.

**Corn with Cream**

One can corn (No. 2), one-half pint Bechamel sauce, one-quarter pint cream, one-half ounce butter, salt, pepper, nutmeg.

Add the other ingredients to the corn and heat in a covered double boiler. It may be heated with only the pepper, salt, cream, and butter.

**Spanish Rice**

One can bouillon (No. 2), one large onion, one pepper, one saltspoon salt, three tablespoons lard, one-half pound rice, cayenne pepper.

Fry the finely chopped onion until brown, then add the finely chopped pepper and the washed rice. Stir until the rice is slightly brown, after which add the bouillon and the seasoning. Cook until the rice has absorbed the liquid and become rather dry.

**Lima Beans**

One can beans (No. 2), one ounce butter, salt, pepper, one-quarter pint cream.

Heat the beans, drain, add the butter, seasoning, and cream, and heat again.

**Tomatoes with Rice**

One can tomatoes (No. 3), one cup rice, one ounce bacon drippings, one can pimientos, one onion, salt, pepper.

Chop the tomatoes, onion, and pimientos fine and sauté in the bacon fat until a light brown, add the seasoning, a pint of water, and the rice which has been soaked until swelled.

**Succotash**

One can succotash (No. 2), one ounce butter, salt, pepper, nutmeg, one-quarter pint cream.

Heat the succotash in a double boiler, add the butter and seasoning, and when ready to serve, add the cream.

**Spanish Okra**

One can okra (No. 2), sliced, one can tomato pulp (No. 1), one ounce butter, one onion, one teaspoon salt, one-half teaspoon pepper, one-half teaspoon parsley.

Chop the onion and brown in the butter, add the tomato, the drained okra, and the seasoning. Cover the pan so as to heat thoroughly. Pour into a hot dish and serve with triangles of toast used as a garnish.

**Purée of Peas for Garnishing**

One can large peas (No. 2), one sliced carrot, one sliced onion one leek, salt, pepper, one stick celery, two sprigs parsley, one clove of garlic, one-half pound raw ham bones, one-half ounce of butter.

Pour the contents of the can into a saucepan and add the other ingredients except the butter, boil for fifteen minutes, remove the ham bones and let the remainder simmer until the vegetables are softened. Press through a sieve into a double boiler, heat, add the butter, and mix thoroughly. The purée may be pressed through a pastry bag into roses and used as a fancy border.

**Tomatoes and Peppers**

One can tomatoes (No. 3), one can peppers, six onions, one-half ounce butter, salt.

Chop the onion and brown lightly in the butter, then add the tomatoes and peppers cut in small pieces. Bake in a moderate oven.

**Hominy**

One can of hominy (No. 3), one ounce butter, salt, pepper.

Heat the hominy, then add the butter and seasoning. Serve very hot.

**Fried Hominy**

One can hominy (No. 3), one-half ounce bacon drippings, salt, pepper.

Heat the bacon fat in a frying pan, put in the hominy so as to be about an inch thick. Let it brown, turn, and brown on the other side.

**Okra in Cream**

One can okra, whole (No. 2), one ounce butter, one table-spoon flour, one-half pint cream, salt, cayenne pepper, nutmeg.

Heat the okra in the can, drain and pour over a sauce made of the other ingredients.

**Cornmeal Mush**

One can mush (No. 3), one-half ounce bacon drippings.

Remove the mush from the can, cut into slices a quarter-inch thick, and sauté brown in the fat.

**Creamed Mushrooms**

One can mushrooms (No. 2), one ounce butter, one table-spoon flour, one-half pint cream, pepper, salt.

Drain the mushrooms and use the liquor from the can for the sauce. Make a white sauce in the usual way, add the mushrooms, heat thoroughly.

**Sauer Kraut with Sausage**

One can kraut (No. 3), sausage.

Heat the kraut in the can, heap in the center of a platter, and serve surrounded with the sausages broiled. The canned kraut with sausage may be used.

**Creamed Cabbage**

One can cabbage (No. 2½), one teaspoon butter, one tea-spoon flour, one pint milk, salt, pepper.

Drain the cabbage, chop fine. Add to the heated milk in a double boiler the flour, butter, salt, and pepper, rubbed to a paste, and cook until the sauce has thickened. Add the cabbage and heat again. Serve hot.



