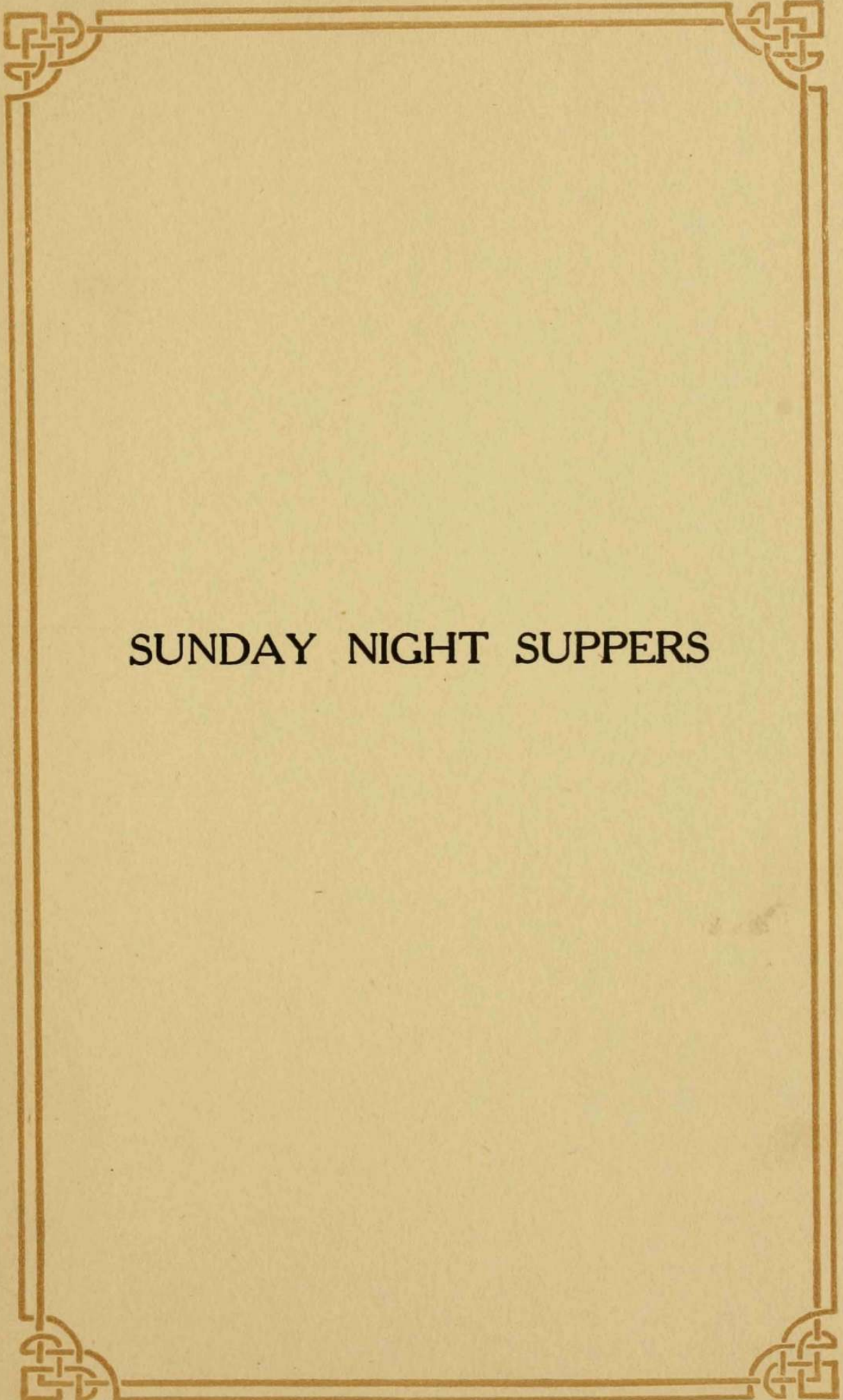
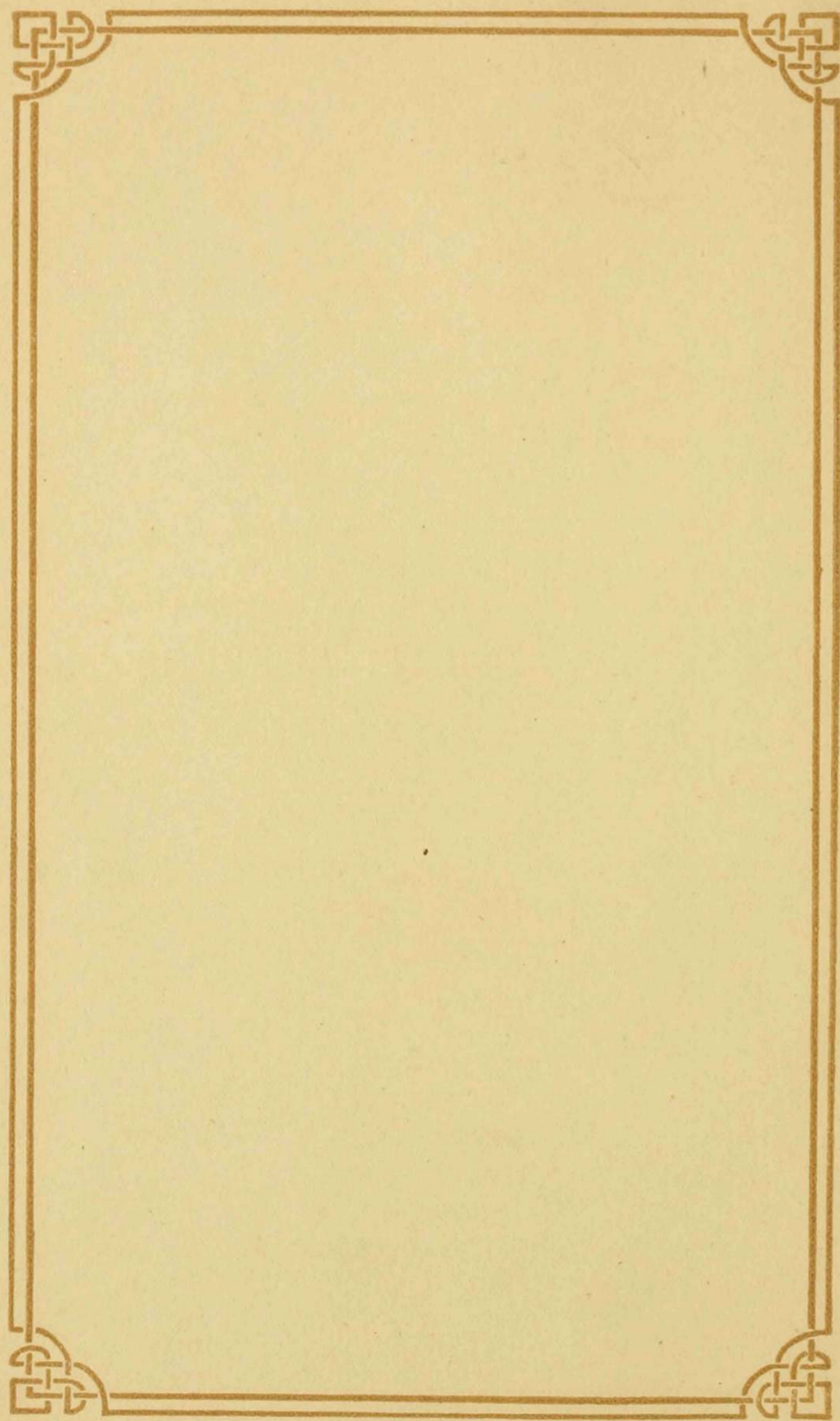




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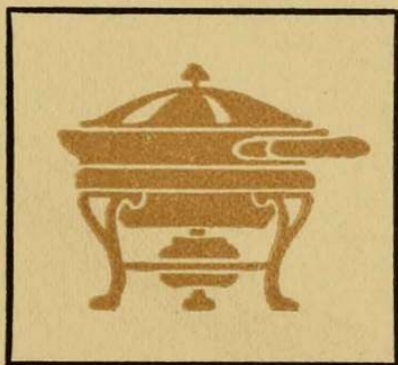
SUNDAY NIGHT SUPPERS



Sunday Night Suppers

By
CHRISTINE TERHUNE HERRICK

*Author of "The Expert Maid Servant," "The
Chafing-Dish Supper," etc.*



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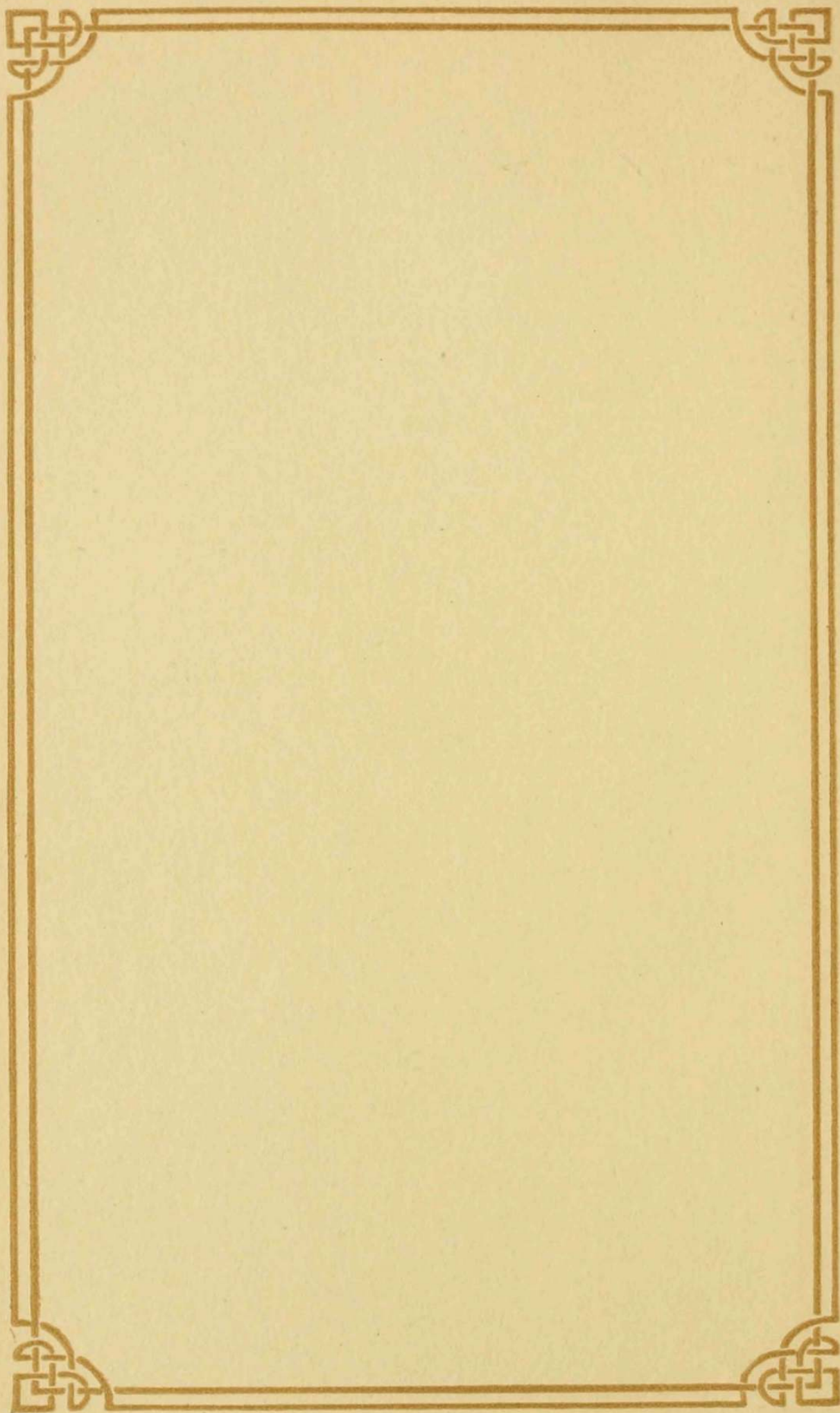
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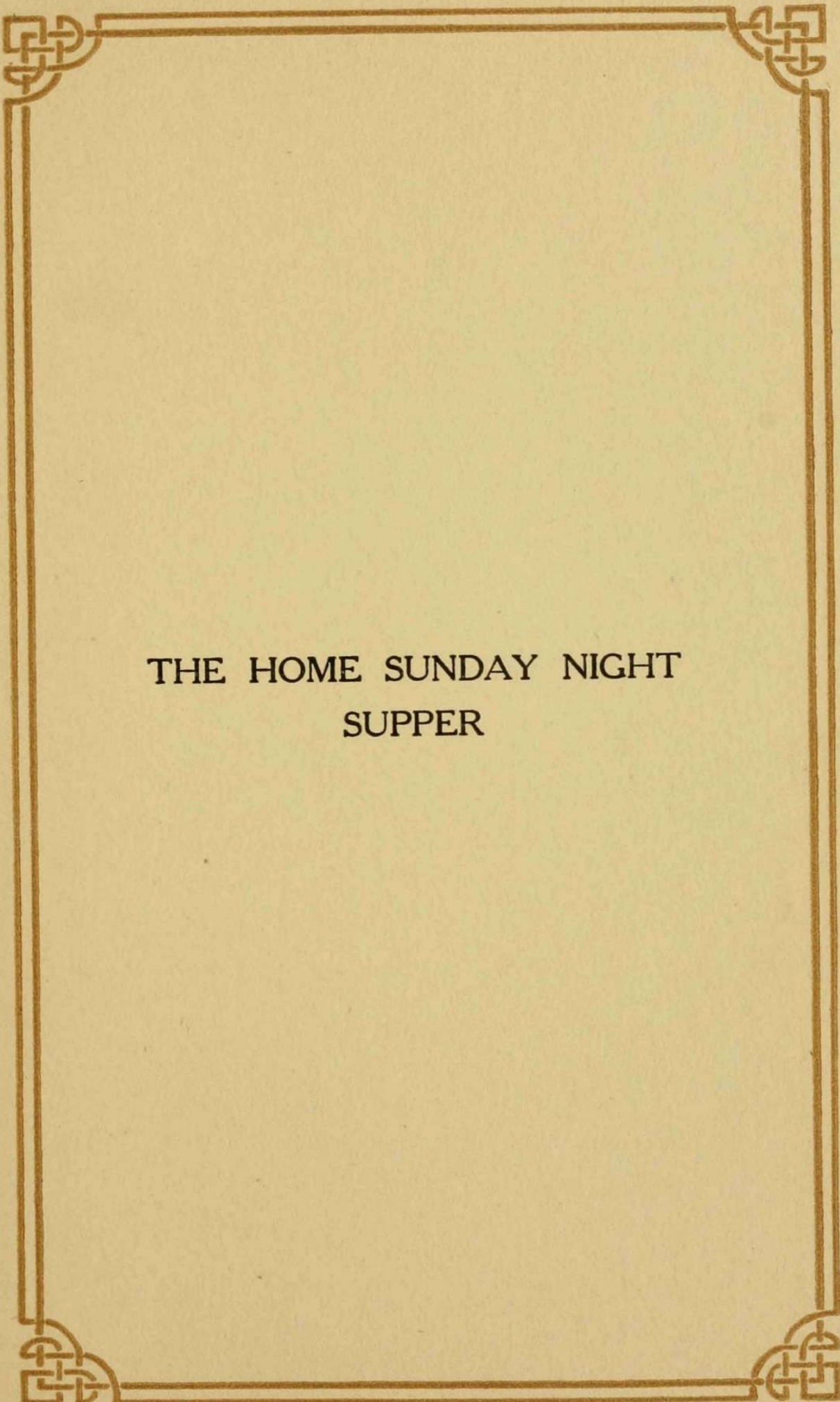
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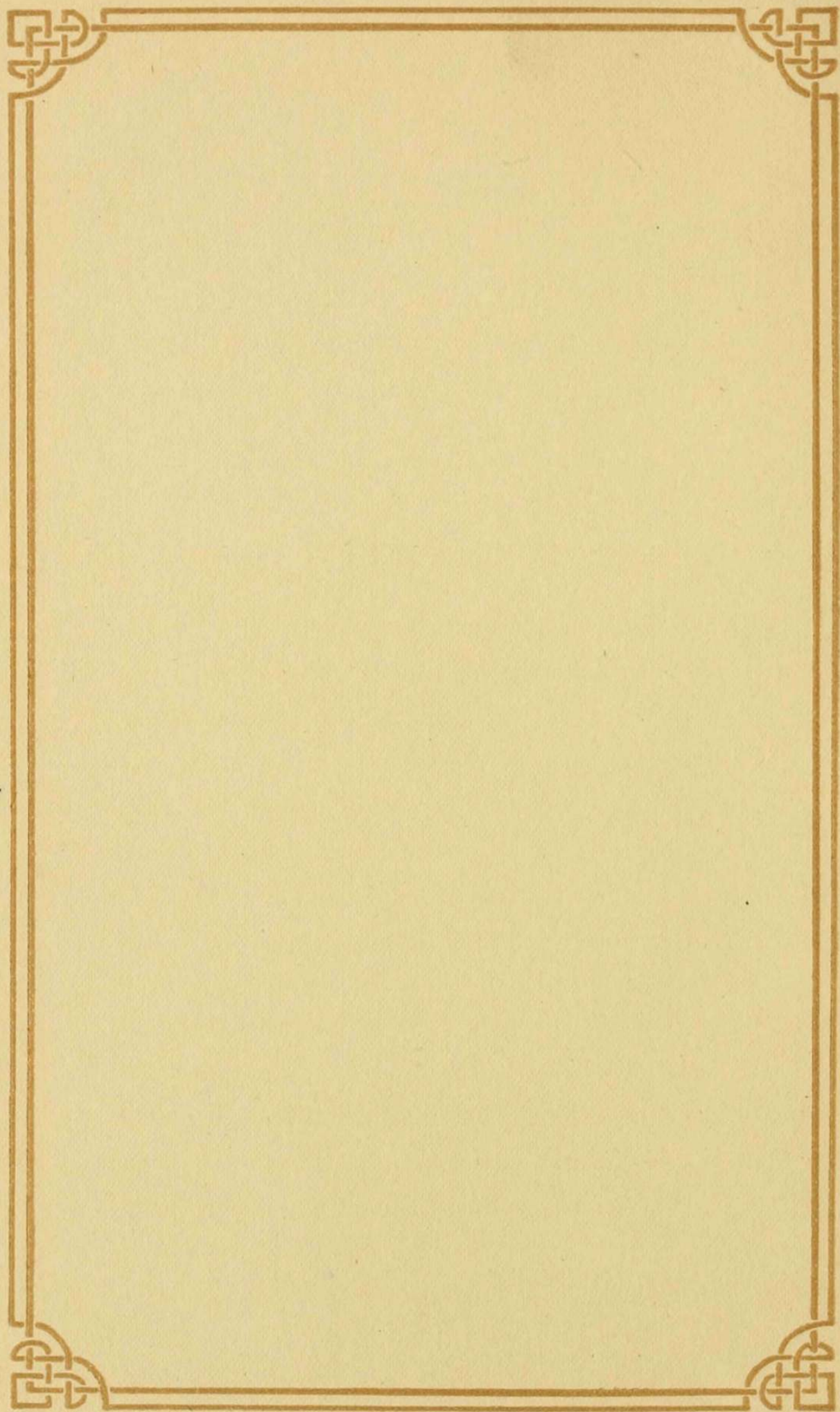


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THE HOME SUNDAY NIGHT
SUPPER



SUNDAY NIGHT SUPPERS



CHAPTER I

THE HOME SUNDAY NIGHT SUPPER

IN most homes the Sunday night supper is a compromise. Like the majority of compromises, it satisfies no one. It is an attempt to serve God and Mammon, respectively represented by the family's desires and the cook's preferences, and is thoroughly acceptable to neither. The members of the household, no matter how substantial the midday meal with which they have overtaxed the digestions accustomed to a light luncheon, feel a hollow void, a dismal craving, as the hour approaches when dinner is usually served on the unhallowed days of the week. The spirit is willing to keep the Sabbath, but the flesh is weak. Despite long once-a-weekly training, it yearns for something better than it has known on most preceding Sunday nights.

That would be a bold spirit who would venture to

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suggest a late dinner on Sunday. Common sense may advise it, the perishing body may cry out in protest against having its regular habits interfered with, and the digestion butchered to make a kitchen holiday. It is of no avail. Some few unregenerates there be who still persist in keeping their living even-threaded the whole week through, and who dine at the same hour on Sunday as on other days. But they don't win a martyr's crown or the *kudos* that should be bestowed upon the heroic leaders of a popular reform. They are criticized adversely, as a rule, and the sufferers who make a merit of necessity by declaring they do not care for grapes anyhow, assert boldly, "But we *like* supper once a week. We all enjoy it for a change."

It is a change, there is no doubt of that! But is it really hailed with joy? Does the family assemble for it with any measure of the pleasant anticipation that greets the announcement, "Dinner is served"? I trow not!

Sweeping statements are always dangerous, but there is no one of ordinary candor who cannot marshal in his memory a dismal array of Sunday night supper-tables. As a rule, they are melancholy reminders of past joys in the shape of the cold relics of Saturday

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night's or Sunday noon's dinner. Baked meats that were known and loved earlier — when hot — now coldly furnish forth the evening meal. In nine cases out of ten the housekeeper has so strained her inventive powers by the effort to do the marketing of two days in one, to plan something that will be available for the wash-day lunch and spare the cook too much labor over the wash-day dinner, that the provision for the Sunday night supper seems a matter of the last importance — literally. The housekeeper leaves the meal to Providence, with the usual result that awaits upon blind trust in Providence unbacked by human endeavor. At the last moment the cold meat is sliced, the cold bread is cut, the cold sweet brought forth, and a catch-as-catch-can meal is spread out to deaden hunger if it cannot tempt the appetite. The powers that be in the kitchen are possibly pleased. No others!

Take the honest verdict of most citizens, and see if it would not be: "We don't care much for supper at our house on Sunday night. You see, we have such a hearty meal in the middle of the day," etc. You recognize the formula? We have all heard it often enough.

Yet there are great possibilities in the Sunday night

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supper. It may be made a most attractive meal, which will render one willing to have it or another like it come again in a week, instead of arousing thankfulness that the Sunday night supper arrives but once in seven days. It will mean trouble, of course. If there is but one maid and she goes out every other Sunday, and the family cannot flee for refuge to the house of a friend or to a restaurant alternate Sunday nights, after the fashion of those who refuse to take the appointed discipline that comes their way, the housekeeper will have to cultivate the chafing-dish habit, make a study of salads, devote herself to the perusal of cook-books that give attention to attractive cold dishes, and even reconcile herself to half an hour in the kitchen on Sunday afternoon.

