













# NEW SALADS

FOR DINNERS, LUNCHEONS  
SUPPERS AND RECEPTIONS  
With a group of ODD SALADS  
and some CEYLON SALADS

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Making, and other Valuable Works on  
Cookery.

*Revised and Enlarged Edition*

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## INTRODUCTION

A salad is a dish composed of green or succulent vegetables, seasoned with herbs, salt and pepper, oil, and lemon juice or vinegar. From the literature of ancient times we learn that lettuce and cress occupied a most prominent place among the dinner salads. The Hebrews ate them without dressing, simply dipping each leaf in a little salt. The Greeks, however, used oil and honey, while the Romans served lettuce with hard-boiled eggs, mixed with oil and spice, making a salad much more to the liking of the present generation. These salads, however, were served as appetizers, for the first course; they were considered great luxuries, and in those days of heavy, coarse and greasy food, they no doubt were appetizing.

Leeks, onions, garlic and cucumbers were used freely among the Egyptians for their late breakfasts. Garlic, the diamond of the cuisine when properly used, was very popular with the Greeks and Romans, and it is said that they used it freely for their soldiers, "to excite courage and arrest fatigue."

A dinner salad of lettuce or Romaine, dressed with a French dressing and highly seasoned with garlic, is one of the most stimulating, restful foods that one can take.

I do not know of any dish that so greatly shows the artistic or inventive qualities of a housewife as the daily salad. The whole dinner may be rather poorly cooked, but it comes from the kitchen, over which we do not always have supreme command; the salad is prepared at the table, and proclaims at once the knowledge of the housewife.

Salads are sightly, palatable and wholesome. The green vegetables from which they are made contain the salts necessary for the well being of our blood. The oil, a vegetable oil, is easily assimilated and aids in the digestion of other foods. The lemon or vinegar gives a wholesome acid and in proper quantity. A little salt and a drop of liquid pepper, and the dish is complete.

Take care that your lettuce is fresh and crisp. As soon as it comes from the market cut off the large, coarse leaves; separate the remaining tender, crisp leaves, wash them thoroughly in cold water, put them into a dry cheese-cloth bag on the ice until wanted.

In this way the lettuce will become crisp and dry, and will keep several days. If you have two varieties, and buy cress at the same time, put the lettuce in one bag, the cress in another; in fact, I put all my green salad vegetables on the ice in separate bags. If you are obliged to use them at once, take them directly from the water, put them into a spherical wire basket, known as a salad basket, and swing them violently up and down until the leaves are dry. If such a basket is not at hand, shake each leaf from the water and dry it on cheese cloth. Just before serving time have the salad arranged in a large shallow dish, or a broad salad bowl. The ordinary salad bowls do not give sufficient room for thorough mixing. After the leaves are arranged neatly, sprinkle over the top a tablespoonful or two of herbs; finely chopped chives, tarragon, parsley, crisp leaves of celery, or perhaps a shallot. Stand it aside in a cold place until wanted.

Do not season nor dress until the moment you are ready for it. The vinegar and oil wilts the greens and destroys their flavor. Use, for mixing, a salad fork and spoon;

those made from ordinary boxwood, perfectly plain, are always the best. You can, if you like, have plates to match the salad bowl; they must, however, be as large as ordinary breakfast plates. Saucers are not the things on which to serve a salad; an incorrect service of this kind speaks more loudly than words; it shows that little attention is paid to the table and its decorations.

During the summer the dinner salad may be composed of any well-cooked green vegetable, served with a French dressing; string beans, cauliflower, a mixture of beets, turnips, carrots and new peas, carefully boiled; radishes; crisp cucumbers; tomatoes; uncooked cabbage; daintily cooked spinach, lettuce, cress, both garden and water cress. In the winter, celery, lettuce, endive, both native and imported; chicory or escarole, and hard bleached cabbage. In fact, I consider cabbage the king of the winter salad vegetables. As a friend has wisely said: "If cabbage cost a dollar a head, we would prefer it to lettuce," but it is cheap and plentiful, and for that reason we pass it by.

# SALAD SAUCES AND DRESSINGS

## French Dressing

Notwithstanding the criticisms of many diners, I prefer a French dressing made in a shallow plate or bowl. Put a little salt and crushed black pepper, or a drop of liquid pepper, into a bowl or soup plate; and six or eight tablespoonfuls of olive oil. Put in a piece of ice the size of an egg and stir it around with a fork until the salt is melted. Remove the ice, add a tablespoonful of vinegar, and with a wooden fork beat rapidly until you have a thick, creamy emulsion. Pour this at once over the salad, toss until each leaf is well covered, and serve.

You get just enough water from the melting of the ice to make a perfect emulsion, which, to my mind, adds greatly to the flavor of the dressing.

Many persons prefer the French way of dressing the salad. Have the salad brought to the table in the salad bowl. Put a half teaspoonful of salt and a drop of liquid pep-

per in your salad spoon, add a little vinegar and stir the salt and pepper with a fork until the salt is dissolved. Sprinkle this over your salad, toss it thoroughly and carefully, then measure as many spoonfuls of oil, five or six, as you need for the amount of salad you are to dress. Pour this over, and turn and mix the salad until the oil is distributed over every leaf. Serve at once.

There are another set of people who tell you that salad must always have the oil poured over first, otherwise it will be too sour. My inventive readers may try all these methods, but I am sure they will like the emulsion best.

## Italian Dressing

Put into a bowl a half teaspoonful of salt, a quarter teaspoonful of white pepper and a teaspoonful of tomato paste. If you cannot get the paste use a teaspoonful of tomato catsup. The paste, however, is very much better. Add gradually four tablespoonfuls of olive oil, mixing all the while. Cut into small pieces one clove of garlic; with the back of a spoon rub the garlic and the paste



well into the oil; add one tablespoonful of tarragon vinegar, beat thoroughly, strain, and it is ready to use.

If made at the table drain it from the bowl, holding back the garlic with the fork.

## Normandy Salad Dressing

This salad is very nice for people who dislike the taste of olive oil. Arrange your lettuce leaves in your salad bowl. At the table put the yolks of two eggs in a soup plate, add gradually a half cupful of thick cream, beating all the while; and a tablespoonful of capers, and at last a tablespoonful of tarragon vinegar. Pour over the lettuce, toss and serve.

## Nut Salad Dressing

$\frac{1}{2}$  tumblerful of peanut butter

$\frac{1}{2}$  cupful of water

3 eggs

The juice of 3 lemons

$\frac{1}{2}$  teaspoonful of salt

1 dash of pepper

Mix the nut butter and water, then add the eggs, beaten, salt and lemon juice. Stand

the bowl in a saucepan of hot water and beat until the dressing is as thick as mayonnaise, and stand aside to cool. This dressing may be used on mock chicken salad, carrots, and beets and turnips, chopped and mixed, or it may be served on tomatoes, stuffed with various greens. Other nuts may be substituted for peanuts; in fact, Brazilian or pine nuts make a better dressing.

### Spanish Salad Dressing

- 4 ounces of shelled Brazilian nuts
- 1 small cocoanut
- ½ pint of boiling water
- The juice of 3 lemons
- 1 teaspoonful of salt
- 3 yolks of eggs

Grate the cocoanut, and pour over it the boiling water; stir and wash until the water is cool, then wring the cocoanut, until dry, in a cheese cloth. Put the Brazilian nuts through the meat chopper, add them to the cocoanut water, and add this to the beaten yolks of the eggs. Add the lemon juice and salt, and stir over the fire until the consistency of mayonnaise dressing. Use cold. This is one of the most delicious of all salad

dressings, and may be used on tomatoes, tomatoes stuffed with chopped chicken or fish, or on any of the mock meat salads.

## Mayonnaise Dressing

Put the yolks of two eggs into a clean, cold, soup dish. Stir lightly with a wooden fork, adding a quarter teaspoonful of salt, which should slightly thicken the yolks. Now begin to add, drop by drop, a half pint of cold salad oil, stirring rapidly until glossy and thick; add a teaspoonful of tarragon vinegar and one of lemon juice, or all tarragon vinegar or all lemon juice may be added. This dressing may be used at once, or it may be covered and kept for several days.

Where a large quantity of dressing is wanted, put three yolks in an ordinary good-sized bowl. Stand this bowl in a pan of ice water or cracked ice. Place a quart of oil to the left, and four tablespoonfuls of plain or tarragon vinegar in a little cup to the right. Now begin to add the oil, drop by drop, stirring rapidly. After adding the first gill, add a tablespoonful at a time, and with it a half teaspoonful of the vinegar, and so

continue adding oil and vinegar until you have the desired quantity of dressing, allowing a tablespoonful of vinegar to every half pint of oil used, seasoning with red pepper. Depend upon the salad materials rather than the dressing for the seasoning.

## Mayonnaise Dressing with Whipped Cream

Where the flavor of oil is not liked, or where a large quantity of dressing is needed at little expense, after the mayonnaise has been made according to the above directions, add one pint of cream, whipped to a stiff froth, to each quart of oil. Make the dressing complete, whip the cream, but do not mix until serving time.

## Green Mayonnaise

Make a mayonnaise dressing according to the first rule. Chop very fine sufficient parsley to make one tablespoonful. Put it in a bowl and rub with the back of a spoon until it is reduced almost to a paste; add during

the rubbing four or five drops of alcohol. Stir this into the mayonnaise and it is ready to use.

## Sauce Tartare

Make a green mayonnaise, and to each gill add one gherkin, a tablespoonful of capers, and four olives chopped fine and a half teaspoonful of onion juice. Use tarragon vinegar in making the mayonnaise.

## Mayonnaise with Aspic

When mayonnaise dressing is used for garnishing, it is, as a rule, pressed through a pastry bag containing a star tube. Mayonnaise alone is not sufficiently stiff to remain firm. That it may be built into any form desired, to add to the beauty, rather than to the taste of the dish, a small quantity of aspic jelly is frequently mixed with it. Where recipes call for special decorations, have ready the mayonnaise without whipped cream. To each gill, or half cup, of mayonnaise, add four tablespoonfuls of cold aspic. It must be very cold, but not congealed. After mixing, stand it aside until the whole

congeals. Then, if desired, a small quantity of whipped cream may be stirred in. Use quickly when put into the bag, or the heat from the hand will soften it.

## Ravigote Sauce

- 2 olives
- 1 tablespoonful of chopped parsley
- 1 tablespoonful of chopped green tarragon
- 1 tablespoonful of chives
- 1 shallot
- $\frac{1}{2}$  teaspoonful of anchovy sauce
- $\frac{1}{2}$  pint of mayonnaise dressing

Rub the parsley and tarragon to a pulp, add the other ingredients, finely chopped. Stir these into the mayonnaise dressing, stand on the ice. This sauce is used for boiled crabs or crab flakes, served in the shells, and sometimes for finely chopped, seasoned lobster, served in the lobster shells.

## Cooked Salad Dressing

Put the yolks of four eggs, four tablespoonfuls of olive oil and four tablespoonfuls of water or stock into a bowl; stand in a pan of boiling water and stir constantly until the

dressing is smooth and thick; take from the fire and add a half teaspoonful of salt. Put a slice of onion, a bay leaf, a quarter teaspoonful of celery seed and four tablespoonfuls of tarragon vinegar into a saucepan; stand this over the fire and evaporate the vinegar one half; then add the mixture, a few drops at a time, to the dressing; strain, cool, and it is ready to use.

