"DOWN EAST" RECIPES
"Down East RECIPES"

BY

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BURNHAM & MORRILL CO.
PORTLAND, MAINE
FOREWORD

To those who appreciate quality and fine flavor in food products this little booklet is dedicated, in the hope that it may enable them to enjoy many of those "Down East" food dishes for which New England has become famous. Deep sea fish from the clear waters of the North Atlantic, shell fish from the clean sandy inlets along the Maine coast, choice vegetables from Maine's fertile fields—all these are numbered among B & M Pure Food Products, and ready for your table in any season, no matter where you live.

Burnham & Morrill Company, since its establishment nearly three-quarters of a century ago, has maintained a reputation for the very highest quality of canned food products. "B & M" upon canned foods has become known to discriminating housewives as significant of uniform excellence of quality. If you have never used B & M Pure Food Products it will pay you to ask your grocer for them—if you have, it is our hope that this little booklet will enable you to enjoy them even more than in the past.

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B & M
PURE FOOD PRODUCTS
BURNHAM & MORRILL CO
Recipes for B & M Fish Flakes

B & M Fish Flakes consist of the firm white meat of choicest Codfish and Haddock, perfectly cooked, broken into flakes so that all bones may be removed, and packed in sanitary parchment-lined tins. The fish comes from the tin fresh and wholesome, ready for instant use without soaking. There are no bones nor waste—just pure fish, ready to eat. Get B & M Fish Flakes at your grocer's and try any of the tempting dishes described on the following pages.

BAKED FISH FLAKES AU GRATIN

One tin B & M Fish Flakes, one cupful cream sauce, three eggs hard cooked, six slices bacon, one-fourth cupful bread crumbs, one-fourth cupful grated cheese. Time: preparation, twenty minutes; baking, twenty minutes. Number served: four to six persons. Add the Fish
Flakes to the cream sauce, and pour into a shallow baking-dish. Cut the eggs into halves, lengthwise; arrange on top of the fish, pressing them down lightly; cover with crumbs and cheese, and place a slice of bacon over each piece of egg. Bake in a hot oven until the bacon is cooked, and the top a golden brown. Garnish with parsley and pieces of lemon.

**SCALLOPED FISH FLAKES**

Melt one tablespoonful and one-half of butter; when bubbling, add one tablespoonful and one-half of flour, one-half teaspoon of salt and one-quarter of a sweet green pepper, chopped very fine (seeds discarded); mix with the contents of one can of *B & M Fish Flakes*; pour into a baking dish. Mix together one-half cup of cracker crumbs, one-fourth cup of grated cheese and one tablespoon of melted butter. Use to cover Fish Flakes mixture. Bake in a hot oven until crumbs are brown.

**CODFISH PIE**

Cover the bottom of a baking dish with a thin layer of soft bread crumbs; pour in the contents of one can of *B & M Fish Flakes*. Press through the ricer six medium-sized hot boiled potatoes; beat in one tablespoonful of butter, one-third cup of milk, one-half teaspoon of paprika and two beaten eggs; spread over the fish in the baking dish. Bake in a quick oven until delicately browned. Garnish with parsley and serve hot.
FISH FLAKES & BAKED POTATOES
Bake as many large potatoes as desired. Cut a baked potato in half, scoop out the potato leaving the shell intact. To the potato add 1 heaping teaspoon butter, two teaspoons B & M Fish Flakes, two teaspoons milk, and season with salt, pepper and paprika. Mix thoroughly and return to potato shells. Sprinkle the top with paprika and grated cheese. Return to oven long enough to melt cheese. Serve hot.

FISH FLAKES A LA NEWBURGHL
Bring one pint of milk to a boil in a saucepan over steamer. Pink with paprika and salt to taste. Add butter the size of a walnut. Add one tin of B & M Fish Flakes and heat thoroughly. Remove from the fire and add two thoroughly beaten eggs and two gills of cider. Then replace on steamer. Serve piping hot on buttered toast or in pate shells.

FISH FLAKES, COUNTRY STYLE
Put a can of B & M Fish Flakes (without opening the can) into a sauce-pan of boiling water and let it boil ten minutes. In the meanwhile melt four tablespoonfuls of butter in half a cup of boiling water, add a dash of pepper and the hot fish from the can. Mix thoroughly. Serve with boiled or baked potatoes.

