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Wheelock, Mrs J. B  
Salads. 1910.



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# SALADS









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# SALADS

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## BOHEMIAN SALAD

Cover bottom of dish with lettuce leaves, put over top alternate layers of boiled beets and hard boiled eggs; sprinkle with one Tablespoon chopped onions and cover with Italian dressing.

Good with braised beef or mutton.

## TONGUE SALAD

1 cup stringless Beans boiled and cold

1 cup Peas

1 cup boiled Tongue cut in strips

2 Tablespoons Celery cut fine.

Serve with French dressing.

Fill beet cups or white turnip cups. Serve on lettuce.

## POTATO AND BEET SALAD

Boil and then mash four large potatoes, add half a cup cream, teaspoon salt and whip until white, add teaspoon celery seed; now press through a potato masher into a dish lined with crisp lettuce leaves; run a long pronged fork through the potatoes very closely together without mashing them, pour over two tablespoons French dressing; let the dressing run into the openings made by the fork.

Decorate the top with one young onion and a sprig of parsley chopped very fine and slices of bright red beets cut in small and fancy shapes.

## SALMON AND APPLE SALAD

1 lb. can Salmon

2 large sour Apples diced

$\frac{1}{2}$  cup Celery cut fine.

Mix with dressing, French, boiled or Mayonnaise.

## COOKING SCHOOL SALAD

- 1 tart Apple
- 1 good sized Tomato
- Tablespoon Onion, chopped
- 1 pint Cabbage shredded
- 1 sweet Pepper
- Japanese dressing.

Shred and soak cabbage, peel tomato, halve, press out seeds and chop fine.

Take seeds from pepper and finely shred. Drain and dry cabbage, pare and slice apple, put layer of cabbage in bowl, then apple, then sprinkling of tomato, pepper and onion, then another layer of cabbage, and continue, having last layer pepper; baste with the dressing and mix well.

## POTATO BALL SALAD

- 1 qt. Potato balls
- 3 Eggs hard boiled
- 1 bunch Celery
- 1 Tablespoon Parsley.

Serve with dressing.

## HAM SALAD

Chop fine one pint Ham with one pint bread crumbs, moisten with one tea cup milk, add teaspoon dry mustard and little pepper.

Put in sauce pan and heat, when cold serve in slices, and garnish with slices hard boiled eggs.

## TEA ROOM SALAD

- 2 pints Celery cut in cubes
- 1 pint tart Apples cut in cubes
- Dust of Red Pepper
- 1 Tablespoon Sugar in
- 2 Tablespoons Lemon juice
- 1 teaspoon Parsley

Add this to apples and celery, toss with Mayonnaise, add small Tablespoon of Parmesan cheese.

Serve on lettuce.

## A WINTER HAM SALAD

1 cup diced Ham  
½ cup roasted Peanuts cut  
½ cup Celery cut  
Serve with French or boiled dressing.

## POTATO SALAD

1 qt. Potatoes cut in marbles  
2 Tablespoons Onions cut fine  
2 Tablespoons Celery  
2 Tablespoons Parsley  
2 Tablespoons English Walnuts.  
Mayonnaise dressing.

## PINEAPPLE AND CELERY SALAD

Dice pineapple and same amount celery, cover with mayonnaise and cream, pimento or red peppers on top.  
Serve in a nest of apple straws.

## PALACE GRILL SALAD

Cut Celery like matches  
Pineapple the same  
Green Peppers and  
Pimento, or  
Red Peppers in shreds.  
Mix Mayonnaise and cream dressing.  
Serve on crisp lettuce.

## MOUNT HOOD SALAD

Take a cone shaped ice cream dipper and rub the inside with Olive Oil.

Mix cream cheese with cream, line the mold with the cheese, fill the center with celery cut fine and mixed with Mayonnaise, or boiled dressing.

Turn out on lettuce leaf, dust parsley on top for a change.

Serve toasted crackers with it.

### NATIVE SALAD

Take ripe bananas, not very large. cut in two cross-wise cover each piece thickly with Mayonnaise or thick boiled dressing, then roll in coarsely chopped walnuts and lay on lettuce.

Serve with salted wafers.

### CABBAGE SALAD

1 cup Vinegar  
½ cup Water  
2 Eggs well beaten.

Put all together in double boiler, stir until quite thick like cream.

Chop fine one small head cabbage, into it mix salt, little cayenne pepper, little mustard and two teaspoons sugar.

Now strain the dressing and let stand on fire a few minutes.

Serve it cold.

### PING PONG SALAD

Take a small perfect shaped banana that is formed like a pea pod, make a slit to take out pulp, then put in place a teaspoon of boiled and sweetened salad dressing to which add some cream; now put in some red cherries filled with filbert nuts, to resemble peas, lay on lettuce.

Serve with slightly sweetened wafers.

### SUCCESS SALAD

Apples diced small  
Grape Fruit  
Celery  
Pineapple

Put the above in small timbale cups and fill with lemon jelly, colored red, when cold turn out on lettuce.

Serve with boiled dressing or Mayonnaise with plenty of whipped cream.

## FILLED TOMATO AND CRAB MEAT SALAD

Scoop out ripe tomato, fill with finely shredded crab meat, mix with little finely cut celery and mix with boiled dressing to which add a little chili sauce.

Serve on lettuce.

## LEMON JELLY

- 3 Tablespoons Gelatine
- 3 cups Water
- $\frac{1}{2}$  cup Lemon juice
- Two-thirds cup Sugar
- 4 Cloves
- 1 piece Cinnamon
- 1 Lemon rind cut very thin
- 1 small Bay leaf
- 2 Egg whites and shells well mixed.

Put on fire and beat all the time until it boils, draw pan to the side, let remain covered ten minutes, strain.

When cool pour over fruit in Success Salad.

May be colored red.

## CRISPS

First cut off all crust then butter soft fresh bread, cut off very thin slices, roll them up and fasten with toothpicks.

Place in a very hot oven until brown.

Remove the toothpicks.

Serve with salads or soups.

## ALBANY SALAD

Cold boiled potatoes cut in fancy shapes.

Skin and chill small tomatoes, same amount of each; cut tomatoes in slices then in quarters, mix with two Tablespoons French dressing.

Let above mixture stand in cool place then add boiled dressing.

To each cupful of mixture add 2 Tablespoons chopped ham.

Garnish with nasturtiums.

## CHERRY AND CHEESE SALAD

### or Duxbury Salad

Beat cream cheese with little olive oil, pepper and salt until creamy.

Form into small balls putting in the middle a sour cherry that has had the pit removed, the cheese concealing the cherry, may then be placed on a square saltine wafer, or on a round of toasted bread, or bread that has been fried.

All around the cheese ball "pipe" a stiff Mayonnaise dressing that has been colored green, arranging it in a pretty pattern.

Serve very cold on little plates.

## ONION AND GREEN PEPPER SALAD

### From a Parisian Chef

Chop six green peppers, free from seeds, one large Bermuda onion, very fine, add salt, pepper, French mustard,  $\frac{1}{2}$  pint Olive Oil, juice of one lemon, mix with one inch preserved ginger, cut fine.

Serve on lettuce, very cold.

## BEAN SALAD

1 can Lima Beans

2 Tablespoonfuls Onion

1 Tablespoonful Parsley

Paprika to taste

Boiled or French Salad Dressing

Drain the beans and cut the onion fine; mix all ingredients thoroughly and serve in beet cups.

## HOT BEAN SALAD

1 can wax Beans

2 Tablespoonfuls finely cut Onions

3 Tablespoonfuls Vinegar

2 teaspoonfuls Butter

Little Pepper and Salt

Heat beans and drain off liquid; add other ingredients; don't boil after seasoning is in; serve hot.



## MERRY WIDOW SALAD — No. 1

Use a glass bowl six inches across, in which place another one, leaving a one inch space between which fill with ice.

Place in smaller bowl lining of lettuce, then white meat of lobster or crab and between the meat put asparagus, cut so the tips will hang a little over edge of bowl; in the center place cut carrots, turnips, peas and string beans.

Pour over all, French dressing with a spoonful of Mayonnaise on top.

## MERRY WIDOW SALAD — No. 2

Take two bowls like No. 1, line small one with stalks of asparagus, second lining of lettuce leaves and in center 1 cup cubes of cooked chicken, with French dressing on chicken; on top of this put

One cup Boston baked beans and chopped olives with French dressing, then

One cup flageolet, one cup wax beans, one string beans, or other vegetable, all mixed with French dressing.

Put in center half a cup Mayonnaise. sprinkle on top finely chopped truffles.

Serve at once.

## FRUIT SALAD

A Prize Winner

- ½ pound blanched Almonds
- 2 large sweet Oranges
- 4 solid, ripe Bartlett Pears
- 1 can sliced Pineapple
- 1 pint jar red Cherries (or Maraschino, if desired)
- 1 medium sized Grapefruit

Peel and cut the oranges, pears, grapefruit and pineapple into pieces of about one inch in size. Chop half the almonds and mix with the fruit after all the juice has been drained off through the colander. — Amelia J. Dayton.