Of course it is a nuisance. There are certain young housekeepers who have not yet overworked their ideals, and a few older ones who have preserved theirs by some special dispensation, who declare they find joy in going into their kitchens once a week and getting supper. The great army of women who keep maids are usually so discouraged by the difference between the kitchen as they wish it to be, and the kitchen as it is—a state of affairs which the preparation of the Sunday night supper affords exceptional opportunities

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for observing — that the delights of getting a meal even once a fortnight are not unmixed with distress. And when a woman does her own work all through the week, she is hardly to be blamed if, by the time Sunday night comes, she feels that she would like to drop the burden for awhile and give herself a few hours' rest before she resumes the load that is awaiting her on Monday morning.

When I think of all this, I blush for shame that I should venture to criticize even dry slices of overdone beef, unchilled salads, and stale bread, with perhaps canned fruit and cake to lend a pseudo-festive air to the occasion. Still, it would have been very little more trouble to make the beef hot in a savory sauce, to have the salad crisp and well dressed, to toast the bread. Or, better still, the Sunday night supper might have been planned for on Saturday morning. It is likely that the cake was made then in the thought of its use on Sunday. A little forethought would have arranged that the same meat should not appear at both dinner and supper. Keep the beef left-overs until Monday, but don't have them when the more juicy and appetizing memories of their first appearance are still fresh on the palate.

I have all sympathy for the woman who lives twelve

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miles from a lemon, and further still from a fancy grocery. But there are few women who may not in this day and generation have in the house the emergency supplies that make a good hot dish for supper possible. Cheese is always with us and may appear in any one of a dozen forms. The tin can accompanies the pioneer on his travels, and its contents may be converted into a relish that will redeem any supper from the charge of commonplaceness. The salad in its green variety cannot always be with us, but a substitute for lettuce and chicory and endive and Romaine may be achieved by the aid of the cabbage, the potato, the onion, the egg, to say nothing of the canned asparagus, or tomato, or beet, or bean, or green pea. A little thought will do it all, and more even than I have suggested.

I have not touched upon eggs as yet, except as they may serve in a salad. But the half has never been told of what the egg may do as a savory supper dish. Alone, in combination, hot, cold, boiled hard, plain, or with a sauce, elaborately or simply cooked — those who know eggs only as they have encountered them in such primitive forms as boiled, fried, poached, or scrambled, have yet much, much to learn. And eggs, at least, are usually within reach. I guard

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my statement, recollecting the terrible dearth of eggs familiar to dwellers in the country, and comparatively unknown to those who live in cities. There are times of year when eggs are costly, but even at their highest they are cheaper than meat, and when combined with left-overs will go further than would seem credible to the uninitiated.

I have spoken of toast — toast the maligned, the misunderstood. There are not wanting those who think they have known toast all their lives, and who yet have no knowledge of it at its highest perfection. It is worth the trouble to give them the joy which would accompany the great awakening that would be theirs could they once eat toast as it may be. The crust trimmed off, the bread cut neither too thick nor too thin, not too pale and not too brown, oversoftness and undue hardness both avoided, the butter evenly spread, not dumped to form one greasy hollow in the centre of the slice — such toast as this may make a Sunday night supper well worth while, even if served with plain cold meat.

Such buttered toast might well banish demands for any variation in the bread supply, and yet even with this there may be an occasional new sensation planned. Anchovy toast, baked toast, tomato toast, egg toast —

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here again is a field for new departures and many inventions.

The home supper-table should attract the eye as well as coax the appetite. It should not be like the supper-tables of any common week-day night. This is the time to bring forth the best china and glass, especially if the members of the family are going to wash them afterwards. There should be the prettiest napery used. The table should have nothing of the slapdash about it. If there are younger members of the household who are urged to take part in getting the Sunday night supper, they should be given their heads in rendering the table as charming as possible. Let them plan surprises of any sort.

If they wish to have home-made candies and salted nuts of their own manufacture as a part of the feast, encourage the inclinations. Don't let the meal be the scrap-bag of the commissariat or the left-over odd number of the week. Give it a chance to redeem itself from the obloquy into which it has generally fallen.

I wish I could head an insurrection against the Sunday night supper as it is usually met. It would be swept out of existence with a celerity that would be astonishing even in this day of rapid transit. Gone

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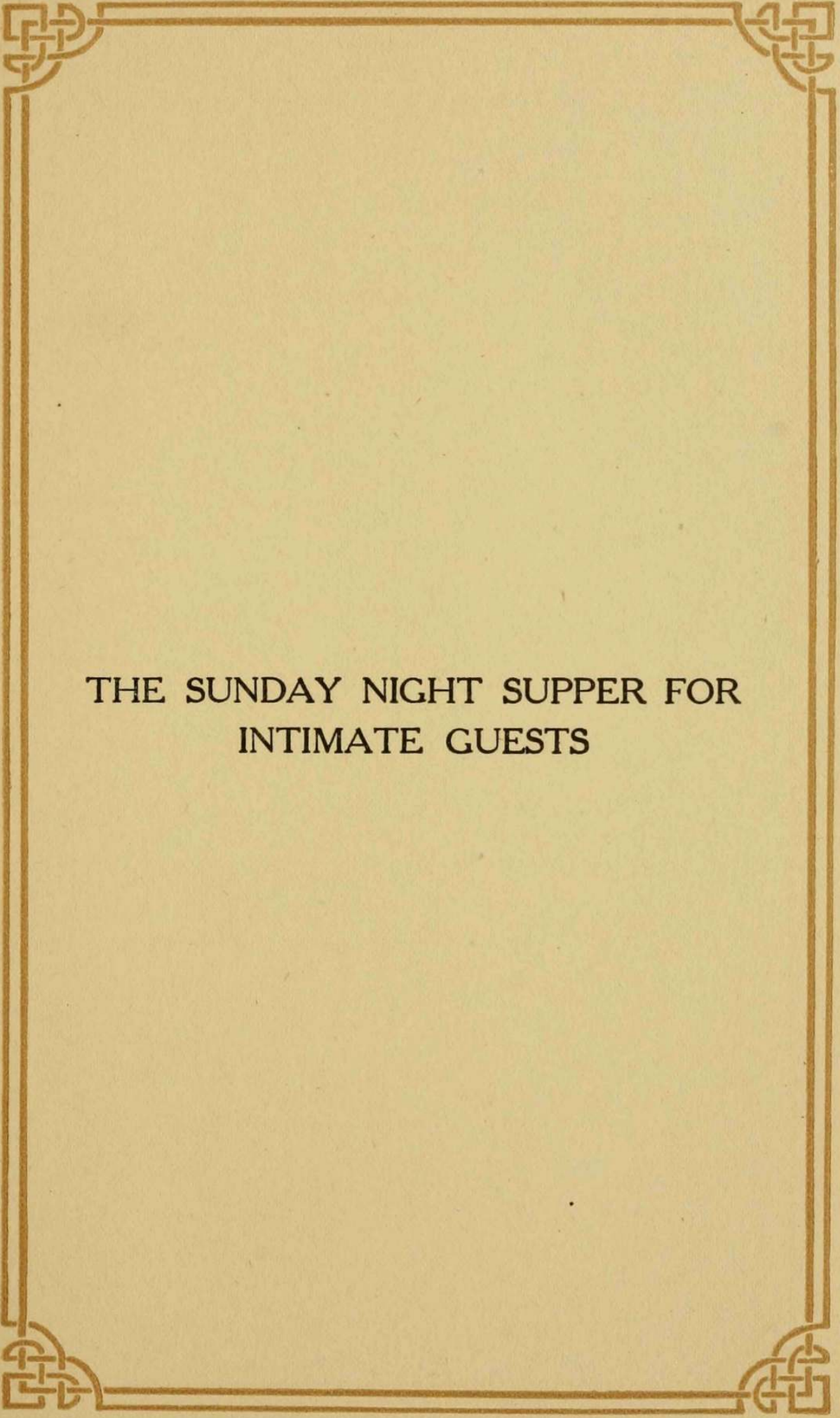
forever would be the supper-table of one section of the country — the plate of cold chipped beef or dried codfish, the pile of white and brown bread, the little dishes of apple sauce, the large pale ginger cookies. Gone, too, would be that other variety of supper-table which thinks to make up for its lack of savory dishes by its much cake. I am afraid even baked beans and brown bread, beloved though they are by certain worthy beings, might not stand against the besom of destruction.

Instead of any or all of these the supper-table that should supplant them should be a board of surprises. The Sunday night supper should be the unexpected feast of the week. At this meal the family would never know what to look for. One time the repast would be hot and savory, the next it would be cold but no less savory. New and startling salads would make their first bow, so to speak, at the Sunday night supper-table, and it would be the housekeeper's dissipation to devise and search out novelties for this meal. Here she should give rein to any pioneering or adventurous spirit she had in her, and train her family to equal daring.

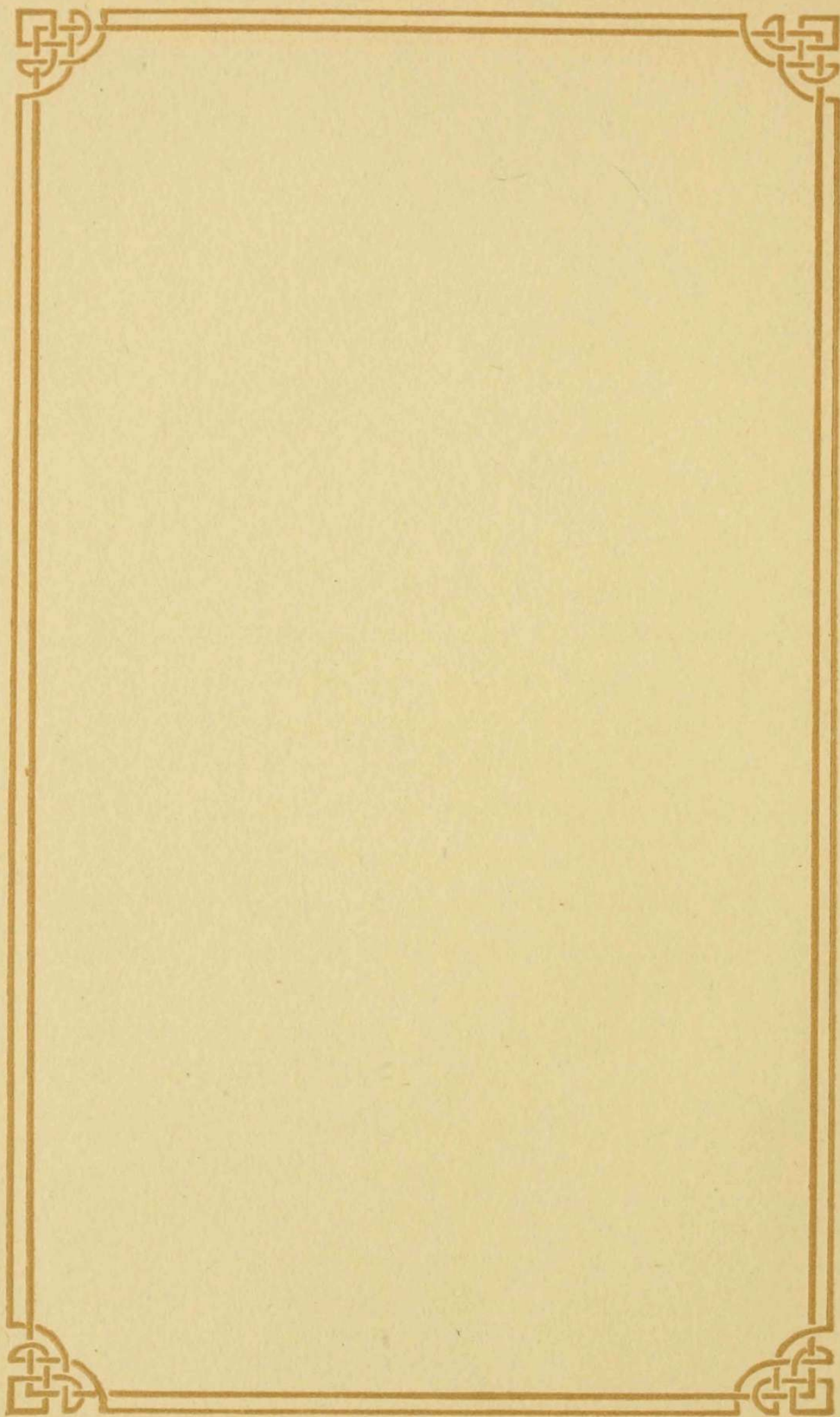
All this does not mean — as it may sound — that the Sunday night supper should be an expensive or unwholesome meal. All I plead for is its release from

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the trammels of conventionality. Forget the hackneyed, the usual, the stereotyped. Essay new endeavors. Make this the festival of the week. In language suitable to the day, let the Sunday night supper have free course and be glorified.



THE SUNDAY NIGHT SUPPER FOR
INTIMATE GUESTS



CHAPTER II

THE SUNDAY NIGHT SUPPER FOR INTIMATE GUESTS

THE thoughtful housekeeper will refrain from making unnecessary toil for the man servant and maid servant within her gates on the first day of the week, but she will so plan her work that she may have a place for a friend on Sunday at her dinner or supper table, and feel that she is indulging in one of those "works of necessity and mercy," which are countenanced even by the Westminster catechism.

The noon dinner has its advantages as a time for the intimate guest, but they are not equal to those of the Sunday night supper. There is almost always something that may be done on Sunday afternoon. Calls may be paid, in tolerable weather it is the time preëminently for long walks or for lazy indoor rest. But Sunday evening is different. Then the hours may be inclined to hang a trifle heavily and one welcomes a fashion of spending them pleasantly.

When I speak of intimate guests at the Sunday

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night supper I refer to those for whom no elaborate preparations need be made. If the right sort of effort is given to convert the often cold and unattractive Sunday night supper into a pleasing and appetizing meal, no greater labor is involved by the presence of a visitor than the placing of another plate at the table, and the washing of a few more dishes afterwards. I know of some households in which the guests are allowed to come out into the kitchen and take merry part in the preparation of the meal. The recollection is with me of a certain spotless kitchen, its walls covered with enamelled blue and white oilcloth, the painted floor softened here and there by a rug, where I have seen one young man laboriously toasting bread while another devoted the best powers of his mind to making drip coffee. The mushrooms that were to go on the toast were cooked afterwards in the chafing-dish, by the daughter of the house, while the son compounded the salad on the supper-table.

Such a feast as this is an especial treat to the young men and women who are away from home and dwell in boarding-houses. Mission work it might be called, to invite them for the Sunday night meal that is so forlorn to the exile from home comforts. Perhaps the boon is as great to the overworked

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housekeeper, who is tired to death of her own table and longs for a taste of food that has been planned and purchased by some one else. *She* knows how to appreciate the good things that are set before her!

It is a mistake to think that a servant must be kept at home for such a festivity as this. Perhaps it is a help to have her when the labor of washing up succeeds the meal, — but even this may be turned into a frolic. The work of making ready for the feast may nearly all have been done earlier in the day or on Saturday morning.

It is little trouble to plan out a few attractive *menus* for Sunday night suppers. Cold meat is often taken for granted, and there are combinations in which it may be attractive. But if the meat is cold there should be something to offset it. For instance, there may be cold meat and a salad, or cold meat and aspic jelly. These do well for warm weather, but in winter the stomach pleads for something more savory. Then is the time to have fried green peppers or fried tomatoes, — when fresh tomatoes can not be bought the whole canned tomatoes are excellent to have fried or devilled. Lyonnaise potatoes are good with cold meat, and there are other savory ways of preparing vegetables.

But perhaps cold meat is more attractive when it is

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not cold, — if the bull may be pardoned. That is, it may be made hot in some way that will tempt the palate far more than if it appeared in its cold state. Such cookery may be done in the kitchen or on the table in a chafing-dish. Or the cold meat may be dispensed with altogether and its place taken by a dish of eggs or one of shell-fish or cheese. The dwellers near the coast may make good use of oysters and clams and scallops and lobsters; those who live further inland will find their mainstay in eggs and cheese.

The salad is not to be overlooked. If one can not obtain the green salad except at a high price, — and there are localities where it can only be found during the weather when it will grow out-of-doors, — vegetables may be used in salad and will be found delicious. There are good boiled dressings, — nearly all housekeepers have two or three on their list, — and some of the best vegetable salads are better with a boiled dressing than even with a mayonnaise.

On the question of sweets perhaps it is not necessary to dwell at length. Generally they are better understood than are savories. The housekeeper turns to her store of canned or preserved fruit for her Sunday night dessert, and this she supplements by cake made

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on Saturday. Or she prepares jelly or blanc-mange or pastry on Saturday. The sweet requires less thought than anything else.

There are some households, mostly of New England origin, where brown bread and baked beans are a welcome dish for Sunday night supper. If the dwellers in other parts of the country can not quite understand this taste, they may yet respect it and congratulate its possessors upon the ease with which they can gratify it.

FRIED TOMATOES ❁ ❁

If the tomatoes are fresh, cut them into thick slices, without peeling. If canned whole, slice them, and if the ordinary canned tomatoes are used, select the firmest portions and drain off the liquor. Put a tablespoonful of butter into a frying-pan or into the blazer of a chafing-dish; lay in the tomatoes; if fresh, let them cook until tender; if canned, until hot through. Season with salt and pepper.

CREAMED TOMATOES ❁ ❁

These may be fried as in the foregoing recipe. When hot through, draw them to one side of the pan and stir into the tomato juice and melted butter two

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tablespoonfuls of flour. Stir quickly, that it may blend before it browns, add a scant half-pint of milk, and continue to stir until you have a smooth sauce. Move the tomatoes back into the sauce; season and serve.

BEEF WITH TOMATO SAUCE ❖ ❖

Heat together a tablespoon of butter, two tablespoonfuls of good tomato catsup, and a cupful of stock, soup, or gravy. When this is smoking hot, lay in the slices of beef, turn them over in the sauce until heated through, add pepper and salt, and serve. Any cold meat may be used in this way, and veal or mutton is even better than beef when warmed over in this sauce.

DEVILLED BEEF OR MUTTON ❖ ❖

Rather underdone meat should be used. Work a saltspoonful of dry mustard and a dash of cayenne into a tablespoonful of butter, and cream this, using a fork, with a teaspoonful each of vinegar and Worcestershire sauce and a half-teaspoonful of salt. Have your meat cut into rather thin slices; make gashes in this with a knife and rub in the "devilled" mixture. Heat a little butter in a frying-pan, — very little, — and grill the meat in this. If desired, it may be cooked in the blazer of a chafing-dish.

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SAVORY SMOKED BEEF ❖ ❖

Heat a cupful of milk over the fire or in a chafing-dish and put with it a tablespoonful of butter, and cook until melted. Lay in a cupful or more of dried beef, cut into rather small pieces or thin slices; cook five minutes, turn in two beaten eggs, and stir until the sauce is thick. Add a little pepper and serve on toast or on hot crackers

SAVORY MINCE OF COLD MEAT ❖ ❖

This can be prepared in a chafing-dish. Melt a tablespoonful of butter or good dripping, and add to it half a teaspoonful of onion juice. Put into this chopped cold meat of any sort, and moisten it to the consistency you desire with the gravy saved from the roast. Chicken is especially good cooked in this way. Season with celery salt and pepper, and, with anything except chicken, put in a tablespoonful of Worcestershire sauce at the last. If beef is used, as much chopped potato as meat may be added if desired.

FRIED CHEESE SANDWICHES ❖ ❖

Grate a cupful of soft fresh cheese. Make it into a paste with cream, and season with a quarter teaspoonful of salt and a pinch of paprika or black

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pepper. Spread this on thin slices of bread, from which the crust has been cut, and put the spread sides together like sandwiches. Lay in a little hot butter in a frying pan or blazer, and brown lightly.

AN UNUSUAL POTATO SALAD ❖ ❖

Every one knows the stock potato salad. The following is a different thing:

Rub two cups of mashed potato through a colander. Chop fine three-quarters of a cupful of white cabbage. Mince two tablespoonfuls of gherkin pickles, pound the yolk of a hard-boiled egg, and mix all together. Prepare the dressing, by heating to boiling half a cupful of vinegar, stirring into it a beaten egg, a tablespoonful of butter, a teaspoonful of white sugar, a saltspoonful of celery salt, and black pepper and salt to taste. Wet a teaspoonful of flour with a little cold vinegar and add to these. Cook all together, stirring constantly until the dressing thickens, and then pour it upon the salad. Toss and mix with a silver fork and let the salad be ice cold before serving. If chopped celery can be used instead of the cabbage, the salad is better.