**Stuffed Peppers**

One can peppers (eight ounces), one can tomato purée (No. 1), one-half can mushrooms, one can sausage, two egg yolks, salt, pepper, nutmeg, salt pork, one large onion.

Fry the onion, add the mushrooms minced, the sausage, and the tomato purée, mix, then thicken with bread crumbs, which have been seasoned with salt, pepper, and nutmeg, and bind with the egg yolks. Fill the drained peppers with the mixture, set on thin slices of the pork, and bake for fifteen minutes. Before serving pour some of the tomato purée over them, sprinkle with grated cheese, and return to the oven to melt the cheese.

**Hungary Onions**

One can pimientos (eight ounces), one half pound cream cheese, one large onion, one pint cream, one teaspoon paprika.

Mince the onion and boil until tender. Drain, and add the cheese, cream, the peppers cut into uniform pieces, and the paprika. Serve hot.

**Creamed Turnips**

One can turnips (No. 2½), one ounce butter, one tablespoon flour, one pint milk, salt, pepper.

Make a white sauce, and to it add the heated, drained turnips. Mix and serve hot.

**Mashed Turnips**

One can turnips (No. 2½), two ounces butter, salt, pepper.

Drain the turnips, heat in double boiler, mash, leave uncovered to dry them. Add butter and seasoning, cover to heat thoroughly.

**Flemish Asparagus**

One can asparagus (No. 2½), eggs hard boiled, butter.

Heat the asparagus in the can, serve with half a hard boiled egg to each portion, and a small dish of melted butter. The yolk may be worked into the butter before serving.

**SALADS**

The making of salads is much simplified and the cost reduced by the use of canned fruits, vegetables, fish, or meat. The food is cooked and there is no waste, as a can containing only the amount needed may be bought. The prepared dressings may also be used, and may be varied by the addition of cream, sour cream, or the materials used in tartar sauce. Instead of onion and garlic juices the prepared seasonings may be used, and as they are in the form of salt, are more easily kept in stock than the fresh bulbs.

**Artichoke Salad**

The artichokes are ready to serve as they are taken from the can. They may be served cold with a spoon of mayonnaise by the side, or dressed with artichoke dressing. The fleshy receptacle and the thickened base of the scales are the edible parts.

**Artichoke Salad**

Artichokes, mayonnaise.

One artichoke for each person. Loosen the outer leaves and arrange as a rosette round choke; also take out a few of the central ones, so as to make a place into which the mayonnaise may be placed.

**Asparagus Salad**

One can asparagus, lettuce, mayonnaise.

Remove the stalks carefully from the can, so as not to break the tips, arrange on lettuce leaves, place a spoonful of mayonnaise near the tips.

**Artichoke and Bean Salad**

One can artichokes (No. 2), one can string beans (No. 2), one onion, two medium-sized boiled potatoes, celery, mayonnaise.

Mince the artichokes, beans, onion, celery, and potatoes. Season with pepper and salt, and dress with mayonnaise. Garnish with celery tips.

**Bean Salad**

One can beans (No. 2), one small onion, olives, parsley, French dressing.

Rinse and drain the beans (lima, red kidney, string, or wax may be used), mix with the chopped onion, olives, and parsley. Cover with French dressing. Garnish with ripe olives.

**String Bean Salad**

One can string beans (No. 2), one cake cream cheese, mayonnaise.

Rinse and drain the beans, marinate with some of the mayonnaise, place on the heart leaves of lettuce. Garnish with a spoon of the mayonnaise on top and three small cream cheese balls, which may be moistened with sherry or with cream to make the balls.

**String Bean Salad**

One can string beans (No. 2), three hard boiled eggs, French dressing, watercress.

Pour the beans into a strainer, rinse with cold water, drain dry, marinate with French dressing, garnish with the eggs cut into slices, and the watercress.

**Mixed Vegetable Salad**

One can small kidney beans (No. 2), one can small string beans (No. 2), one can beets (No. 2), lettuce, French dressing.

Arrange a nest of lettuce leaves, place the diced beets in the center, around these the beans, and the string beans as an outer ring. Pour French dressing over them. Tiny beets may be obtained and served whole.

**Swiss Beet Salad**

One can beets (No. 2), whole peppers, cloves, bay leaves, vinegar, lettuce.