## DRESSING

Take the juice of the cherries, add half pound powdered sugar and juice of one lemon; mix together and pour over fruit just before serving. Garnish with blanched almonds and cherries.

## IDA'S SHRIMP SALAD

2 cans dry Shrimps

2 cans small sifted Peas

$\frac{1}{2}$  small can Truffles and a few Capers, Salt and Paprika

Wash and dry shrimps, remove all dark specks, rinse peas and drain, cut truffles in slices and strips to line fish mold like fish scales by putting mold in cold water, and dip each piece in dissolved gelatine to keep it in place, may use some shrimp split for lining.

Cut up all the shrimp, chop rest of truffles and capers, and 1 can peas, mix it with  $\frac{1}{2}$  cup gelatine dissolved in  $\frac{1}{2}$  cup cold water, add 3 cups fish or chicken broth and juice of 1 lemon.

Fill the mold when almost cold. When cold turn out and surround it with the other can peas, crisp lettuce hearts or celery curls.

Serve with French dressing.

## FRIED CHEESE BALLS

Make a sauce with

1 heaping Tablespoon Butter

2 Tablespoons Flour

$\frac{1}{4}$  teaspoon Salt

2 dashes Cayenne

$\frac{2}{3}$  cup Milk

This will be quite thick; stir into it

2 Egg yolks, slightly beaten

$1\frac{1}{2}$  cups Cheese, finely chopped

Soon as cheese begins to soften take from fire and return into a shallow buttered pan.

When cold shake into small balls, dip each in slightly beaten egg, roll in fine bread crumbs and fry golden brown in smoking hot fat.

Pass with salad.

## CELERY, RADISH AND WATER CRESS BOUQUET SALAD

Place celery cut in dice in center, then radish roses around it, then water cress around all.

French dressing.

## PEACH AND ALMOND SALAD

Slice peaches on lettuce, slice blanched almonds on peaches.

Serve with peach and almond salad dressing.

## ASPARAGUS WITH LETTUCE AND RADISH SALAD

Place asparagus tips on lettuce, than around it radish roses and small leaf of lettuce.

French or Mayonnaise.

## TOMATO SHERBET

Wash 2 lemons, cut off a thin paring of the yellow rind simmer a can of tomatoes, the lemon rind and a 3-inch piece of bruised ginger root about 20 minutes; pass through a strainer that will keep back the seeds.

Boil one quart water with one pint sugar twenty minutes and add it to the juice of the lemons and strained tomatoes.

When cold, freeze.

Serve decorated with slices of preserved ginger.

Serve with a dinner.

## ARMY CUPS SALAD

Cut the roots off the celery heads and boil until tender; Drain, take off rough outer stalks and scoop out a little of the center with sharp knife.

Fill this cavity with cold boiled peas, drained perfectly dry and place the cups on ice.

When icy cold and just before serving, cover the entire top of each with Mayonnaise, and place on a bed of the crisp top leaves of the celery and garnish with parsley and cut lemon.

## HOT EGG SALAD

Break three eggs in pan with one Tablespoon butter.

When partly cooked stir, have yellow and white show and when firm place on dish, garnish with chopped pickles and grated lemon peel and French dressing.

## FRUIT SALAD

1 bunch Celery

$\frac{1}{2}$  lb. stoned Dates

$\frac{1}{2}$  lb. Nuts any kind but Almonds.

Cut all quite fine, mix well, add the pulp of two grape fruit.

Arrange on lettuce, dress with Mayonnaise.

May serve in halves of grape fruit.

Or, fill a nice banana skin, pressing into shape when filled.

## APPLE SALAD

2 cups diced sour Apples

$\frac{1}{2}$  cup Celery cut in small pieces

$\frac{3}{2}$  cup English Walnuts cut in small pieces

3 Tablespoonfuls boiled or Mayonnaise dressing

1 cup whipped Cream

1 teaspoonful Sugar

Season with Salt and Paprika

Garnish with sweet peas the color of apple blossoms, and lettuce.

## CHICKEN SALAD

1 cup cold boiled Chicken, cut in dice

1 cup Celery cut fine

1 cup cooked Chestnuts cut up

2 green Apples cut fine.

Shake salt and pepper over all and mix with Mayonnaise or California dressing.

Serve on lettuce with piece of hard boiled egg and radish cut into a rose.

This is fine.

## EGG FLOWERS

Soak hard boiled eggs in beet vinegar until pink, cut in strips lengthwise, lay these on green leaves like the petals of a daisy; take the yellow and mash, season well with salad dressing, make most of this into small balls, lay in center of flowers.

Put the rest through ricer for the center.

## CAULIFLOWER IN SHELLS SALAD

After boiling and draining a head of cauliflower pull it apart, cover with French dressing and put on ice.

Scoop out the insides of red sweet peppers, fill the peppers half full with white Mayonnaise, place on lettuce, then fill with the little cauliflower so it will have a bouquet effect.

## BOSTON SALAD

Take small white beans, soak over night and boil in water until the skins blow off, drain and put on ice.

Cut tomatoes, lettuce, green peppers and onions in small pieces to make one-half the quantity of beans.

At the last moment toss all together with French dressing to which has been added a little tabasco and 1 teaspoon onion juice and serve on lettuce leaves.

## SURPRISE SALAD

Boil six eggs very hard, cut each in half, take out yolks, and mash to a cream.

Add piece of butter the size of an egg, half teaspoon each cayenne pepper and salt, one teaspoon Worcestershire sauce, one Tablespoon chopped parsley and two Tablespoons mashed shrimps.

Skin and chill twelve tomatoes, scoop out inside, put one teaspoon Mayonnaise or boiled dressing in tomato, then sink in the half of white of eggs; put yolk mixture through pastry bag and tube in the white, thus forming a pyramid. put tomato on lettuce and serve with cheese straws.

## PLANTATION SALAD

1 large Cucumber cut,

1 Onion

1 bunch red Radish

1 head Lettuce shredded.

Mix with one teaspoon salt and pepper and

1 well beaten egg.

Brown one Tablespoon bacon, diced, add half cup water and quarter cup of Vinegar.

Mix and serve.

## CAULIFLOWER SALAD

Boil a head of cauliflower in piece of fine cheese cloth, when tender remove from cloth and drain, sprinkle over it two Tablespoons lemon juice and set in refrigerator to cool.

When ready to serve, break the heads apart into flowerets, arrange them artistically on crisp lettuce heads.

Sprinkle with chopped parsley and cover with French dressing.

Serve immediately.

## CUBAN SALAD

Grate the beets; to one quart of grated beets add the grated horseradish of one thick root, mix; take four pieces lump sugar, rub them on the lemon rind to get the flavor and mix with the beets, also use juice of a lemon, vinegar and granulated sugar, salt to taste; have it quite moist.

Put in small cups, have some of the plain horseradish to decorate top, or yellow salad dressing.

Also nice to serve in dish with other salads.

Make a star of cabbage or potato salad then fill in points with beets.

## LETTUCE, EGGS AND BEET BOUQUET SALAD

Hard boiled eggs on bed of Mayonnaise, circle of beets cut in shapes to suit fancy, surround with lettuce cut in ribbons.

## LOBSTER SALAD

- 1 can Lobster
- 3 to 4 Tablespoonfuls Celery
- 3 or 4 hard boiled Eggs
- Little red Radishes
- Olives stuffed with pimento
- Paprika and salt
- Boiled or Mayonnaise dressing
- $\frac{2}{3}$  cup whipped cream
- $\frac{1}{2}$  teaspoonful Sugar.

Pick lobster apart with fork and cut celery in small pieces ; garnish with radishes cut in roses and the pimento stuffed olives ; shake paprika and salt over, then add dressing, with the cream and sugar.

## SALMON SALAD

- 1 pound can salmon, picked with fork, but not too fine
  - Cut 8 or 10 Olives fine
  - 1 Tablespoon Capers. Or, instead, use plain sour pickles.
  - 2 Tablespoonfuls celery
- Season with Salt and paprika. Use boiled or Mayonnaise dressing ; same as for potato salad.

## FOURTH OF JULY SALAD

Line a dish with lettuce, take three pieces of sliced oranges deposit around sides of dish, fill with sliced banana and six strawberries, cover with whipped cream and place on top two red cherries.

This is regarded as one portion, but it is enough for two.

## GRAPE FRUIT AND STRAWBERRY

Salad or Cocktail

Cut grape fruit in two to take out fibre, and skin, keep pieces whole as much as possible, add six firm strawberries.

Make a sauce of sugar and white wine, mix it well and put a spoonful on top.

Serve very cold in glasses.

## NORFOLK SALAD

Thinly slice two medium sized tomatoes, one peeled cucumber, four stalks celery and six vinegar pickles.

Put in salad bowl adding two cold hard boiled eggs, chopped.

Mix the vegetables then season with four Tablespoons Philippine dressing.

Thoroughly mix and serve.

## QUEEN SALAD

Cantaloupe and fruit

2 cups yellow meat Cantaloupe, cut in dice

1 cup Orange cut in pieces

$\frac{1}{2}$  cup Pineapple cut in dice

$\frac{1}{2}$  cup Malaga Grapes skinned and seeds out.