This dressing is especially nice with cold boiled fish or with canned salmon, served with or without lettuce leaves.

### Sidney Smith's Salad Dressing

Press one fresh boiled or baked potato through a sieve; then rub it with a limber knife until perfectly smooth; add to it the yolk of one egg, rub thoroughly and then add another yolk. Add a half teaspoonful of salt and a dash of cayenne. Now add gradually four tablespoonfuls of olive oil; then two teaspoonfuls of vinegar or the same quantity of lemon juice, and it is ready for use.

This dressing is greatly improved by just a suspicion of onion juice, not more than five

or six drops, rubbed on the plate before putting on the potato. This dressing may be used in the place of mayonnaise, with celery, tomatoes or lettuce.

## Custard Dressing

Put a gill of cream over the fire in a double boiler. Moisten one tablespoonful of cornstarch with a little cold milk, add it to the hot cream, stir, and cook until smooth. Add hastily the beaten yolks of two eggs. Take from the fire, and, when cool, add a teaspoonful of tarragon vinegar, a half teaspoonful of salt and a dash of cayenne.

Milk may be used in the place of cream, and a tablespoonful of butter added when the mixture is taken from the fire.

## German Salad Dressing

This dressing is used in certain parts of Germany for a salad composed of apples, potatoes and cold roasted beef.

Put a half pint of bouillon, or good stock, into a saucepan, add a slice of onion, two bay leaves, and a little chopped celery tops; stand



over the fire until it reaches boiling point, and then stir into it a tablespoonful of arrow-root moistened in a little cold bouillon. Cook for a moment, strain through a fine sieve, and add to it the yolks of four eggs, two tablespoonfuls of tarragon vinegar and four tablespoonfuls of olive oil. Whisk with an egg-beater until light, then add a half teaspoonful of salt, a teaspoonful of German mustard, and a dash of cayenne; stand aside until perfectly cold. Cut three boiled potatoes into thin slices, add to them one tart apple sliced, a half pint of cold roasted beef cut into dice, and one small onion cut into very thin slices. If at hand, cut sufficient celery to make a half pint. Mix together and season with a half teaspoonful of salt, a tablespoonful of lemon juice and a saltspoonful of white pepper. Mix with the dressing, serve on lettuce leaves and cover with finely-chopped parsley.

This dressing may be used for other mixtures of meat and vegetables.

## Cream Dressing

Put the hard-boiled yolks of two eggs in a plate. With a limber knife, rub them smooth; add gradually six tablespoonfuls of clarified butter or very thick cream; when smooth add a tablespoonful of vinegar, a half teaspoonful of salt, and a dash of pepper.

While this is a very homely dressing, not nearly so tasty or wholesome as a mayonnaise, it may be used in an emergency. It is fair on dandelions or wilted sour dock, or shredded cabbage.

## A GROUP OF DINNER SALADS

We are not referring here to the highly seasoned mixtures of meats, fish and vegetables, served with a heavy mayonnaise dressing. These are foods of another kind; they never take the place of a dinner salad, but they do furnish an excellent combined meat and salad course at luncheon or supper. They are also nice to serve for collations, for evening affairs and afternoon receptions. If the mustard is omitted, and the materials lightly and sensibly seasoned, they are palatable, wholesome, easily served and easily eaten.

Salads should not be sour, but where one wants a sour meat salad it is better to marinate the meat by sprinkling it with lemon juice or tarragon vinegar several hours before mixing it with the dressing. Too much vinegar added to a dressing spoils its consistency and robs it of its best flavor. Too much lemon juice or acid in the dinner salad destroys the delicate flavor of the combined lettuce and oil.

All salads may be prepared hours before they are served, each ingredient kept separately, and mixed at serving time.

## Asparagus Salad

Trim neatly one bunch of asparagus; tie the stalks together and stand them in a deep kettle of boiling water. Add a teaspoonful of salt to each quart of water, cover the kettle and cook slowly for forty-five minutes. By placing the asparagus so that the butts only will be in the water the stalks will be more evenly cooked. They will fall when soft, and the remaining time will be quite sufficient for the cooking of the tops. Lift the asparagus from the water, drain and stand aside to cool. At serving time pour over French dressing.

## String Bean Salad

Select young, tender beans; cut the strings from both sides. Then cut each bean into three pieces lengthwise, throwing them into cold water as soon as cut. When ready to cook, cover with boiling salted water. Boil

for twenty minutes, and drain; throw them into cold water for ten minutes. Then put them into boiling unsalted water and cook fifteen minutes longer. This is the proper method of cooking beans when served as a vegetable. A larger quantity may be cooked than is needed for the dinner, so that a portion may be reserved for salad the next day. Drain the beans after they have finished cooking; arrange them evenly cross-wise on the platter; sprinkle two tablespoonfuls of vinegar over them and stand away until cold. When ready to serve cover with French dressing.

### Lima Bean Salad

Select young lima beans containing a small amount of starch, and cook carefully in boiling salted water for twenty minutes. Drain, throw them on a napkin, and turn from side to side until dry and cool. Line a salad bowl with lettuce leaves, put the beans in the center and stand them in the refrigerator until cold. When ready to serve cover with French dressing, and sprinkle over them a tablespoonful of finely-chopped mint.

## French Carrot Salad

Boil four good-sized fresh carrots; when perfectly tender press through a sieve, add a dash of onion, a half teaspoonful of salt and a dash of red pepper. Put two level tablespoonfuls of gelatin into a saucepan, add a clove of garlic, mashed, and a half pint of cold stock. Let it stand ten minutes, stir over hot water until the gelatin is dissolved; add a half teaspoonful of salt, four tablespoonfuls of tarragon vinegar and a dash of tabasco. Strain this into the carrots, mix thoroughly, add a tablespoonful of tomato catsup and turn into tiny round molds to harden. Serve on lettuce leaves, with French dressing, as an accompaniment to cold plain boiled or corned beef.

## Swedish Carrot Salad

Wash three large carrots, scrape and grate them. Stand the pulp on the ice until wanted. Chop a half cupful of pecan meats. At serving time cover salad plates with a few crisp lettuce leaves, mold the grated carrot in small pyramids and place one on each plate. Put a goodly quantity of the

nuts around the base of each pyramid, baste with French dressing and serve. This is one of the daintiest of all salads, and while it is a nice dinner salad, it is equally appropriate for a luncheon or afternoon.

## Plain Cucumber Salad

Pare fresh, crisp cucumbers; cut into thin slices; soak in very cold, clear water one hour; drain, sprinkle plentifully with French dressing and serve at once.

## Carrot Salad

Cut large, perfect carrots into slices. Then, with a vegetable cutter, cut into fancy shapes. Throw them into unsalted water and simmer gently for one hour; drain, and when cold, dish on lettuce leaves; pour over French dressing and serve.

## German Cucumber Salad

Pare three good ripe cucumbers, then cut them into as thin slices as possible from one end to the other, rejecting the seeds. Throw

these strips into ice water and soak them until they are crisp and curly. Drain the cucumbers, put them into a salad bowl, cover with French dressing, to which you have added two tablespoonfuls of thick cream. Serve at once.

## Cucumber Jelly

Pare three good-sized cucumbers, cut them into halves, scoop out the seeds and grate the cucumber; put this on a sieve to drain. Then add a small grated onion, a tablespoonful of lemon juice, a half teaspoonful of salt, and a half saltspoonful of black pepper. Put two level tablespoonfuls of granulated gelatin into a saucepan, add a half cupful of cold water, soak for a half hour, then add the cucumber and stand the mixture over hot water until the gelatin is dissolved. Turn into small molds, or you may mold in after-dinner cups. Taste the mixture to see if the seasoning is right; if not, add two tablespoonfuls of vinegar. Serve these on lettuce leaves with French dressing. This is a nice accompaniment to fish dishes.



## Cucumber Blocks

Pare and grate four good-sized cucumbers and drain the pulp on a sieve. When dry, turn it into a bowl and add one small grated onion, a level tablespoonful of grated horseradish, a dash of cayenne, a dash of black pepper, a half teaspoonful of salt and four tablespoonfuls of tarragon vinegar. Put two level tablespoonfuls of gelatin in a saucepan, add one cupful of cold water, soak for ten or fifteen minutes and stir over the fire until the gelatin is dissolved. Add the cucumber mixture and the juice of half a lemon. Turn this into a square bread pan that has been dipped in cold water; put it on the ice until hard. At serving time cut into squares of one inch; heap these squares, three or four for each individual, on little nests of lettuce leaves on individual plates; baste carefully with French dressing and serve with planked, broiled or boiled fish.

## Beet Salad No. 1

Cut boiled beets into thin slices, and arrange in a salad bowl that has been lined with lettuce leaves; cover with French dressing and serve.

This salad may be served with mayonnaise dressing, cutting the beets into dice. Sidney Smith's dressing is also especially nice here.

## Beet Salad No. 2

Chopped cold pickled beets mixed with an equal quantity of tender celery cut into small pieces, makes a delightful combination. This salad may be dished on small breakfast plates, and put in the refrigerator until wanted. Baste with French dressing after it has been brought to the table.

## Cabbage Salad

Cut a hard head of cabbage into halves, and then, with a sharp knife, shred very fine the quantity desired. Throw into ice water as fast as shredded, and allow it to stand

about two hours; then drain until dry. Turn it into the salad bowl, cover with French dressing and serve.

This is a very nice winter salad.

## Cauliflower Salad

Wash one head of cauliflower and soak in cold water for thirty minutes. Drain, throw into a kettle of boiling salted water and simmer gently for thirty minutes. The cauliflower must not lose its color; boil slowly to keep perfectly white. When done, take it from the water and break it apart in flowerets; place these on a dish, and stand aside until very cold. When ready to serve arrange on a platter, sprinkle over a little chopped parsley and cover with French dressing.

## Philadelphia Cooking School Salad

Pare and chop fine one fresh cucumber, and throw it into cold water. Shred sufficient cabbage to make one pint and throw it also into cold water. Peel one good-sized tomato, cut it into halves, press out the seeds,

and then chop the flesh rather fine. Remove the seeds from one sweet pepper, and chop it also; mix it with the tomato. Now drain the cucumbers and dry them. Drain and shake the cabbage. Put into the salad bowl a layer of cabbage, then a layer of cucumber, then tomato and pepper, then a few drops of onion juice, another layer of cabbage, and so continue until you have used all the materials. Cover with French dressing, to which has been added a teaspoonful of onion juice, and serve at once.

## Celery Salad

Wash and cut the white celery into slices. Dry it on a towel, turning from side to side until dry. Dish it in a salad bowl, and at serving time, cover with French dressing.

It is greatly improved by having ten drops of Worcestershire sauce added to the dressing.

## A Dainty Spring Celery Salad

Cut crisp celery into four-inch lengths, then shred it the long way. Chop a Bermuda onion very fine. Line your salad bowl

with crisp cress, put in the celery and onion, cover the top with thin slices of hard-boiled eggs, pour over a well-made French dressing and serve. This is a nice salad for supper with steak.