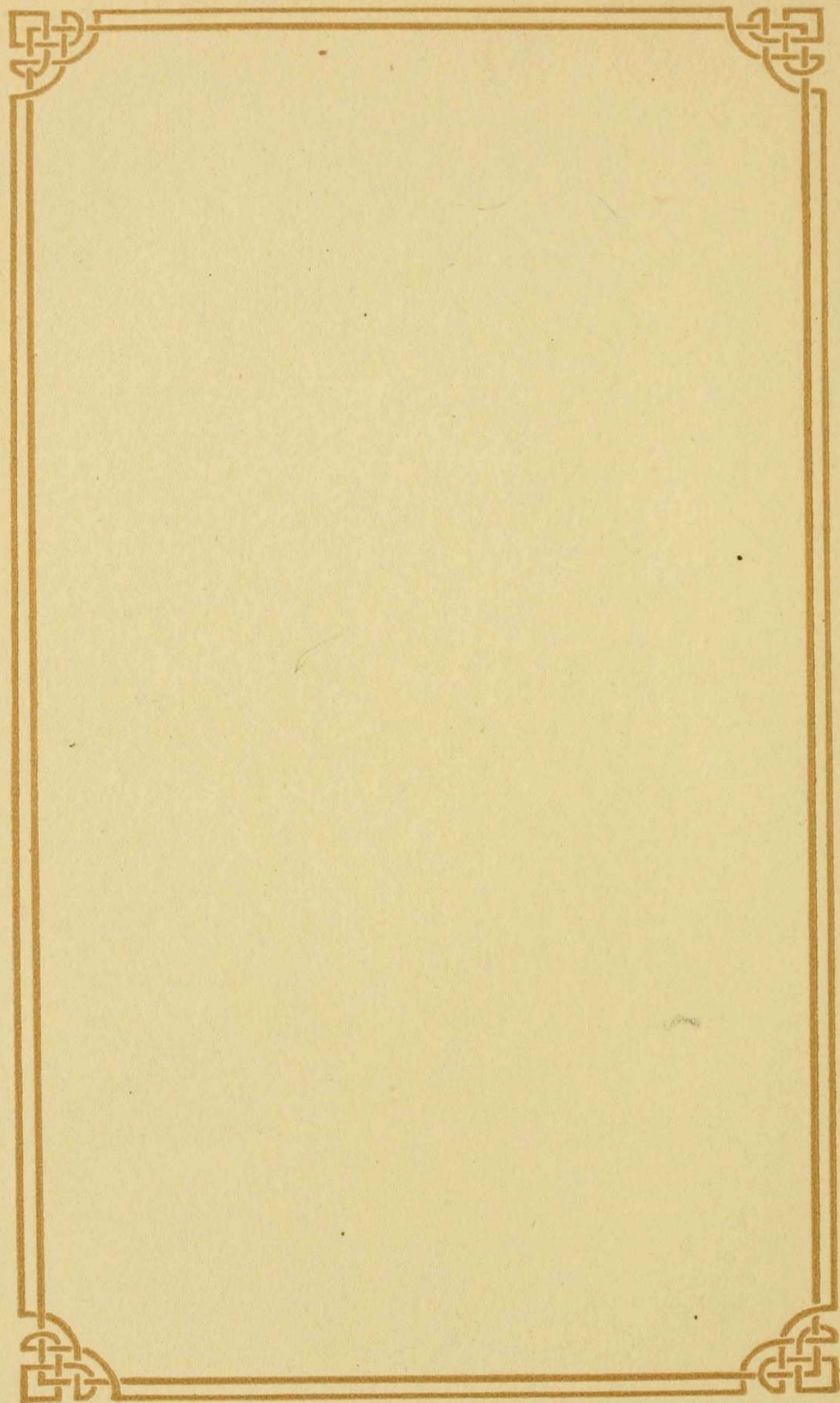
It is years since I first ate this salad down in the

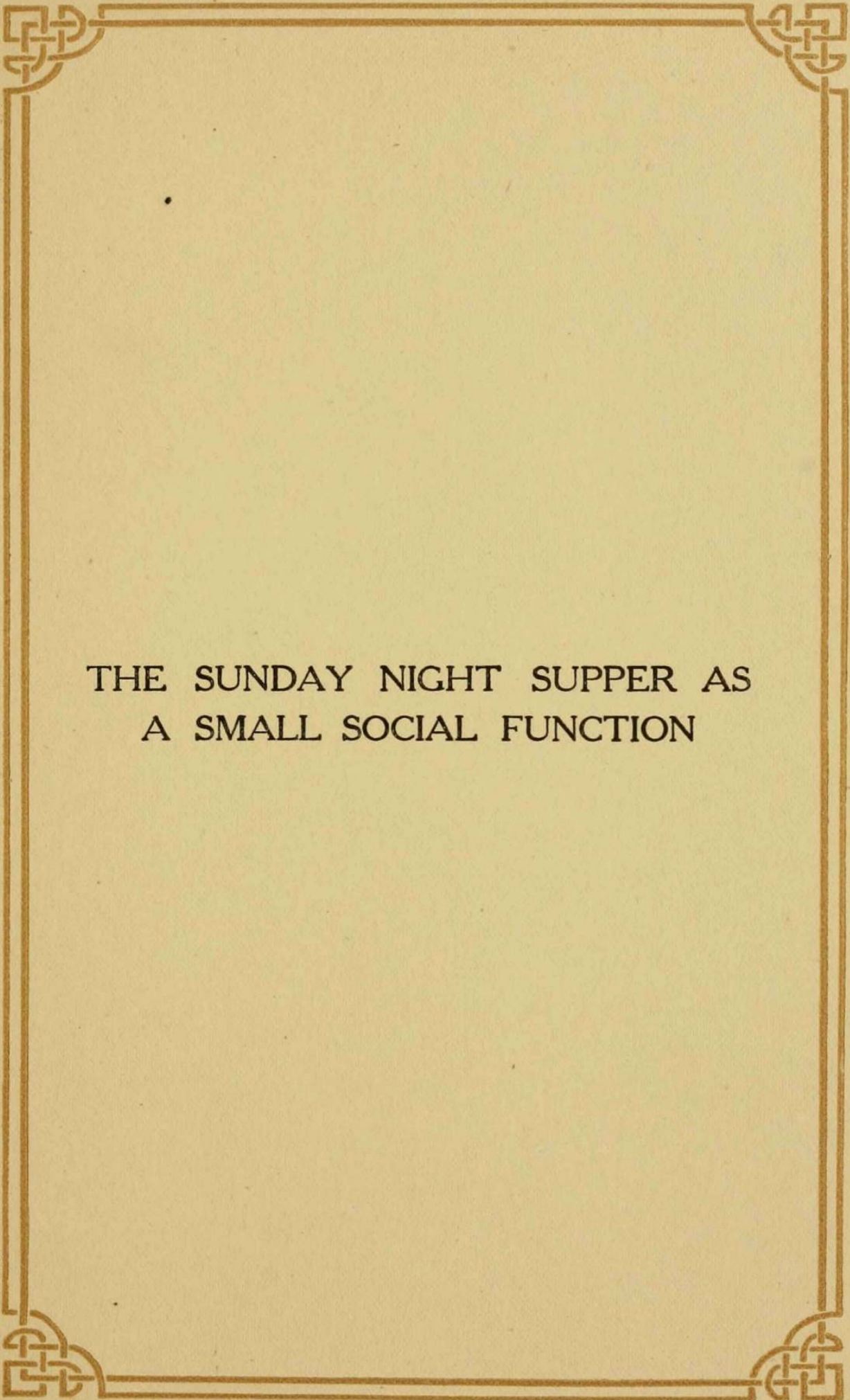
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Old Dominion, but I think it now, as I thought it then, the best potato salad I ever tasted.

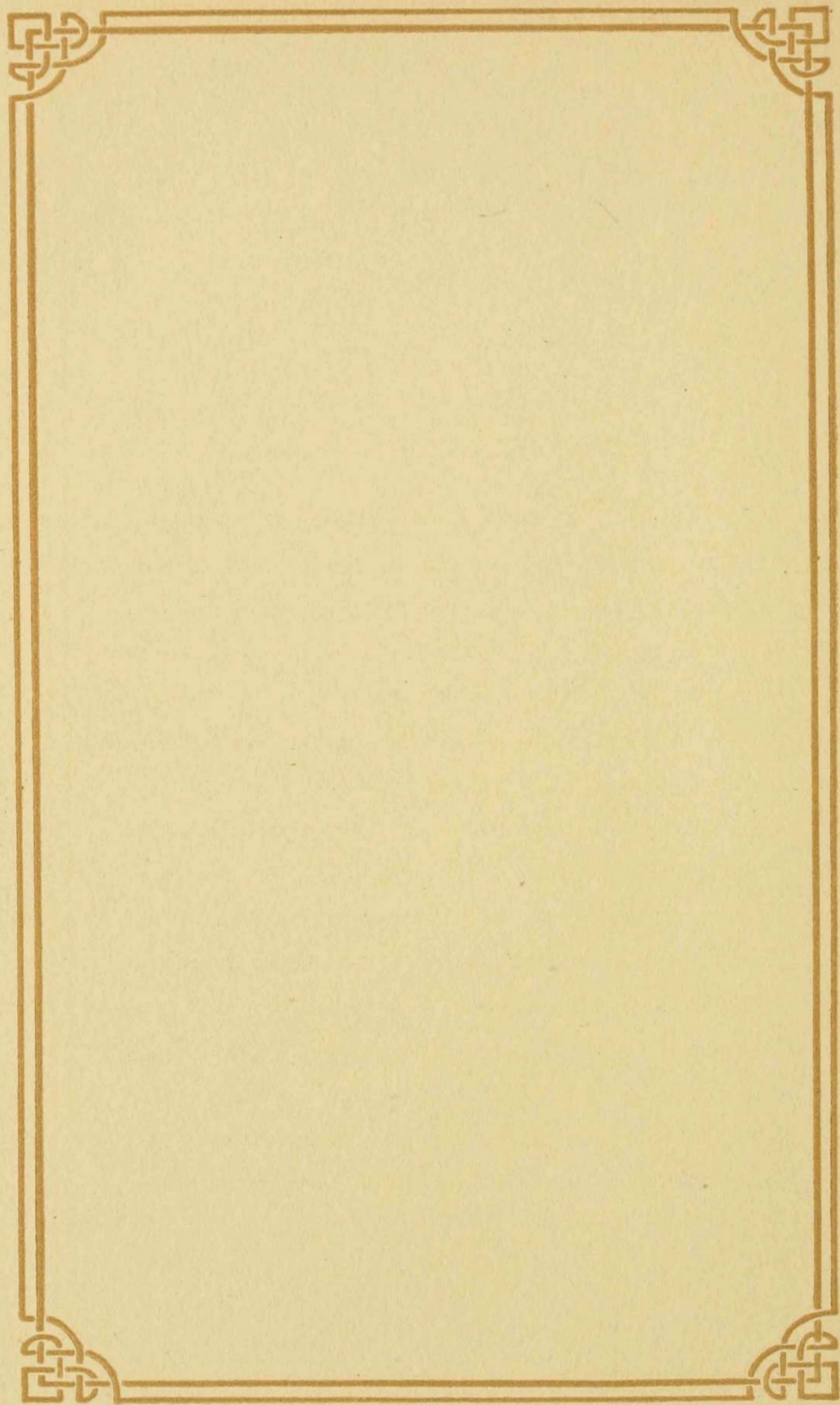
CABBAGE AND CHEESE ♣ ♣

This is another dish that may be made ready in advance and that is delicious with cold meat. Boil the cabbage in two waters, drain, and, when cold, chop it. Put a layer of it, well-seasoned with salt and pepper, in a buttered bake-dish. Pour on this a white sauce, made by cooking together a tablespoonful each of butter and flour until they bubble, mixing with these a cupful of milk and stirring until all are thick and well blended. Season with salt and pepper. On the white sauce, when it has been poured over the cabbage, sprinkle a heaping tablespoonful of grated cheese. Put in more cabbage, and repeat the sauce and cheese until the dish is filled, making cheese with a few fine crumbs the last layer. Bake, covered, about half an hour, then uncover and brown.





THE SUNDAY NIGHT SUPPER AS
A SMALL SOCIAL FUNCTION



CHAPTER III

THE SUNDAY NIGHT SUPPER AS A SMALL SOCIAL FUNCTION

SUNDAY entertaining has gained in popularity during the past ten years. As we have drifted further away from the Jewish Sabbath with its Puritan modifications we have achieved a compromise between that rigidly observed rest day and the Continental Sabbath. The latter does not bid fair to gain a strong place in the affections of the people at large. No infusion of foreign blood, no admiration of foreign customs by the smart sets in big cities, is likely to have a lasting effect upon the great mass of the people who were nurtured in the traditions held by the founders of the republic.

Yet one extreme has happily modified the other. Few are the Sabbatarians even who do not appreciate the fact that Sunday should mean a change of thought and a relaxation to those who work hard all the week. Moreover, there are busy men and women who are too much driven on week-days by

SUNDAY NIGHT SUPPERS

inexorable business to find any time for social recreation. These do not yearn for Sunday night theatres and concerts or large and fashionable assemblages in the afternoon and evening of that day. They would revolt against this almost as vigorously as one of the Pilgrim Fathers himself would have done.

But when it is a question of a pleasant home-like little gathering on Sunday evening, where from four to a dozen pleasant people gather at the house of one of them to eat and chat together, he considers it another matter, and justly. This is no gay affair, which smacks of Sabbath-breaking, but a restful reunion where those who have striven mightily all the week may eat and drink as friends, and gather courage and stimulus to help them through the hard work of the week that lies before them.

There is a tremendous help to work in such gatherings of congenial souls. Very long ago it was said that as iron sharpeneth iron, so a man sharpeneth the countenance of his friend. And Lowell—a much later but still worthy authority!—remarked that books were excellent dry fodder, you could sustain life on them, but only the true living pasturage is men,—or words to that effect. Never was there a brain

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worker of a social turn who did not appreciate the force of both remarks. The meeting of persons who are interested in the same things or who, if not similar in tastes, are yet one in aspiration and desire for the real things of life, is one of the most potent tonics to renewed and better effort.

A certain absence of ceremony marks the Sunday evening social gathering of the kind I have in mind. The men feel under no obligation to don evening clothes, the women wear pretty house gowns with no attempt at showy dressing. Form and ceremony are at a discount, and the atmosphere is — or should be — that of a pleasant family gathering.

Care must be exercised in choosing the guests for such a function. This is not the time to bring a number of strangers together. One or two may be admitted to the circle, but the majority should be on such terms with one another that the party shall really spell rest and not the strain inseparable from many supper-parties.

The supper itself should not be elaborate, and may be served in the fashion that seems most convenient. I have been to many of these affairs and the most unconventional have always been the most delightful. One house I recall where the inevitable

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Sunday night supper was a Welsh rabbit, cold meat, a salad, and beer. The table was large enough to accommodate a good many, and one was never sure how many were coming. If the number exceeded the table space, small tables were unloaded of books and bric-à-brac and pressed into service. Every one waited on himself or on any one else that needed looking after. The cold fowl was carved by the master of the house. The chafing-dish was presided over by the mistress. The salad, the bread and butter, were passed from one to another, the beer bottles were usually in charge of some familiar member of the party who assumed the task. There were no sweets beyond a dish or two of bonbons. Every one enjoyed the affair, and while the party was not noisy or hilarious, there was good talk and plenty of it. For simple enjoyment it far exceeded other parties for Sunday night suppers where there were hot *entrées* and cold removes and an elaborate salad and a portentous sweet, with one or two or three wines poured by a solemn butler or a correct waitress. The latter kind of a party might as well have been a dinner, so stately and formal was it. The former could not have been anything but a Sunday night supper.

But there are other dainties besides Welsh rabbit

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which are possible for the Sunday night supper that is a small social function. (I hasten to add this for the benefit of those with whose digestions cooked cheese plays strange pranks.) The Sunday night supper as it is conducted for the family or the intimate guests may be practically the same when the number of guests is increased. The supplies must be more generous, that is all.

Suppose, for instance, that the function is that delightful thing, "a hen party." Men undoubtedly add a charm to a gathering,—when one can have enough of them. But one solitary man alone in an assemblage of women is an awesome sight, and matters are not much improved when there are two or three men to a dozen women. When you can approximate an equal proportion of each, it is a different thing. But if this is impossible, it is better to rule them out entirely and to have women alone.

For this party Welsh rabbit might not be so popular as it would be in a mixed assemblage. The women would rather have creamed or panned oysters for their hot dish, and re-enforce this with a dish of cold meat, a good salad, and a sweet. They would also like hot coffee or chocolate, probably, better than beer.

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Such a supper as this is not hard to achieve. The dining-table may be set as it would be for an evening party or a standing lunch, with piles of plates, napkins, silver, etc. The salad, the cold meat, the sandwiches or bread and butter, the cake, — if there is to be a cake, — may be on the table from the beginning of the meal. One intimate guest may be asked to pour the coffee or the chocolate. The hostess may preside over the chafing-dish. If there is a large number of guests, two chafing-dishes may be brought into service, but this is hardly necessary. A waitress is a convenience for removing plates, etc., but the women will wait on themselves, so far as the serving is concerned. They will take their plates where they please and “spill over” from the dining-room into the drawing-room or hall or library, or where they will. Small tables that can be moved from place to place will be a boon, but are not indispensable.

The sweet for a woman's supper demands more attention than for a meal where men make up a good share of the company. Yet a cold sweet is so generally liked that there will be no trouble in finding one that can be prepared the day before. The salad dressing, too, may be mixed on Saturday, the

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meat cooked, and everything done except to cut the bread for the sandwiches and to prepare the hot drink and the chafing-dish dainty.

Overelaboration at such an affair as this is a temptation to which it is easy to yield. Yet just as soon as a woman multiplies the items of her repast she ruins the effect of simplicity which is the charm of so informal a gathering. It is nothing that the guests will go away remarking that that was a fine supper and that they had eaten more than was good for them. The hostess has dealt a blow at the simple Sunday night supper and has done her part toward establishing a standard that will make such entertaining more difficult for herself and others in the future.

I wish I could speak strongly enough on this to make a lasting impression. Between the strenuous and the simple life we are all hard put to it how to choose, although there is something in the national character that makes us incline toward the harder way. It is something we ought to live down, and the housekeepers of the land should do their part toward simplifying this business of informal entertaining. Be very sure that it is better taste and higher enjoyment to entertain simply a half-dozen times than to have

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what is vulgarly termed a "blowout" once in two or three seasons.

So the Sunday night supper menu should be studied over in order to achieve an attractive meal of few items but each of these admirable in its way. Have unusual salads or sweets or chafing-dish creations, if you will. But don't have a number of these things at one time. If one dish is a trifle costly or elaborate, have the rest of the meal simple enough to establish a balance of consistency. For instance, the night that you have a plain green salad with the cold meat, prepare sandwiches, or a loaf of hot bread or scones. But when there have been fricasseed oysters for a first course, give only bread and butter with the Waldorf or chicken salad that follows, and make your sweet of the simplest. Offer wafers instead of the cake that might be suitable if the early part of the meal had been light.

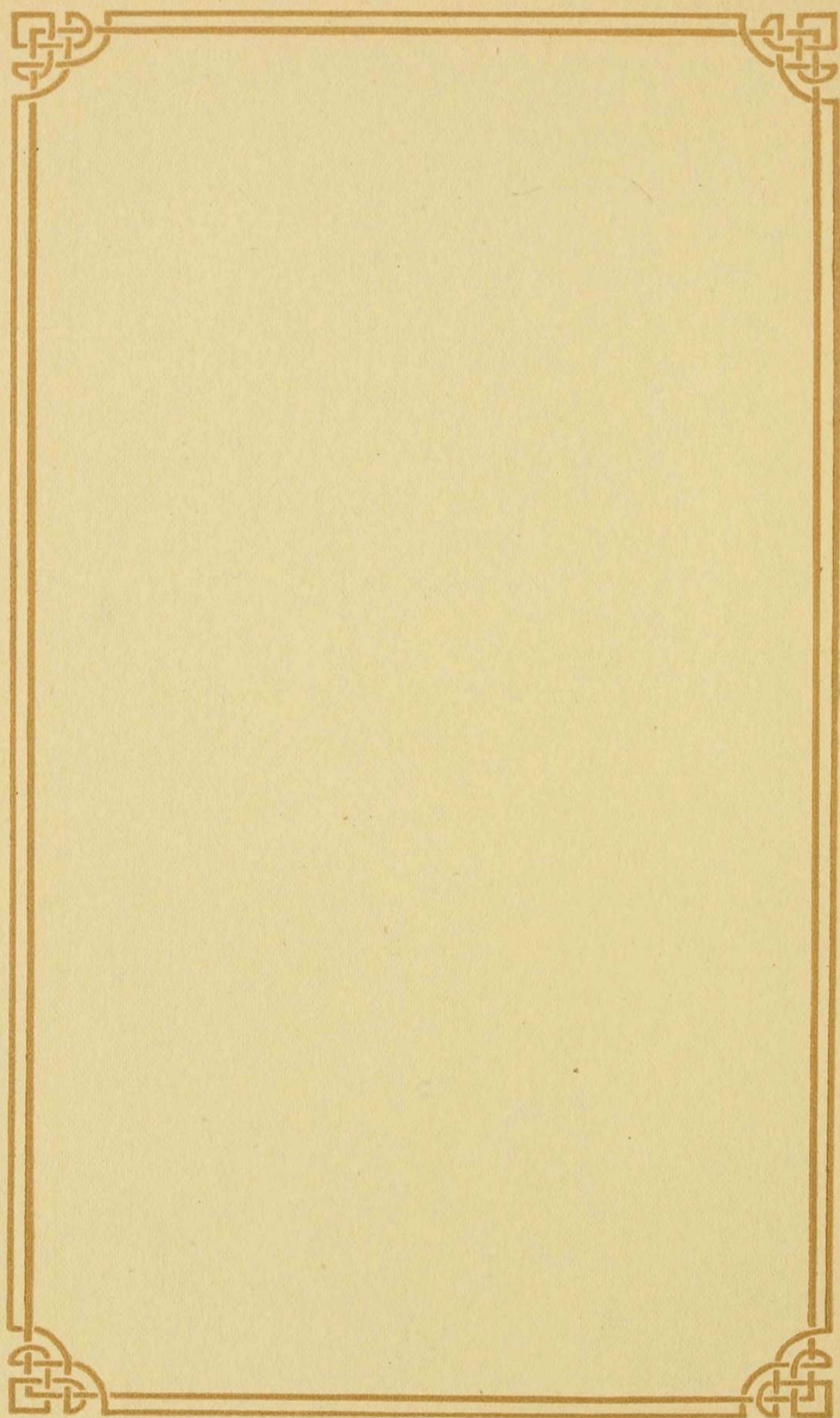
HOT CHOCOLATE ❧ ❧

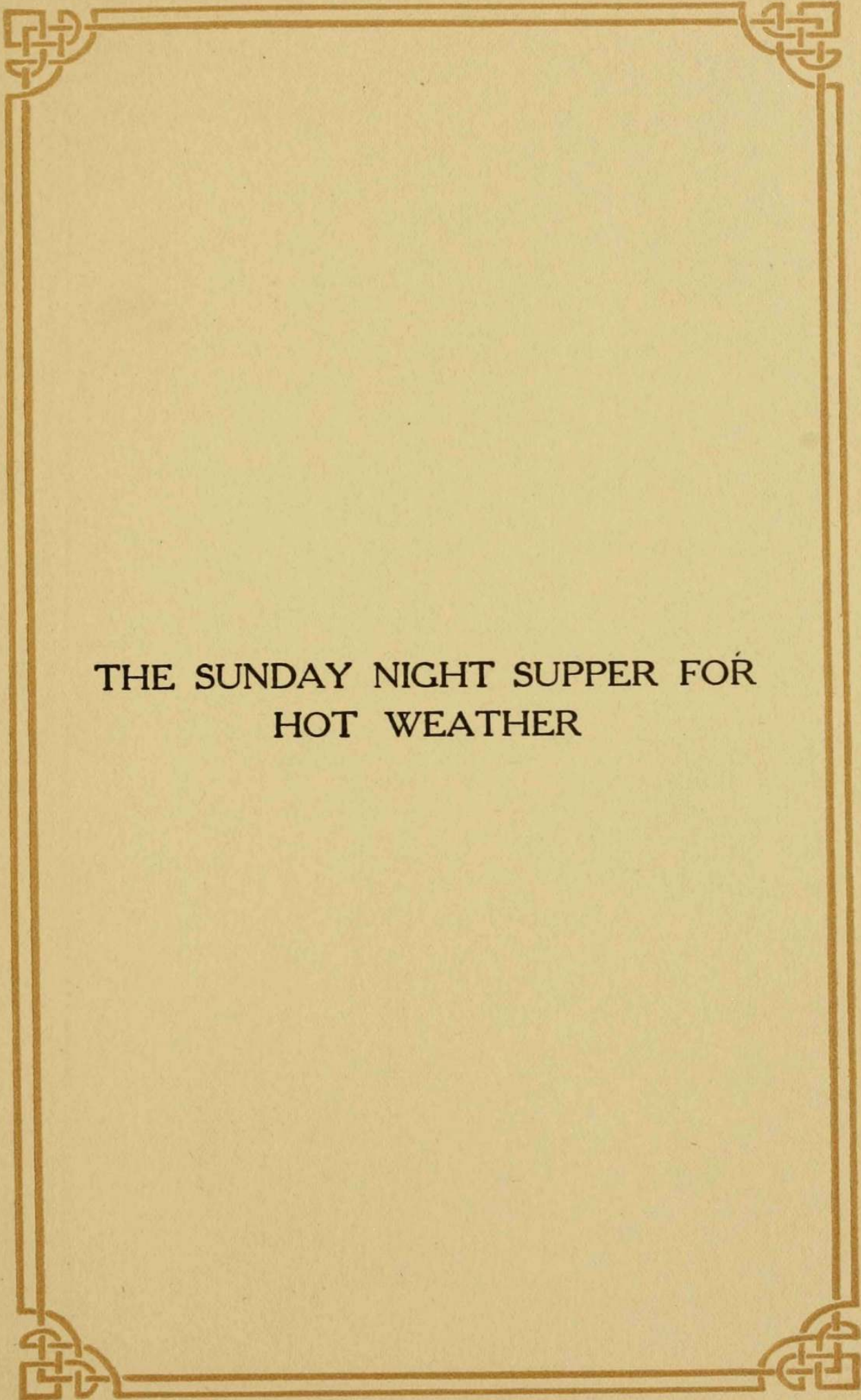
Nearly every one has a recipe for chocolate or cocoa, but the following direction makes such exceptionally delicious chocolate that I give it here.