Set on ice to get very cold with a spoonful of sherry wine poured over, put on top boiled or Mayonnaise dressing, to which add whipped cream and sugar.

Drop on top broken walnuts.

(Original)

## CHICKEN SALAD

Mrs. Wheelock

1 pint cold boiled diced Chicken

$\frac{1}{2}$  pint Celery cut fine

3 Eggs hard boiled (these may be left out)

6 large Olives cut up

$\frac{1}{4}$  teaspoon Salt, Paprika and Pepper.

Dice the chicken and mix two Tablespoons French dressing, pour it over the chicken, mix it slightly and let stand a few minutes or half an hour.

Drain off all the moisture, if there is any, and add the chicken with the rest, mix it with Mayonnaise, whipped cream dressing or boiled salad dressing, although, for myself, I prefer California salad dressing.

Garnish with a stuffed olive and one-quarter of a hard boiled egg.

Serve in a head of lettuce.



## ASPARAGUS AND SHRIMP SALAD

Take a can of asparagus tips, drain, and cut in one inch pieces, then place in a bowl with one cup of shrimps; season with salt and paprika and toss lightly with salad fork to mix. Take the yolks of three hard boiled eggs and rub through a sieve, beat in sufficient oil and vinegar to make the mixture the consistency of cream, season with salt and paprika and pour over the asparagus and shrimps.

Serve with a border of cress and small red radishes or pickled beets cut into fancy shapes.

## SAINTS FRUIT SALAD

4 seedless Oranges

$\frac{1}{2}$  lb. Malaga or Tokio Grapes

$\frac{1}{2}$  can Pineapple sliced

1 Grape fruit

2 Pears canned in halves

One-third cup Maraschino Cherries.

Peel, remove all white skin from oranges and cut in quite large pieces, peel and split grapes and remove seeds, cut pineapple in small dice, peel and pull apart grape fruit in quite large pieces, cut pears in large dice, cut cherries in four pieces.

Put all fruit in colander to drain, saving juice for fruit juice or jelly.

## CANTALOUPE SALAD

Cut a ripe, yellow meated cantaloupe in dice, dust with salt, paprika and cinnamon, put this on ice; add a little dissolved gelatine in half a cup whipped cream, and chill.

Serve a spoonful of melon on lettuce, then a small spoonful of whipped cream in the center.

Surround it with Mayonnaise made with lemon juice instead of vinegar and colored a delicate pink; use pastry bag and tube to put the Mayonnaise around.

Serve with "Five o'clock tea wafers."

## GERMAN POTATO SALAD

- 1 quart of cold boiled Potatoes, sliced thin
- 3 Tablespoonfuls Onion, cut fine
- $\frac{1}{4}$  pound fat Bacon, cut very fine
- 1-3 cup Vinegar
- 1-3 cup hot Water
- 1 teaspoonful Parsley finely cut
- Salt and white Pepper to taste.

Fry bacon until crisp but not brown, add hot water and vinegar, mix onions and potatoes, salt and pepper, pour over vinegar, water and bacon; mix thoroughly and serve.

It will be just as good to be made quite a while before serving.

## DRY SHRIMP SALAD

With Mushrooms

- 1 can Shrimps
- $\frac{1}{4}$  can Mushrooms
- 3 Tablespoonfuls Celery
- Paprika and Salt
- 3 Tablespoonfuls boiled dressing
- $\frac{1}{2}$  cup whipped Cream
- $\frac{1}{2}$  teaspoonful Sugar

Cut shrimps in small pieces, cut mushrooms small, cut celery in small pieces. Garnish with pimento, stuffed olives and mushrooms.

Serve in lemon cups.

## GOLDEN GATE SALAD

(First time in print)

- 1 pint finely shredded Cabbage
- 1 pint Olympia Oysters
- 3 green bell Peppers

Put cabbage in ice water half an hour, drain well, put on towel to absorb all the water, rinse the oysters in cold water and drain well, cut peppers very fine.

Put cabbage in dish, then cover with oysters, the top of green pepper and pour over it Italian dressing.

Serve cold and crisp with any kind of meat or croquettes.

## FISH SALAD

Two cups picked cooked Whitefish

1 Tablespoon Capers, chopped

1 Tablespoon Parsley, chopped

Mix all in 3 Tablespoons French dressing.

Serve on lettuce or in lemon cups, or in cucumber boats.

## ITALIAN SALAD

$\frac{1}{2}$  lb. cold boiled Chicken, picked apart

$\frac{1}{4}$  lb. blanched Almonds cut in shreds

1 large Red Pepper shredded

1 Spanish Onion cut fine

1 head of Chicory cut fine

And mix well.

For sauce take

$\frac{1}{2}$  teaspoon Curry Powder

$\frac{1}{2}$  teaspoon Salt

2 Tablespoons Tarragon Vinegar

4 Tablespoons Olive Oil

Mix well and pour over above.

Serve on lettuce with slices of bananas and slices of beets as a garnish.

## SPANISH APPLE AND PEPPER SALAD

Take long red or yellow Spanish sweet peppers, place in oven a few minutes until the skins curl, then remove the skins, remove the seeds from peppers and slice into narrow strips, add one pepper to each pint of thinly sliced apples; mix with Mayonnaise. Serve on lettuce leaves.

## PENNSYLVANIA SALAD

Mix halibut, cucumbers, celery, green peppers with French or Mayonnaise dressing, as much cold boiled and flaked halibut as the other three ingredients would measure.

Serve very cold on crisp lettuce, or in a cucumber boat.

## CHICKEN ROLLS SALAD

Take some French rolls, rasp them, cut out a piece of the crust on the top and remove the crumb from inside.

Prepare a mince of fillets of chicken, tongue and truffles stirred into Mayonnaise sauce.

Fill the rolls with this salpicon, replace the covers and serve them.

## A DAINTY SALAD DISH

Take large and long cucumbers, cut once through the middle, lengthwise, scrape out the inside and you have a pretty individual green boat in which to serve the salad.

They must be kept on ice until ready to use.

This is attractive with shrimp salad as the colors blend so nicely.

## WEST INDIA SALAD

Take two medium sized cucumbers, remove any seeds, four or five young onions, the outside of one large green pepper (no seeds) and put all in a chopping bowl.

Chop, not too finely, season with a little salt, a little white pepper and vinegar.

Serve icy cold with fish or cold meat.

Or for fish in a lemon cup.

## COAST SALAD

- 1 cup Shrimps cut up
- 1 can Sardines cut in small pieces
- 2 hard boiled Eggs cut up
- 1 Onion cut fine
- 1 teaspoon Capers
- 1 teaspoon Gherkins chopped
- 1 teaspoon Parsley cut fine

Mix with French dressing and let stand, drain, then add a little boiled or Mayonnaise dressing.

Fill tomatoes or serve on lettuce.

## RUSSIAN SALAD

Cut into small dice shaped bits two ounces of cooked beets, the same of cold tongue or chicken and, if liked, one ounce of boiled ham.

Now put in bottom of your salad bowl a little of the beets, then a little of the sardines, sprinkle over the top the ham, garnish around and in the center with crisp lettuce leaves, cover the top with sauce tartare.

## MANHATTAN SALAD

Mix one measure of apple, pared and cut in cubes, half the quantity of sliced celery, and one-fourth the quantity of diced chicken breast, with a generous allowance of Mayonnaise.

Serve on lettuce hearts.

This is a particularly good salad to serve at teas and luncheons.

California boiled dressing is nice on this.

## STUFFED TOMATO SALAD

Select perfect tomatoes of one size, cut off stem end and scoop out contents, first peeling tomatoes, then fill tomato cups with chicken, shrimps or cabbage chopped fine.

Place tomatoes in cup which will leave an inch space all around, put pulp of tomatoes with water and spices, salt and pepper, to boil ten minutes, then strain into it two Tablespoons gelatine and two Tablespoons vinegar.

Pour a little of this in each cup when firm, then place in the filled tomato, pour more of gelatine around, place on ice, turn out on cress, serve with Mayonnaise.

## GLADSTONE SALAD

Press soft cheese through a potato ricer, make a border of cheese, serve with Bar-le-duc in center; Neufchatel or Waukesha cheese is good.

Always serve crackers with this.

## PICNIC SALAD

- 1 quart cold boiled Potatoes
- 2 Onions medium size
- 3 hard boiled Eggs
- 1 Cucumber, flesh of, or
- 2 plain sour pickles, medium size.

Cut potatoes in dice, cut onions fine, also eggs and cucumber or pickles, dust with salt and pepper.

Mix with a boiled dressing.

## SALAD ORPHELINE

Skin, bone and cut six good sized sardines into quarter inch pieces, put in a bowl adding six cold hard boiled eggs, cut in quarters, one good sized peeled apple cored and cut in thin slices, also add three cold boiled sliced potatoes.

Season with four Tablespoons Philippine dressing, adding half teaspoon fresh chopped chives.

Mix all well and serve.