## The Count's Celery Salad

- 6 tablespoonfuls of oil
- 3 grape fruit
- 2 heads of celery
- ½ can of mushrooms
- 1 lemon
- ½ teaspoonful of salt
- 2 tablespoonfuls of sherry
- 1 saltspoonful of pepper

Cut the grape fruit into halves, remove each carpel with a sharp knife, keeping it as whole as possible. Clean out the shells, scallop, or point them at the rim, and stand them on a mat, on a pretty plate. Slice the mushrooms very fine. Cut the white tender portion of the celery into two-inch lengths, and then cut it down into thin shreds lengthwise. Mix these with the grape fruit, and fill the shells. Put the salt, pepper and oil in a bowl with a small piece of ice; stir until the salt is

dissolved, add the sherry and lemon juice, beat until mixed, baste it over the salad in the cups, and send at once to the table.

## My Lady's Salad

- 6 tomatoes
- 1 pineapple
- 1 head of celery
- $\frac{1}{2}$  pint of mayonnaise dressing

Peel the tomatoes and cut them into halves; remove the seeds and core. Pare the pineapple, take out the eyes, cut it into slices of a half inch, and then cut these slices into squares of a half inch, rejecting the core. Cut the white portion of the celery the same size, and mix the two. Put each half of tomato on little nests of lettuce leaves, heap on top the pineapple and celery, cover with mayonnaise, dust with a little chopped pimiento or parsley and send to the table.

## Salad Milanaise

- I carrot
- I turnip
- ½ can of mushrooms
- I chicken's white meat
- I teaspoonful of anchovy
- 8 tablespoonfuls of oil
- I root of celery, or a small can of asparagus tips
- 2 tablespoonfuls of vinegar
- I teaspoonful of salt
- I dash of pepper

Cut the carrots into dice, or scoop them, with a vegetable scoop, into balls, cook them and the turnips until they are tender; drain and cool. Cover the bottom of the salad bowl with lettuce leaves. Slice the mushrooms, and cut the chicken into dice. Put a layer of chicken, mushrooms, carrots, turnips, chicken, and so on, until you have used the ingredients. Cover the top with shredded, crisp celery, or the asparagus tips. Stand this aside until wanted. Have it brought to the table just as it is. Make the French dressing, adding the anchovy sauce; pour it over, toss and serve.

## Anchovy Salad

Four bottled anchovies and four pickled anchovies. Wash them both carefully in salt water, and let them stand in cold water for a half hour. Cover the bottom of your salad dish with crisp lettuce leaves. If you use Romaine, cut it into shreds with a sharp knife. Arrange the anchovies over the lettuce, garnish with hard-boiled eggs, cut into quarters, and put over six or seven table-spoonfuls of mayonnaise dressing. Cover this with capers; put here and there a ripe or a stoned olive, and around the edge finely chopped pickled beets. Mix at serving time.

## Celeriac Salad

Celeriac is to be found in the market at certain seasons; it looks like a huge root with celery leaves. Wash the roots thoroughly, throw them into boiling salted water, boil for thirty minutes. Drain, peel and cut into thin slices; stand these on the ice until serving time. Boil two medium-sized potatoes until tender, cut them into slices, sprinkle over a little French dressing and stand them



aside. At serving time put the potatoes into a salad bowl, put on top the celeriac, dust lightly with chopped parsley or chives and send to the table. Make a French dressing, pour it over the salad, toss with a fork and serve, without any other garnishing.

### Avocada Salad (Alligator Pear)

This is one of the nicest of all the dinner salads, and now that we are having avocadas grown in our own country, they are cheap and accessible. Select them a little soft and with a rattling stone when you are shaking the pear. Put them on the ice. At serving time cut them into halves, remove the stone and brown skin, sink the pear down into a plate of cracked ice and place them at the table. Make a French dressing, having it very cold. Pass the dressing, allowing each person to help himself to two or three tablespoonfuls, which will be poured into the pear. Eat it with a spoon as you would a cantaloup.

## Sailor's Butter Salad

Allow two good-sized avocadas for each six people. Cut them into halves, remove the seed and brown skin, and then turn the outside skin from the flesh. By turning it wrong side out you can peel it off nicely. With a silver fork mash or chop the avocadas and pour over four tablespoonfuls of olive oil; add a half teaspoonful of salt, a drop of "hot sauce" or a dash of cayenne and a tablespoonful of lemon or lime juice; mix thoroughly. Put two tablespoonfuls of this mixture into a little nest of crisp lettuce leaves and send to the table. Pass with this toasted cassava wafers or French bread.

## Avocada and Grape Fruit Salad

This is a salad that is used frequently in the northern part of South America. Peel one ripe avocada, cut the flesh into cubes of a half inch, put these in a bowl and add the carpels from two grape fruit.

Peel the grape fruit; remove all the white skin, and with a sharp knife take out the carpels. Add to this mixture two tablespoonfuls of olive oil, a dash of lime or lemon juice,

a half teaspoonful of salt and a dash of cayenne. Serve on crisp lettuce leaves. This is one of the nicest of the dinner salads.

## Jerusalem Artichoke Salad

Scrape and boil a half dozen Jerusalem artichokes; they should be crisp, not soft; drain and stand aside to cool. At serving time line a salad bowl with crisp lettuce leaves, put the artichokes in the center, sprinkle over a tablespoonful of finely chopped celery, another of finely chopped chives, or a tablespoonful of onion juice. Dress with French dressing, toss and serve.

## Italian Salad

- 4 large oranges
- 4 hearts of lettuce
- 6 tablespoonfuls of oil
- The juice of one lemon
- $\frac{1}{2}$  teaspoonful of salt
- 1 dash of pepper

Put the salt, pepper and oil in a soup dish or bowl, add a small piece of ice, and stir until the salt is dissolved. Remove the ice, add the lemon juice, and beat for at least

two minutes, until the dressing is thick and creamy. Remove the rind and all the white pith from the oranges, and with a sharp knife cut out the flesh of each carpel, keeping them whole. Arrange these on the lettuce hearts, pour over the French dressing, and send at once to the table.

### Louise Salad

Cut large white grapes into halves and remove the seeds. Peel a large grape fruit, take off the white rind, and with a sharp knife remove the fleshy part in perfect carpels. Blanch and chop fine a quarter of a pound of Jordan almonds. At serving time line your salad bowl with crisp lettuce leaves, mix the grapes, grape fruit and nuts, pour over a French dressing, toss and serve. This is very nice to serve with a game course, or it may be served alone as a salad course.

### Knickerbocker Salad

Chop one sweet Spanish pepper rather fine; mix it with the fruit from two grape fruits. Line a flat dish with crisp Romaine,

put in the grape fruit and Spanish pepper, dust it lightly with salt and pepper, pour over four tablespoonfuls of oil, toss and serve.

## Belgian Endive (Batavia) Salad

This variety of endive is coming to us now in large quantities, and is comparatively cheap, even at fifty cents a pound. There is no waste; every piece is edible. It should be thrown at once into cold water, and when crisp divide it into leaflets; serve these leaflets whole, on a breakfast plate. Pass with it a well-made French dressing.

For luncheon or supper one may pass mayonnaise, but for dinner French dressing is preferable.

## The Ideal Salad

Cut a half pound of the imported endive into pieces one inch long; soak them in cold water until very crisp; dry in a colander and put them in a bag on the ice until they are dry and cold. At serving time put this into the salad bowl and cover over the pulp from two large grape fruit. Mix carefully

with a fork, put over four tablespoonfuls of olive oil, mix again, and while you are mixing, dust lightly with salt. Put a drop of tabasco in a tablespoonful of tarragon vinegar and put this over at the last. Serve immediately, without any other garnishing.

### A Bermuda Salad

Peel and cut into halves six Bermuda onions; put a bit of butter in the center of each, stand them in a baking pan, bake until soft, but whole, and stand aside to cool. At serving time line your salad bowl with crisp lettuce leaves, stand in the center the baked onions, cover each with a boneless sardine, cover the whole with finely-chopped hard-boiled egg, pour over a French dressing, toss and serve.

### Gascony Salad

This is made from the Batavia or imported endive. Have it brought to the table cold and crisp in a salad bowl. Make a French dressing by putting into a plate a teaspoonful of anchovy paste, a saltspoonful of celery seed, a mashed clove of garlic, a

half teaspoonful of salt and a dash of pepper. Add six tablespoonfuls of oil and a piece of ice the size of an egg; beat until thoroughly smooth and well mixed, add a tablespoonful of tarragon vinegar, beat again for a moment, remove the ice and pour the dressing over the endive; toss and serve.

### Indian Pepper Salad

Six skinned green peppers, chopped very fine, mixed with one chopped Bermuda onion. Slice one ounce of candied ginger, mix with the other ingredients, dust with salt and pepper, cover with French dressing and serve on lettuce leaves.

### Water Cress Salad

Wash, shake until dry, and serve with French dressing.

### Water Cress Salad with Cheese Balls

Wash fresh full-grown water cress, shake it dry and put it in a bag on the ice until crisp. Mash one neufchatel cheese, add to it

two tablespoonfuls of grated parmesan, a dash of red pepper, a saltspoonful of paprika, two tablespoonfuls of melted butter and a half teaspoonful of salt. Form this into balls the size of an English walnut. At serving time arrange the cress in a shallow salad bowl, put the cheese balls over the top, baste with French dressing and serve. Pass with this salad crisp wafers or toasted bread fingers.

### Garden Cress Salad

Wash the garden cress through several cold waters, and put it in a bag to drain. At serving time shave the cress with a sharp knife. Shave an equal quantity of crisp green lettuce leaves. Put this loosely in a salad bowl, toss lightly with a fork and serve with French dressing.

### Mountain Cabbage Salad

This is made from the inside crisp portion of a palm tree, that is, the new tender growth. Chop it, put it in a cloth and on



ice until very cold, baste with French dressing, mix and serve. It is one of the most delicious of all salads.

## Frozen Tomato Salad

Add to a one-quart can of tomatoes a half box of gelatin, one sliced onion, a teaspoonful of salt, the juice of half a lemon and a half teaspoonful of paprika; stand aside a half hour then bring to boiling point and strain. When perfectly cold, put this into a freezer and freeze the same as you would water ice or sherbet. Make a French dressing and stand it on the ice until very cold. At serving time arrange a nest of crisp salad leaves on small breakfast plates, place a little mound of the frozen salad in the center, put a little French dressing over the leaves and send at once to the table.

## Tomato and Celery Salad

Peel six solid tomatoes; cut off the stem ends and remove the seeds. Chop sufficient celery to make a half pint. Put the celery in

the tomatoes, and arrange them on little nests of lettuce leaves. Pour over each two tablespoonfuls of French dressing and serve.

## French Combination Salad

- 6 nice tomatoes
- 2 fresh cucumbers
- 1 onion
- $\frac{1}{2}$  teaspoonful of salt
- 1 saltspoonful of black pepper
- $\frac{1}{2}$  teaspoonful of paprika

Peel the tomatoes and stand them aside to cool. Grate the cucumbers and onion, mix the two together and put them on a sieve to drain; then add the salt, pepper and paprika. At serving time cut the tomatoes into slices an inch thick, put them flat on crisp lettuce leaves, put a tablespoonful of the cucumber mixture in the center of each slice of tomato, baste with French dressing and serve. This salad is frequently made from very small tomatoes peeled and scooped out, the cucumber mixture put inside; turn the tomato upside down on a nest of lettuce leaves and serve with French dressing.

## Chicory Salad

This may be washed, made crisp in cold water, dried and served with French dressing.