Mix together six tablespoonfuls of Baker's chocolate, grated, four tablespoonfuls of granulated sugar, and a

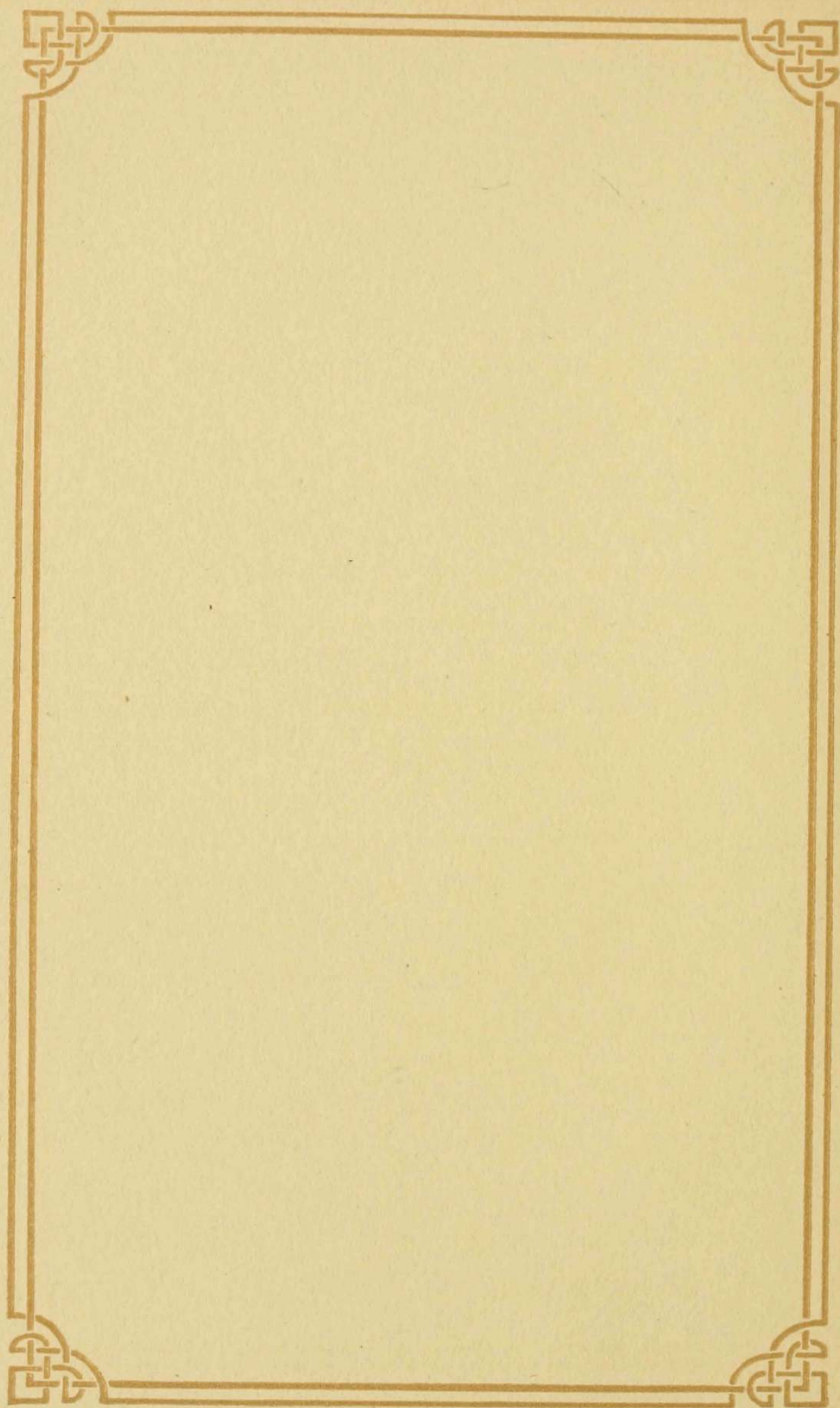
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heaping tablespoonful of corn-starch. Wet them to a paste with a little milk and put them over the fire in a double boiler with four cups of milk and two cups of hot water. Cook together for ten minutes after they begin to simmer, add two teaspoonfuls of vanilla, and, if you use wine, as much sherry. Beat hard with a Dover egg-beater for two or three minutes. When the chocolate is poured, put a spoonful of whipped cream in each cup and pass sugar with it, in case it may be needed.





THE SUNDAY NIGHT SUPPER FOR
HOT WEATHER



CHAPTER IV

THE SUNDAY NIGHT SUPPER FOR HOT WEATHER

STUDY to have the effect of your table for the Sunday night supper as cool as possible. Leave the top of the table bare — if you have a table with a possible top — and put on a pretty centre-piece, round or square, and doilies at the individual places. There will be no hot dishes to mar the polish of the board.

Have flowers, of course — not those with heavy perfumes that seem to make the day hotter, but loose masses of feathery white mixed judiciously with color. Don't have the table cluttered with a lot of small dishes. A sense of space adds to the apparent coolness.

There are some fortunate persons who own places where one can have supper on the lawn or on the veranda. The memory is clear to me of two such establishments. In one the Sunday night supper was served on the lawn whenever the weather permitted. A small table was carried out there, and spread

SUNDAY NIGHT SUPPERS

with a white cloth. On this were arranged the different articles of food. There were salads or cold meats, and big plates of sandwiches, and piles of plates and napkins, knives and forks. There were also a huge pitcher of iced tea or coffee and a troop of glasses.

The happy guests sat about on the lawn as they would. There were chairs for those who preferred them, and these might have small tables before them, on which to set the plate and glass. For the younger ones who favored less conventional postures there were rugs, on which they could dispose themselves, and cushions to soften the inequalities of the ground. The younger people waited on the elders, and everything was uncommonly jolly and free and easy. I don't mean that the occasion was one of un-Sunday-like hilarity, but it was a delightful time of relaxation and simple enjoyment. When the solids were finished, the self-constituted waiters filed back to the house, bearing the soiled plates, and brought out the sweets that were to conclude the meal. The services of a waitress were not required, and the repast was all the more agreeable for the total lack of ceremony.

The other home where they have *al fresco* teas

SUNDAY NIGHT SUPPERS

is on the borders of a charming lake in a part of the country where mosquitoes are practically unknown. Here the supper-table on seven nights a week is spread on the broad veranda — and there are many other meals taken there as well. The table is pushed into one corner of the spacious porch when not in use, and the meals eaten in the fresh air have a zest that they would lack if served within four walls.

In the sections of the country where mosquitoes abound this might not be feasible on an unenclosed porch. But more and more it is becoming customary to have at least a section of the veranda enclosed in wire netting as a protection against flies as well as against mosquitoes. Thus defended there is no reason why the Sunday night supper should not be eaten in the open air, or at least in as much of it as finds its way through the netting. It may not be easy to have here the meals that must be served hot. They would chill, perhaps, on their passage from the kitchen, and the task of bringing hot plates and the like adds to the labors of the waitress. But when there is a cold meal, this objection is lessened, for the added bother of carrying the food to the veranda is usually gladly assumed by the younger members of

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the household for the sake of the novelty and enjoyment of the supper out-of-doors.

It is not enough to have the viands served at the Sunday night supper merely cold. The appetite usually needs coaxing in hot weather, and this is not done when the remains of the midday dinner are served — and not even cold, but lukewarm! Put the Sunday dinner remains away for a future occasion, and serve something different for supper. Have salad, of course. That is a staple in hot weather, and there is enough variety possible to do away with any danger of sameness. Have cold meat, if you wish it, but let it be sliced thin, prettily garnished, and accompanied with a relish which makes it appetizing. If you can put aspic with it, so much the better, or serve it in aspic if you can. Thus tricked out it is quite a different thing from plain cold meat as we know it on the ordinary every-day table.

Make rather a feature of bread and butter or of sandwiches for the Sunday evening supper. They need not be expensive or difficult. Cut the bread thin — either white bread or brown, or both — having first buttered it on the loaf. If you wish to have a sandwich-filling, spread this on before cutting the bread. There are so many of these simple fillings!

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Chopped tomatoes — the solid part — or chopped cucumber stirred into mayonnaise. (These must not be made until just before serving, or they will become soggy.) Minced lobster or shrimp or sardines stirred into mayonnaise. Cream-cheese or pot-cheese softened to a paste with cream and spread on the bread. The mixture may be used plain — salted to taste, of course — or have minced nuts stirred into it, or chives or celery or parsley or cress. Or, after the cheese has been spread on the bread, a lettuce-leaf dipped in French dressing may be laid between the two thicknesses of bread and cheese. Or jam may be worked into the cheese if a sweet sandwich is wished. Jelly sandwiches are good, too; or if one objects to sweets, mingle minced pickles with the cheese. Egg sandwiches are good where the hard-boiled egg is put through a vegetable-press, given cohesiveness by the addition of a little cream or melted butter, seasoned to taste, and then spread on the bread. Or if any or all of these seem too troublesome, plain bread (cut thin) and butter is sure to be satisfactory to nearly every one.

Of sweets there is little need of speaking. In summer, when fruits are plentiful, the dessert suggests itself. Fresh berries, fresh peaches (sliced or whole),

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fresh pears (sliced) with cream, melons, grapes — all these are delicious. And if much fruit has made one crave for novelties in its preparation, it is easy to compass pleasing dishes with fruit for the foundation and a superstructure or accompaniment of whipped cream or meringue or custard or jelly. Cake, too, will be acceptable with the fruit, but it need not be heavy and rich, as one might perhaps wish it in winter. Something simpler and lighter will answer for the Sunday night supper in summer.

For drink, cold tea or coffee or chocolate, with plenty of ice, will always please. Lemonade, too, is of unfailing popularity among young people. If more variety is craved, there are many delicious fruit punches and similar drinks that may be made. Most of them have a good lemonade for a foundation, and there are tempting compounds in which ginger ale holds a place. These will be found to be cooling, as no drink can be that contains alcohol in any form.

SPICED BEEF ❁ ❁

Place over the fire in enough cold water to cover it, two pounds of lean beef from the round, cut into rather small pieces, as for stewing, and a cracked

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knuckle of veal. Put with them a bunch of soup vegetables and one tablespoonful of vinegar. Bring slowly to a boil, and simmer gently until the meat is tender enough to pierce with a fork. This will require from two and one-half to three hours' cooking. Keep the pot closely covered.

Let the meat get cold in the liquor, remove any fat that rises to the top, then take out the meat, and shred it with a fork. Strain the liquor, and return it to the fire with one-half teaspoonful each of ground allspice, cloves, and mace, one saltspoonful each of mustard, paprika, and celery-salt, and one-half teaspoonful of common salt. Bring to a boil, put in the meat again, and let it become well heated. Stir well, take it out, and turn into a plain oval or brick-shaped mold, first wetting this with cold water. Set it on the ice. When cold the spiced beef will be blended with the meat jelly and will turn out perfectly. It may be cut in slices either before or after it goes to the table.

If a change is desired, the meat may be set to form in small individual molds. These may be served on lettuce-leaves and make a pretty dish. A tomato sauce or a mayonnaise dressing goes well with this dish.

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COLD MEAT IN ASPIC ❖ ❖

Make a good aspic jelly by cooking together a knuckle of veal and one pound of beef, or a chicken carcass or any other cold meat of the kind you have, in cold water for two or three hours. Put soup vegetables with them as you would for any soup, and cook slowly. There should be three quarts of water to three pounds of meat, and it should reduce to one quart of liquid. Let it become cold on the bones, pour it off, strain it, return it to the fire, and when it comes to a boil throw in the white and the crushed shell of an egg. Boil up quickly, skim off the scum that rises, and then strain again. If the liquor lacks seasoning, add celery-salt, white pepper and lemon-juice or vinegar until it is palatable.

With this on hand you have a foundation for a number of delicious dishes. Cold beef may be sliced thin, sprinkled with salt and pepper, and arranged in layers alternately with the jelly the liquor will form as soon as it is cold. Cold chicken is delicious prepared in this way. So is cold lamb or veal. The dish may be adorned and varied by putting with the meat slices of beet or other pickles, hard-boiled eggs cut in slices or quarters, thin slivers of lemon, minced

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celery and the like. Or the meat may be sliced and the jelly cut into dice and arranged about the meat on a flat dish before it goes to table. Hard-boiled eggs are very good served in aspic, and will answer as a salad. If cold lamb is thus served it is well to pass mint sauce with it.

When the weather is hot or humid it is advisable to add one tablespoonful of soaked gelatine to the liquor just before it is cleared with the white and shell of the egg. This ensures its becoming firm enough to turn out well. The mold in which it and the meat are put to form should be wet with cold water before they go in.

TOMATOES IN ASPIC ❖ ❖

I have spoken of hard-boiled eggs served in aspic as a salad. Another dish of the same sort may be achieved when tomatoes are ripe. Select firm tomatoes of rather small and uniform size. Throw them in boiling water long enough to loosen the skins, peel them, and put them on the ice. Do this several hours before they are to be used, that they may become thoroughly chilled. Have the aspic jelly cold and at the stage where it is just beginning to form. Cut your tomatoes into thick slices, moisten a small

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mold with water, put in a little of the jelly, lay in a slice of the tomato, sprinkle it with salt and pepper, put in more jelly, then another slice of the tomato, and so on. There should be only enough in each mold for an individual portion. A deep muffin-tin is excellent for a mold. When filled, set it on the ice. When ready to serve, turn out on a lettuce-leaf, and serve with a French or mayonnaise dressing. Sliced beets may be served in the same way.

GREEN PEASE IN ASPIC ❖ ❖

Make the jelly as described above; season cooked green pease to taste with salt and pepper, stir them into the jelly, and turn into individual molds wet with cold water. Serve on lettuce-leaves.

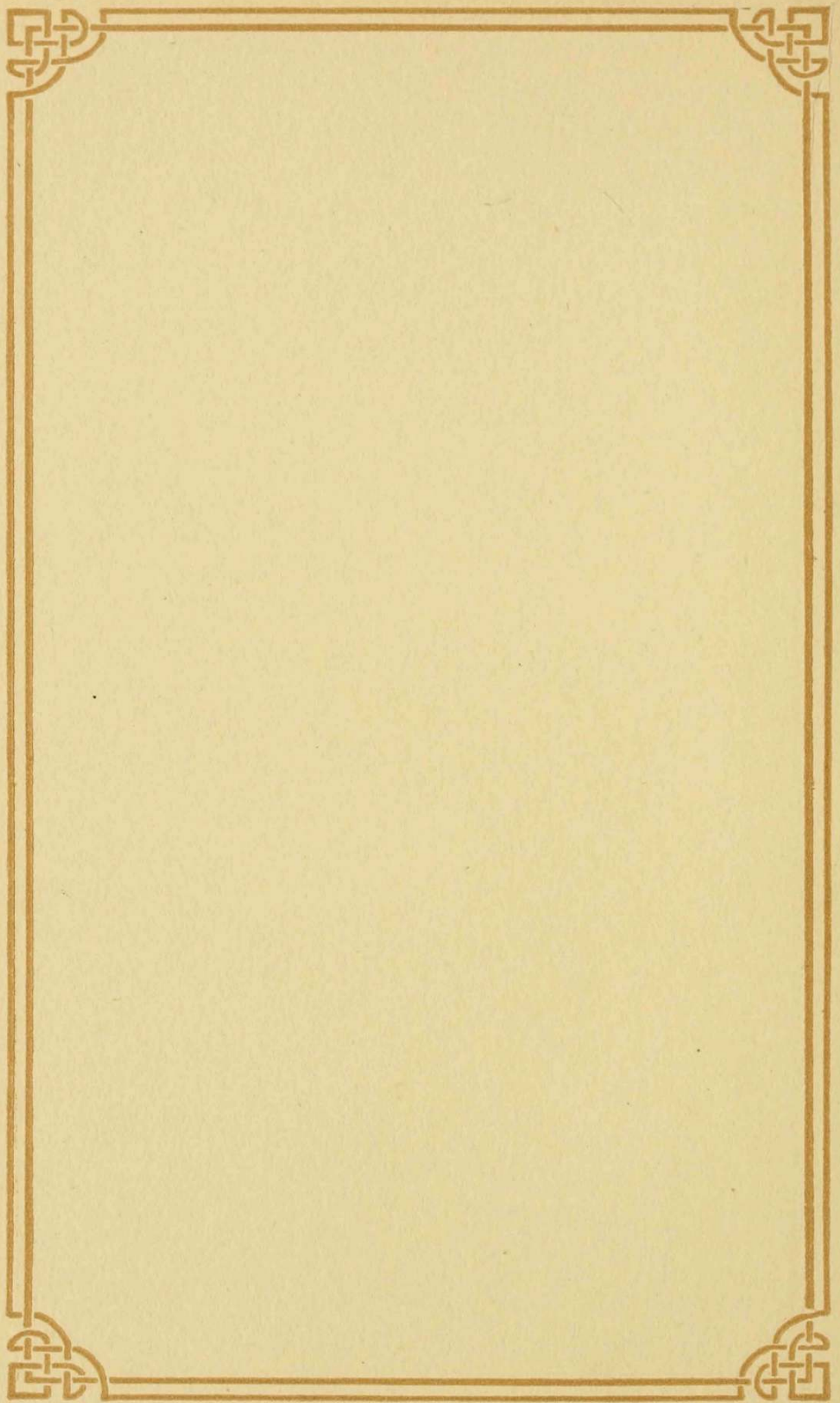
A very delicious macedoine salad may be made by cutting up cold beets, mincing celery and string-beans, and putting all in layers in the aspic, each vegetable by itself. This is an excellent way in which to use vegetable left-overs.