## NEW LONDON SALAD

Take two Tomatoes, peel, cut in eight pieces each, one green pepper cut in quarter inch squares, seeded, two cold boiled potatoes cut in quarter inch cubes, twenty-four hazel nuts cut in halves.

Season with two Tablespoons Philippine dressing, mix, add two Tablespoons Mayonnaise dressing, mix well.

Serve at once.

## HERRING SALAD, WILMINGTON

- Cut in squares two skinned and boned smoked Herring,
- 2 cold boiled Potatoes
  - 2 sour Apples
  - 2 cold boiled Eggs and
  - 1 pickled Beet

Season with four Tablespoons Philippine salad dressing.

## VEGETABLE SALAD

Boil equal parts of carrots, peas, asparagus heads, French beans, potatoes and half the quantity turnips, when done drain and place in salad bowl in separate groups with a head of boiled cauliflower in the center; cover with a sauce made of

12 Tablespoons salad Oil

2 Tablespoons Vinegar

½ teaspoon Anchovy sauce

A little Salt, Pepper, an idea of Cayenne and a rub of Garlic and stir well.

Serve very cold.

Garnish with beet balls.

## EGG SALAD

6 hard boiled Eggs, 20 minutes

Mix 1 Tablespoon Tarragon Vinegar

1 Tablespoon Onion juice

1 Tablespoon chopped Parsley

Cut eggs in slices, overlapping on a salad dish. cover with above dressing, or serve with India dressing

## BEET BALL SALAD

No. 1

Cut cold boiled beets with a ball vegetable scoop into balls, put a teaspoonful boiled or Mayonnaise dressing on lettuce leaves, then lay carefully six balls on top of dressing.

## BEET BALL SALAD

No. 2

Cut cold boiled beets in balls and same amount of cold boiled potato balls, put dressing on lettuce, then place a beet ball next a potato ball and so on until enough for a portion for one person, say three of beets and four potato balls, in a circle.

Nice with baked eggs.

### CLOVER LEAF SALAD

Cut from Neufchatel cheese little slices a half inch thick.

Press the yolks of two hard boiled eggs through a potato ricer, put a little of this in the center of each round, sprinkling a little paprika on top.

Put three round slices of cheese on one leaf of crisp lettuce (similar to a clover leaf) and serve with a rich French dressing.

### LOGAN SALAD

Chop fine, green Chili Peppers

Chop fine, Onions, separately

Cut green celery

Fill tomatoes with the above.

Set tomato in large cabbage rose, as a bud in the center.

Serve with Mayonnaise dressing.

Very attractive.

### GRAPE FRUIT SALAD

Same as orange riced salad, use grape fruit instead of orange.

It may be cut in cubes and fill orange or grape fruit baskets with it.

### BAKED BEANS AND TOMATO SALAD

Fill well shaped nice tomatoes with baked beans mixed with French dressing.

Set on lettuce and serve.

### BRANDENBURG POTATO SALAD

6 cold boiled Potatoes

1 Onion

3 whites of hard boiled Eggs

Mince all fine; cream the hard boiled yolks with

1 cup Cream

2 Tablespoons Vinegar

Salt, Pepper and Mustard

Garnish with hard boiled eggs and bacon curls.



## GERMAN POTATO SALAD

Fry .

One-third pound fat Bacon cut in dice, crisp, add

2 Tablespoons Flour

$\frac{1}{2}$  cup Vinegar

$\frac{1}{2}$  cup Water, let it boil up.

Have a bowl with boiled and sliced potatoes mixed with finely cut onions and parsley.

Pour the hot dressing over potatoes and salt and pepper.

Adding hard boiled eggs improves it.

## A LUNCHEON SALAD

2 Tablespoons deviled Ham, mix with

4 Tablespoons creamed Horseradish

3 cups Potatoes cut in dice

Shake salt and pepper on top and one teaspoon lemon juice.

Stir in half of the ham and horseradish, mix well, pour rest of dressing on top.

Garnish top with sliced gherkins, hard boiled eggs and small sprays of parsley.

## TOMATO SALAD WITH CREAM

Slice tomatoes very thick and add a little minced onion on each slice, season with salt and pepper, putting whipped cream on top.

Serve very cold on lettuce leaves.

Good with broiled ham or broiled chicken.

## ITALIAN SALAD

Carrots

Potatoes

Peas

Veal

Ham

Beets

All cooked and diced, cold, mix with boiled dressing.

## N. D. EGG SALAD

8 Eggs, hard boiled  
1 stalk Celery  
1 bunch Green Onions  
1 head Lettuce heart

Slice eggs neatly, also celery and onions, shred lettuce, mix lightly, not break up the eggs, with French dressing,

Serve on lettuce with a spoon of Mayonnaise dressing on top, with finely cut nuts and olives on top of each dish.

## CHECKER SALAD

(Original)

1 cup cooked or roasted Veal  
 $\frac{1}{2}$  cup cooked Carrots, cold  
 $\frac{1}{2}$  cup cooked white Turnips

Cut each in cubes, serve with French or boiled dressing on lettuce.

Or in turnip cups scooped out; serve with a pepper sandwich.

## BANANA SALAD NO. 1

Cut banana in half and spilt lengthwise, scoop out to make a boat, fill with chopped walnuts, lay on lettuce leaf and put Mayonnaise on top.

## BANANA SALAD NO. 2

Cut banana in half squarely, after removing skin, cover all over with thick Mayonnaise, then roll in coarsely chopped walnuts and lay on lettuce leaves.

Serve with cheese straws or hot toasted wafers.

## BANANA SALAD NO. 3

Peel and cut in halves bananas, then split each piece, spread between the pieces peanut butter, stick two pieces together, spread all around Mayonnaise dressing and sprinkle liberally with coarse chopped salted peanuts.

Serve on lettuce.

## OYSTER SALAD

### No. 1

Drain well 1 can Cove Oysters and keep cold; shred Cabbage very fine, if threads are too long, cut crosswise, put Cabbage in water with ice in it and let it stand for awhile, then drain; cover a plate with Cabbage, on this put a layer of Oysters with 2 or 3 spoonfuls Celery cut fine, shake Salt and Paprika over it and enough cream or Mayonnaise salad dressing until all is moist.

Serve with egg sandwiches. Do not add sugar to dressing.

## OYSTER SALAD

### No. 2

Same as No. 1 except to cover plate with Lettuce cut in ribbons instead of Cabbage.

## OYSTER SALAD

### No. 3

Fix plate as in No. 1 or No. 2 and pour over it French dressing.

## VEGETARIAN SALAD

- 1 Carrot grated
- 1 Turnip grated
- 1 Onion grated
- 1 large Apple sliced
- 1 head Lettuce
- 1 handful Peanuts chopped

Mix all with Mayonnaise to which has been added lots of lemon juice.

## DECOY SALAD

Lay fresh water cress in ice water until crisp, dry thoroughly in napkin without breaking leaves.

Lay in salad dish and cover with thin slices of sour apple.

Sprinkle hard boiled egg chopped fine on top and serve with French dressing.

This is nice with duck.

## ORANGE RICED SALAD

Make an orange jelly of  
1 cup boiling Water  
1 cup Sugar scant  
2 Lemons juice of,  
 $\frac{1}{2}$  box Gelatine or little more  
 $\frac{1}{2}$  cup cold water

Soak gelatine in water ten minutes, then add the boiling water, stir until well dissolved, add sugar, when partly cool add lemon juice and orange juice, strain, set to harden, then press through a potato ricer on lettuce, serve with French dressing, finish off with a teaspoon of red bar-le duc preserves.

See Grape Fruit, same salad.

## PORTLAND SALAD

Shredded Lettuce      Tomato Cubes      Capers  
Celery Cubes      Crab Meat or Lobster  
Thin boiled dressing and piece hard boiled egg on each.  
Serve on lettuce.

## ORANGE AND MINT SALAD

One orange, lemon juice, little sugar and Tablespoon chopped mint, chill.

Serve in glasses with spray of mint.

First course.

## SALMON SALAD

1 can Salmon  
 $\frac{1}{2}$  pint Celery  
 $\frac{1}{2}$  pint Mayonnaise dressing

Free the salmon from skin, bones and oil, pick the fish apart and add the celery (which has been cut fine) and Mayonnaise dressing, tossing lightly, season to taste.

Save a little Mayonnaise to pour over the top.

Arrange in salad dish and garnish with curled lettuce and drops of red jelly, or serve on crisp lettuce leaves.

## CIRCLE SALAD

Make a mound of very small pearl onions, surround the onions with slices of tomatoes, overlapping and surround the tomatoes with small canned Lima beans.

Shred green peppers and partly cover the ring of Lima beans.

Pour French dressing over all.

Serve very cold.

## KENTUCKY SALAD

(original)

Watermelon picked in pieces with a fork, and grapes skinned, seeded and split, tart apples cut in straws thick as matches and not as long.

Mix, serve cold with a boiled dressing.

1 cup Sugar

$\frac{1}{2}$  cup Water

Boil until it "hairs."

Add  $\frac{1}{2}$  cup Cherry wine or orange juice, put on ice until very cold.

Serve as first course, in stem glasses.