*Escarole* and endive are used in the same way. Coming in the winter, they take the place of lettuce and make the nicest of dinner salads.

Italian salad dressing is especially nice with all these green salads.

## Nut Salad

This salad is exceedingly nice to serve with roasted wild or tame duck, or with a game course.

Shell a half pint of English walnuts, keeping the kernels in perfect halves, if possible. Cover with boiling water, boil for five minutes and then blanch, removing the skin carefully from all the little crevices. Put the walnuts into a saucepan; cover with a pint of stock; add a bay leaf, two tablespoonfuls of chopped onion, a tablespoonful of chopped carrot and a sprig of parsley. Simmer gently for twenty minutes and drain; stand

away until cold. Chop fine one truffle and twelve mushrooms. When ready to serve, line the salad bowl with lettuce or chickory, cut an orange into halves and scoop out the pulp. Put this pulp over the lettuce leaves, then a sprinkling of truffles and mushrooms, then the walnut kernels, and then the remaining mushrooms and truffles. Send to the table with French dressing; mix and serve.

## Orange Salad

This salad should be served with the game course.

Line the salad bowl with crisp lettuce leaves, and put over them the pulp from three good-sized oranges. Rub the bowl in which the French dressing is mixed with a clove of garlic. Pour the dressing over the salad and serve at once.

## Grape Fruit Salad

This is made the same as "Orange Salad," using one grape fruit to each four persons.

## Macedoine Salad

A jar of macedoine, already cooked, may be purchased for this salad; or turnips, carrots, sweet and white potatoes may be cooked separately, mixed together and then mixed with a few string beans or peas. Serve on lettuce leaves and cover with French dressing.

## Macedoine Salad in Turnip Cups

This is one of the most sightly of all the dinner salads. Purchase a jar of macedoine, turn out the contents, drain and stand in the refrigerator until cold. Select six small, sound turnips. Pare them and cut off the root end so that they will stand evenly; then cut a slice from the stem end, and with a potato scoop, scoop out the inside, leaving the turnip in the form of a cup, with a wall about a half inch thick. Throw these cups into unsalted boiling water. Pull the saucepan to the back of the stove where they cannot boil, but will remain at boiling point for thirty minutes until tender; then drain and stand them away to cool. At serving time arrange each cup on a little nest of lettuce leaves.

Fill them with the macedoine, cover with French dressing and send to the table.

The "chokes" from the French artichokes may be used in place of turnips.

### Russian Salad (Simple)

Line a salad bowl with crisp lettuce leaves. Put over them one or two tomatoes which have been peeled and chopped rather fine. Cover with French dressing and serve.

### Spinach Salad

This is exceedingly nice to serve with a salmi of rabbit or with roasted duck. Wash two quarts of spinach and remove the leaves from the stems. Throw these leaves into a large kettle, stand over the fire, shake and toss them for ten minutes until they are thoroughly wilted, then drain dry and chop fine. Pack into small dariole molds or egg cups, and stand in the refrigerator. Cut three or four white turnips into slices, and, with a round cake cutter, stamp them out into rounds about two inches in diameter. Stamp

some slices of cold boiled tongue at least a half inch larger. When ready to serve make little nests of the lettuce leaves on a platter. In the center of each put the round of tongue, on top of this the turnip and turn the little cups of spinach in the center. Make a mayonnaise dressing unusually stiff by adding aspic, as directed in "Mayonnaise with Aspic." Place this in a pastry bag containing a star tube; press around the base of the molds and put just a little on top as a cap. Serve at once.

# LUNCHEON, SUPPER AND RECEPTION SALADS

## Salads with Mayonnaise Dressing

These salads should be served either for lunch or supper, or for a cold collation. There are times when a salad with mayonnaise dressing may be served for dinner. The salad portion under such circumstances should be very light, either tomato, celery or lettuce.

## Chicken Salad

The chicken should be especially boiled for salad and carefully seasoned while boiling. Put it into a kettle of boiling water, add a chopped onion, a tablespoonful of chopped carrot, two bay leaves, a teaspoonful of whole pepper corns, and a half teaspoonful of celery seed. Allow the chicken to boil rapidly for five minutes, then put it on the back part of the stove, where the water will be kept at 180° Fahr. until the chicken is tender. This will make the dark meat as



white as the white. Remove the chicken, and when cold, take the flesh in large pieces, from the bones, rejecting all fat and skin. Cut the meat into dice, measure it; and then cut into the same sized pieces sufficient celery to make two-thirds the quantity. If the salad is not to be served immediately, keep the chicken and celery apart until serving time. Sprinkle a tablespoonful of lemon juice over the chicken before standing it away. Make a good stiff mayonnaise dressing; add whipped cream or use plain, as preferred. At serving time garnish the salad bowl with lettuce leaves; mix the chicken and celery together. To each quart add a teaspoonful of salt, a half teaspoonful of pepper, and sufficient mayonnaise dressing to cover every piece. Mix thoroughly and turn into the salad bowl on the lettuce leaves; put over a little extra dressing, garnish the center with the hearts of the lettuce and sprinkle over a tablespoonful of capers which have been drained dry. Garnish with olives and celery tips.

## Chicken and Almond Salad

This is made the same as the Chicken Salad, boiling the chicken as directed in "Chicken Salad," cutting the celery, and mixing with each pint of chicken blocks a quarter pound of almonds that have been blanched and cut into quarters.

## Mrs. Rorer's Chicken Salad

Boil the chicken as directed in "Chicken Salad." Parboil a pair of sweetbreads. Cut into good-sized pieces sufficient celery to make the same quantity as of chicken. Blanch a half pound of English walnuts and cook for twenty minutes in stock. Blanch a half pound of almonds and chop them rather fine. At serving time line a platter with crisp lettuce leaves. Mix the chicken, celery, sweetbreads, almonds and walnuts, to each quart allowing a teaspoonful of salt, a teaspoonful of Worcestershire sauce, a quarter teaspoonful of paprika. Mix thoroughly, rubbing first the fork with a clove of garlic. In the center of the salad bowl under the lettuce leaves put three slices of onion. These

are simply to be used as flavoring and not to be served with the salad. Now mix with the salad sufficient mayonnaise dressing to cover each piece, and heap it on top of the lettuce leaves. Put a little more dressing over the top, and sprinkle over one truffle chopped fine. Have blanched and chopped two ounces of pistachio nuts; sprinkle these over with the truffles and serve at once.

This may also be served in little paper cases, the tops garnished with mayonnaise and aspic, pistachio nuts and truffles.

## Cream of Chicken Salad

Take the white meat from one boiled chicken, chop it very fine, then rub to a powder. As the meat is put through the chopping machine, chop also twelve blanched and dried almonds. Add to this a teaspoonful of salt, a half teaspoonful of paprika, a teaspoonful of onion juice and four tablespoonfuls of thick mayonnaise dressing. Mix, add two tablespoonfuls of lemon juice and a gill of aspic. Mix again and stand aside until the mixture begins to congeal. Then stir in hastily a gill of cream that has been whipped

to a stiff froth. Turn this into a border mold and stand away for at least two hours to harden. When ready to serve cover a flat dish with crisp lettuce leaves, dip the mold quickly into boiling water, turn the cream salad out on the lettuce leaves. Cut sufficient celery to make a pint, mix it with plain mayonnaise dressing and heap in the center of the mold. Put a half pint of mayonnaise dressing into a pastry bag and with a star tube garnish the top of the cream jelly and serve at once.

This may be made into individual molds, or it may be served in paper cases, forcing the mayonnaise over the top through a star tube.

## Cream of Tongue Salad

Chop a half pound of cold, cooked, salt beef's tongue. Add to it a gill of aspic jelly, a tablespoonful of lemon juice and a salt-spoonful of white pepper. Mix, add six mushrooms chopped fine, and, if desired, one truffle. When this begins to stiffen stir in a half pint of good cream which has been whipped to a stiff froth, and turn the mixture into a square pan to harden. Make it

smooth and not over one inch in thickness. When cold cut into diamond-shaped pieces and arrange around a mound of mayonnaise of celery; or, cut into rounds and place on rounds of plain aspic which have been cooled in a flat pan. Stand in nests of lettuce leaves, and garnish with mayonnaise pressed through a star tube.

## Sweetbread Salad

Select a nice pair of calf's sweetbreads, wash them in cold water, throw them into boiling water, and add a teaspoonful of salt, a slice of onion, a sprig of celery and a bay leaf. Cover the saucepan and simmer gently for half an hour. Lift the sweetbreads, throw them at once into cold water. When cold pick them apart, rejecting all the membrane, and stand them away until wanted. When ready to serve rub a clove of garlic into a two-inch square crust of bread, and put it on the bottom of the salad bowl; arrange over it the lettuce leaves. Mix the sweetbreads with mayonnaise dressing, heap them on top of the lettuce leaves and serve at once.

If this salad is served on a round or flat dish it may be garnished with pitted olives and truffles, or it may be garnished with pitted olives stuffed with mushrooms. A very pretty garnish is a row of chopped mushrooms, then a little row of finely-chopped parsley and chopped truffles sprinkled over the center.

## Sweetbread and Almond Salad

Parboil the sweetbreads as directed in "Sweetbread Salad." Take them apart and stand them aside to cool. Blanch twenty-four almonds and put them in the oven until they are thoroughly dry, then chop rather fine. When ready to serve the salad cover a dish with crisp lettuce leaves, mix the almonds with the sweetbreads, add a half teaspoonful of salt, a dash of paprika, a tablespoonful of Worcestershire sauce, and mix thoroughly. Now stir in a good stiff mayonnaise dressing, arrange on the lettuce leaves and serve at once.

## Lobster Salad

Cut the meat from one cold boiled lobster into squares of one inch. Season with salt, pepper and lemon juice, mix with mayonnaise dressing and serve on lettuce leaves. It may be served on a round dish or in a salad bowl, or it may be arranged in the shell of the lobster rather hidden by the green.

## Shrimp Salad

This is made by mixing canned or cooked shrimps with mayonnaise dressing, having first seasoned them with lemon juice, salt and pepper.

## Crab Salad

Boil twelve good-sized hard crabs; pick out the meat and clean carefully seven of the nicest shells. At serving time garnish individual plates with lettuce leaves, arranging shells on the leaves. Season the meat with a teaspoonful of salt, a quarter teaspoonful of paprika and a tablespoonful of lemon juice. Mix with it a half cup of mayonnaise

dressing, and heap into the crab shells, putting over each another teaspoonful of mayonnaise dressing, and dust thickly with a mixture of chopped olives, parsley and capers; send at once to the table.

## Salmon Salad

This may be made from fresh or canned salmon. If you use fresh salmon boil it and pick it apart, rejecting the skin and bones. Arrange the bits on lettuce leaves, cover with mayonnaise dressing and serve.

Canned salmon must be turned from the can, picked apart; the oil, skin and bones rejected. Arrange the pieces on lettuce leaves with mayonnaise dressing and serve. All fish salads are better if the fish is marinated with a little lemon juice an hour before serving time.

## Shad Roe Salad

Wash a shad roe, throw it into boiling water, add a teaspoonful of salt, and stand the saucepan where it cannot possibly boil for at least twenty minutes.