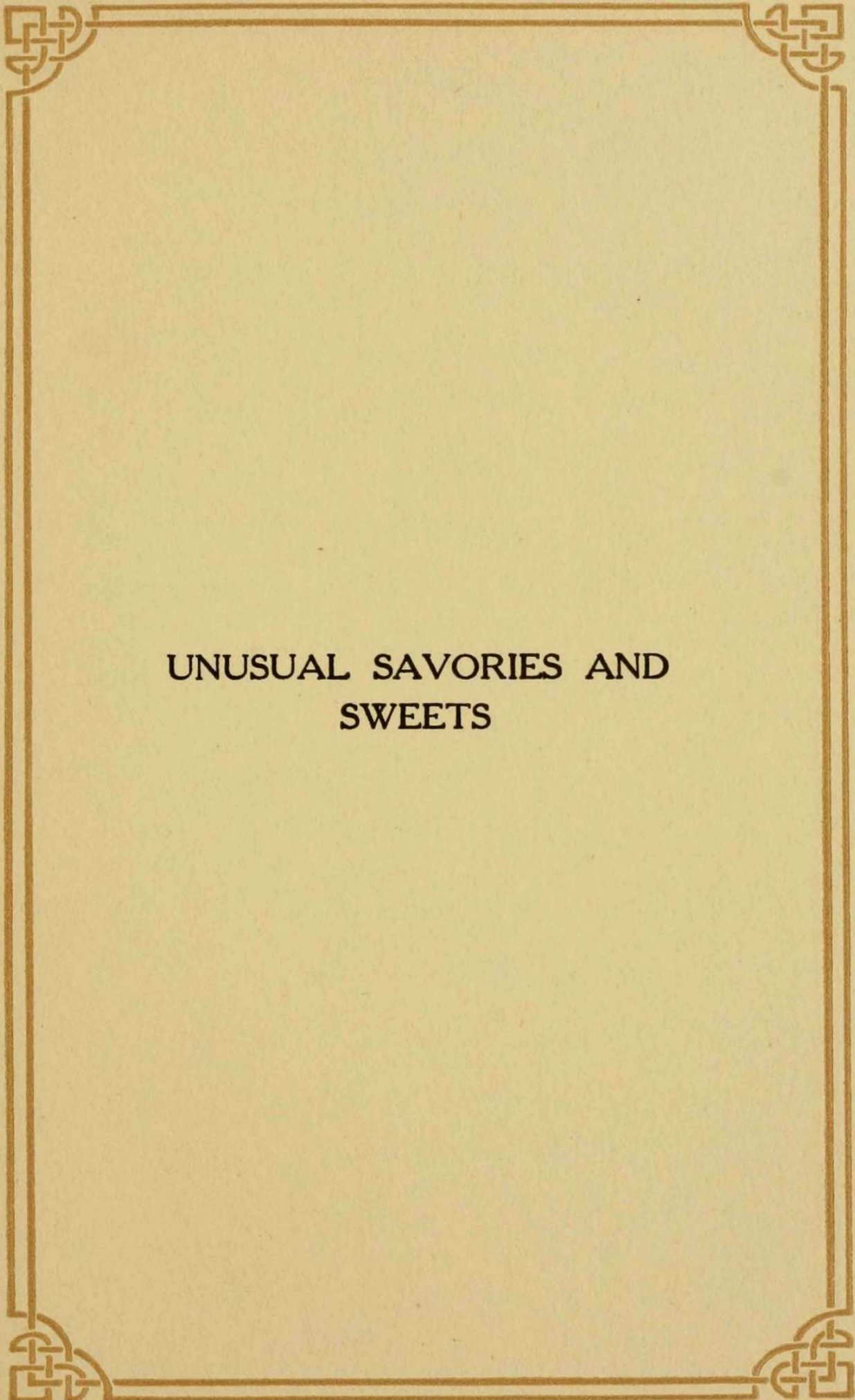
A WORD ABOUT TOMATO SALADS ❖ ❖

Tomatoes are a great stand-by for salad when they are in season. They may have the inside scooped out and be made delicious with almost any

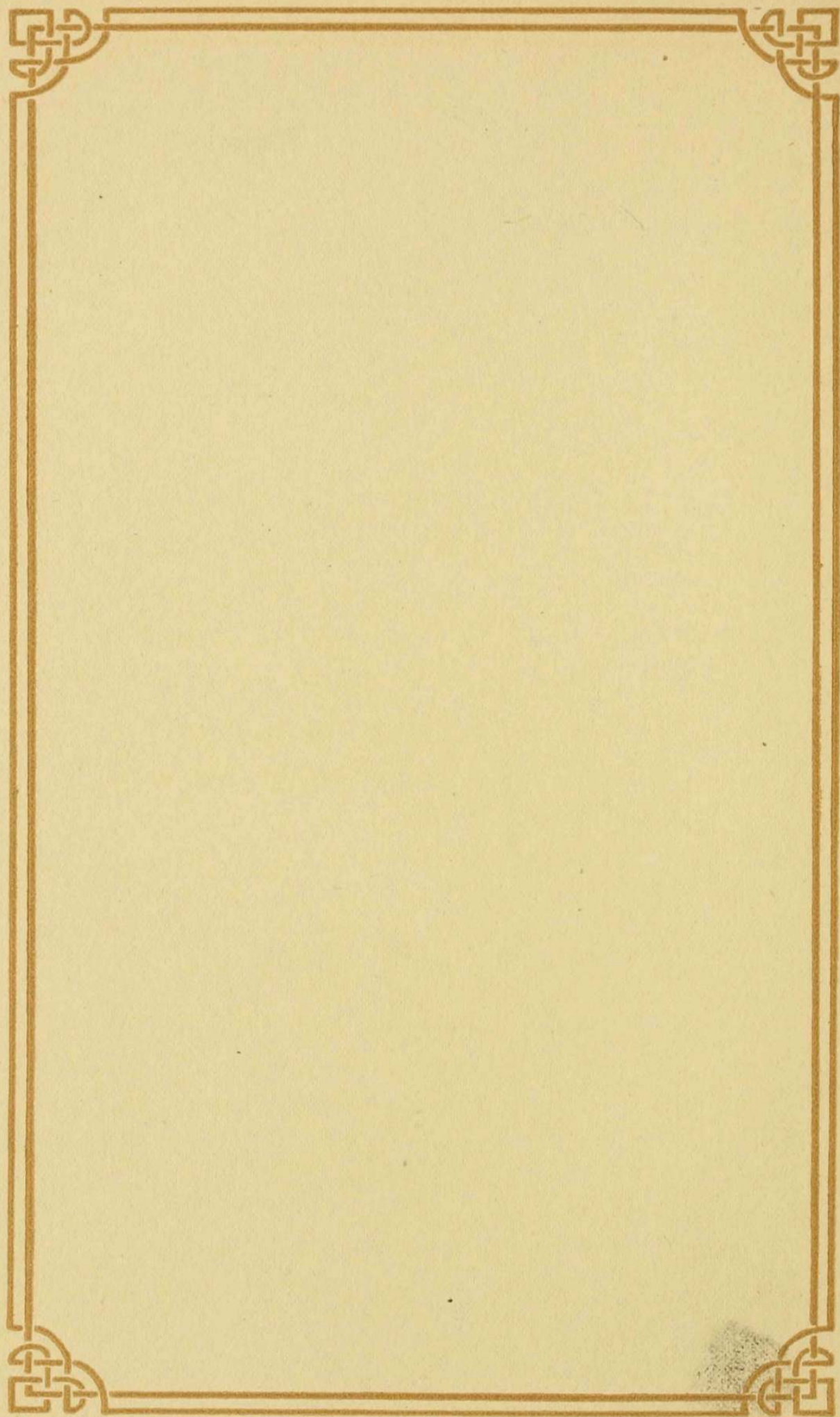
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filling. They may be stuffed with green pease, with string-beans, with celery, with cucumbers, with cold meat of any kind, provided it is minced or cut into dice and well seasoned first. Cold carrots sliced are good in such filling. So are raw oysters, or cooked shrimps, or sardines, or cold fish of nearly every kind. Almost anything will go well with tomatoes. If you wish to vary the salad still more, make baskets out of the tomatoes, leaving a piece of the top as a handle. It is a little more trouble to do this than to cut the top of the tomato off in a single slice, but it makes a prettier dish of the salad. It may be served with a French dressing, or with a mayonnaise, or with any one of the good boiled dressings which make such excellent substitutes for mayonnaise.





UNUSUAL SAVORIES AND
SWEETS



CHAPTER V

UNUSUAL SAVORIES AND SWEETS

THE housekeeper's invention is seriously taxed every Saturday with the planning for two days' meals. It is not strange that her powers fail her when she seeks a novelty for the third meal on Sunday. She will be—or should be—devoutly grateful if she can find any unfamiliar and acceptable suggestions among the following recipes. That certain of them can be prepared in the chafing-dish may give them added merit in her eyes.

SAVORIES

CLAMS SCALLOPED IN SHELLS ❁ ❁

Cook together a tablespoonful each of butter and flour until they bubble. Pour upon them a cupful of liquid, half milk and half clam juice. Add a tiny pinch of soda to the milk. Stir until you have a thick, smooth sauce, and add then a pint of clams, chopped. Put in a beaten egg, adding it drop by drop, and, when all is in, season to taste with salt

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and cayenne. Have large clam shells washed clean and buttered on the inside, and put the clam mixture into these. All this may be done on Saturday. On Sunday set the shells in a pan in the oven, turn another pan over them and let them cook ten minutes, uncover and brown lightly. Pass sliced lemon with them.

CREAMED PANNED OYSTERS ❖ ❖

Cut rounds of buttered toast to fit the bottom of your ramequins or nappies, or if you have not these in the right shape, of tin patty-pans. On the toast lay oysters, allowing three or four to each pan. Put a bit of butter and a dust of pepper and salt on the top of each one. Set in a quick oven for ten minutes or until the edges of the oysters crimp. Have ready hot cream, having allowed a couple of teaspoonfuls to each pan of the oysters, and put this with them just before you send to the table.

It will take but a few moments to prepare this dish, but if the housekeeper desires she can make the toast and arrange the oysters in the pans on Saturday or on Sunday morning, putting the pans on the ice or in a cold place until time to set them in the oven.

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DEVILLED PANNED CLAMS ❖ ❖

Prepare as for panned oysters, using clams in place of these. When they are baked pour over them a "devilled" mixture, made by stirring together a salt-spoonful of mustard, a tablespoonful of lemon juice, two tablespoonfuls of Worcestershire sauce, and ten drops of Tabasco. Half a teaspoonful of this, poured into the liquor and melted butter that should surround the clams in each pan, will be enough to give the hot touch that makes the name appropriate.

Devilled panned oysters may be prepared in the same fashion.

SAVORY LOBSTER ❖

Cut a pint of lobster meat into small pieces. Do not chop it. Make it hot with two tablespoonfuls of butter, a teaspoonful of salt, a saltspoonful of dry mustard, and three or four dashes of cayenne pepper or paprica. Let all get smoking hot together and add the juice of a lemon and a wineglassful of sherry. The latter may be omitted by those who object to the use of wine. This dish may be prepared in a chafing-dish or in a saucepan.

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PANNED KIDNEYS ❖ ❖

Fry thin slices of bacon in a frying-pan, or in a blazer, until crisp, take them out and put into the pan lambs' kidneys, which have been split and rolled in flour. Cook for five minutes, add a couple of tablespoonfuls of hot water, stew five minutes longer, season with pepper, a tablespoonful of Worcestershire sauce, and a tablespoonful of tomato or mushroom ketchup.

PILLAU OF RICE AND PEPPERS ❖ ❖

Cut green peppers in half, lengthwise, removing the seeds. Throw the peppers into boiling water and leave them there for five minutes. Take them out and drain. Have ready to fill them boiled rice which has had stirred into each cupful of it a tablespoonful of melted butter and two tablespoonfuls of grated cheese with salt to taste. Fill each pepper shell with this, mounding it up on top. Place the peppers thus filled in a pan. This can be done on Saturday. Late Sunday afternoon set the pan, covered, in a hot oven for ten minutes, uncover and brown lightly. This makes a delicious accompaniment to cold meat.

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MEAT AND GREEN PEPPER SCALLOP ❖ ❖

Mince any cold meat you have and season it well. Ham is very nice for this dish, and so is poultry of any sort, but other cold meats will do. Cold veal to which has been added a small amount of ham is excellent. Butter a pudding-dish and put a layer of the meat into the bottom. Over this place a layer of green peppers which have had the seeds removed and have been cut into small pieces. Sprinkle fine crumbs thickly over this, pour in enough well-seasoned stock to moisten it thoroughly, and then add another series of the layers of meat, peppers, and crumbs. Continue with this until the dish is filled, making crumbs of the top stratum. Strew bits of butter over all, cover, and bake in a good oven for ten minutes; then uncover, and bake ten minutes longer, or until well browned. All of the preparation of this dish except the baking can be done on Saturday.

TOMATO AND EGG SCALLOP ❖ ❖

Chop up the contents of a can of tomatoes or an equal quantity of fresh tomatoes, stewed. Make sure that there are no hard lumps left in, put with the to-

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mato a small onion, minced, and let it cook slowly for half an hour. Season with salt and pepper. Boil four or five eggs hard, throw them in cold water to loosen the shells, peel them and cut each egg into eighths. Butter a bake dish, fill it about a quarter full of the tomato, and on this lay one-third of the eggs. Sprinkle them with salt and pepper, and put in more tomato and egg. Have tomato for the finishing layer, strew with crumbs and bits of butter. Bake, covered, fifteen minutes, — just long enough to make the contents of the dish thoroughly hot, uncover and brown. This dish, also, except the final baking, can be prepared and cooked the day before it is to be eaten.

SAVORY RICE AND TOMATO ❁ ❁

Fry until crisp a quarter-pound of chopped salt pork. Put into the pan with it a medium-sized onion, minced fine, and brown. Add this to three cupfuls of boiled rice; mix in two green peppers, seeded and chopped, and a cupful of tomato sauce. Season all to taste with salt and pepper, turn into a buttered bake-dish, sprinkle with fine crumbs and small pieces of butter, and brown. Everything but the baking may be done on Saturday.

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OYSTER OMELET ❖ ❖

Beat six eggs light, yolks and whites separately, adding three tablespoonfuls of milk to the yolks. Stir the yolks and whites lightly together, turn into a hot frying-pan, and cook until set. Have ready a rich white sauce to which a beaten egg has been added and in which a dozen oysters have been cooked until the edges curl. Lay the omelet on a hot platter, pour the oysters over it, and fold upon itself. Serve immediately. Some persons think this is improved by sprinkling with grated cheese just before sending to the table.

SWEETS

STUFFED PINEAPPLE ❖ ❖

Select a large, fine pineapple and cut off the top smoothly. Scoop out the inside, taking care not to break the sides of the pineapple, cut the pulp into dice and put with it half as much orange, also cut small, as much banana as you have orange, and a dozen Maraschino cherries, each halved. A few teaspoonfuls of the Maraschino liquor from the cherries may be added to the mixture. Return all to the pineapple shell, set this in a very cold place, and

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leave it there for one hour before serving. If possible, it is well to put the pineapple thus filled into a pail and pack this in ice and salt for an hour. The contents are thus chilled thoroughly. Place the top, with its tuft of leaves upon it, on the stuffed pineapple when it is sent to the table.

ITALIAN CHESTNUT PUDDING ❖ ❖

Select large Spanish or Italian chestnuts for this, put them over the fire in boiling water, and cook for ten minutes. Remove them from the stove, and the inner skins will come off easily with the outer shells. Put the peeled chestnuts into boiling water again and boil until tender. By this method they are kept white. When tender put them through a vegetable press or potato ricer, mix a little white sugar with them and, if you use wine, moisten them with a couple of tablespoonfuls of sherry. Mound them in a dish and heap whipped cream upon them.

FRUIT SYLLABUB ❖ ❖

Line a glass dish with thin slices of rather dry sponge cake. Over this pour enough fruit juice to soften the cake. If it is made in summer you may use the juice of ripe berries or peaches, crushing

SUNDAY NIGHT SUPPERS

them to extract the juice; if in winter, the juice of oranges may be used, or syrup from preserved fruit. Rub six lumps of sugar on the rind of two large oranges until the sugar is yellow with the oil from the orange skin. Then crush the sugar and add it to a pint of rich cream. Squeeze the juice of the oranges on two tablespoonfuls of granulated sugar, and add this, too, to the cream. Whip it all stiff, and heap on the cake. The top of the cream may be ornamented with preserved or fresh berries.

ORANGE JELLY ❁ ❁

Soak half a box of gelatine for half an hour in enough cold water to cover it, add to it a cupful of granulated sugar, pour upon it three cups of boiling water, and stir until entirely dissolved. While the gelatine is soaking, grate the peel of two oranges and squeeze the juice of three upon the grated peel. Let them stand together for half an hour, then strain into the jelly. Turn into a large mold, or into small molds, and put into a cold place to form. It is a prettier dish if halved orange skins are used for molds. The jelly is then served in the skins and whipped cream may be heaped upon each half just before sending to the table.

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CRANBERRY BAVARIAN CREAM ❖ ❖

Soak a quarter-box of gelatine in a half-cup of cold water. Heat two cups of milk in a double boiler, beat the yolks of two eggs with a pinch of salt and half a cup of sugar, pour the hot milk upon them and return to the double boiler. Stir until the custard begins to thicken and then add gelatine. When this is dissolved take the custard from the fire and strain it. Let it become cold and then put with it a cupful of sweetened cranberry juice, made by cooking the cranberries as you would for jelly, squeezing the juice and adding sugar, and half a pint of cream beaten stiff with the whites of two eggs. Turn all into a mold, set on the ice and leave until cold. Serve with sweet cream.

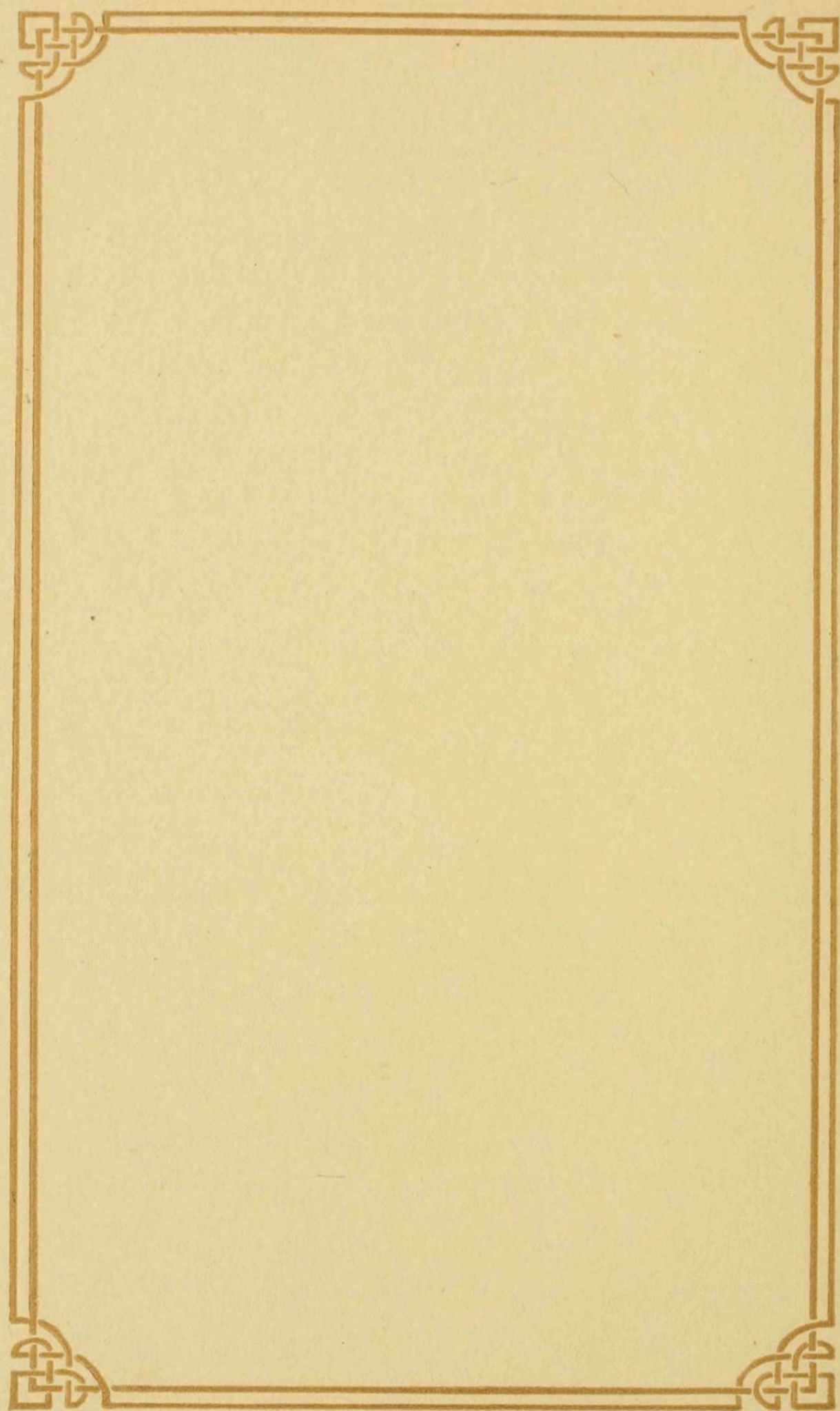
RASPBERRY TAPIOCA ❖ ❖

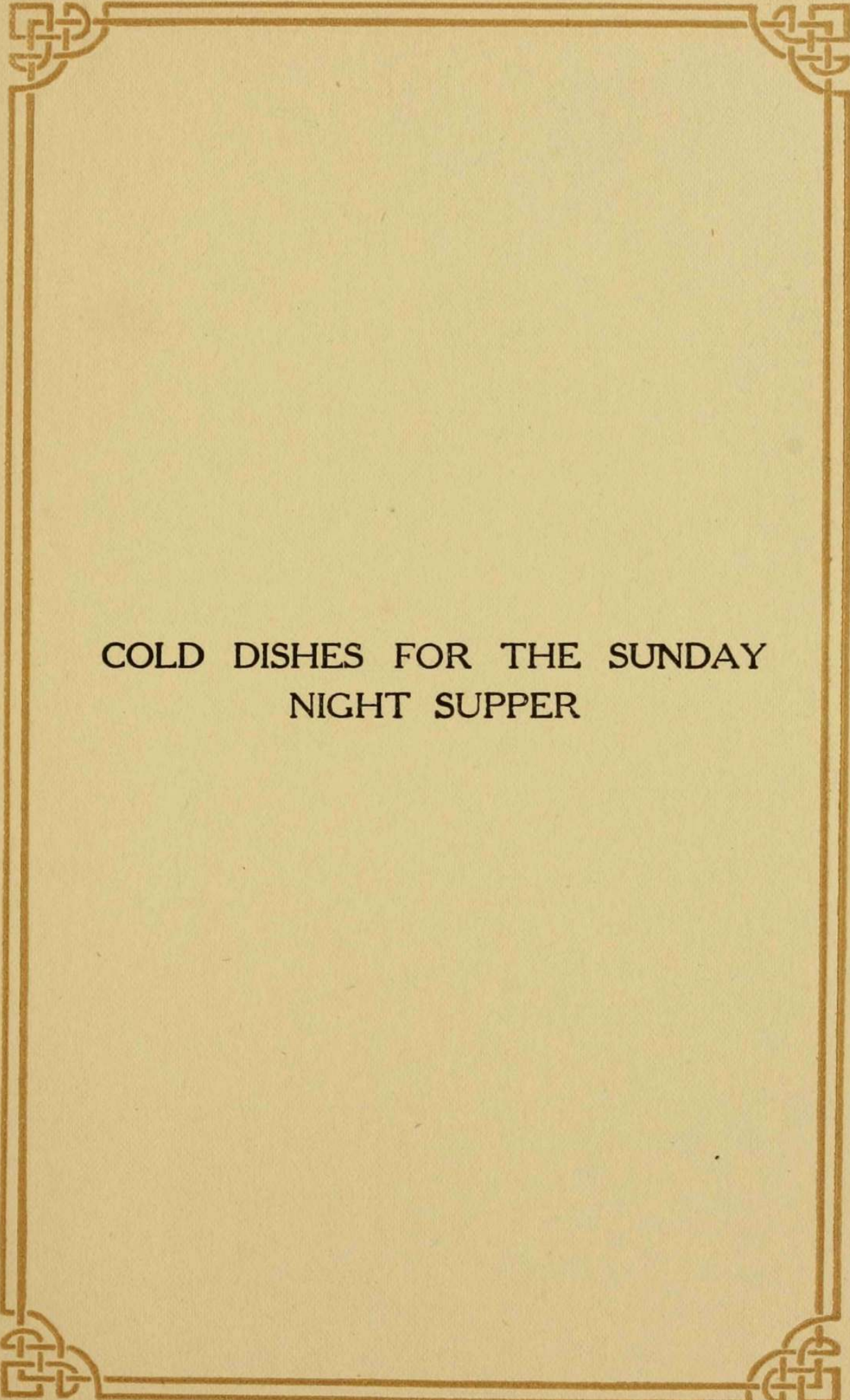
Soak one cupful of pearl tapioca in two cupfuls of cold water until the water is all absorbed. Put over the fire together with the juice from a pint of canned or preserved raspberries and cook for half an hour. Add the berries to the tapioca and syrup, turn the mixture into a mold, and put on ice, or in a cold place, to form. Serve with whipped cream.