## SALMON WITH HORSERADISH SALAD, MAYONNAISE

Slip out a can of fine Salmon, without breaking, on a plate covered with lettuce.

Pour over it half pint of Mayonnaise with one Tablespoon of fresh grated horseradish mixed thoroughly; lay a circle of hard boiled eggs cut lengthwise in eighths.

Serve with salted Saratoga crackers.

## GERMAN CELERY ROOT SALAD

Cook until tender Celery root, chill, peel and cut in thin slices.

Put a layer of small cooked stringless beans (canned will do) on lettuce, next, a layer of sliced celery root, next layer of sliced ripe tomatoes, peeled and chilled.

Pour over all French or Italian salad dressing.

Nice to serve with roast pork or chops.

## CLEAR WATER SALAD

### Lobster and Sardines

Take one pint clear fish stock, season highly, add two Tablespoons gelatine, cool and put half inch deep in a border mold, when hardened have very small skinned and boneless sardines drained, put the sardines on their backs, in rows, use only perfect ones, add more stock so as to cover them well, when hardened add another row of sardines and stock.

Now set on ice and when firm turn it out, fill the center with lobster in Mayonnaise dressing.

Serve with curled celery and "crisps."

## CABBAGE TIMBALE SALAD

### For Fish

- 1½ cup Cabbage chopped
- 1 cup Onions chopped
- ½ cup green or red Peppers chopped
- ½ teaspoon Salt
- ½ teaspoon Mustard seed
- ½ teaspoon Celery seed
- One-third cup Vinegar
- ¼ cup Sugar
- One-third box Gelatine dissolved in
- ¼ cup cold Water

Add hot vinegar to gelatine, add sugar, salt and seeds, when cool add cabbage, onions and peppers; mold in Timbale cups, when cold turn out on lettuce, surround with cucumber slices or serve without.

## STUFFED BEET SALAD

Scoop out center of cold boiled beets and fill with potatoes, hard boiled eggs, all cut fine and mixed with French or boiled dressing.

Serve on lettuce.

## EXPOSITION SALAD

- 2 stalks Celery
- 2 large Onions
- 2 sour Apples
- 1 large head of Lettuce, the white part only
- 2 hard boiled Eggs.

Chop all coarsely, not fine, mix well with boiled dressing.

Serve on green lettuce.

## SHRIMP AND PEA SALAD

Wash a can of Shrimps, remove all dark specks, dry in towel, break in small pieces; mix with one can rinsed and drained French peas.

Mix with Mayonnaise or California dressing.

Arrange on lettuce.

Garnish with a perfect shrimp and a few capers on top.

## EPICURE RELISH OR SALAD

- 2 Tablespoons Parsley finely chopped
- 3 Tablespoons finely chopped Pimento
- 1 teaspoon Onions chopped
- 2 hard boiled Eggs chopped
- 1 teaspoonful Salt
- $\frac{1}{4}$  teaspoon Pepper
- 3 Tablespoons grape Vinegar or less
- 5 Tablespoons Olive Oil
- Paprika

Put it in a glass jar, shake well, put on ice and have it very cold.

Serve on lettuce, tomatoes or endives.

## WATERMELON SALAD

Pick with a fork pieces of pink, ice cold watermelon, add Malaga grapes, skinned, split and seeded.

Oranges cut in pieces, may add few grape fruit pulp.

Serve with lemon Mayonnaise.

## LIMA BEAN SALAD

Boil one pint Lima Beans until tender, drain, add  
3 cold boiled Potatoes cut in thin slices  
1 stalk Celery chopped  
1 raw sour Apple sliced

Little cold boiled tongue cut in wafers, some French dressing, then mix all and put on ice.

Serve on crisp lettuce and garnish with parsley and rings of hard boiled eggs, having round pieces red pickled beets cut and fitted into center of each yolk, and pour over more dressing.

## TOMATO SALAD

with Horseradish Dressing

1 Tablespoonful Horseradish  
1 Tablespoonful Vinegar  
4 Tablespoonfuls whipped Cream  
 $\frac{1}{4}$  teaspoonful Salt  
Dash of red Pepper  
Tomatoes, fresh and even size  
Lettuce leaves.

Cut tomatoes in halves and arrange on lettuce leaves. Thoroughly mix the horseradish, vinegar, whipped cream, salt and dash of red pepper. On each half tomato put a spoonful of dressing and dust with paprika.

## SALMON AND CUCUMBER SALAD

Upon a steak of cold boiled salmon arranged on lettuce leaves, place a layer of very thinly sliced cucumbers, garnish with nasturtium blossoms, or red radish and parsley around it.

Serve with French dressing or California dressing.

## CUCUMBER BOAT

Take a fresh, medium sized, rather plump cucumber, peel, cut in halves lengthwise, put in ice water for an hour to make it crisp, dry it and lay on lettuce leaves; fill with potato or salmon salad. Serve in the cucumber.



## COUNTRY SALAD

3 cups Potatoes  
4 Tablespoons Butter  
1 salt spoon Mustard  
4 Tablespoons Parsley chopped  
2 teaspoons Onion juice  
4 Tablespoons Vinegar  
Paprika 1 Egg

Press hot potatoes through ricer, add rest of the ingredients, beat hard until light, chill, lay spoonful on crisp lettuce, garnish with sprays of parsley and hard boiled eggs.

Or, dish up with cone shaped ice cream scoop, dust with chopped parsley and beets on top.

## MELON SALAD BOWL

For a fruit salad it is very attractive to have a long narrow watermelon, cut in two, so that one end is about the size of bowl you need; take out all of the red part except a little film of pink on the sides, cut the edge in scallops and put bowl on large plate surrounding it with green vines and red or white flowers.

Particularly nice for apple salad.

## PINEAPPLE SALAD

Take large navel oranges, peel them and cut in thin slices. Take perfect sliced canned pineapple, cut each slice of pineapple and put on top slice of orange, see that pineapple slices are about same size as oranges. Take fresh strawberries, put one in center of pineapple slice, slice some of the strawberries and lay on top of pineapple, lay all this on leaf of lettuce.

## DRESSING FOR SAME

1 cup sugar and  $\frac{1}{2}$  cup water, boil together until it threads, take from fire and add one wine glass of sherry wine; set aside to cool; it will be like syrup. Pour over salad and serve.

## VEGETABLE SALAD BOWL

Take a firm, well shaped head of cabbage, cut off stem and outer leaves, take out core and all the leaves until you have a thin shell or bowl left, fill with Adirondack or vegetable salad. Put cabbage bowl on large plate with heavy dark green around it and a few dark red flowers; to stick whole cloves all over in head of cabbage, looks very nice.

## ADIRONDACK SALAD

- 1 can Peas
- 3 Tablespoonfuls Onions
- 4 Tablespoonfuls Cream cheese
- 4 Tablespoonfuls sweet midget pickles
- Salt and Paprika

Boiled or Mayonnaise salad dressing.

Cut onions very fine and cut cheese and pickles in small pieces.

Serve very cold with a meat dinner. Also good for a stag party.

Looks fine served in a Cabbage bowl.

## CALIFORNIA SALAD

- 4 large ripe Tomatoes, skin, chop, drain, add
- 1 pint chopped English Walnuts
- 2 stalks Celery chopped
- 1 large mellow Apple chopped fine

Salt the mixture, let stand one hour, then pour over it this

## DRESSING

Beat yolks of two eggs, add small spoon prepared mustard and very, very slowly beat in half a cup olive oil (or melted butter), then slowly five Tablespoons lemon juice, beat it a long time, then add 3 to 4 Tablespoons whipped cream.

## SPINACH SALAD

- 1 quart cold boiled and chopped Spinach
- 4 Tablespoons Olive Oil
- 2 Tablespoons Lemon juice
- 1 teaspoon Vinegar
- Salt and Pepper
- 3 Eggs, hard boiled, coarsely chopped

Serve on lettuce with boiled or Mayonnaise dressing, garnish with quarters of hard boiled eggs or riced eggs on top.

Nice with boiled beet balls all around and no eggs for garnish.

## BEET AND POTATO SALAD

- 2 cups cold boiled Potatoes, diced
  - ½ cup cold boiled Beets, cut up fine
  - 3 Egg yolks, hard boiled, put through potato ricer
  - 3 Egg whites, hard boiled, chopped
- Put on lettuce in layers
- 1st. Potatoes mixed with a dressing
  - 2d. A few Beets
  - 3d. A little whites of Eggs
  - 4th. Yolks of Eggs

Put on each layer 1 teaspoon dressing before next layer is put on, and can make in a wreath on top.

## DREAM SALAD

(First time in print.)

- 1 cup cold boiled or roast Chicken
- 1 cup cold boiled Peas
- 1 cup cold boiled Asparagus tips

Cut chicken in dice and asparagus in size of large peas, may mix all with French dressing or California dressing and serve on lettuce.

Or, fill the center with asparagus, next chicken and outside a ring of peas.

May take celery instead of asparagus.

## PEACH AND ALMOND SALAD DRESSING

Boil together one cup sugar and half a cup water for ten minutes.