## Oyster Salad

Select small, plump oysters. Boil them in their own liquor until the gills are curled, then drain dry. This liquor may be used for soup. Sprinkle over the oysters two table-spoonfuls of white wine vinegar, dust over them a half teaspoonful of paprika and stand away on the ice. When ready to serve have a small jar of pickled oyster crabs and sufficient cut white celery to measure one pint to each twenty-five oysters. Have made a half pint of good mayonnaise dressing. Line a flat dish with lettuce, under which you have put a clove of garlic. Arrange the oysters in the center of the dish. Mix with the celery a little of the mayonnaise and put it around the oysters. Cover the oysters thickly with mayonnaise and put on top the drained oyster crabs. Sprinkle over the celery a little finely chopped chervil or parsley and send immediately to the table.

A plain oyster salad may be made by mixing the pickled oysters with mayonnaise dressing. They must be served immediately after the mixing.

## Mayonnaise of Duck

Steam a nice tame duck until tender. When cold remove the skin. Cut the meat into pieces about a half inch square and mix with it half the quantity of celery. Season with a teaspoonful of salt, a half teaspoonful of paprika, and mix with it a half pint of thick mayonnaise. Turn into a salad bowl and garnish with olives and celery tops. Serve at once.

## Mayonnaise of Chicken

This is the most elegant of all supper salads. Allow the white meat from one good-sized chicken to each four people. Boil the chickens carefully, and when cold remove the skin. Take each half of the breast off in a solid piece; split it into halves lengthwise. At serving time have ready a good-sized bowl of mayonnaise dressing, to which you have added a half pint of cream, whipped to a stiff froth. Dip each piece in the mayonnaise, arrange them neatly on a platter, garnish the dish with hearts of lettuce and send at once to the table. Each piece of chicken may be garnished with just a speck of chop-

ped parsley, or if expense is not to be considered, a half teaspoonful of finely-chopped truffle

## Aspic

Cover a half box of gelatin with a half cup of cold water and soak twenty minutes. Put into a saucepan a tablespoonful of chopped carrot, the same of onion, a quarter teaspoonful of celery seed, two bay leaves, a chipping of lemon rind, a half teaspoonful of whole pepper corns, and cover with one pint of cold water. Bring to boiling point and boil five minutes. Then add a half teaspoonful of beef extract and the gelatin. Mix and strain. Beat the whites of two eggs lightly, stir them in the aspic, add the juice of one lemon and bring to a good boil. Allow it to stand a moment, and strain through two thicknesses of cheese cloth which has been wrung from cold water. Add a teaspoonful of salt, and it is ready to cool.

## Chicken in Aspic No. 1

Remove the white meat from one boiled chicken and cut it into blocks. Line a mold with clear aspic. Have the lining about a

quarter inch in thickness. The bottom of the mold may be garnished with truffles, mushrooms or bits of green pepper. As soon as the jelly is hard and set, fill the mold with the blocks of chicken that have been nicely seasoned. Pour over sufficient aspic to fill the spaces and stand away for at least two hours. When ready to serve garnish a round dish with lettuce leaves and turn the aspic into the center. Cut little red radishes into tulips, arrange them around the base of the mold and send it to the table with a good-sized boat of either plain mayonnaise or sauce tartar.

## Chicken in Aspic No. 2

Cut cold boiled chicken into dice; add an equal quantity of crisp celery cut into pieces of the same size; stand these on the ice until wanted. At molding time add first a tablespoonful of lemon juice, mix, add a level teaspoonful of salt, a dash of cayenne and a saltspoonful of white pepper. Put one sliced onion, a chopped carrot and a bay leaf into a saucepan with a pint of water; bring to a boil, simmer gently ten minutes; add a

teaspoonful of beef extract and two table-spoonfuls of gelatin that have been soaked in a little cold water for a half hour. Strain through two thicknesses of cheese cloth. If this is not perfectly clear, add the white of an egg, slightly beaten, the juice of a half lemon; bring to a boil, boil rapidly five minutes and strain through flannel. Moisten a plain or border mold in cold water; arrange the chicken and celery neatly in the mold, pour over the aspic, which must be cold, but not thick, and stand on the ice until wanted. At serving time plunge the mold quickly into boiling water, turn out the salad, garnish with crisp, bleached lettuce leaves and serve with a boat of mayonnaise dressing.

## Molded Lobster Salad

Two three-pound boiled lobsters. Remove the flesh, using only solid part; cut this into pieces an inch square. Dust the lobster with salt and pepper, squeeze over the juice of a lemon and stand aside while you prepare the jelly. Put one box of gelatin in a saucepan, add a half cupful of water, soak a half hour, then add three cupfuls of good clear

consommé, or you may stir two teaspoonfuls of beef extract in the same amount of water. Stir until the gelatin is dissolved, add a palatable seasoning of salt and pepper, and the juice of a lemon. Put the lobster into a fancy mold, or into a garnished boned chicken mold, pour over the jelly and stand aside for several hours to harden. At serving time plunge the mold into hot water, turn the contents on to a platter, garnish with crisp chicory or hearts of lettuce and serve with mayonnaise dressing.

Shrimps may be used in the same way.

## Tongue in Aspic

Chop a half pound of cold boiled tongue rather fine; add a half teaspoonful of paprika, a tablespoonful of lemon juice, one truffle chopped fine, a teaspoonful of mushroom catsup and four tablespoonfuls of aspic. Allow this to stand until it begins to stiffen, then form it into a ball. Put a very little aspic in the bottom of a plain round or bomb mold, or a small bowl may be used. Then garnish the bottom with truffles, or bits of green pepper, or both. Pour over a little more

aspic to hold the garnishing. Put the ball of tongue right in the center of the mold, pour over sufficient cold aspic to fill the mold, giving the ball the shape of the mold; the space around should not be over half an inch, and filled with aspic. Stand away over night. When ready to serve turn out on a bed of cress. Cut small red radishes into slices without paring. If convenient, cut a small cucumber into slices without paring. Arrange these, over-lapping each other alternately, around the base of the mold. Send it to the table with a dish of sauce tartar.

Shred-like strips of lettuce, arranged inside the mold make an exceedingly pretty garnish. These strips are held with a little melted aspic. The aspic must be used cold but not congealed. Ham may be substituted for tongue, or chicken, or even beef may be used.

### Sardines in Aspic

Open one box of sardines and skin them. Make a pint of aspic and pour a layer about a quarter inch thick in the bottom of a border mold. Stand aside to harden. When hard arrange on it, daintily, a layer of sar-

dines, sprinkle over a little finely-cut cress with more jelly, which must be cold but not congealed. When hard, put in another layer of sardines, and fill the mold with jelly. Stand aside to harden. Serve with mayonnaise of celery in the center. Garnish with lettuce and serve.

### White Aspic

Cover a quarter box of gelatin with a quarter cup of cold water; soak a half hour. Put in a saucepan one tablespoonful of washed butter and one of flour; mix and add a half pint of milk. Stir until boiling, and add a half teaspoonful of salt, a dash of white pepper, a teaspoonful of onion juice and the gelatin. Stir and strain. This is used as a garnish for meat salads.

### Tomato Aspic

This is an exceedingly pretty and palatable winter salad, either for lunch, dinner or for a collation.

Cover a half box of gelatin with a half cup of cold water; soak a half hour. Put in



a saucepan a pint of strained tomatoes, add a stick of celery, two bay leaves, one slice of onion. Bring to boiling point, add the gelatin and strain through a sieve; add a teaspoonful of salt, a tablespoonful of lemon juice, the same of tarragon vinegar and a half teaspoonful of paprika. Turn in small tomato or round molds and stand aside to harden. Serve on lettuce leaves with mayonnaise dressing.

## Mutton in White Aspic

Bone a rack of mutton and trim off the fat. Tie in shape and put in a kettle of boiling water; add a bit of celery and four bay leaves. Boil rapidly for five minutes, then simmer gently for one hour. Take out and cool, and when cold cut into slices; cut the lean meat from each slice into rounds and season with salt and white pepper. Have ready some white aspic, cool but not stiff; dip in each round of meat and lay aside to harden. At serving time heap in the center of a round chop dish a mound of mayonnaise of fringed or plain celery. Arrange the

rounds of mutton at the base, and serve. The light tops of the celery may be used as a garnish.

Pieces of chicken or filets of birds may be served the same. Both chicken and birds should be roasted.

### Fringed Celery

Cut white, thick celery into two-inch lengths. Make parallel cuts on each end, then cut at right angles. Throw these into ice-water for one hour to curl. Drain and shake dry before using.

### Waldorf Salad

Pare, core, quarter and slice three solid, tart apples. Cut sufficient celery to make an equal quantity. Sprinkle over a half teaspoonful of paprika, a teaspoonful of salt and a tablespoonful of lemon juice. Mix, add a cup of mayonnaise and serve at once, plain or on lettuce leaves.

## A Salad Symphony

Wash, soak and cook slowly, one hour, a pair of calf's sweetbreads. Throw them into cold water, remove the membrane and pick them apart in their sections. Purchase three small hot-house cucumbers; they must not be over four inches long—quite young, before the seeds have formed. Pare the cucumbers, soak them in cold water an hour, then slice them as thin as possible, and put them on the ice. At serving time line your salad bowl with crisp chicory or imported endive. Put over the top a layer of sweetbreads, then a layer of cucumbers, then a can of asparagus tips. Make a plain French dressing, adding a teaspoonful of onion juice; pour it over the salad, toss and serve.

## Egg and Beet Salad

- 4 eggs
- 6 small beets
- 1 head of lettuce
- $\frac{1}{2}$  pint of mayonnaise dressing

Put the eggs in cold water, bring to boiling point and cook just below the boiling point for a half hour. Throw them into cold

water, remove the shells, and cut them into thin slices. Cover the bottom of the salad bowl with lettuce leaves, arrange neatly the slices of egg, cover thickly with the beets, chopped; then with either mayonnaise or farmer's salad dressing, and serve as a supper dish.

### East Indian Salad

Put one box of gelatin into a saucepan with a half cupful of cold water to soak for a half hour. Put one quart can, or one quart of stewed tomatoes, in another saucepan, add a clove of garlic, mashed, a sliced onion, a bay leaf and a blade of mace. Bring to boiling point, add the gelatin, stir until dissolved and strain through a sieve, pressing as much of the tomato through as possible. Add a level teaspoonful of salt and the juice of a lemon; mix thoroughly, add a drop of tabasco and stand aside to cool, but not harden. Dip a fancy or plain mold into cold water, garnish the bottom with the whites of eggs cut into fancy shapes, green and red pepper, or the yellow rind of a lemon; baste over just a little of this tomato aspic and stand aside to harden. When this is hard put in a layer of

finely chopped celery, then a thin layer of pine nuts or chopped almonds, then a thick layer of finely chopped cabbage that has been soaked in two or three cold waters for an hour; then a thin layer of East India relish; then a layer of hard-boiled eggs, cut into slices; another layer of celery, nuts, and so continue until you have the mold filled. Baste over the cold tomato aspic and stand on the ice for three or four hours. Serve in a garnish of crisp lettuce leaves with French dressing.

This salad is capable of great variation. Without celery, one can use all chopped cabbage. Pecans may be substituted for almonds or pine nuts, and string beans or carefully cooked peas may be added to give bulk.

## Tongue Salad

Cut left-over, cold boiled salted tongue into dice. Sprinkle over a tablespoonful of tarragon vinegar, to which you have added a drop of tabasco; stand on the ice until serving time. Cut an equal quantity of celery. At serving time line a salad bowl with lettuce leaves, mix the tongue and celery, then add

sufficient mayonnaise to cover each piece; mix, turn into the bowl on the lettuce leaves, dust with chopped parsley and send at once to the table.