FISH FLAKES, MEXICAN STYLE
Let a cup and a half of canned tomatoes, half a green or red pepper, cut in shreds, a slice of onion and one-fourth a teaspoonful of salt simmer fifteen minutes, press through a sieve, add a tablespoonful of butter and a can of B & M Fish Flakes. Let stand over the fire to become very hot. Serve with boiled rice.

B & M
FISH FLAKES
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FISH FLAKE BALLS WITH BACON

Pare and cut in pieces enough potatoes to fill a cup twice; let boil in salted water until tender, drain and mash; add a can of B & M Fish Flakes, half a teaspoonful of black or red pepper and a beaten egg. Mix thoroughly. Take up by the rounding tablespoonful, shape slightly and fry in deep fat to a delicate amber color. Roll slices of bacon into cylindrical shapes, run a wooden toothpick through each, to hold it in shape. Fry in deep fat until crisp and well-cooked. Garnish with parsley and pieces of lemon. Serve a roll of bacon with each fish ball.

FISH AND EGGS BAKED IN INDIVIDUAL DISHES

Partly fill individual baking dishes with creamed fish made according to the recipe on opposite page. Break an egg into each, season, cover with buttered bread crumbs and bake.
CREAMED FISH FLAKES ON TOAST

Melt two tablespoonfuls of butter; in it cook two tablespoonfuls of flour and one-fourth a teaspoonful of pepper; add one cup of milk and stir until boiling. Add a can of B & M Fish Flakes, cover and let stand to become very hot. Turn upon slices of buttered toast, cut into dishes with a cooky-cutter. The beaten yolk of an egg may be added just before pouring over the toast, or the yolk of a "hard-boiled" egg may be sifted over the fish on the toast. For a more substantial dish, set a poached egg above the fish on each slice of toast. The creamed fish may be served with hot baked potatoes if preferred, or with eggs in accordance with the recipe upon the opposite page.
**FISH FLAKE OMELET**
Beat four eggs and half a teaspoonful each of salt and paprika until whites and yolks are well mixed; add four tablespoonfuls of water and a can of *B & M Fish Flakes*, picked in bits with a silver fork. Melt a tablespoonful of butter in a frying pan and turn in the fish mixture. Shake the pan back and forth over a hot stove lid, tipping the pan meanwhile to let the uncooked mixture down upon the pan. When the egg is nearly set, roll the omelet and turn upon a hot platter.

**FISH FLAKE SALAD**
Pour three tablespoonfuls of olive oil, two tablespoonfuls of vinegar, one teaspoonful of grated onion and half a teaspoonful of paprika over a can of *B & M Fish Flakes*. Mix together and let stand an hour or more in a cool place. Turn upon a bed of crisp, well-cleaned lettuce leaves just before serving. Garnish with figures cut from slices of pickled beet. The Fish Flakes are a good addition to potato salad and make the salad more nutritious.

**FISH FLAKE SOUFFLE**
Melt two tablespoonfuls of butter; in it cook two tablespoonfuls of flour and one-fourth a teaspoonful of pepper; add one cup and a half of milk and stir and cook until boiling; add a teaspoonful of scraped onion, a tablespoonful of finely-chopped parsley, a can of *B & M Fish Flakes*, picked into bits with a silver fork, and the beaten yolks of three eggs; mix all together thoroughly, then fold in the whites of three eggs, beaten dry. Bake in a buttered dish in a very moderate oven until firm in the center. Serve at once with or without cream or tomato sauce.
**FISH FLAKE HASH**

Separate a can of *B & M Fish Flakes* into bits with a silver fork. Add two cups of hot or cold mashed potato and one-fourth a teaspoonful of black pepper. Have ready four slices of bacon, nicely cooked in a frying pan. Keep the slices of bacon hot to serve with the hash; add half of the fat to the potato and fish. Mix all together thoroughly, and turn into the frying pan, spreading it out evenly. Cover the pan and let cook slowly about fifteen minutes. Fold as an omelet and turn upon a hot platter. Put the bacon around it. Serve at once.