Then pour over yolks of three eggs well beaten and return to fire until thick, when cool add juice of two lemons.

## SALAD DRESSING PHILIPPINE

Put in dish

1 level teaspoon Curry powder

$\frac{1}{2}$  teaspoon French Mustard

1 salt spoon English ground Mustard

1 salt spoon Cayenne Pepper

1 teaspoon Parsley chopped

$\frac{1}{2}$  teaspoon Chives chopped

2 Shallots chopped

$\frac{1}{4}$  bean Garlic crushed

4 teaspoons Salt

1 teaspoon white pepper

$\frac{1}{4}$  Lemon rind chopped.

Mix, then add 1 Tablespoon Olive Oil and mash all, gradually add 4 Tablespoons white wine Vinegar, briskly mix again.

Transfer to dish, add two-thirds of oil to one-third vinegar to make 1 quart in all, mix, strain, put in jar and use as required, shake before using.

Keep covered, in cool place.

## TOMATO SALAD DRESSING

1 teaspoon bread crumbs, rub fine

1 clove Garlic

Salt      Pepper

All rubbed well together, add

1 Tablespoon Vinegar

$\frac{1}{2}$  teaspoon Sugar

4 Tablespoons Olive Oil.

Mix thoroughly and pour over Tomatoes.

## FRENCH DRESSING

- 1 Tablespoon Vinegar
- 3 Tablespoonfuls Olive Oil
- 1 saltspoonful Salt
- 1 saltspoonful dry Mustard
- $\frac{1}{4}$  saltspoonful Paprika

Mix mustard, salt and paprika, add vinegar, stir well, then add oil that should be kept very cold. Pour over salad just before serving.

## VARIATIONS OF FRENCH DRESSING

Make a French dressing by regular recipe, add to it a Tablespoon mashed Roquefort cheese, is excellent for lettuce salad; adding onion juice improves it for cucumber salad, or potato salad.

Adding a little curry powder is a good change.

Little chopped mint may be added for tongue salad.

A small amount of garlic added is good for potato or vegetable salads.

To add 1 or 2 Tablespoons Heintz Mandalay sauce is fine for tomatoes or lettuce.

A teaspoon of Worcestershire sauce may be used for a change.

## BOILED MAYONNAISE DRESSING

- $\frac{1}{2}$  cup Olive Oil
- 1 scant Tablespoon Mustard
- $\frac{1}{2}$  cup Vinegar
- 1 tablespoon Sugar
- Little Cayenne Pepper
- 1 teaspoon Salt
- 3 Egg Yolks.

Beat the yolks with the mustard, sugar, salt and pepper adding the oil slowly, when thick and smooth stir in vinegar, put over fire till you see it just bubble, stirring carefully, then add the whites beaten very stiff, fold in the whites with knife.

## MAYONNAISE DRESSING

- 2 Egg yolks
- 1 cup Olive Oil
- 1 to 2 Tablespoons Vinegar
- 1 Tablespoon Lemon juice
- 1 saltspoon Salt
- 1 saltspoon Mustard—if liked
- $\frac{1}{2}$  saltspoon white Pepper
- Little Cayenne Pepper

Have everything cold, beat eggs thoroughly, add very slowly a little oil, about  $\frac{1}{4}$  cup, then  $\frac{1}{3}$  of the vinegar, then oil, then vinegar until all are used, at last add seasoning well mixed. May use all lemon juice and no vinegar if tart enough.

## BANANA SALAD DRESSING

- 1 cup Milk
- 4 Tablespoons Sugar
- 1 Tablespoon Butter
- 1 teaspoon Almond Extract
- 1 Tablespoon Flour
- 1 Egg
- $\frac{1}{4}$  teaspoon Salt
- 1 Banana
- 1 Lemon juice

Put milk in double boiler, bring to a boil. mix all the other ingredients, then put in the egg, mash the banana, stir milk over the other ingredients, strain, put back on fire, cook until like cream, add banana, then extract.

Use plain or with whipped cream.

For fruit salad or fruit fritters.

## POTATO DRESSING

- 1 Potato, good size, mashed fine
- 2 Tablespoons Butter, add slowly to above
- 3 Egg yolks, well beaten, mix with Potato, Salt and Pepper

1 Tablespoon Vinegar, add gradually.

Rub until smooth, like Mayonnaise.

## BOILED DRESSING

5 Eggs beaten light  
1 cup Milk  
1 cup Butter  
 $\frac{1}{2}$  cup Vinegar  
1 teaspoon dry Mustard  
2 teaspoons Salt  
Pepper and red Pepper

Put in double boiler, cook on slow fire, stir, when cold it is ready for use.

Enough for two chickens, or veal and cabbage.

## CHICKEN JELLY WITH NUTS

Make a chicken jelly, tint it green, put in border mold, fill center with chicken cut in cubes and English walnuts, Mayonnaise, surround with lettuce dipped in French dressing.

## COLD CREAM DRESSING

1 cup thick Cream, beat it and add  
1 Tablespoon Sugar  
2 Tablespoons Vinegar  
Little Salt and white Pepper

Fine on cabbage or on lettuce and tomatoes.

The cream may be just turned sour; if not too much so it will do very nicely.

## VINAIGRETTE SAUCE

$\frac{1}{2}$  teaspoon Salt  
One sixth teaspoon Pepper  
1 teaspoon Onion juice  
2 teaspoons Parsley finely chopped  
3 Tablespoons Olive Oil  
1 Tablespoon Vinegar

Mix all thoroughly except the oil, then add the oil.

Good with asparagus.

## SPANISH SALAD DRESSING No. 1

½ teaspoon Salt, Cayenne Pepper  
2 Tablespoons Catsup  
add slowly  
4 Tablespoons Olive Oil  
1 clove Garlic mashed  
1 Tablespoon Tarragon Vinegar  
Good on all kinds of vegetable salad, best on cabbage.

## SPANISH SALAD DRESSING NO. 2

Mash very fine one clove of garlic, place a green pepper in hot oven until skin curls, peel it, mash very fine with the garlic, add one Tablespoon Tarragon vinegar, mix thoroughly and add one cup Mayonnaise dressing.

## SPANISH SALAD DRESSING NO. 3

1 Tablespoon Onion juice  
1 Tablespoon green Peppers chopped  
1 Tablespoon, Tomato pulp or Catsup, little Salt and Pepper  
1 raw Egg yolk 1 boiled Egg yolk  
1 cup of Olive Oil  
3 Tablespoons Vinegar

Put both egg yolks rubbed to a paste in a bowl, add the oil very slowly, stirring all the time until oil is used, put in the vinegar little at a time, then the rest.

## FRENCH DRESSING

4 Tablespoons Olive Oil  
1½ Tablespoons Vinegar  
¼ teaspoon Salt

One eighth teaspoon white Pepper.

Put salt and pepper in bowl, add half of the oil, mix thoroughly.

Now slowly add half of the vinegar, blend, then add oil and vinegar, a little at a time.

Good on almost all kinds of salads.



## CALIFORNIA SALAD DRESSING

Very fine.

- 4 Tablespoons Olive Oil
- 4 Tablespoons Vinegar
- 4 Egg yolks
- 1 Tablespoon Lemon juice
- 2 teaspoons powdered Sugar
- 1 teaspoon Salt and Pepper
- 4 Tablespoons Olive Oil
- 1 pint whipped Cream

Beat yolks, add slowly 4 Tablespoons oil, then add vinegar and cook in double boiler until like custard, take from fire, add lemon, sugar, and salt. Let it get cool then beat in the other 4 Tablespoons oil, and when wanted the cream may be added.

Fine on chicken and lobster.

## BOILED SALAD DRESSING

No. 1

- 2 Egg yolks
  - 3 Tablespoons Vinegar beaten together, boil in double boiler until thick, stir fast all the time or it will curdle.
  - 1 small teaspoonful mixed Mustard
  - Salt and Pepper to taste
  - 1 cup sweet Cream whipped stiff, stir in when cold.
- Pour over salad.

## BOILED SALAD DRESSING

No. 2

- $\frac{1}{2}$  cup Vinegar
- 2 Tablespoons melted Butter
- 2 Tablespoons Sugar
- $\frac{1}{2}$  teaspoonful Salt
- 1 teaspoonful Mustard

Beat the eggs, heat vinegar, put on fire until thick, beat all the time, when cold add 2 Tablespoons thick Cream.

## SAUCE FOR COLD MEAT AND SALADS

Boil two eggs hard, mix with teaspoon of made mustard until very smooth, salt and pepper, a half cup oil or melted butter, half a teacup vinegar.

A Tablespoon of catsup improves it.

## WHIPPED CREAM DRESSING

- 4 Egg yolks
- 3 Tablespoons Vinegar
- 1 teaspoon Butter
- 1 teaspoon Salt
- 1 teaspoon dry Mustard
- $\frac{1}{3}$  teaspoon Pepper

Put eggs and vinegar in double boiler and add seasoning  
When cool 1 cup whipped cream.