## Pickled Calves' Tongue Salad

This recipe will answer for both calves' and sheeps' tongue. Cut the tongue into very thin slices, arrange them, overlapping each other, on a platter, around the edge, leaving a space in the center. At serving time fill the center with mayonnaise of celery, garnish the edge of the dish with quarters of peeled tomato and send to the table. This is an exceedingly nice supper salad.

## Pimolas with Cottage Cheese Balls

- 4 tomatoes
- 1 crisp cucumber
- 1 onion
- 1 green pepper
- 1 red pepper
- 1 bunch of cress
- 12 pimolas
- ½ pint of dry cottage cheese

Put the pimolas, half of the green and half the red pepper through a meat grinder;

mix them with the cheese, add a half teaspoonful of salt and a dash of pepper. Add the onion, grated (you should not have over two teaspoonfuls), and the cucumber, grated or shredded. Mix thoroughly, make into balls, and stand them on the ice to harden. Peel the tomatoes, cut them into halves, scoop out the seeds; put a ball into each space from which you have taken the seeds. If the mixture is thin, and you cannot make it into balls, fill the spaces in the tomato. Put a pimola in the center of the tomato, baste with French dressing, and serve on lettuce leaves.

## Salad of Spinach and Eggs

- 2 quarts of spinach
- 1 head of lettuce
- ½ pint of mayonnaise dressing
- 4 eggs
- 1 bunch of water cress

This salad is usually made from left-over cold spinach. Squeeze over it a little lemon juice; pack it into after-dinner cups or small molds, simply to mold it, and arrange it neatly on a small platter. Garnish in between the spinach with a cress and the very

heart of the lettuce. Cut hard-boiled eggs into quarters and fit them around the spinach in the lettuce and cress. Mask the top of each mold of the spinach with a little mayonnaise dressing, and send the remaining quantity of dressing to the table in a boat.

## Nut and Potato Salad

- 4 good-sized potatoes
- 2 heads of celery
- $\frac{1}{2}$  cupful of English walnut meats
- $\frac{1}{2}$  pint of mayonnaise dressing
- $\frac{1}{2}$  pint of cream
- 1 teaspoonful of salt
- 1 saltspoonful of pepper

Boil the potatoes until they are just done, and cut them into thin slices. Wash the celery, and slice the white, crisp portion; mix with the potatoes. Break the walnut meats into quarters, add them to the other ingredients, sprinkle over the salt and pepper, and dish in the salad bowl. Whip the cream, drain, and stir the dry portion into the mayonnaise. Put this all over the salad, and send at once to the table.



## Spanish Potato Salad

- 3 firm, ripe tomatoes
- 2 good-sized potatoes
- 1 tablespoonful of parsley
- 1 teaspoonful of finely chopped chives or onion
- 1 teaspoonful of salt
- 1 saltspoonful of pepper

Peel the tomatoes, and put them on the ice to cool. Boil the potatoes, and cut them into slices. At serving time, cover the bottom of the bowl with sliced tomatoes, then potato, a sprinkling of onion, parsley, salt and pepper, another layer of potato, covering the top with sliced tomato. Pour over French dressing, toss and serve at once

## Salad à la Monte Carlo

- 4 ripe, solid tomatoes
- ½ pint of asparagus tips
- 2 hearts of lettuce
- ½ teaspoonful of paprika
- 1 level teaspoonful of salt
- French dressing

Peel the tomatoes, and when cold cut them into slices. Cover the bottom of your salad bowl with lettuce leaves, put over the top sliced tomatoes, then the asparagus tips, drained, and a sprinkling of salt and pepper.

Garnish the top with chopped parsley, cover with mayonnaise dressing, dust again with chopped parsley and the paprika, and send to the table. Mix before serving.

## Potato Salad with Bacon

- 4 good-sized potatoes
- 1 onion
- $\frac{1}{4}$  pound of bacon
- 4 tablespoonfuls of cream
- 2 tablespoonfuls of tarragon vinegar
- $\frac{1}{2}$  teaspoonful of salt
- 1 saltspoonful of pepper
- 2 tablespoonfuls of chopped parsley

Put the bacon into a frying pan, add a little water, cook until the water evaporates, and then try out all the fat, leaving the bacon rather dry and crisp. Lift this carefully, and put it aside to use as a garnish. Add to the fat the cream, take from the fire and add the vinegar. Boil the potatoes; peel and cut them into slices, and add the onion, sliced. Pour over the dressing while they are hot, dust with salt and pepper, and stand aside to cool. At serving time, dish, and garnish with the crisp bacon and chopped parsley. Pickled beets may also be used as a garnish.

## Italian Potato Salad

- ½ pound of cold roast veal
- 2 good-sized potatoes
- 2 cooked beets
- 2 gherkins or sweet pickles
- 1 tablespoonful of capers
- 1 head of lettuce

Boil, peel and slice the potatoes. Cut the veal into dice, mix it with the potatoes, then add the beets and gherkins, chopped fine. Line the bowl with crisp lettuce leaves. Season the salad with salt and pepper, put it into the bowl, cover with sauce Remoulade, garnish with the capers and send at once to the table.

## Mignon Salad

- 2 potatoes
- 1 head of celery
- ½ can of mushrooms
- ½ pint of cooked green peas
- 24 pickled button onions
- 1 head of lettuce
- ½ pint of mayonnaise dressing

Boil the potatoes, peel and cut them into dice. Wash and cut into pieces of equal size the tender white celery. Slice the mushrooms. Cut the onions into halves. Wash

and dry the lettuce, and have it crisp. Line the salad bowl with the lettuce, add the other ingredients, mixed—potatoes, celery, onions, mushrooms and peas. Dust with salt and pepper, and mix in half the mayonnaise. Put the rest over the top, garnish with shredded chrysanthemums or rose petals.

### Potato Salad à la Victor

- 2 cold boiled potatoes
- 4 cold boiled beets
- 6 olives
- 4 hard-boiled eggs
- 1 young cucumber, or 2 gherkins
- 2 tablespoonfuls of chopped parsley
- ½ pint of mayonnaise dressing

Get all the things ready in the morning. Cut the potatoes and beets into dice, mix them, and add the chopped parsley. Cut the hard-boiled eggs into quarters. At serving time line a large deep platter with lettuce leaves, put the salad mixture over the top, chop the olives and gherkins, sprinkle them over last, then cover with mayonnaise. Mix at the table and serve.

## Swedish Potato Salad

- ½ pound of salt boiled beef
- 2 good-sized pickled beets
- 2 gherkins
- 6 anchovies
- 1 tablespoonful of capers
- 2 hard-boiled eggs
- 2 apples

Cut the beef into dice, mix it with the pickled beets and gherkins, and apples, chopped. Add the sardines, boned and cut into bits, and the capers. Dish on lettuce leaves, and garnish with the eggs, cut into quarters. Cover with French dressing at serving time, mix and serve at once.

## Mount Gretna Salad

- 1 pint of chestnuts
- 1 pair of sweetbreads
- ½ pint of mayonnaise dressing
- ½ cupful of cream
- 1 head of lettuce
- 1 small onion
- 1 teaspoonful of salt
- 1 saltspoonful of pepper

Wash the sweetbreads, cover them with boiling water and cook slowly three-quarters

of an hour. Shell, blanch and boil the chestnuts until tender; drain and cool. When the sweetbreads are cold, pick them apart, mix them carefully with the chestnuts, sprinkle over the onion, grated, the salt and pepper. Whip the cream, stir it carefully into the mayonnaise just at serving time. Dish the salad on lettuce leaves, put over the mayonnaise, garnish the top with chopped parsley or capers and send at once to the table.

## Quick Supper Salad

4 eggs  
1 dill pickle or 2 gherkins  
1 head of celery  
1 head of lettuce  
Salt and pepper  
French dressing

Wash the celery, cut it into two-inch lengths, and then shave it down in shreds; throw this into cold water for a half hour, then dry and put on the ice. Hard boil the eggs, remove the shells, and put them on the ice. At serving time line the bowl with the crisp lettuce, cover the lettuce with slices of hard-boiled eggs, then a thick layer of celery, a little onion if you like, then egg and celery.

Cover with French dressing, mix thoroughly and serve at once. This salad may be garnished with olives instead of the chopped gherkins or dill pickle, or it may be garnished with pimientos or capers.

One recipe of this kind, with a little ingenuity, may be changed into a half dozen different salads.

## Spanish Sardine Salad

- 12 sardines
- 1 tablespoonful of capers
- 1 head of lettuce
- 12 large Spanish olives
- French dressing

Remove the skin and bone from the sardines, and separate them neatly into halves. Arrange these halves on crisp lettuce leaves, and squeeze over the juice of half a lemon. Garnish the dish with the olives, either stoned or whole. At serving time baste with the French dressing, garnish with the capers, and send at once to the table.

## Tokio Salad No. 1

- 1 cupful of strained tomato
- $\frac{1}{4}$  box of gelatin
- 1 cupful of rice
- 2 eggs
- $\frac{1}{2}$  pint of cooked green peas or string beans
- 1 head of lettuce

Wash and boil the rice; when done and dry, throw it into a kettle of cold water and let it stand until perfectly cold, and drain. Each grain must be soft and separate. Cover the gelatin with a half cupful of cold water, soak a half hour, add the tomato, a palatable seasoning of salt and pepper, and the juice of a lemon. Bring to boiling point and strain. Hard boil the eggs. Select a small melon mold, baste it with the tomato jelly that is cold but not thick, then cover the bottom with crisp lettuce leaves, put in a layer of rice. Rub the yolks of the eggs through a sieve over the rice, then put in all the peas or beans. Chop the whites of the eggs fine, put them over the peas or beans, and pour over carefully the remaining tomato jelly. Stand aside on the ice for several hours to cool. At serving time plunge the mold quickly into boiling water, and turn it out on



a platter. Put the remaining quantity of boiled rice around the mold, baste the rice carefully with French dressing, and garnish the dish with olives, capers, or a little chopped parsley. Send to the table with a boat of French or mayonnaise dressing.

## Tokio Salad No. 2

If well made, this is one of the most sightly, palatable and wholesome of salads. Another recommendation is that it can be made in the spring, from materials found in every well-regulated household.

- 2 hard-boiled eggs
- 1 cucumber
- 1 pint of asparagus tips
- or 1 pint of shredded celery
- $\frac{1}{2}$  cupful of cream
- $\frac{1}{2}$  cupful of mayonnaise dressing
- 1 head of lettuce
- 1 cupful of rice

Cut the whites of the eggs into long strips or shreds; press the yolks through a sieve. Shred the cucumber, and soak it in cold water until crisp. Whip the cream, and at serving time stir it into the mayonnaise

dressing. Boil the rice according to the preceding recipe. Put the lettuce in the salad bowl, cover it with the asparagus tips and shredded cucumber, in alternate layers. Garnish with strips of the whites of eggs, and sprinkle it all over with the yolk. Put here and there strips of pimiento if you have them, or dust it with chopped parsley. Dish this and pass the mayonnaise.