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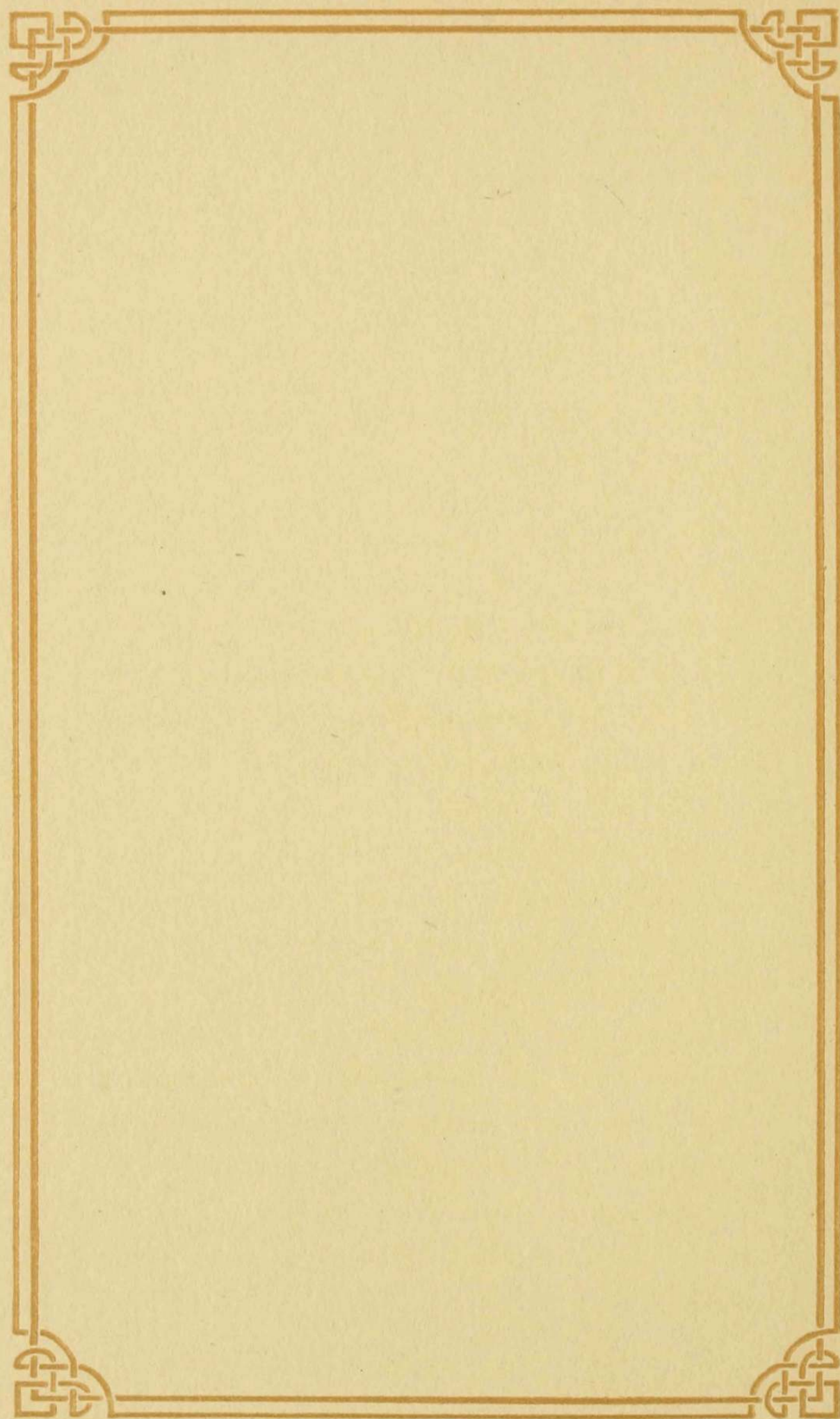
CAKE CUSTARD ❖ ❖

Make a sweet, boiled custard, — about three cupfuls. While this is hot stir into it half a dozen stale sponge cakes broken up very small, and two tablespoonfuls of peach jelly or marmalade. Beat hard, and when cool, set on the ice to get very cold. When ready to serve, pour into glasses, heap on top of each a tablespoonful of whipped cream, and in the centre of the cream put a very little peach jelly.





COLD DISHES FOR THE SUNDAY
NIGHT SUPPER



CHAPTER VI

COLD DISHES FOR THE SUNDAY NIGHT SUPPER

THAT is an old story of the English restaurant proprietor who inquired carefully as to the ritualistic tendencies of the clergymen for whom he was to provide a dinner. He explained his interest thus: "If they are High Church, they want more wine, if Broad Church, more wittles."

Some such distinction as this the hostess must bear in mind when planning the cold dishes for her Sunday night supper. The tastes of her family will probably be less exacting than those of the formal guest, — or, at least, she prefers to think so. It saves her trouble. Thus much may be said for her, to remove from her the stigma of an unwillingness to take as much pains for her own as for strangers, that she knows what the members of her household like and therefore does not have to expend so much cellular tissue in devising novelties for them as she would for guests.

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Moreover, the housekeeper joyously refuses to assume responsibility for the digestions of the visitors. They are the keepers of their own gastronomic consciences. Her part is to put temptation in their way, while to them it falls to resist the lure, or to yield to it graciously. The consequences of either course are in their own charge.

With the home people it is another matter. When the housekeeper places before them food that is likely to disagree with them, she knows that upon her will devolve the care of the sick and suffering. This knowledge naturally hampers her inclination to plan for her Sunday night supper as though there were no hereafter.

So, when she has only her family to feed, the housekeeper gives them beef loaf, — or even veal loaf, if she be of a daring nature, — cold meat in aspic, jellied chicken, jellied tongue, stuffed ham, simple salads, innocuous sweets. It is another matter when she has guests to consider. For them she prepares *chaudfroids* of more or less elaborateness, spends her ingenuity on salads, and lets her fancy go on sweets. The results are pleasing if possibly pernicious. Yet no one with a fair digestion and a particle of "sporting blood" need fear such dishes as

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those for which the recipes follow. And the timorous or dyspeptic would better eat at home and take no chances at an alien supper board.

The cold dishes for the Sunday night supper may be inexpensive or costly as suits the disposition or the purse of the housekeeper. If she has a nice taste in truffles or *pâté de foie gras* and out-of-season game she may have the supposedly simple meal the highest priced of the week. On the other hand, with skill in flavoring and seasoning and aptitude for dainty cookery she can procure a result that would be as satisfactory as the other to all but the trained *gourmet*, at a moderate outlay.

One word more. Cold dishes must be *cold!* This does not mean lukewarm or partially cold, but thoroughly chilled. There is nothing more de-appetizing than to have dishes meant to be cold merely chilly, except to have dishes that should be hot only tepid. Serve your cold dishes from cold platters or bowls on to cold plates. Garnish the food attractively, and remember that its appearance has almost as much importance as its taste in rendering it tempting to the palate.

A pleasing touch is given to a supper that may be otherwise plain by prefacing the meal with an appetizer

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of some sort. One of the most attractive of these is a clam cocktail. Make this by mixing together a tablespoonful each of vinegar, Worcestershire sauce, and grated horseradish, two teaspoonfuls of lemon juice, half a teaspoonful each of salt and Tabasco sauce, and two tablespoonfuls of tomato catsup. Make very cold and put into this sauce two dozen small clams. Serve in glasses. Or you may arrange the clams on ice and put the sauce in a cup made of a halved green pepper, and set this in the centre of the plate on which the clams are served.

CLAM CANAPES ❖ ❖

Spread brown bread with a mayonnaise dressing to which has been added a little Worcestershire sauce, and put on the bread a mixture of a dozen clams, cut in small pieces and mixed with a half-teaspoonful of capers, two tablespoonfuls of horseradish, salt and pepper to taste.

CAVIAR CANAPES ❖ ❖

Cut crescents or rectangles of white or brown bread, and butter them lightly. Spread thinly with Russian caviar, squeeze a few drops of lemon juice

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on the caviar, garnish the dish with watercress or sliced tomatoes.

VEAL LOAF ❖ ❖

Boil one pound of lean veal in enough water to cover it. When done set it to one side to cool while you boil down the liquor in which it was cooked to about half a cupful. Add to this a saltspoonful of celery salt, the grated peel of a lemon and half the juice, common salt and white pepper to taste. Chop the veal fine with a tablespoonful of lean ham. Put the gravy with the meat and turn all into a round mould. Lay a plate on the surface of the meat, cover with a heavy weight, and leave until the next day. By that time it will be firm and may be turned out on a flat dish and cut into slices. Garnish with parsley and slices of lemon or with sliced tomatoes.

LIVER LOAF ❖ ❖

Boil a lamb's liver until tender in water to which a sliced onion and a stalk of celery have been added. When cold, wipe the liver dry and put it through a meat chopper. It should be almost a powder when ready to season. Rub it to a paste with half a teaspoonful of onion juice, a tablespoonful

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of Worcestershire sauce, one of mushroom catsup and three of melted butter. Butter a rather small mould with straight sides and press the liver mixture down into it. This loaf is made more elegant by the addition of a few truffles arranged here and there in the *pâté*. Leave it on the ice until just before serving. Turn out on a flat plate, garnish attractively, and cut in thin slices in serving. This is a tolerable imitation of *pâté de foie gras*.

QUICK ASPIC JELLY ❖ ❖

Purchase a quart can of good tinned *consommé*. There are two or three excellent makes on the market. If not sufficiently seasoned, put it over the fire with a sliced onion, a stalk of celery, and a bay leaf, and simmer for half an hour. Season it with a tablespoonful of tarragon vinegar or, if you do not like the tarragon flavor, with as much lemon juice. Soak half a box of gelatine in enough warm water to cover it, for half an hour, heat the *consommé* to boiling, add the gelatine, stir until dissolved, strain, and set aside to cool. It may be cut into dice as a garnish, or meat or vegetables may be jellied in it.

If there is time to make the *consommé* by boiling

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beef, it is well to add to this a well-cracked knuckle of veal. When the stock has been made and cleared, proceed as with the quick aspic.

DUCK OR CHICKEN IN JELLY ❖ ❖

Cut cold roast duck or chicken into neat pieces. Wet the bottom of a mould with cold water, pour in a little of the aspic, which should already have begun to form, arrange sliced hard boiled eggs and dice of beet root or capers about the mould. Pour in a little of the jelly, lay in the meat, put in more jelly, and so on until the mould is full. The final layer should be of jelly. Set the mould on the ice, for several hours before the contents are to be used. Garnish attractively when turned out. An excellent idea is to arrange the jelly in individual moulds and serve one to each guest, on a lettuce leaf.

CHICKEN GALANTINE ❖ ❖

Select a good sized fowl, put it over the fire in cold water with a bunch of soup herbs. Bring gradually to a boil and cook slowly until the meat is tender. Take it from the fire and let it get cold in the liquor. Cut the meat from the bones, rejecting skin and gristle, and slice the meat neatly. Boil the

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liquor down to one quart, strain it and return it to the fire with the white and cracked shell of an egg. Boil up once, remove the scum, add a heaping table-spoonful of gelatine which has been soaked in a little warm water, remove from the fire and strain. Season with salt to taste, a saltspoonful of celery salt and the same of paprica, a teaspoonful each of lemon juice and of minced parsley. Wet a mould with plain sides, pour in a little of the jelly, arrange a layer of the meat and then a little more jelly. Put next a layer of thin slices of cold boiled ham or tongue, more jelly and then the chicken again. In the crevices between the meat place blanched almonds cut in strips, a few pistache nuts and truffles, if you wish them, stoned olives sliced, and a few capers. Make this the day before it is to be eaten and keep on the ice until it is time to turn it out.

TONGUE MOUSSE ❖ ❖

Chop very fine two cupfuls of cold boiled tongue. Reject any portions that seem tough. Season with a little French mustard and paprica. Mix with a gill of liquid aspic jelly made according to either of the directions given, turn into a buttered mould, and place on the ice for several hours before it is to be used.

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CHICKEN MOUSSE ❖ ❖

This may be made like the tongue mousse, except that the seasoning should differ. Use celery salt and a little onion juice in place of the mustard. It will be enriched and improved if a tablespoonful of *pâté de foie gras* is worked in with the chicken. Truffles may also be used if desired. At the last add a cup of whipped cream to which has been put a teaspoonful of gelatine that has been dissolved in warm water and then allowed to cool, and a tablespoonful of sherry. Beat all well together, turn into a mould wet with cold water, and leave for several hours before serving.

LOBSTER SALAD IN THE SHELL ❖ ❖

Prepare a lobster salad by cutting the fresh lobster into neat dice. To two cupfuls of this add a teaspoonful of Russian caviare. Mingle all with a good mayonnaise dressing to which has been added a half-pint of whipped cream just before it is put with the salad.

To serve this in an unusual and attractive manner, scrape clean the back shells of the lobster and fill these with the salad. Give one to each person, garnishing with cress and olives. This is a variety from

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the standard method of serving lobster salad and will be welcome as a novelty.

TOMATOES WITH WHIPPED CREAM ❖ ❖

This is another novelty and deserves to be better known. Select large, firm tomatoes, throw them in hot water for a few moments to loosen the skins, remove these and put the tomatoes at once on the ice. Let them become thoroughly chilled. When ready to serve, cut each tomato in half crosswise, sprinkle with salt and paprika and heap on each half a tablespoonful of whipped cream. Eat as a salad or an *entrée* or as an accompaniment to cold meat.

FROZEN PEACHES WITH ICE-CREAM ❖ ❖

Large firm peaches should be chosen for this. Peel carefully and cut each in half. Pack in an ice cave or freezer for two or three hours, until well *frappé*. Have ready rounds of sponge or angel cake. Lay one of the peach-halves on each of these, surround the cake with ice-cream or whipped cream, and put a large spoonful of ice-cream in the place left vacant by the peach stone.

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FIG AND NUT JELLY • •

Wash a cupful of pulled figs in cold water. Put them over the fire in two cups of cold water and stew until tender. Take them from the liquor, put to it a half-cupful of sugar and boil until the syrup thickens. Chop the figs into small pieces and add to them a couple of dozen almonds, blanched and chopped. Have ready half a box of gelatine which has been soaked for half an hour in a cupful of warm water. Dissolve it in a cupful of boiling water, add to it the fig liquor—there should be at least three gills of this,—and a gill of sherry. Strain through a fine wire sieve and turn into the glass or silver dish from which you mean to serve it. When it is partially formed,—enough to keep the figs and nuts from sinking to the bottom,—stir these in. Serve ice cold with whipped cream.

STEWED FIGS WITH CREAM • •

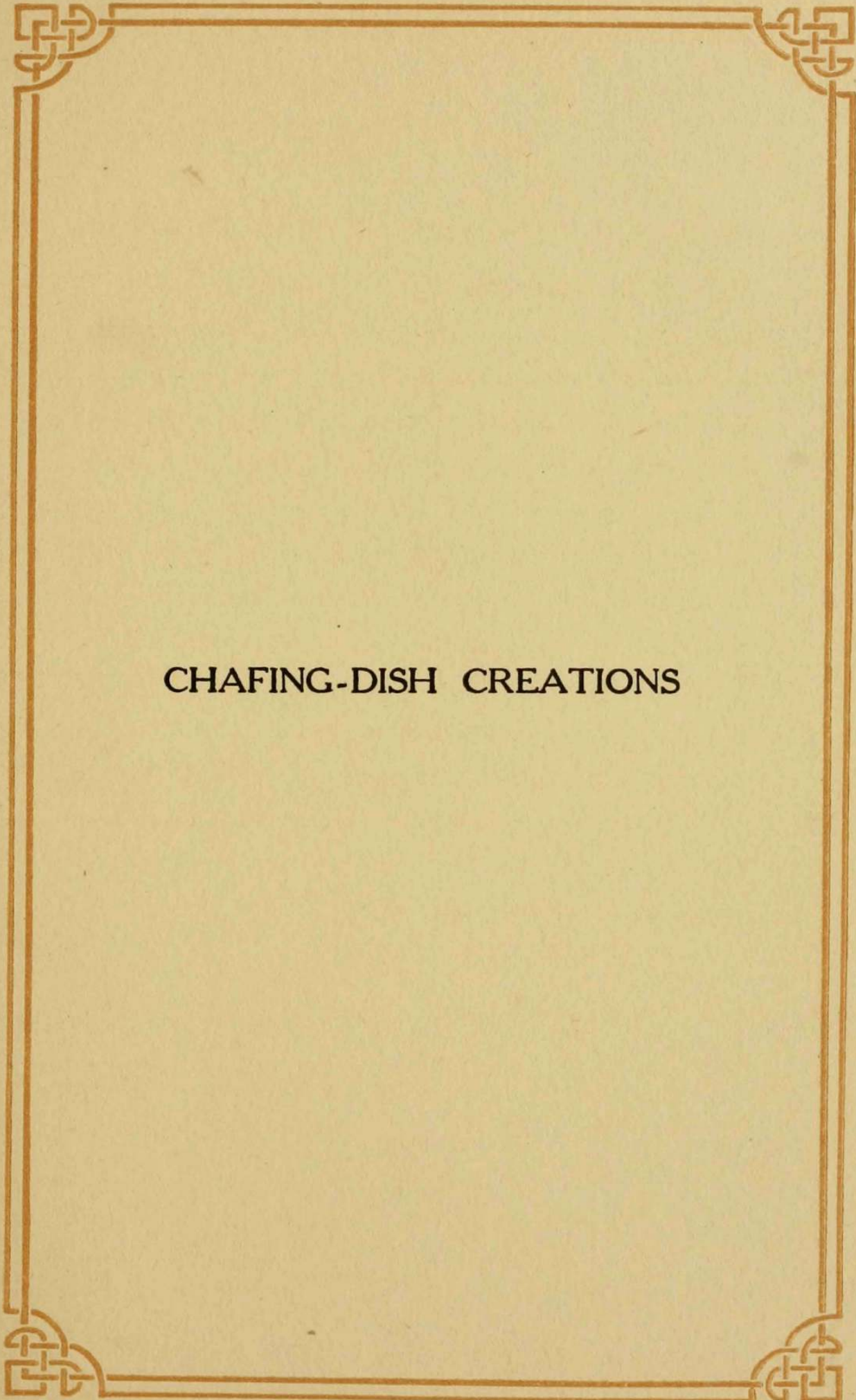
Prepare the figs as in the preceding recipe by washing and stewing. Cook down the syrup until thick. Pour it over the figs and set the dish away in the ice. Just before serving heap whipped cream on the figs.

This is a simple and delicious dessert.

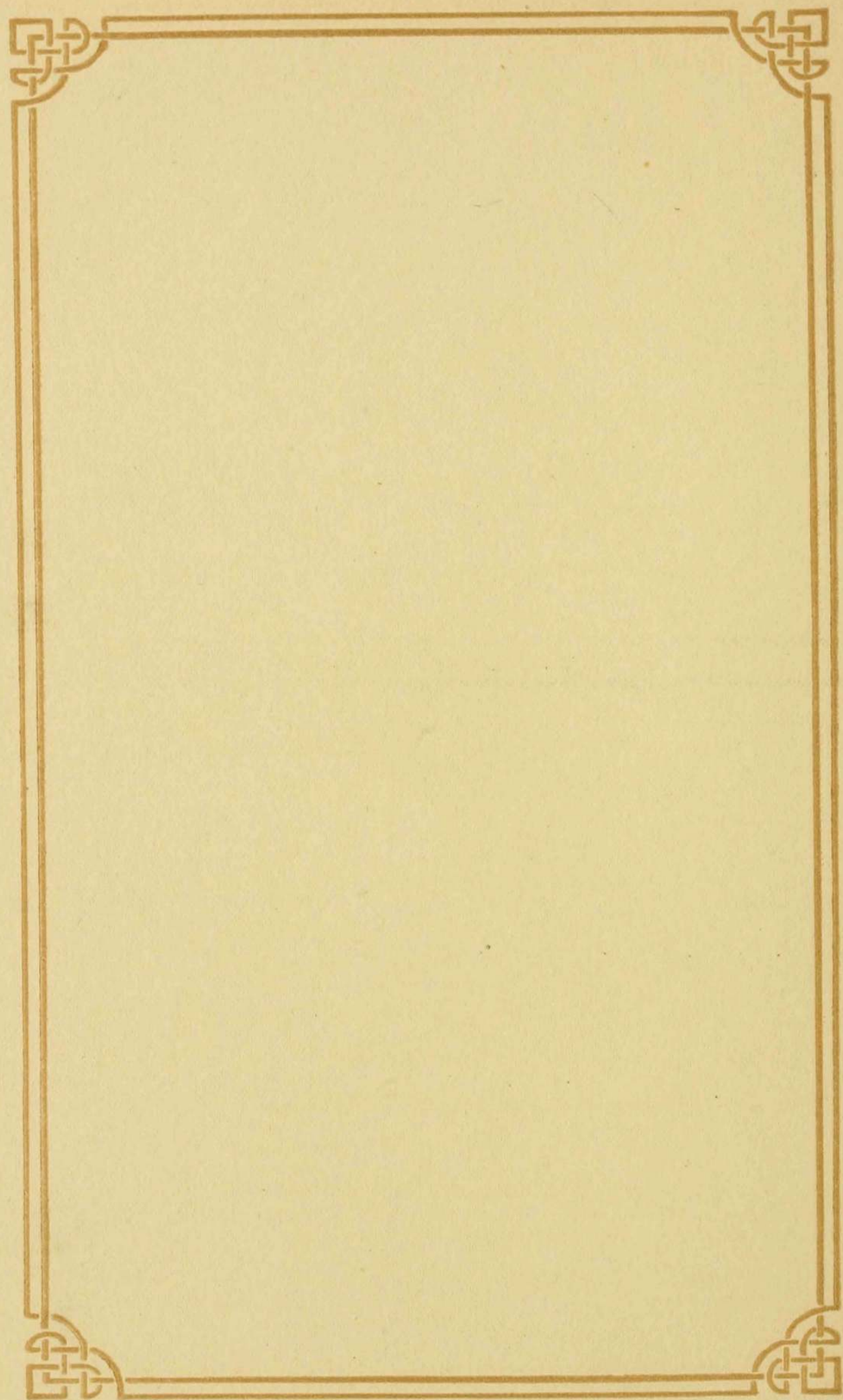
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MARSHMALLOWS AND MARASCHINO ❖ ❖

Cut marshmallows in half and arrange them in a glass or silver bowl with half as many Maraschino cherries as there are marshmallows. Shell and blanch a half-cupful of English walnuts and chop them fine. Whip light half a pint of cream, beating into it three or four tablespoonfuls of Maraschino liquor from the cherries. If a really strong flavor of the Maraschino is desired it is better to use the pure liquor. In that case half as much of this as of the syrup will be sufficient. Into the cream thus whipped and flavored stir the chopped nuts and heap on top of the marshmallows and cherries. Garnish the whipped cream with more of the cherries. Do not make this dish too long before it is to be used or the marshmallows will become inconveniently sticky.