**FISH RAREBIT**

Melt piece of butter size of walnut. Add a few drops of onion juice, 1 tablespoon cornstarch, \( \frac{1}{2} \) teaspoon salt, and \( \frac{1}{4} \) teaspoon paprika. Cook a few minutes. Then pour on gradually 1 cup milk, which has been heated, and \( \frac{3}{4} \) cup finely chopped cheese. When cheese is melted add 1 can *B & M Fish Flakes*, stirring constantly. Then add 1 egg slightly beaten, and 1 teaspoonful lemon juice. Serve on crackers or buttered toast.

**CURRIED FISH FLAKES**

Melt two tablespoonfuls of butter; in it cook a tablespoonful of fine-chopped onion until the onion is softened and yellowed; add two tablespoonfuls of flour, two teaspoonfuls of curry powder, and one-fourth a teaspoonful of paprika and stir until frothy; add one cup of milk and stir until boiling; add a can of *B & M Fish Flakes*, mix and let stand to become hot. Serve with a dish of hot, boiled rice.
FISH FLAKE CUTLETS

Cook one-half tablespoonful of finely-chopped onion and two tablespoonfuls of red or green pepper, finely chopped, with three tablespoonfuls of butter, five minutes, stirring constantly. Add one-third cupful of flour and stir until well blended; then pour on gradually, while stirring constantly, one-half cupful each of milk and cream. Bring to the boiling point and add one large tin of B & M Fish Flakes. Season with three-fourths teaspoonful of salt and one-fourth teaspoonful of paprika. Spread on a plate and cool. Shape, dip in crumbs, egg and crumbs, and fry in deep fat. Garnish with little brown-bread sandwiches, slices of lemon, and parsley. Serve with or without the following sauce:

SAUCE: Mix one tablespoonful of tarragon vinegar, two tablespoonfuls of grated horseradish root, one teaspoonful of English mustard, one-half teaspoonful of salt and a few grains of cayenne; then add one-half cupful of whipped cream and three tablespoonfuls of mayonnaise dressing.
FISH FLAKE SALAD WITH MAYONNAISE

One tin B & M Fish Flakes, two hard boiled eggs, one dessert spoon celery seed, four medium sized white potatoes, cayenne pepper, three small cucumber pickles, mayonnaise. Cut potatoes, egg and pickles in cubes; add one tin B & M Fish Flakes, sprinkle celery seed, one-eighth teaspoonful cayenne pepper, toss and mix with one cup mayonnaise dressing. Serve with lettuce leaves and pieces of beet cut in attractive shapes.

SCALLOPED FISH FLAKES AND OYSTERS

Use two cups each of B & M Fish Flakes, canned or fresh oysters and white sauce. Arrange in alternate layers, in a baking dish, cover with a cupful of buttered crumbs and bake.
**TANG-O FISH FLAKES**

Two tablespoonfuls butter melted in saucepan, one-fourth medium sized onion minced and browned in the butter, two tablespoons flour stirred into the above before adding one cup of milk, one cup of water, two whole cloves, three allspice, a fragment of bay leaf, one tin *B & M Fish Flakes* and one-third teaspoon salt, two tablespoons vinegar. Slow simmering for five or ten minutes gives the dish its delicious spicy flavor.

**FISH FLAKE CAKES**

Cook three or four slices of bacon in a frying pan, without letting either the fat or the bacon become discolored by the heat. Cut enough pared, raw potatoes in quarters to fill a cup twice; add a teaspoonful of salt and boiling water and cook till tender; drain, mash and add one can of *B & M Fish Flakes*, two tablespoonfuls of cream sauce, if at hand, or two tablespoonfuls of butter, one-fourth of a teaspoonful of black pepper and a little hot milk; beat thoroughly, shape in cakes; dip these in flour and fry in the bacon fat. Cold, boiled potatoes, quickly reboiled, may be used in place of the fresh cooked potatoes.