Good over all potato salads, fish, egg, and Adirondack salad

## DRESSING FOR SAINTS FRUIT SALAD

Take one-third cup good boiled dressing, in which is not much mustard, add to it

- 2 teaspoons Sugar
- $\frac{1}{2}$  cup whipped Cream, or more.

It should be very mild of the salad dressing.

Mix the dressing with the fruit shortly before serving.

Serve in a nest of head lettuce leaves with a small spoonful dressing on top and drop some of the cut Maraschino cherries on top; the bright red color makes it very attractive.

Always serve very cold.

## WHITE EGG DRESSING FOR SALADS

Whip whites of eggs stiff, add salt, white pepper, white mustard, white vinegar or lemon juice, little white sugar dissolved in the vinegar.

Very nice on any crisp salads.

The amount of vinegar to suit taste.

## WHITE NATIVE SALAD DRESSING

3 yolks  
1 teaspoon Mustard  
 $\frac{1}{2}$  teaspoon Salt  
1 teaspoon Sugar  
Little red Pepper, 3 whites of Eggs beaten stiff  
2 cups Olive Oil  
Vinegar

Beat yolks with spices until light, add oil slowly, beat all the time until very thick, add vinegar to taste and at last the whites of eggs.

Will keep if put in glass jar and put in cool place.

## CHEAP SALAD DRESSING

1 Egg hard boiled  
1 Tablespoon Olive Oil or same of Butter -  
1 Tablespoon sugar  
1 Tablespoon Flour  
1 teaspoon Salt  
1 teaspoon Mustard  
 $\frac{1}{2}$  cup Water boiling  
One-third cup vinegar  
6 Tablespoons Cream whipped

Rub egg very fine, mix with oil or butter, add sugar, flour, mustard and salt, pour over this the boiling water, put on fire until it boils, remove, add vinegar; add cream before using.

## COOKED MAYONNAISE DRESSING

Put yolks of four eggs in sauce pan, add four Tablespoons Olive Oil, four Tablespoons water. beat a little, put sauce pan in pan of boiling water and beat quickly until sauce is thick as Mayonnaise; soon as it begins to thicken take off; it must not be curdled or lumpy; put through a fine sieve, add slowly one teaspoon Tarragon vinegar and teaspoon onion juice, let cool; when used fold in half cup cream whipped to stiff froth.

## BOILED SALAD DRESSING

4 Egg yolks  
1 teaspoon each Salt, Pepper, Mustard  
One-third cup Cream, beat all, add  
1 cup hot Vinegar  
1 Tablespoon Butter  
 $\frac{1}{4}$  cup Sugar

Heat until like custard, when cool may add two or three Tablespoons Olive Oil, or  $\frac{1}{2}$  cup of stiff whipped cream.

For chicken or any kind, where Mayonnaise dressing is called for.

## SALAD SAUCE LUCULLUS

Take a dessert spoonful of cream, a mustard spoonful of made mustard, yolk of one egg, 6 drops of anchovy sauce and a pinch of salt, work all well together and when quite smooth add  $\frac{1}{4}$  of an onion, grated, which stir in well.

Then pour in

$\frac{1}{2}$  teaspoon each of Worcestershire sauce and chili vinegar; after blending well together, add a gill of salad oil, drop by drop, beat it up well in sauce, then pour in a teaspoon Tarragon vinegar, drop by drop, and finally 6 Tablespoons salad oil, drop by drop, beating well all the time.

Good on fish salad or lettuce.

## CREAM BALLS WITH SALAD

One Neufchatel cheese put through a vegetable press, or cream with a fork, beat in one Tablespoon melted butter, a pinch of salt, a dash of Cayenne and two Tablespoons Cream.

Roll into balls size of walnuts, roll in chopped nuts. Serve with salad.

### CHEESE SALAD DRESSING

- 1 Tablespoon Flour
- 1 Tablespoon Butter
- 1 teaspoon Salt
- $\frac{3}{4}$  cup Milk
- $\frac{1}{4}$  teaspoon Pepper
- $\frac{1}{2}$  cup grated Cheese

Combine flour, butter, salt and pepper, bring milk to boiling point, add the above, then return to fire, then add cheese, then beat in egg slowly, add mustard if liked.

Good on egg salad.

### LOBSTER SALAD DRESSING

- 2 yolks of Eggs, beat, stir into it
- 1 teaspoon moist Mustard,
- add 4 Tablespoons Butter or Olive Oil slowly,
- 4 Tablespoons Vinegar or less if strong
- Little sugar, salt and pepper
- Beat until quite thick like thick cream.
- Mix with lobster.

### DRESSING

- 4 yolks beat well
- 1 teaspoon each Salt, Pepper, dry mustard to
- One-third cup Cream. Add to eggs,
- 1 cup Vinegar. Heat
- 1 Tablespoon Butter
- 2 Tablespoons Sugar

Pour hot vinegar over eggs and cream, put on stove to heat but not boil.

If liked, 2 or 3 Tablespoons oil in yolks.

### CUPID SALAD

Cut hearts out of Columbian salad made in a sheet half an inch thick; place on crisp leaves of lettuce. Prepare one cup pitted olives diced, and chopped cucumber pickle, mix with boiled dressing and heap upon each heart. Cut same in stars, place on blue plates with a spoonful of white dressing on top.

Good for a Washington's birthday lunch.

## SAUCE FOR HOT OR COLD POTATO SALAD

1 Tablespoon Vinegar

2 Tablespoons Water

Put on and boil.

Beat up 2 eggs and pour boiling vinegar over, beating all the while; season with salt, pepper, a little mustard and lump of butter.

Lettuce shredded and mixed with the potatoes is good, also minced parsley, onions and sliced hard boiled eggs.

## ALMOND SALAD DRESSING

$\frac{1}{2}$  cup orange juice

$\frac{1}{4}$  cup Lemon juice

1 cup powdered Sugar

1 cup Almonds chopped fine

$\frac{1}{2}$  cup Water

1 teaspoon Almond extract

Put almonds and water on to cook ten minutes then add sugar, then orange and lemon juice and extract.

Let get cold before using; add whipped cream if you like. Also good on fruit salads or on banana salads.

## BUTTER MAYONNAISE DRESSING

Beat the yolks of four eggs until very light, add one teaspoon each of salt, dry mustard and white pepper and a saltspoon of cayenne, mixed smooth with one-third cupful of cream.

Bring to a boil one cup vinegar, a quarter of a cup sugar and one-third cup of butter; pour this hot mixture into the egg mixture, stirring all the time, return to the fire and stir until it begins to thicken, but do not allow it to boil.

When cool, bottle and keep in a cool place.

Nice for lettuce, cabbage, tomatoes, potatoes, cauliflower or asparagus, also for any meat salad.

## IDEAL CHICKEN SALAD

1 cup cold cooked Chicken

1 cup whipped Cream

$\frac{1}{2}$  cup cold Chicken broth

One third box Gelatine, salt, pepper

Soak Gelatine in cold broth and season with salt and pepper, strain, when cool beat with egg beater until foamy then add the cream whipped very stiff, add the chicken cut in small dice.

Pour into  $\frac{1}{2}$  pound baking powder can and put on ice. When ready to serve wipe outside of can with warm wet cloth, slip the salad out and cut in  $\frac{1}{2}$  inch slices, lay the slices on lettuce, cover with Mayonnaise dressing and garnish with walnuts.

Serve with celery straws.

## INDIA DRESSING

To Mayonnaise add one teaspoon curry powder and one clove of garlic.

Serve with sardines, plain or broiled.

## FOR ALL FISH SALAD

To Mayonnaise dressing add three boiled yolks and add three sardines, mashed very fine.

## WHITE EGG DRESSING FOR SALAD

Whip white of eggs stiff, add salt, white pepper, white mustard, white vinegar or lemon juice, little white sugar dissolved in the vinegar

Very nice on any crisp salads

The amount of vinegar to suit taste

## CALIFORNIA ORANGE SALAD DRESSING

Beat yolks of 3 eggs until very light, add gradually 1 cup powdered sugar, beat until light, add juice of 2 lemons. beat well and pour over oranges and bananas, let stand on ice, it must be served very cold.

May fold in the dressing a big Tablespoon whipped cream.

## DATE AND ALMOND SALAD

- 1 lb. Dates
- 2 doz. Almonds
- 2 Tablespoonfuls grated Cocoanut
- 1 bunch Parsley
- 1 Lemon.

Cut dates in pieces, blanch and brown almonds, chop, and add to dates, mix with boiled dressing, sprinkle cocoanut on top, garnish with parsley.

## MALAGA GRAPE SALAD

Cut in halves lengthwise, remove seeds of grapes

1½ pounds Grapes, add ¼ lb. Peanuts

1 cup boiled dressing

1 cup whipped cream.

Mix and serve on lettuce.

## DRESSING FOR ALL FISH SALADS

To Mayonnaise dressing add three boiled yolks and add three sardines, mashed very fine.

## CHILI STYLE PEPPERS

Fill peppers with chopped lettuce, cold potatoes, beets and onions.

Use French or Mayonnaise dressing.

## LETTUCE AND EGG BOUQUET SALAD

Cut lettuce in ribbons, pile in center. place slices hard-boiled eggs around.