Cut the beets into rather thin slices, sprinkle with salt, whole peppers, whole cloves, and two bay leaves, and pour the vinegar over them. Let stand to season. Serve next day on lettuce leaves.

**Cauliflower Salad**

One can cauliflower, one can beets, mayonnaise.

Rinse, drain, and divide the cauliflower. Drain the beets, cover with vinegar, sprinkle with salt and pepper, and let stand for a few hours. When ready to use, drain well and cut into strips to garnish the cauliflower. Pour over them the mayonnaise when ready to serve.

**Vienna Salad**

One can beets (No. 2), three boiled potatoes, one small onion, two hard boiled eggs, salt, pepper, four tablespoons vinegar, one teaspoon made mustard, one raw egg yolk, one ounce butter, one tablespoon parsley.

Slice the potatoes and beets very thin, and the eggs not so thin; chop the onion very fine; mix and season with salt and pepper.

Dressing: Heat the vinegar, add the mustard, and stir in the beaten yolk of the egg, the butter melted, and the chopped parsley. Serve the salad with cold meat.

**Spanish Salad**

One can chicken (eight ounces), one-quarter pound almonds, one red pimienta, one bunch celery, small canned beets, one-quarter teaspoon salt, one teaspoon curry powder, two tablespoons tarragon vinegar, four tablespoons olive oil, bananas.

Cut chicken and celery into dice, the almonds, pimienta, and onion fine, mix with the salt, curry powder, vinegar, and olive oil. Garnish with sliced beets and bananas.

**Cherry Salad, Sweet**

One can Royal Anne cherries (No. 2), oranges, one egg yolk, two-thirds cup powdered sugar, vanilla.

Cut the cherries into quarters. Cut the top off the oranges and remove the pulp, saving the shells for baskets. Cut the pulp into neat pieces, and mix with the cherries. Sweeten if cherries are not in syrup. Fill the baskets and place a spoonful of dressing on top.

Dressing: The egg yolk beaten until thick with two-thirds cup of powdered sugar, and flavored with vanilla.

**Neapolitan Salad**

One can chicken or turkey (eight ounces), three medium-sized potatoes, one-half can beets (No. 2), two hard boiled eggs, capers, lettuce, mayonnaise.

Cut the chicken, cold potatoes, and beets into dice, sprinkle with chopped eggs, salt, and pepper. Serve on lettuce with mayonnaise. Garnish with capers and beet cubes, or tiny whole beets.

**Chicken Salad**

One can chicken (eight ounces), celery, olives, one small can pimientas, lettuce, mayonnaise.

Cut chicken, celery, and olives into small uniform pieces, and the pimientas into inch strips; mix with mayonnaise. Arrange on crisp lettuce leaves and garnish with whole olives and strips of pimienta.

**California Salad**

One can crab meat (No. 1), two-thirds cup celery, two tomatoes, French dressing, lettuce, mayonnaise.

Cut the crab and celery into small uniform pieces, the tomato into small sections, and marinate with French dressing. Serve on lettuce with mayonnaise.

**Swedish Salad**

One can fish (eight ounces, any kind), two hard boiled eggs, olives, capers, gherkins, lettuce, mayonnaise, aspic.

Cut the fish into small pieces, mix with chopped hard boiled eggs, and sliced olives, capers, and gherkins. Sprinkle with salt and pepper. Serve on lettuce with mayonnaise. Garnish with aspic cut into dice.

**Oyster Salad**

One can oysters, celery, mayonnaise, lettuce.

Drain the oysters, cut into small pieces, and mix with an equal quantity of celery cut into narrow inch lengths. Mix with mayonnaise, place on lettuce leaves, and garnish with a spoonful of firm mayonnaise.

**Tuna Salad**

One can white tuna (eight ounces), three cups diced celery, French dressing, mayonnaise, lettuce.

Drain the oil from the fish, shred, mix with celery, and marinate with French dressing. Arrange on lettuce, and place a spoonful of firm mayonnaise on top. Unless well drained, the tuna will be oily, as it is packed in oil.

**Tuna Salad, Jellied**

One can tuna (eight ounces), one-half package gelatin, lemon, parsley, olives, mayonnaise.

Drain the fish, shred, add lemon juice, paprika, and the dissolved gelatin. Mix well and fill individual molds. When the gelatin is set, serve on lettuce and garnish with olives and mayonnaise.