**FISH FLAKE TIMBALES**

Pick one can of *B & M Fish Flakes* in bits with a silver fork; add one-fourth a cup of sifted bread crumbs (center of a stale loaf), one-fourth a teaspoonful of paprika, two well-beaten eggs and a cup and a half of milk. Mix and turn into buttered timbale molds or old-fashioned patty pans. Bake in a dish of hot water until the centers are firm. Unmold on a hot dish and garnish with radishes, thin slices of lemon, and parsley or mint leaves. Serve with cream or tomato sauce, or drawn butter.
GREEN PEPPERS STUFFED WITH FISH FLAKES

Prepare the peppers by cutting a slice from the stem ends, then cutting in halves and removing the seeds. Soak in cold water for half an hour and then parboil for fifteen minutes in two waters that have been well salted. Drain and fill with the following: Melt two tablespoonfuls of butter, blend with two tablespoonfuls of flour and gradually add one scant cupful of rich milk. Stir constantly until well thickened and sauce boils; add one tin of *B & M Fish Flakes*, one chopped hard boiled egg and just before its removal from the fire, add two tablespoonfuls of tomato catsup. Turn into the halved peppers, sprinkle the tops with browned bread crumbs, dot with bits of butter and place in a hot oven for ten minutes. Serve on rounds of hot buttered toast and garnish with parsley, slices of pickled beet, and crescents of lemon.

RAMEKINS OF FISH FLAKES A LA REINE

Put one tablespoonful of butter in the upper part of the double boiler and when melted, mix one tablespoonful of flour; then very slowly add half a pint of cream and stir constantly, cooking for eight minutes, over boiling water. Have in readiness the contents of a small tin of *B & M Fish Flakes*, add these to the sauce with three chopped mushrooms and a saltspoonful of paprika. Let it stand over hot water until the fish and mushrooms are thoroughly heated, then mix in the yolk of one well beaten egg, and one tablespoonful of chopped parsley. Serve at once in paper cases, ramekins or pastry shells, garnished with parsley or mint leaves, and crescents of lemon.
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**FISH CHOWDER**

Cut enough pared potatoes in thin slices to fill a cup twice, cover with boiling water and let boil five minutes, drain and rinse in cold water. Meanwhile cook a small onion, cut in slices, in the fat fried out of a small slice of salt pork; add a cup of boiling water and let simmer ten minutes; drain this water upon the potatoes, pressing out all the liquid possible and let the potatoes cook till tender; add a can of *B & M Fish Flakes*, a pint of milk thickened with two level tablespoonfuls of flour, cooked in two level tablespoonfuls of butter and salt and pepper as needed. Celery salt may be added or used in place of the onion.

**B & M CODFISH CAKES**

*Ready to Fry*

Most delicious Codfish Cakes may be prepared with *B & M Fish Flakes* according to the recipe elsewhere in this booklet. For quick preparation, however, we suggest that you use *B & M Codfish Cakes—Ready to Fry*. This consists of the choicest deep-sea Codfish, and mealy Aroostook potatoes, perfectly seasoned and blended by expert cooks and sealed in tins—ready to fry. Just remove from the tin, shape in cakes, and fry—a wholesome and delicious breakfast ready in an instant.

**B & M PURE FOOD PRODUCTS**

*Burnham & Morrill Co.*
Recipes for other Sea Foods

In many seaside kitchens along the coast of Maine and Canada, close to the source of supply, are packed a variety of B & M Sea Foods that will delight your palate. B & M Red Jacket brand Deep Sea Lobster—B & M Scarboro Beach brand Clams, Clam Chowder, and Clam Bouillon are in such demand that it is seldom possible for us to pack sufficient to supply the better class of trade. Try any of the following recipes and learn the reason why. If your dealer cannot supply you with B & M Sea Foods, let us tell you where they may be secured.

CLAM BOUILLON WHIPPED CREAM GARNISH

Beat one cup of double cream until firm throughout. Heat to the boiling point the contents of one can of B & M Clam Bouillon. Fill six bouillon cups two-thirds full with this bouillon; heap beaten cream above the juice. Serve at once.

SCALLOPED CLAMS

Chop the contents of one can of B & M Clams and arrange them in a buttered baking dish, with alternate layers of bread crumbs (one cup and one-half) seasoned with one teaspoonful of salt and one-half teaspoonful of pepper; add one-half cup of clam juice. Over all spread one-half cup of cracker crumbs, mixed with two tablespoonfuls of melted butter, and bake.
FRIED CLAMS

Drain liquid from one can of B & M Clams, dry and dip each one in sifted bread crumbs, then dip in beaten egg (diluted with two tablespoonfuls of cold water), then again in bread crumbs. Fry in deep fat. Serve with Tartar Sauce.