Serve French dressing.



## BELLEVUE SALAD

Fill tomatoes, equal parts of apples, celery and pineapple; serve with Mayonnaise.

## TOMATO AND BEET SALAD

Peel six ripe Tomatoes without scalding, and cut, and four beets cooked and cold, cut in cubes.

Serve with Mayonnaise on lettuce.

## CHEESE BALLS

For salad course

To one cup mild creamery cheese add half cup fine bread crumbs, few grains salt, dash of cayenne and one egg well beaten, mix well and roll into small balls; roll these in fine bread or cracker crumbs and just before serving place in wire basket and fry in deep lard a delicate brown.

Serve with the salad course.

If wafers are used have them hot also.

## GRAPE SALAD

Chop sweet apples finely, mix with half the amount of white grapes, mix with white Mayonnaise. pile on a lettuce leaf, sprinkle with one-fourth of the amount of salted brown almonds, decorate the edges with pink and green Mayonnaise, one olive and a cheese ball.

## VEGETABLE SALAD

- 1 large Carrot, boiled
- 1 large Potato boiled
- 1 large red Beet, boiled
- 3 hard boiled Eggs
- 1 tea cup Olives, finely sliced
- ½ tea cup Capers.

When cold cut carrot, potato, beet and eggs into half inch cubes, add olives and capers.

Serve with Mayonnaise dressing, or any boiled dressing.

This makes a delicious salad for the summer season.

## FISH AND POTATO SALAD

Slice 4 good sized Potatoes while hot into 6 Tablespoons French dressing with small grated onion in it. Toss them until all is absorbed, place on dish and put on ice, when ready to serve cover top with sardines picked apart, sprinkle top with chopped celery and parsley; squeeze juice of half lemon over all.

## RICE SALAD

- 1 cup boiled Rice
- 4 hard boiled Eggs
- 1 head Lettuce.

Arrange on platter alternate layers of rice, shredded lettuce, slices of hard boiled eggs and Mayonnaise dressing; over the dressing press the yolks of eggs through a ricer.

Garnish with lettuce leaves.

California boiled dressing is fine on this.

## APPLE SHERRY SALAD

Slice six tart apples in very thin slices, put layer of apples in dish, sprinkle the apples with one Tablespoonful powdered sugar, a little cinnamon, and so on until there are four layers.

Cover with half cup of sherry wine.

Serve ice cold.

## FRENCH POTATO SALAD

- 2 cups cold Potatoes
- 1 cup Celery
- 1 good sized fresh Cucumber
- ½ cup stiffly whipped Cream
- Salt and Paprika to taste
- Boiled Salad Dressing

Cut potatoes in dice and cut celery fine; remove seeds from cucumber and cut white part in small pieces; mix potatoes, celery and cucumber and shake in salt and paprika; mix the stiffly whipped cream with three table-spoonfuls boiled salad dressing and pour over potatoes. Garnish with beets cut in stars with small vegetable cutters.

## BEET SALAD

Beets cut in small slices or balls laid on leaves of lettuce. Pour over it French salad dressing and on top place small squares cottage cheese, or pass through a pastry bag and tube.  
—Mrs. E. Tate.

## HAM AND POTATO SALAD

1 quart Potatoes diced  
1 quart Celery diced  
1 quart boiled Ham diced  
Use with boiled dressing.

## CHINESE SALAD

2 cups cold boiled Rice  
1 Onion grated  
1 Tablespoon Parsley and Chives chopped fine  
Salt and Pepper  
12 French Sardines cut up fine.  
Mix with Mayonnaise or boiled dressing.  
Serve on lettuce.  
Garnish with beet balls or fancy designs.

## SPANISH SLAW

1 pint Cabbage cut very fine, not chopped, but cold and very crisp  
2 green bell Peppers shredded  
2 red bell Peppers shredded  
1 Onion cut very fine.  
Serve with Spanish dressing No. 1.

## KIDNEY BEAN SALAD

1 can Kidney Beans  
 $\frac{1}{2}$  cup Celery  
 $\frac{1}{2}$  cup English Walnuts  
1 large Dill Pickle  
1 Tablespoon Sugar  
Drain beans, mix with the rest, and boiled dressing.  
Serve on lettuce.

## BALTIMORE RELISH SALAD

- 2 cups Cabbage shredded fine
- 1 red bell Pepper cut fine
- 1 Tablespoon Celery, or Celery seed
- $\frac{1}{2}$  teaspoon Salt
- $\frac{1}{4}$  teaspoon Mustard
- 2 Tablespoons Sugar
- $\frac{1}{4}$  cup vinegar.

Mix the dry ingredients, pour slowly on the vinegar, then mix with cabbage and pepper.

## HERRING SALAD German Style

- 4 Herring soaked in milk, cut fine
  - 4 hard boiled Eggs
  - 2 Tablespoonfuls sour Pickles
  - 2 Tablespoonfuls Beets
  - 1 cup sour Apples
  - 2 Tablespoonfuls Onions
  - Some potatoes if wanted
  - 1 Tablespoonful preserved Ginger
  - 2 Tablespoonfuls Capers.
- All cut fine.

## DRESSING FOR SAME

Milch of four herring, rub with vinegar through sieve, rub yolks of two hard boiled eggs with olive oil, little mustard and pepper, put all in bowl, add about half a cup of thick sour cream, pour over herring and stir well; it is better after standing a day.

## COLUMBIA SALAD

½ can Tomatoes  
Small piece bay Leaf  
Small piece Mace  
1 teaspoonful Salt  
1 teaspoonful Sugar  
1 teaspoonful Onion Extract  
Paprika  
Gelatine

Cook tomatoes, bay leaf and mace together five to ten minutes, strain through a fine strainer and add salt, sugar and onion extract, shake in paprika. Dissolve two Tablespoonfuls of gelatine. put in four drops of red fruit coloring and pour into a border mold, or individual mold; when very cold turn out on lettuce; serve with boiled salad dressing, three Tablespoonfuls dressing mixed with half cup whipped cream and fill center with celery.

## SALAD DRESSING

Add to boiled dressing finely chopped ham.

## ORANGE SALAD DRESSING

4 yolks eggs  
½ cup Sugar  
¼ cup Butter  
2 Tablespoon Vinegar  
¼ teaspoon Mustard  
Salt      Paprika

Cream yolks, butter and sugar, add the rest, boil, when cool add cream.

For Orange Salad or Fruit.

## GERMAN SLAW

- 1 pint Cabbage shredded
- 1 cup diced sour Apples
- ½ cup Celery cut fine.

Shred cabbage and leave in cold water awhile to have it nice and crisp but dry it well in towel before putting together.

Use whipped cream dressing.

## TOMATO JELLY WITH NUT SALAD

- 1 pint Tomato Jelly
- ½ cup Mushroom trimmings or
- 1 Tablespoon Mushroom Catsup.

Turn into border mold; when cold turn out and fill center with shredded cabbage, pecan nuts and sweet red peppers cooked and sliced.

Mix with Mayonnaise.

## BEACH SALAD

Make lemon jelly with gelatine, chop coarsely one cup sour apples, one cup walnuts and one cup celery, little salt, mix well and pour lemon jelly over it, fill little individual molds, when cold turn out on lettuce.

Serve with California boiled dressing.

Use pastry bag and star tube to put on dressing.

## POTATO BALL SALAD

Cut potatoes in round balls with small French scoop.

Boil until tender and pour off the water immediately.

Shred equally as much crisp celery, marinate with a small amount of French dressing.

Make a nest on a lettuce leaf, put a spoonful of the pink Mayonnaise in the center of the nest, then six potato balls, sprinkle with finely cut sweet peppers and parsley.

Or may use boiled dressing.

### CODFISH SALAD

Soak codfish over night, put on fire, when ready to boil, remove and drain, remove skin and bone.

Take cold boiled potatoes, sliced, add to codfish.

Serve with French dressing and oil, black pepper, and 1 Tablespoon parsley.

Garnish with hard boiled eggs, chopped.

### ORIGINAL SALAD

1 can French Peas or sifted Peas

$\frac{1}{2}$  cup Lima Beans cooked tender, but not broken nor mushy

1 Cucumber medium size cut in cubes

Celery to taste—liberal

Walnut meats are nice if you have them.

Boiled dressing, any you prefer.

Drain all liquor from the peas and wash thoroughly, wash beans carefully so as not to break.

### JEWISH SALAD NO. 1

2 fresh Cucumbers, peeled and sliced

3 Tomatoes, peeled and cold, then sliced

1 large Onion, sliced

2 cloves Garlic grated

2 green bell Peppers.

Shake on top salt and pepper, cover with thin slices of bread.

Pour over it

$\frac{1}{2}$  cup Vinegar and

$\frac{1}{4}$  cup Olive Oil, well mixed, then serve.

### JEWISH SALAD NO. 2

Dates cut up not too fine

Apples in size of matches

Nuts, broken up

Marshmallows cut in four pieces.

Serve with a lemon Mayonnaise, to which add cream and a little sugar—or with a sherry French dressing, where sherry wine is used, instead of vinegar.

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