**Fish Salad**

One can salmon (or other fish) (No. 1), one cucumber, lettuce, mayonnaise.

Drain the fish from the oil, free from skin and bones, then cut into neat pieces (each piece sufficient for a portion). Place on lettuce and garnish with very thin slices of cucumber. Dress with mayonnaise.

**Leftover Salad**

Small amounts of canned peaches, pears, etc., may be left over. These can be utilized by slicing them neatly, and alternating the different kinds on a lettuce leaf. The syrups may be mixed, boiled down, and then have lemon juice and maraschino or wine added, and poured over the fruit.

**Pear Salad**

One can pears, maraschino cherries, lettuce, lemon.

Drain the pears, cut in slices, arrange on a lettuce leaf, and garnish with the cherries. Boil the syrup from the pears until it is thick. When cold, add lemon juice and maraschino, and pour over the pears.

**Celery and Tuna Salad**

One can tuna (eight ounces), celery, one small onion, one pepper, lemon, Worcestershire sauce.

Select the curved inner, tender, celery stalks, trim to the desired length, then fill with the following mixture: Drain the tuna, shred fine, mix with the finely cut onion and pepper, season with salt, paprika, lemon juice, and Worcestershire sauce. Coat the inside of the celery shells with mayonnaise, fill with the mixture, cover with mayonnaise. Serve on lettuce. Garnish with celery tips.

**Pimiento and Tomato Salad**

One can pimientos, one can tomatoes (No. 2), one onion, one teaspoon sugar, four cloves, one bay leaf, one-half package gelatin, one teaspoon salt, one-eighth teaspoon pepper, lettuce.

Use the pimientos whole, straightening them into original shape. Boil the other ingredients, except the gelatin, for ten minutes, then add the gelatin which has been soaked in one-half cup of water; filter through cheese cloth. When cool, and just about to set, fill the pimientos. Let them stand until the gelatin is well set, cut into slices, place on lettuce, and place a spoonful of mayonnaise on top.

**Pimiento Salad**

One can pimientos (red and green), five rather small cucumbers, French dressing.

Cut a lengthwise slice of the cucumber, take out the inside with a curved grapefruit knife, so both parts may be intact. Cut the inside into slices, the pimientos into inch strips, and marinate with French dressing. Fill the cucumber shells with the mixture, and serve on fancy paper doilies on plates.

**Pea Salad**

One can peas (No. 2), one-quarter pound shelled pecans, mayonnaise, lettuce, ripe olives.

Rinse and drain peas, mix with the pecans and mayonnaise, arrange on lettuce, and garnish with ripe olives.

**Portuguese Salad**

One can pimientos, two tomatoes, one onion, two cucumbers, one clove of garlic, one-half pint vinegar, one-eighth pint olive oil.

Slice pimientos, tomatoes, onion, and cucumbers. Sprinkle with the garlic cut very fine. Pour over the vinegar and oil mixed and seasoned with salt and pepper. The salad may be placed on trimmed slices of bread before pouring on the dressing.

**Mexican Salad**

One can pimientos, one large onion, three firm tomatoes, parsley, French dressing, lettuce.

Cut the pimientos into long strips, the onion into thin slices, separating the rings, and the tomato into thin slices. Mix the pimientos and onion, and marinate with French dressing. Alternate the slices of tomato and the mixture on lettuce. Sprinkle the finely chopped parsley on top.

**Pineapple Salad**

One can sliced pineapple (No. 2½), one can cherries (No. 2), lettuce, mayonnaise, cream.

Place single slices of pineapple on crisp lettuce leaves, and fill the center with cherries. When ready to serve, garnish with spoon of mayonnaise into which the stiffly beaten cream has been mixed. (If any portion of the pineapple heart is left on the slices, it should be removed before the slices are prepared, as it is difficult to separate with a fork.)

**Pineapple and Grapefruit Salad**

One can shredded pineapple, grapefruit, maraschino cherries, cream mayonnaise.

Remove the skin and all the white pulp from grapefruit, open sections, and shred the pulp into fine pieces. Mix with the shredded pineapple and some of the liquor from the cherries. Serve in cocktail glasses with spoon of cream mayonnaise on top, and garnish with cherries.