## Salad à la Hamburg

- 1 large dill pickle
- ½ dozen small tender beets
- 3 potatoes
- 1 head of lettuce
- 4 fresh tomatoes
- 1 egg
- 1 teaspoonful of anchovy sauce

Cut the pickle into two-inch lengths, and then cut them into shreds lengthwise. Chop the beets rather fine. Pare the potatoes, cut them into dice, cover them with boiling water, boil ten minutes, drain and dry. Mix a French dressing, add the potatoes, and one fresh onion, cut into the thinnest slices. Peel the tomatoes, and put them on the ice to cool. Boil the egg; shred the

white, and put the yolk through a sieve. At serving time, line the salad bowl with lettuce leaves, arrange the vegetables in alternate layers, having the last layer chopped beet. Put the shredded white of the egg around the edge of the dish, heap the yolk in the center, add the anchovy sauce to a well-made French dressing, pour it over the salad at the last minute, toss and serve.

### Salad à la King

- 4 quail
- 2 heads of celery
- ½ can of mushrooms
- 2 French gherkins
- ½ cupful of cream
- ½ cupful of mayonnaise dressing
- ½ teaspoonful of paprika
- 1 dash of onion juice
- 1 head of lettuce

Roast the quail quickly; remove the breasts and put them aside to cool. Cut the white tender celery in two-inch lengths and shred it. Chop the mushrooms very fine. Slice the gherkins as thin as possible. Whip the cream, and at the last moment add it to the mayonnaise dressing. At serving time

dish each breast neatly in a nest of lettuce leaves, cover it with the mayonnaise dressing, to which you have added the dash of onion juice. Put around the edge a thick roll of celery and sliced gherkin; in the center a tablespoonful of chopped mushrooms. Or garnish with sliced olives or pimiento, chopped parsley or capers, and the paprika. This is one of the most elegant of all supper or luncheon salads.

The remains of any cold game may be dished up on lettuce leaves and served with mayonnaise dressing. The garnishings for a game salad are always mushrooms, olives and capers, and gherkins.

## Salad à la Rhodes

- 1 dozen large fat oysters
- 1 head of celery
- 2 eggs
- 2 tablespoonfuls of Parmesan
- French dressing

Wash the oysters, throw them into a hot pan and shake until the gills are thoroughly curled; drain, and stand the oysters on the ice to cool. At serving time arrange these

neatly on lettuce leaves, cover them with the shredded crisp celery, garnish with the hard-boiled eggs cut into eighths, add a dusting of salt and pepper. At the last moment cover with French dressing, sprinkle over the Parmesan, mix and serve.

## Creole Salad

- 1 cupful of rice
- ½ can of mushrooms
- 1 can of shrimps
- 1 hard-boiled egg
- 1 level teaspoonful of curry powder
- 2 tablespoonfuls of parsley
- 4 tablespoonfuls of sherry
- 8 tablespoonfuls of olive oil
- The juice of a lemon
- 1 sweet Spanish pepper
- 1 teaspoonful of salt
- ½ teaspoonful of paprika

Wash and boil the rice, throw it into cold water, drain and dry. Chop the mushrooms very fine. Look over and wash the shrimps. Hard boil the egg. Line the salad bowl with crisp lettuce leaves, put in a layer of rice, then shrimps, then a dusting of mushrooms, the finely chopped white of the egg, a dusting of the yolk of the egg that has

been pressed through a sieve, salt and pepper, and so continue until you have used the ingredients, having the last layer shrimps. Put the salt, paprika, curry and oil in a bowl, add a piece of ice, and stir until the salt is dissolved; remove the ice, and add the sherry and lemon juice. Beat thoroughly, add the Spanish pepper and parsley chopped very fine. Baste this over the salad, toss carefully, and serve at once.

## Goose Salad

Cut cold roasted goose into dice. Mix with it an equal quantity of crisp celery. Select as many red apples as you have guests; cut off the stem end, scoop out the apple, leaving a wall sufficiently thick to hold the skin in good shape. Dip the better part of the scooped out portion into a cup of vinegar; this will prevent discloration. Then cut it into dice, mix it with the goose and the celery, and stand away on the ice until wanted. At serving time squeeze over the juice of a lemon, then sprinkle with a teaspoonful of salt and a saltspoonful of black pepper. Mix and pour over six tablespoon-

fuls of olive oil to each quart of the mixture. Toss carefully, add two tablespoonfuls of vinegar, toss again and fill the mixture into the apple skins. Stand these on little paper mats, on individual plates, put on the lid that you have taken off, the stem end, and send at once to the table.

## Tomatoes with Asparagus Tips

Peel solid, round tomatoes, remove the stem end, scoop out the seeds and take out the core. Fill the space with asparagus tips lightly mixed with mayonnaise dressing, dust the top with Parmesan cheese, stand the tomatoes on lettuce leaves and send to the table.

## Tomatoes with Olive Stuffing

Pare and chop twelve olives; mix them with an equal quantity of chopped, blanched almonds and crisp, tender celery. Fill peeled tomatoes, stand them on lettuce leaves and baste with French dressing.

## Tomato and Chestnut Salad

Peel small sweet chestnuts, scald them to remove the brown skin, and boil them until tender; they must not fall apart. Mix together a half teaspoonful of salt, four tablespoonfuls of oil, one tablespoonful of vinegar and a dash of pepper; this dressing will answer for six tomatoes, with a pint of chestnuts. Add a tablespoonful of grated onion and pour it over the chestnuts while they are hot. Allow them to cool, fill them into peeled tomatoes, stand the tomatoes on lettuce leaves and put on top of each, at serving time, a tablespoonful of mayonnaise dressing.

## Tomatoes à la Bentley

Peel solid round tomatoes, cut off the stem end, scoop out the seeds and remove the core. Fill the tomatoes with squares of mock chicken, heap on top either mayonnaise or nut salad dressing, and serve on nests of lettuce leaves.



## Tomatoes with Sardines and Anchovy

Peel six tomatoes, cut off the stem end, remove the core and seeds, and stand them on the ice. Mash six sardines, removing the skin and bones; add a teaspoonful of anchovy paste, a tablespoonful of tomato catsup, a half teaspoonful of Worcestershire sauce and the juice of half a lemon. Dust the tomatoes inside with Parmesan cheese, put in a tablespoonful of the sardine mixture, fill the tomato with very finely chopped celery, baste over plain aspic and stand these aside for one or two hours. Serve on a lettuce leaf, with French dressing.

## Flemish Salad

- 1 pound of boiled halibut
- 2 tender beets
- 1 potato
- 1 tart apple
- 1 head of celery
- 1 teaspoonful of salt
- 1 saltspoonful of pepper

Boil the fish, and when cold break it apart in large flakes. Boil the potato, and cut it into slices. Pare the apple, cut it into

slices, cover with lemon juice to prevent discoloration. Chop the beets. Line the salad bowl with lettuce leaves, put in a thick layer of fish, then a layer of apples, potatoes, beets and celery, and so continue until the materials are used, having the last layer celery. Dust this with finely chopped parsley, salt and pepper. At serving time toss it lightly with French dressing and serve. This salad is frequently served with carrots instead of apple.

### A Polish Salad

- ½ pound of endive or Batavia
- 1 head of celery
- 1 potato
- ½ pound of smoked salmon
- 1 hard-boiled egg
- 1 teaspoonful of anchovy sauce
- French dressing

Boil the potato, cut it into blocks. Shred the salmon. Wash and shred the endive. Mix all the ingredients except the anchovy sauce and egg, and stand on the ice until wanted. At serving time, put this in the salad bowl, garnish with the hard-boiled egg, cut into slices, add the anchovy to the French dressing, baste and serve.

## Salt Cod Salad

Select very fine boneless salt cod; soak in water over night. Next morning put it in cold water, bring to a boil; drain this water off, cover with boiling water and bring to a boil again; this time drain dry. When the fish is cold, flake it carefully with a silver fork, squeeze over the juice of a lemon and stand aside. At serving time dish in a border of finely chopped, crisp cabbage, baste with French dressing and serve. If you have had boiled parsnips, reserve a few to cut in blocks to put over the top of the fish.

## Deviled Chestnut Salad

This salad makes a very nice supper salad. Shell, scald and remove the brown inner skins from a quart of ordinary chestnuts; throw them into boiling water, add a teaspoonful of salt, boil rapidly for fifteen minutes and drain; they must not be the slightest broken. Put two tablespoonfuls of olive oil in a frying pan; when hot drop in a few chestnuts at a time, toss and shake until nicely brown, take out with a skimmer and

dust lightly with cayenne. Continue until you have the desired quantity. At serving time put these chestnuts on lettuce leaves, cover with mayonnaise dressing, to which you have added a small amount of whipped cream.

### Shrimps and Asparagus Salad

Wash one can of asparagus tips and one can of shrimps; stand them on the ice to cool. At serving time squeeze over the shrimps a dash of lemon; heap them in the center of the salad bowl that has been lined with lettuce leaves, put around the edge the asparagus tips, sprinkle over two tablespoonfuls of capers, cover with French dressing, toss and serve.

### Hawaiian Banana Salad

Mash four very ripe bananas, add a grating of onion, a teaspoonful of salt, a half pint of chopped nuts, and the same quantity of bread crumbs. Put this mixture in a mold, boil or bake for thirty minutes. When cold, cut into blocks and serve with Spanish salad dressing.

## Mock Chicken Salad

- ½ pint of pecan meats
- ¼ pound of shelled almonds
- ½ pint of English walnuts
- 1 pint of bread crumbs
- 2 eggs
- 1 onion
- 2 level teaspoonfuls of salt
- 1 cupful of cold boiled rice
- 1 tablespoonful of chopped parsley
- 1 saltspoonful of pepper

Put the nuts through a meat grinder, mix them with the bread crumbs, seasoning and rice; break in the eggs and mix thoroughly with the hand. Pack this into a square mold, stand the mold in a pint of boiling water and cook in the oven a half hour. Turn out to cool. When cold, cut into dice, and mix with these dice an equal quantity of tender, white celery, cut the same size. Mix this with mayonnaise at the last minute and serve on lettuce leaves.

## Vegetarian Turnip Salad

Cut turnips into very thin slices, and then cut these slices into squares of a half inch. Boil in unsalted water until perfectly transparent. Drain and cool. Mix with nut salad dressing and serve on lettuce leaves. Carrots may be cooked and served in the same way. Carrots and turnips may be mixed and served in the same way.

## Cecilian Salad

Put a half box of gelatin in a half cupful of cold water to soak for one hour; then add a pint of hot water, the juice of three lemons, a half cupful of sugar, a teaspoonful of salt, a dash of red pepper and a saltspoonful of paprika. Wash three Spanish peppers, pimientos, in vinegar to remove the can oil. Chop them rather fine. Put a layer of the gelatin in the bottom of small molds, put on top a layer of the chopped pepper, then finely chopped crisp celery, then a layer of finely chopped crisp cucumber, then more pepper, more celery and more cucumber. Baste carefully with the jelly, that is now cold, but not

thick, and stand aside on the ice. At serving time turn each mold out in a little nest of lettuce leaves. Make a mayonnaise dressing, and at the last minute add a half teaspoonful of paprika and half of a Spanish pepper rubbed to a pulp; put a tablespoonful on the top of each mold, or at the side in a lettuce leaf, garnish with chopped parsley and serve.

## A GROUP OF ODD SALADS

### A Sunday Night Salad

This is an exceedingly nice supper dish for Sunday night. The whole preparation may be done on Saturday, the dish simply garnished at serving time.