CHAFING-DISH CREATIONS



CHAPTER VII

CHAFING-DISH CREATIONS

THE chafing-dish began as a fashion and developed into a fad. Thence it has quietly grown to be a friend. No one goes wild now over the possibilities of the chafing-dish, and every one, man, woman, and child, is not taking lessons in its use. But there are few homes where you do not find it, and nowhere is it more serviceable and welcome than at the Sunday night supper.

“All may have the flower now, for all have got the seed.” There are few so ignorant that they cannot compound a Welsh rabbit or accomplish lobster Newburg or achieve a Scotch woodcock. The merits of these may waver, but the dish can at least be eaten, — and that is much. Most of us remember some of the earlier chafing-dish combinations which no society breeding, no Christian unselfishness, could have aided us to swallow.

Now, however, when the majority of amateur

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cooks have progressed beyond the scrambled-egg stage, those who have an ambitious bent are on the lookout for new exploits in the chafing-dish line. They turn scornfully from the old standbys and seek fresh and astonishing creations. It is for the benefit of these searchers after novelty that the following recipes have been brought together. Some of them may be merely old friends with new faces, or new names,—which amounts to pretty nearly the same thing. But until some one carries out the desire of the harassed young housekeeper who wished that there would be invented a new animal, we must be content with re-combinations and with the freshness that comes with new seasonings, new mixtures, and new titles.

The daring chafing-dish cook is the one who achieves success. There are few things that cannot be done in a chafing-dish, if one knows how. The greatest aid one can have to happy results is found in a *bain-marie*, either the regulation article that goes by that name or one that is improvised by the aid of a vessel of water set over the alcohol lamp or on a gas plate, so that in it or over it may be kept warm the first items of what might be called the two-part dishes. A length of gas-tubing, a cheap gas plate or gas stove on a side table will enable one to improvise,

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with the aid of a big dripping-pan and two or three saucepans, as satisfactory a *bain-marie* as the high-priced French utensil of that name.

Oysters, one of the great reliances of the chafing-dish cook in winter, are less popular in summer. Yet even at that season one may yield to a fondness for oysters and serve them on a chilly Sunday night, with bacon, in the dish variously known, — according to the taste or habit of mind of the cook, — as “little pigs in blankets,” “angels on horseback,” or “devils on horseback.” With any name the method of preparation is virtually the same and the dish is almost always welcome. In summer clams are in their glory and crabs and lobsters are in season. It is the time when mushrooms grow out-of-doors, eggs are at their lowest ebb of price, and fruits and vegetables may be experimented with at almost no expense.

Moreover, the chafing-dish is especially valuable in summer because it enables one to tempt the appetite of her household or guests without the necessity of a kitchen fire. Even in our tropic climate there are times in midsummer when a hot savoury is welcome on the Sunday night supper-table. This the chafing-dish will provide and no other fire will be needed

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beyond the alcohol blaze. Salads, sandwiches, iced drinks, fruit, or chilled sweets will supply the rest of the meal.

EGGS A LA NEWBURG ❖ ❖

Melt a tablespoonful of butter in the blazer and, when it is hot, stir into it a teaspoonful of cornstarch. As soon as these are blended pour in a cup of rich milk, — cream is better, if you can get it. When the sauce thickens turn in six hard-boiled eggs, cut into neat pieces, and let these cook until hot through. Stir in drop by drop two well beaten eggs, a half-teaspoonful of salt, a dash of red pepper, and a tablespoonful of sherry. Serve on toast or crackers.

SPANISH EGGS ❖ ❖

Put together in the chafing-dish a tablespoonful of butter, a gill of good gravy or stock, an onion, sliced and minced, or a teaspoonful of onion juice, a half-cup of thick stewed tomato, a green pepper, from which the seeds have been removed, minced fine, and a dozen olives, also minced. Let all simmer together, stirring constantly, for ten minutes. Should you choose to cook this part of the dish in the double boiler the cookery will not require such close

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watching. If this is done, the vegetables must cook for fifteen minutes. When the time is up, stir into the mixture of vegetables six eggs and cook until these are thick. If the other ingredients have cooked so rapidly that they have become rather dry put in a tablespoonful more of butter, or a little more stock. For those who like the taste of salad oil this may be substituted for the butter, but as there are certain persons who object to the flavor it is not wise to try the experiment without being sure of the company. At the last add a teaspoonful of salt and serve.

EGGS WITH MUSHROOMS ♣ ♣

Select good mushrooms of tolerable uniformity of size. Peel them and lay them in a couple of tablespoonfuls of butter in the double boiler of the chafing-dish. Cover closely and cook for about ten minutes, or until the mushrooms are tender. Sprinkle them with salt and pepper and take them out with a fork, lay them on a hot dish, and into the butter and mushroom liquor left in the pan turn six well beaten eggs and a gill of cream. Set the pan directly over the flame and cook, stirring all the time, until the eggs have thickened. Add a half teaspoon-

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ful of salt and a dash of paprika and pour the eggs over and around the mushrooms on a flat dish. Or you may put the mushrooms back into the chafing-dish with the eggs and serve from the blazer.

HARD BOILED EGGS IN CREAM SAUCE ❁ ❁

Boil eggs hard in the blazer of the chafing-dish. The water should be boiling when they go in and they must cook for ten minutes. Take them out, wrap them in a napkin, and put into the chafing-dish a tablespoonful each of butter and of flour. Cook together until they bubble, turn in a half-pint of cream and stir to a thick smooth sauce. Season this with ten drops of onion juice, a generous dash of paprika, a saltspoonful of celery salt, and a teaspoonful of Worcestershire sauce. Shell the boiled eggs as quickly as possible and pop them into this sauce. They should still be hot and a moment in the sauce will be all that is needed before you serve them on toast. If you wish, instead of putting them into the sauce you may have a bit cut off of the bottom of each egg so that it will stand, set them upright in a flat dish and pour the boiling sauce over and around them.

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HARD BOILED EGGS WITH CHEESE ❖ ❖

Prepare the eggs and the sauce as above directed, but just before putting the eggs into the sauce stir into this a heaping tablespoonful of grated Parmesan cheese. It will quickly melt and string, and at this stage the eggs may go in.

AN "ENGLISH MONKEY" ❖ ❖

Put together in the inner vessel of your chafing-dish a cupful of cream, half a cupful of bread crumbs, two cupfuls of grated cheese, and a pinch of soda. Cook until all are melted and blended. Stir in then two beaten eggs, a half-teaspoonful of paprika, and a scant teaspoonful of salt. As soon as the mixture thickens from the eggs it is ready to serve on hot crackers or toast. As will be seen, this is a modification of a Welsh rabbit and is much like what is known to us as a cheese fondu or a temperance Welsh rabbit.

BECHAMEL EGGS ❖ ❖

Cook together in a chafing-dish a tablespoonful of butter and one of flour until they are blended. Add to them a cupful of well-seasoned white stock and stir until the sauce thickens. Put in a tablespoonful of

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capers, a heaping teaspoonful of minced parsley, and salt to taste. If the stock was sufficiently salted in the first place, no more will be needed now. Lay in six hard boiled eggs that have been cut into quarters lengthwise and then cut across once. Let these get hot, put in one teaspoonful of lemon juice, and serve.

STEWED MUSHROOMS ❁ ❁

Rather small mushrooms of uniform size should be selected for this dish, and, failing them, the French champignons will serve. If the fresh mushrooms are used they must, of course, be stemmed and peeled. Melt two tablespoonfuls of butter in the double boiler of the chafing-dish, lay in the mushrooms, and sprinkle them with a little salt and pepper. Simmer until tender. Add to them a gill of cream, cook for five minutes, and serve on hot buttered toast.

MUSHROOMS AND BACON ❁ ❁

Fry thin slices of breakfast bacon crisp in the blazer. Take them out and keep them hot while you cook in the bacon fat fresh mushrooms, which have been stemmed and peeled. Keep the dish covered while the cooking of these goes on and use

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a low flame. Serve bacon and toast together. If you wish you can add eggs to the mushrooms when they are tender and serve the three dainties together.

OYSTER OMELET ❖ ❖

This is a dish which requires quick work to be well done. Put the oysters over the flame in their own liquor, using the lower part of the chafing-dish. Cook them until they begin to curl just a little, dust them with salt and pepper, and set them, covered, over hot water. Have ready the blazer, or better still, the flat omelet pan, such as may be purchased for a chafing-dish, put in it two tablespoonfuls of butter and melt this over a quick flame. The five eggs that are to make the omelet should have been beaten, seasoned, and mixed with a gill of milk. Pour into the pan and cook quickly, loosening the omelet from the pan with an omelet knife. As soon as the omelet is "set," lay the oysters on one-half of it, turn the other half over the oysters, and slip to a hot platter. The great object is to keep the oysters from becoming either cold or tough while waiting for the eggs to cook.

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CHICKEN AND ASPARAGUS TIPS ♣ ♣

Cook together in the blazer a tablespoonful of butter and one of flour until they bubble, and pour upon them a cupful of half-milk and half-cream. When you have stirred this to a smooth sauce, lay in two cupfuls of cold chicken, cut into neat dice, and a cupful of boiled asparagus tips. Let all get hot together and then stir in slowly one well-beaten egg. Season to taste with pepper and salt and serve on toast, either on a platter or directly from the blazer to the individual plate.

VEAL AND ASPARAGUS TIPS ♣ ♣

This may be prepared in exactly the same way, being careful that the veal is tender and well cooked. Sweetbreads may be cooked in like fashion, first parboiling and blanching the sweetbreads. This is done by boiling them for ten minutes and then throwing them into cold water.

ASPARAGUS OMELET ♣ ♣

This may be prepared like oyster omelet, except that the tips must be boiled until tender before the omelet is made, or if the cold boiled tips are used

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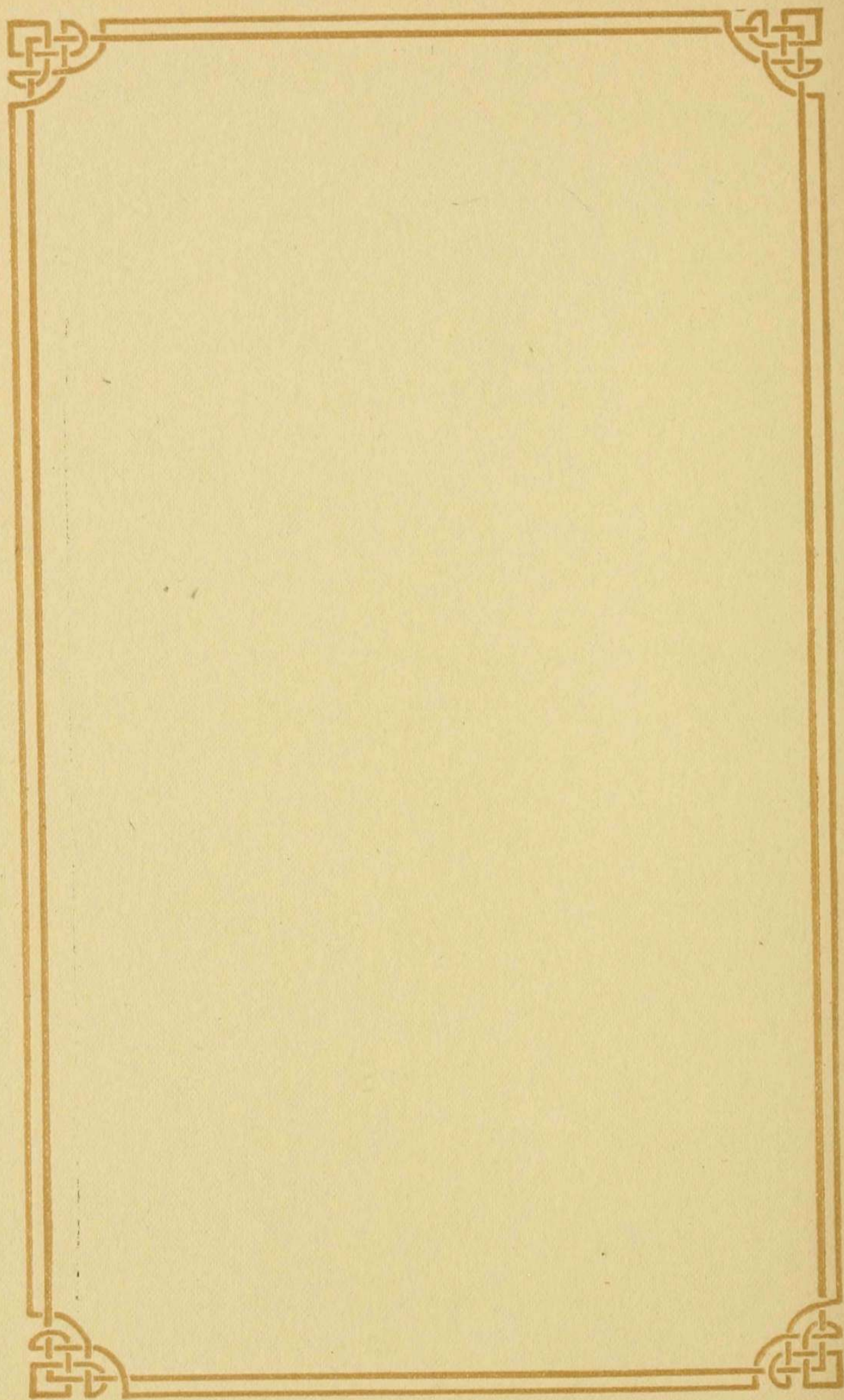
they must be made and kept hot until the omelet is ready.

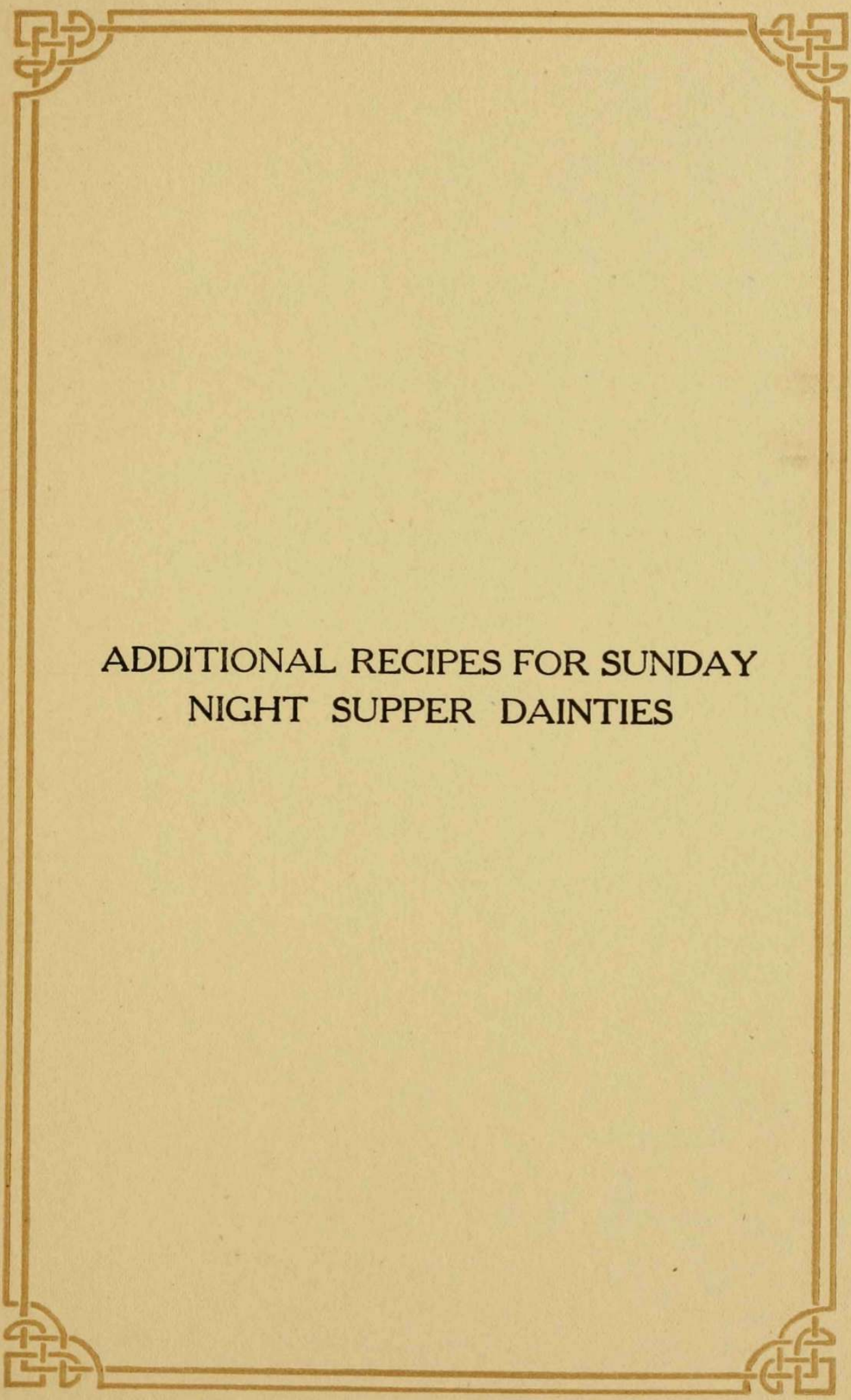
STRAWBERRY OMELET ❁ ❁

Cap medium sized berries and lay them in the blazer of the pan with a tablespoonful of sugar to a cupful of the berries and just enough water to keep them from burning. Simmer them for five or six minutes, until the fruit seems to be cooked. Set it aside then to keep warm, — if covered, the fruit will hold its heat without putting over hot water, — while you make an omelet as previously directed. Lay the fruit in it before folding, and, after it is folded, sprinkle the omelet with powdered sugar. This makes a delicious dessert. Raspberries or peaches may be used in place of the strawberries.

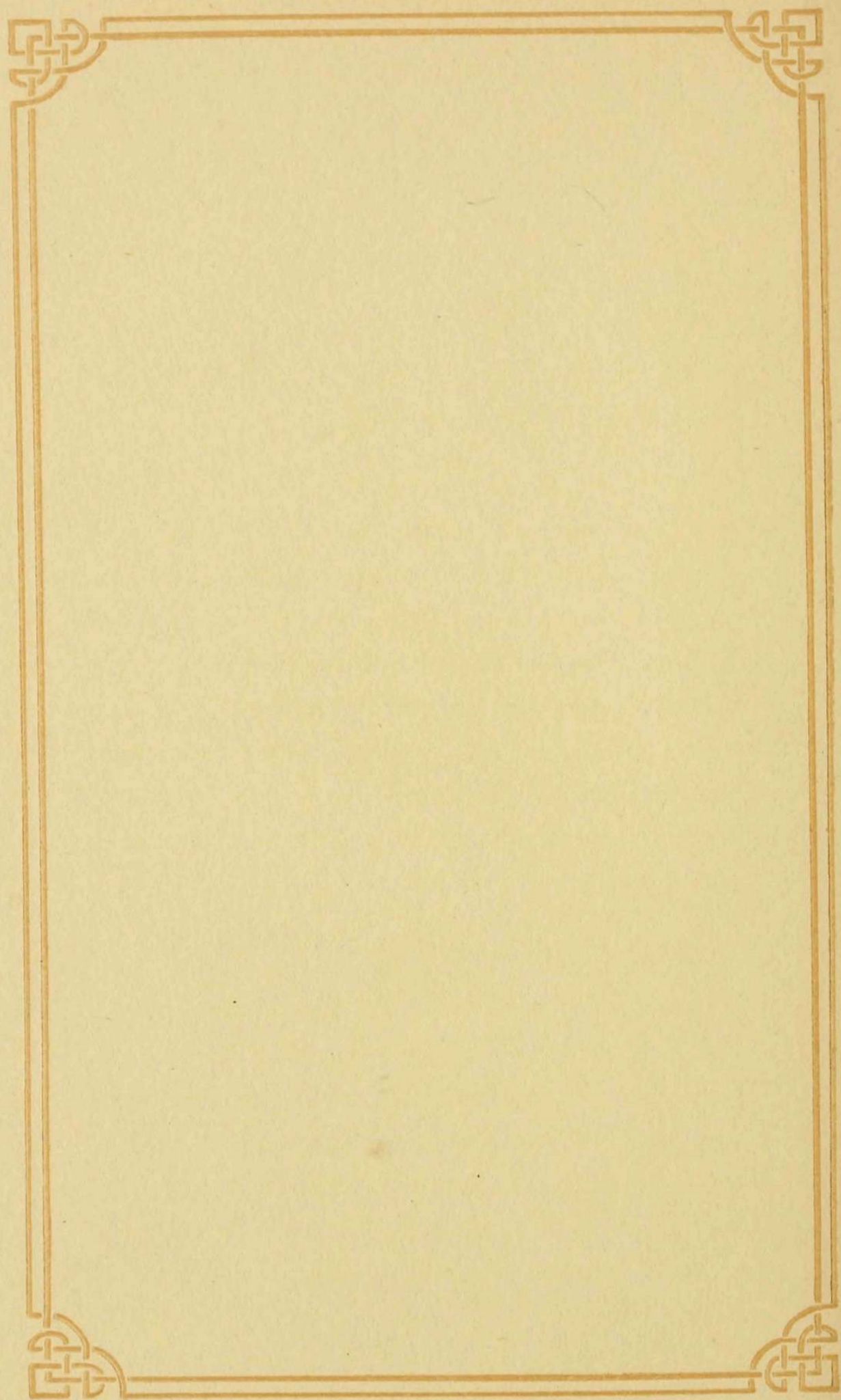
One word of caution may be expedient, even to the experienced chafing-dish cook. Try no new dishes when guests are present, if they are persons concerning whom you have the least diffidence.

L. OF C.





ADDITIONAL RECIPES FOR SUNDAY
NIGHT SUPPER DAINTIES



CHAPTER VIII

ADDITIONAL RECIPES FOR SUNDAY NIGHT SUPPER DAINTIES

DISHES prepared by any of the following recipes are especially suitable for the Sunday night supper. Those that are not served cold may either be cooked in the chafing-dish or else prepared in advance, so that all they will require will be a few minutes in the oven to make them ready for the table. With the aid of these recipes and those already given the question of what to have for supper Sunday night should cease to possess the dignity of a problem.

ANCHOVY TOAST ♣ ♣

Cut rather thin slices of stale bread into rounds with a biscuit cutter. Toast them lightly and spread with butter. Cover each slice thickly with the white and yolk of a hard boiled egg, chopped fine, and in the centre of the round lay two anchovies, first freeing them from oil. This dish may be served cold or set in the oven long enough to become heated.

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CAVIARE TOAST ❖ ❖

Prepare the rounds of toast as above. After buttering, spread with Russian caviare, and squeeze on this a little lemon juice. Serve cold. Either of the preceding may be varied by substituting a slice of raw tomato for the hard boiled egg.

JELLIED OYSTERS ❖ ❖

Make an aspic jelly according to directions already given. In seasoning add to it a few tablespoonfuls of tarragon vinegar. Wet a mould with cold water, pour a little of the jelly into it, and when partially formed lay oysters upon this. Pour in more jelly and then another layer of oysters, — do not put these too close together, — and continue thus until the mould is filled. Or you may use small individual moulds, allowing from four to six oysters for each person. In serving turn out on lettuce leaves, and pass a good mayonnaise with the dish.

SHRIMPS IN TOMATO ASPIC ❖ ❖

Strain the liquid from a can of tomatoes and put it over the fire with a couple of slices of onion, a stalk of celery, a clove and a little parsley. Simmer thirty minutes. Soak quarter of a box of gelatine in

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a half-cup of water while the tomato is cooking and at the end of the half-hour pour the boiling liquid on the gelatine. Stir until this is entirely dissolved, and turn into a mould wet with cold water, first adding salt and pepper to taste. If you have a little clear consommé in the house it is an addition to the flavor, but in all there should not be more than a pint of the liquid to this amount of gelatine. If a larger quantity of the aspic is needed, increase the gelatine in proportion. A half-box of gelatine should make a quart of jelly. Have the shelled shrimps, either fresh or canned. If the latter, throw them into cold water for half an hour after taking from the can. Drain, dry, and arrange in the aspic as you would the oysters in the preceding recipe. Serve in the same fashion on lettuce and with mayonnaise.

CLAMS IN GREEN PEPPERS ♣ ♣

Select six medium-sized green peppers. They should be as nearly uniform in size as possible. Cut off the tops, remove the seeds,—do not touch them with your fingers, at the risk of burned skin,—and lay in boiling water for five minutes. Take them out and throw them into cold water.

Cook together a tablespoonful of butter and one

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of flour in a saucepan and pour on this one-half pint of half milk and half cream. Stir this until it thickens and add to it a cupful of chopped clams and the mashed yolks of two hard boiled eggs. Cook three minutes, season to taste with salt and paprika, squeeze in a few drops of lemon juice, and with the mixture fill the peppers. Stand them upright, side by side, in a baking dish, sprinkle crumbs over the top and dot with bits of butter, pour a little of the clam juice and water or a half-cupful of weak stock about them to prevent their scorching, cook fifteen minutes covered, uncover and brown.

This dish may be made ready in advance and then set in the oven for the final baking.

EGGS AND OYSTERS ❖ ❖

Beat six eggs light without separating the yolks. In another dish cut into small pieces a dozen large oysters. Put into the blazer of a chafing-dish two tablespoonfuls of butter and a teaspoonful of anchovy paste, and stir until melted and blended. Put in the beaten eggs, and as soon as they begin to thicken add the oysters. Cook until the eggs are firm, and serve on plain buttered toast or buttered toast spread with anchovy paste. Paprika may be added before

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serving, but the anchovy will, of course, give sufficient salt.

ENGLISH CHICKEN PIE ❧ ❧

Select a young tender chicken for this and joint it, making two pieces of each leg and wing, dividing the sidebones from the back, and making three or four pieces of the breast, if the chicken is a fair size. Cut a half-pound of corned pork into neat strips, and arrange this and the chicken in a deep pudding-dish. Moisten a cupful of fine bread crumbs to a paste with melted butter and the yolk of a raw egg, seasoning with salt, pepper, grated lemon peel, and chopped parsley. Make this force meat into balls about the size of a walnut and drop them into the spaces between the pieces of chicken. Over all pour half a cupful of cold water. Cover with a good paste, leaving a cut in the middle of this at the top. While it is baking, covered, in a steady oven,—it will take an hour and a half to cook it properly,—make a stock of the neck, giblets, and feet,—the latter must be scalded and skinned,—well seasoned with a slice of onion and a bunch of soup herbs. When the stock is ready, strain it and turn it on a tablespoonful of soaked gelatine. There should be

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about two cupfuls of the stock. Pour this into the pie with a funnel inserted in the hole left in the centre of the dome of pastry and set aside to cool. When cold the liquid will have formed a solid jelly. The pie must be served cold, of course, and be cut on the table.

CHICKEN TIMBALES ♣ ♣

Chop fine in a meat chopper the white meat of a full grown fowl. The meat should be reduced almost to a powder. Put it through a sieve and to two cups of it add a half-pint of cream and the whites of two eggs, beaten stiff. Season with pepper and salt. Whip all together for several minutes that the mixture may be well mixed and very light. Have ready boiled macaroni or spaghetti, and with this line buttered timbale moulds, first seasoning it well. The moulds lined, fill the inside with the chicken mixture and set in a pan of hot water in the oven. Cover and steam for half an hour. Turn out on a hot dish and pour over the timbales a cream or a mushroom sauce.

These should be cooked in advance and set in a pan of boiling water in the oven for ten or fifteen minutes before they are wanted Sunday night. The sauce may be made on the stove or in the chafing-dish at the table.

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CALF'S HEAD À LA VINAIGRETTE ❖ ❖

Arrange on a flat dish the boiled meat of the calf's head cut into neat strips and pour over it a vinaigrette sauce, made as follows: Mix a teaspoonful of salt, a quarter-teaspoonful of paprika, and a dash of white pepper with six tablespoonfuls of salad oil, two tablespoonfuls of white wine vinegar and one tablespoonful of tarragon vinegar. Stir all until well blended and then add a tablespoonful each of mixed cucumber pickles and green pepper (if you cannot get the latter use half as much chopped pickle), a teaspoonful each of capers, minced chives, and parsley. Serve cold. I add this last direction bearing in mind a green cook of my own who once served mint sauce boiling hot!

CHICKEN AND GREEN PEA SALAD ❖ ❖

Cut cold roast or boiled chicken into neat pieces as for ordinary chicken salad, and to every cupful of this allow a half-cupful of cooked green pease, either the fresh or the canned. If the latter, they should be cooked first for ten minutes in boiling water and then drained very dry. Serve on lettuce with a good mayonnaise and season well.

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STUFFED CUCUMBERS ❖ ❖

Select medium-sized cucumbers. Peel them, cut them in half lengthwise, scrape out the seeds and lay in cold water for half an hour. Prepare a stuffing of a cupful of chopped cold meat, — veal or chicken or ham. A good mixture is two-thirds veal or chicken and one-third boiled ham. Mince rather fine. Brown a half-cupful of crumbs lightly in butter and mix with the meat. Season with salt and pepper and a dash of lemon juice. Soften with a gill of cream, or as much milk and a tablespoonful of butter. Fill the boat-shaped cucumber halves with this stuffing, lay them side by side in a baking-pan, and pour around them a cupful of weak stock. Bake covered twenty minutes, uncover, strew the cucumbers with crumbs and a little butter and brown lightly. They are very delicious either as a side-dish or as the main feature of the supper.

FRIED GREEN PEPPERS ❖ ❖

Cut green peppers into strips lengthwise, removing the stem and the seeds, and fry until soft in butter. These may be done in the chafing-dish and make a savory accompaniment to cold meat or are good served with bacon or broiled ham or with broiled oysters.

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FRIED GREEN TOMATOES ❖ ❖

These should be sliced across, in rather thick pieces, and may be cooked in the same way as the green peppers and served in like fashion. Many persons know the good of fried ripe tomatoes without suspecting how delicious are those cooked while they are still green. Such a dish as this is especially good in the fall of the year when green tomatoes are plentiful in our markets.

A SUNDAY DINNER LEFT OVER ❖ ❖

The cold beef left over from the Sunday dinner and served sliced at the Sunday night supper commends itself to few, except in hot weather, when it may be served with a salad. A hot and savory dish may be made of it with little extra care, if sufficient mashed potato has been provided to make sure that there shall be a cupful of this saved from the midday meal.

Chop the meat coarsely and put it into a baking-dish, pouring over it the gravy. Take care that this is seasoned well, adding, if necessary, a little onion juice, a dash of Worcestershire sauce, and one of kitchen bouquet. Soften the mashed potato with milk if it is inclined to be stiff, stir into it a beaten

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egg and spread it over the minced beef. Put in the oven covered for twenty minutes, uncover long enough to brown lightly before sending to table. If preferred, the meat and potato pâté may be cooked in individual dishes.

SALLY LUNN ❁ ❁

Beat two eggs light, without separating the whites and yolks and stir into them three tablespoonfuls of melted butter, a half cupful of warm milk and a quarter teaspoonful of baking soda, dissolving this first in a little boiling water. Into this beat two cupfuls of flour with which have been sifted a half teaspoonful each of salt and sugar. Last of all dissolve a half yeast cake in half a cup of warm water and stir into the batter. Beat hard until you have a smooth batter and turn into a round greased mould to rise. If this is set at noon and put in a tolerably warm place it will have risen sufficiently to bake in time for supper. Bake for half an hour or until a straw comes clean from it. This is a delicious hot bread.

RICE BREAD ❁ ❁

Beat hot water into two cupfuls of cold boiled rice until it is the consistency of a rather thick batter. To

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this add three eggs, whipped light, a tablespoonful of butter, a cup of flour, two teaspoonfuls of baking powder, and just enough milk to make a batter that will pour. Bake in a buttered pan. When done, cut into squares, split, butter and serve hot.

WAFER MUFFINS ❁ ❁

Beat two eggs light, put with them two tablespoonfuls melted butter, a cup of cream or rich milk, one saltspoonful of salt, a teaspoonful of baking powder and flour enough to make a very soft dough. Form this with the hands into balls the size of the yolk of a hard boiled egg and then roll each into a cake about as large as a tea-plate. They should not be much thicker than paper. Bake on a hot pan in a quick oven, taking care that they do not scorch. Eat with butter.

DEVILLED BREAD ❁ ❁

Cut stale bread, — baker's bread is preferable, — into neat slices, and trim off the crust. Spread the bread lightly with butter, sprinkle with grated cheese, a dust of paprika and a little salt, and put into a baking pan. Set in a quick oven long enough to melt the cheese a little and to crisp the bread.

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It is often slight trouble to mix one of these hot breads or some other of similar nature, and its presence makes the supper a feast, even if the other items of the menu are simple. With Sally Lunn, cold meat, a salad, and a simple sweet one has a supper which any one with an appetite and a reasonable digestion might be glad to share.

A FEW SWEETS

PINEAPPLE BAVARIAN CREAM ❖ ❖

Soak half a box of gelatine for half an hour in cold water enough to cover it. During this time let two cupfuls of the shredded pineapple simmer over the fire with a cupful of sugar. Take from the stove, add the gelatine and stir until this is dissolved. Put aside until the jelly is cool and begins to show signs of forming around the edge. Set in a pan of cracked ice and beat hard with an egg-beater until the jelly begins to stiffen, and then stir in lightly a pint of cream, whipped stiff. Turn into a mould, place on the ice, and leave there until it is wanted.

For this dish either the fresh or the canned pineapple may be used. If the latter is pretty sweet, less sugar may be put with it in cooking.

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A SURPRISE CUSTARD ❖ ❖

Make a good custard of a quart of milk, a cupful of sugar, and five eggs. Scald the milk in a double boiler, add the sugar and the beaten yolks of the eggs and three of the whites, and cook until the custard thickens. Take from the fire and set aside to cool. When ready to serve put a teaspoonful of fruit jelly or of jam into the bottom of each cup in which the custard is to be served and fill up with the custard. Make a meringue of the remaining whites of the eggs and a little sugar, heap this on the custard and dot with bits of bright jelly. Have these or any other custards served as nearly ice cold as possible. Light cakes should be passed with them.

MACARON CUSTARD ❖ ❖

Soak two tablespoonfuls of gelatine in half a cupful of water for half an hour. Make a light custard of a pint of milk, two eggs, the whites and the yolks both, and two tablespoonfuls of sugar. When cooked take it from the fire and stir in the gelatine. As soon as this is dissolved and well mixed set the custard aside to harden, flavoring it with vanilla. When firm, take the custard from the dish by spoonfuls, roll each of them in powdered macaroons, and serve

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heaped on a dish. Macaroons to be thus used should be stale and dry enough to crumble well without the particles sticking together.

COFFEE JUNKET ❁ ❁

To a pint and a half of milk add half a cupful of very strong black coffee. Sweeten to taste with granulated sugar and stir until this is thoroughly dissolved. Put in a tablespoonful of liquid rennet or a rennet tablet which has been dissolved in a tablespoonful of water. Let the dish stand in a room of moderate temperature until the junket is formed and then put at once on the ice or in a cold place. Serve with cream, either whipped or plain.

TUTTI-FRUTTI JELLY ❁ ❁

Make a good wine jelly by soaking a half-box of gelatine in half a cupful of cold water for an hour, and pouring upon it two cupfuls of boiling water in which has been dissolved a cupful of sugar. Stir until the gelatine is thoroughly dissolved, add the juice of a lemon and a gill and a half of sherry. Set aside to cool. When the jelly has begun to form, put a layer of it in the bottom of a mould and arrange upon it sliced preserved or candied fruit. If the former, care

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should be taken to have it drained of every particle of liquor or juice. Any fruit may be used, — cherries, pineapple, apricots, and the like if the crystallized fruits are employed, preserved or canned peaches, pears, berries, etc., if the canned fruits are used. Fresh fruits may also serve in this way. I have eaten wine jelly with ripe strawberries embedded in it, and it was a pretty and delicious dish. The layer of fruit should be followed by one of jelly and so on until the mould is filled. Set on the ice until firm and serve very cold, with cream, plain or whipped. The jelly may also be set to form in individual moulds and these served on a flat dish surrounded by whipped cream.

MAPLE CREAM FILLING FOR CAKE ❖ ❖

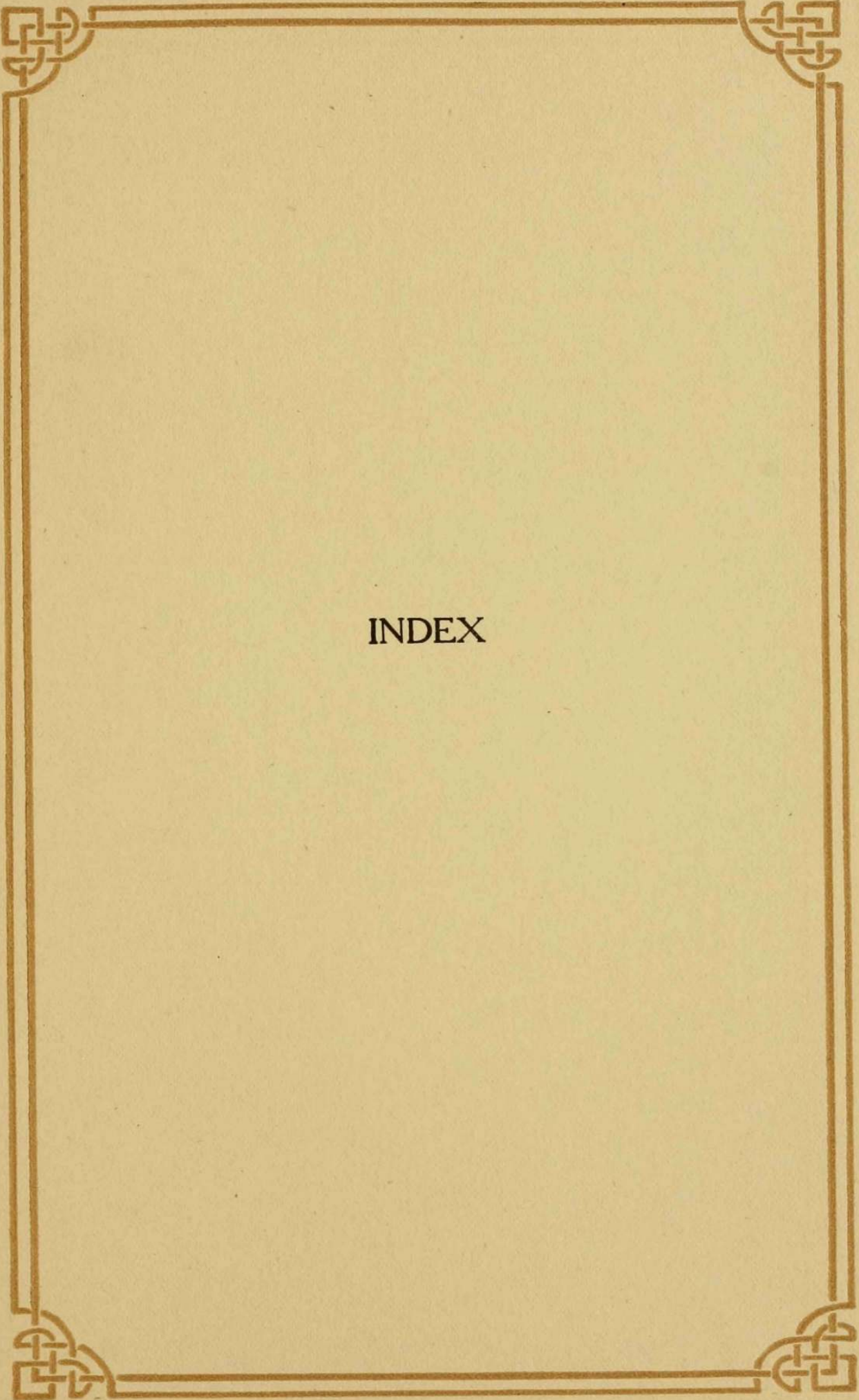
Soak a tablespoonful of gelatine in a couple of tablespoonfuls of water. When soft, dissolve it over the fire in a very little boiling water. Whip a pint of cream stiff and beat into it the dissolved gelatine. Sweeten well with finely crushed maple sugar. This filling may be put between layers of plain cup cake or of any simple cake such as is used for a layer cake, and also may be spread over the top. Do the spreading before the gelatine has stiffened too much.

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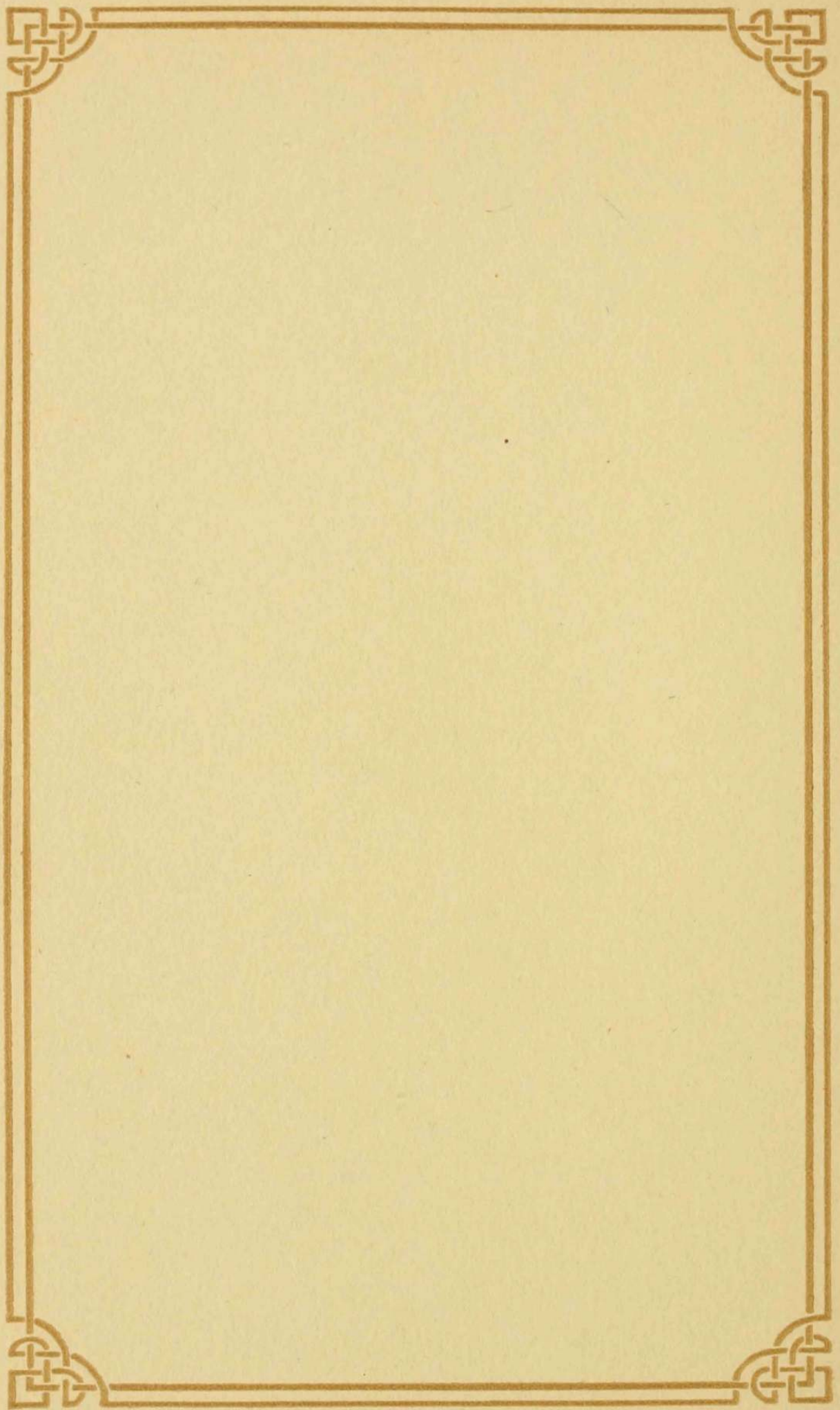
NUT CAKES ❖ ❖

Beat two eggs and stir into them a cupful of light brown sugar and two tablespoonfuls of sifted flour. Add to them one cup of nut meats, chopped fine. Spread the mixture in a very thin layer on a well-greased tin and bake ten minutes or until lightly browned,—not scorched or blackened. Cut into squares and take quickly from the tin. They will become crisp when exposed to the air.

THE END.



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