Procure a slice of halibut at least an inch and a half in thickness. Put a piece of cheese cloth into the bottom of the baking pan, lay the slice of halibut on top, sprinkle over a little chopped parsley, a chopped onion, a broken bay leaf, a half teaspoonful of celery seed, a teaspoonful of salt and a tablespoonful of lemon juice. Allow it to stand in a cool place for thirty minutes. Then place on the stove, cover with boiling water and allow it to simmer for twenty minutes. Lift the cheese cloth, carefully draining the fish. When the fish is dry turn it on the serving dish. Remove the outside skin and stand it in the refrigerator until wanted. At serving time garnish the dish with either



cross or lettuce and send it to the table. Pass with it a boat of sauce tartar or mayonnaise.

## Fish Creams

Rub fine bits of cold boiled fish with the back of a spoon. To each half pint of this mixture allow two tablespoonfuls of thick cream, a tablespoonful or an eighth of a box of gelatin, a tablespoonful of lemon juice, a teaspoonful of salt, twenty-four chopped almonds and a quarter teaspoonful of pepper. Cover the gelatin with two tablespoonfuls of cold water; allow it to soak. Then stand it over the tea-kettle until thoroughly melted. Add all the seasonings and the cream to the fish and stir in the gelatin. Allow this mixture to stand until partly congealed, then moisten the hands with cold water, and roll a tablespoonful of the mixture into a ball. Stand these balls aside until cold and hard. At serving time arrange little nests of lettuce leaves; in the center of each put a slice of pickled beet, and on top and in the center of this stand one of the little balls. Make a stiff mayonnaise dressing, and add to it a tablespoonful of melted gelatin. When it

begins to congeal stir in about three table-spoonfuls of stiffly whipped cream. Put this mixture in a pastry bag containing a small star tube. Decorate the top of the ball and then make a rope-like decoration around the beet, allowing the mayonnaise to touch the edge of the beet, but rest on the lettuce leaves. Send at once to the table.

The beauty of the dish lies in having the pink showing at the bottom of the ball. A single caper may be placed on top of each ball; or, the balls may be covered all over with mayonnaise dressing, then decorated in fancy forms with capers.

## Japanese Salad

Throw a half cup of rice into a kettle of boiling water and boil rapidly for thirty minutes; then drain and stand aside to dry. Put a half teaspoonful of salt, a quarter teaspoonful of pepper and six tablespoonfuls of oil into a bowl; mix thoroughly and add a tablespoonful of finely shredded onion and two tablespoonfuls of vinegar. Pour this over the hot rice, mix, and stand aside until cold. When ready to serve, cover a round

dish with either lettuce or cress and turn the salad into the center, forming it into a mound. Around the base of this mound put, in a swimming position, twelve sardines. Pare a red beet, then with a limber knife pare the flesh around and around until it is a long ribbon-like piece. Roll this up compactly and slice it down from the end as if cutting down a roll of noodles. Throw into cold water for at least thirty minutes. Shake perfectly dry, put this thread-like beet all over the top of the rice, and send immediately to the table.

## Russian Salad

Pick apart half of a small boiled mackerel. Put it into a bowl. Add to it sufficient cold cooked beef, cut into blocks, to make a half pint. Pare and cut into thin slices one cucumber. Add two boiled potatoes cut into dice, then a tablespoonful of capers, six olives cut into eighths, and two sardines broken apart. Mix carefully and sprinkle over two tablespoonfuls of tarragon vinegar, a half teaspoonful of salt, a quarter teaspoonful of paprika, and a tablespoonful

of finely-chopped onion. Stand aside for one or two hours. At serving time, line your salad bowl with lettuce leaves. Put into a bowl a half teaspoonful of salt, a quarter teaspoonful of white pepper, and add gradually six tablespoonfuls of oil; mix; add a tablespoonful of tarragon vinegar; mix again, and add the pulp of one small orange or half a shaddock. Turn this over the other mixture, dish on the lettuce leaves and serve at once.

## Herring Salad

Cut four cold boiled potatoes into thin slices. Pare and cut the same way two tart apples. Cut into bits two pickled herring. Cut into dice sufficient cold roast beef to make a half pint. Mix all these together and add a tablespoonful of finely-chopped onion, a quarter teaspoonful of celery seeds, a tablespoonful of tarragon vinegar, and stand them in the refrigerator until wanted. At serving time line the dish with lettuce or cress. Put into a bowl a teaspoonful of salt, a quarter teaspoonful of pepper and six tablespoonfuls of oil. Rub until the salt is

dissolved; then add a tablespoonful of lemon juice and a tablespoonful of vinegar. Mix thoroughly and stir in a teaspoonful of Worcestershire sauce, and a teaspoonful of German-made mustard. Pour this over the meat mixture, place on the lettuce leaves and serve at once

## Egg Salad

Put six eggs into warm water; bring them to boiling point and simmer gently for fifteen minutes. Cool, remove the shells and cut the eggs into slices. Arrange these slices, overlapping each other, in the center of a dish which has been lined with lettuce leaves. Sprinkle over some finely-chopped parsley, cover with French dressing which has been seasoned with a half teaspoonful of German mustard, and serve at once.

## A Summer Salad

Cut radishes without paring into slices. Pare and cut a good-sized cucumber into slices and slice two solid tomatoes. Cut

three cold boiled potatoes into blocks, and mix with them Sidney Smith's salad dressing. Heap them in the center of a dish and finish with alternate layers of cucumber, tomato and radishes, the slices overlapping each other. Chop sufficient parsley to make about two tablespoonfuls and put a little row of this around the edge of the dish. Pour over the vegetables a little French dressing and serve at once.

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## CEYLON SALADS

These salads are not served as a regular dinner salad; that is, they do not form a course, but are usually served as an accompaniment to cold roast beef or mutton. The cream should be made the day before it is wanted.

### Cocoanut Cream

Grate one good-sized cocoanut, and pour over it a pint of boiling water. Wash and stir until all the meat has been washed from the fibre. Turn this into a cheese cloth and press it firmly. Stand the milk thus obtained aside over night, and by morning a good thick cream will have formed on the surface. Remove this and put it aside for use. The milk underneath may be used for sauces of various kinds.

### Ceylon Tomato Salad

Peel three solid tomatoes, cut them into halves and press out the seeds. Chop the flesh of the tomato rather fine. Put it into

a bowl, add a tablespoonful of lemon juice, a level teaspoonful of salt, a tablespoonful of chopped onion, the same of chopped green sweet pepper, and a half teaspoonful of paprika. Mix and turn into the dish in which it is to be served. Stir cocoanut cream until to the consistency of very thick cream. Pour four tablespoonfuls over the tomatoes and send to the table.

## Ceylon Cucumber Salad

This is one of the daintiest of all salads to serve with fish. It may be used as a sauce for deviled fish or any fish served in individual shells.

Pare three good-sized cucumbers; cut into halves and remove the seeds. Chop the cucumber fine, add to it a teaspoonful of salt, a tablespoonful of lemon juice and the same of onion juice. Dish, pour over cocoanut cream and send to the table.



## Celery and Pepper Salad

This salad, like other Ceylon salads, is served as an accompaniment to a meat dish. It is exceedingly nice to serve with chicken croquettes or chicken cutlets.

Chop fine sufficient celery to make a half pint; add to it one green sweet pepper chopped fine, a half teaspoonful of salt, a tablespoonful of lemon juice, a tablespoonful of onion juice; a half teaspoonful of paprika, and a tablespoonful of finely-chopped green ginger. If the green ginger cannot be obtained sprinkle over a quarter teaspoonful of dry ginger. Dish the mixture. Pour over the cream from one cocoanut and send to the table.

## Ceylon Cauliflower Salad

Boil one sound head of cauliflower and break it apart in flowerets. Sprinkle over the juice of one lemon, two tablespoonfuls of onion juice, a half teaspoonful of paprika, and stand aside until wanted. At serving time line a round dish with lettuce leaves. Put into a bowl a half teaspoonful of salt,

two tablespoonfuls of lemon juice and a half teaspoonful of curry powder. Mix thoroughly and stir in the cream from one coconut. Pour this over the cauliflower and send at once to the table. This salad may be served as a salad course.

By using a little ingenuity and changing the vegetables one may make a great variety of these beautiful salads. The principal seasonings will be lemon juice, pepper, ginger and onion juice, with a covering of the coconut cream.

## Fruit Salads

There are very few fruits that lend themselves nicely to the ordinary dinner salad. We have, among our later culinary monstrosities, a group of fruit dishes highly seasoned with sugar and champagne or wine, served under the name of salads. But in no way do they compare with the healthful combinations of a good lettuce salad with French dressing.

Grape fruit, with oil, on lettuce leaves, is excellent. Orange pulp, if it is carefully removed, may be served in the same way, but

bananas, cherries and white grapes are not appetizing or sightly, either mixed with French or mayonnaise dressing. It seems a pity to spoil good fruits. The so-called fruit salads are made by mixing or blending fruits, covering them with sugar, pouring over wine or champagne and putting them on the ice until serving time. They are sometimes served in small glass dishes or in a border of lemon water ice.

Apples, blended with celery, served with either French or mayonnaise dressing, make an admirable salad, one which children enjoy very much.

Under this heading I shall give a few of the better fruit salads for the benefit of those who like them.

## Winter Cherry Salad

- I pint jar of sour cherries
- I tablespoonful of olive oil
- I teaspoonful of tarragon vinegar
- I teaspoonful of lemon juice
- I tablespoonful of brandy
- I tablespoonful of sugar

Put the cherries into a bowl; mix all the other ingredients, baste it over the cherries,

and stand aside on the ice for one or two hours. This may be served in small dishes, without either celery or lettuce, and is usually passed with game, or roasted duck or goose.

## Mixed Fruit Salad

Put into small tumblers or parfait glasses a layer of chopped banana, a few candied cherries, chopped or sliced, pineapple or orange pulp. Mix four tablespoonfuls of sugar, the juice of a lemon, two tablespoonfuls of maraschino, two tablespoonfuls of brandy. Baste this over the fruit, and at serving time put in the center of each glass a teaspoonful of apple, crab apple or quince jelly, and a tablespoonful of finely shaved ice. This is usually served as dessert.

## Banana Salad

Cut very ripe red bananas into thin slices with a silver knife; dust them lightly with salt, pour over just olive oil enough to moisten each piece. Then squeeze over the

juice of a lemon, toss lightly, dish on lettuce leaves and dust thickly with chopped pistachio nuts.

## Cantaloupe Salad

- 1 cantaloup
- 4 tablespoonfuls of Madeira or sherry
- $\frac{1}{2}$  teaspoonful of paprika
- 2 tablespoonfuls of sugar
- 1 saltspoonful of ground ginger
- The juice of one lemon
- 4 tablespoonfuls of water
- $\frac{1}{2}$  saltspoonful of salt

Peel the melon; cut it into halves, remove the seeds, cut it into strips, and then the strips into slices. Pour over all the other ingredients, mixed, and stand it on the ice until wanted. At serving time dish in punch glasses or tiny goblets made for the purpose. Serve with game or roasted duck.

ADDITIONAL RECIPES

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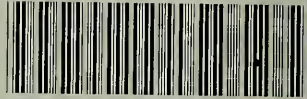


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