CLAM FRITTERS

Drain liquid from one can of B & M Clams; chop (but not too fine). Sift together one cup and three-fourths of flour, two teaspoonfuls of baking powder, one-fourth teaspoonful of paprika and one-half teaspoonful of salt; beat two eggs, add one-third cup of milk and add to dry ingredients. When thoroughly mixed, stir in one teaspoonful of melted butter and the chopped clams; drop by tablespoonfuls into hot deep fat; fry to a golden brown color; remove from fat with a skimmer.
LOBSTER CROQUETTES

Melt four tablespoonfuls of butter; when bubbling add one-fourth teaspoonful of salt, one-fourth teaspoonful of paprika and one half cup of flour; stir until well blended; add one cup of milk and stir constantly until boiling begins; then draw saucepan to back of range, and beat in one egg, well beaten; add one teaspoonful of lemon juice and the contents of two cans of B & M Lobster. Set aside the meat from four claws to use as a garnish. Heat the mixture well on the back of the range; then set aside until thoroughly cold. Shape into croquettes, roll in bread crumbs, then in egg (beaten and diluted with two tablespoonfuls of cold water) then in bread crumbs again. Fry in deep fat. This recipe makes eight good sized croquettes.

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DEEP SEA LOBSTER
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**SCRAMBLED LOBSTER**

Beat two eggs slightly; add one teaspoonful of salt, one-fourth teaspoonful of paprika, one cup of milk and the contents of one can of *B & M Deep Sea Lobster*, broken in pieces. Heat the frying pan; melt one tablespoonful of butter; pour in the lobster mixture and stir and cook until lightly set. Serve on toast.

**LOBSTER NEWBURG**

Melt two tablespoonfuls of butter and stir in the contents of one can of *B & M Deep Sea Lobster* (cut fine). When lobster is hot, add one-half teaspoonful of salt, one-fourth teaspoonful of paprika, a grating of nutmeg and one tablespoonful of lemon juice; stir until well mixed, then add the yolks of three eggs, beaten and mixed with one cup of cream. Serve on toast.

**LOBSTER STEW**

Put milk in double boiler with piece of butter size of egg. When hot add contents of one can of *B & M Deep Sea Lobster* cut in small pieces and leave just long enough to heat (too much cooking toughens lobster). Season with salt, paprika and pepper. To secure rich, red coloring lobster may be fried in butter for few moments before adding to milk.
LOBSTER, SPANISH STYLE

Cook one-fourth cup of rice; drain. Cut in small slices the contents of one can of Burnham & Morrill Lobster. Chop fine one-half a small onion and one-half a green pepper (discarding seeds) and cook in two tablespoonfuls of butter until softened and yellowed (not browned); add three tablespoonfuls of flour, one-half teaspoonful of salt and one-half teaspoonful of paprika, and cook until frothy; add one cup of juice strained from canned tomatoes, and stir until boiling. Set over hot water and mix in lightly the rice and lobster.

LOBSTER SALAD

Cut the contents of one can of B & M Deep Sea Lobster in small pieces. Add a small amount of celery cut up. Mix with a mayonnaise dressing to which whipped cream has been added and serve on lettuce leaves.

CLAM CHOWDER

Take one can of B & M Clams, remove Clams from the juice, then strain juice. Cut one slice fat salt pork in bits and in it cook one onion, sliced thin, until yellow. Add one cup water and Clam juice and let simmer ten minutes; parboil cupful sliced potatoes, strain, rinse and drain again. Strain water from onions and pour over potatoes, adding more water if necessary; also the whole Clams, and let cook until the potatoes are tender, after which boil the entire mixture for three minutes, making a sauce of butter, flour, seasonings and milk. Combine the two mixtures and serve at once.
Recipes for Other B & M Pure Food Products

Among B & M Pure Food Products is included a variety of Vegetables and Specialties representing the choicest products of the State of Maine. Paris Sugar Corn is known throughout the country for superiority of quality during more than fifty years. Maine is famous as the land of sweet corn—Paris Sugar Corn is the choicest of the crop. Improved packing methods insure a product sweet, creamy and tender. B & M Beans and Pork are packed both with and without tomato sauce. Serve with B & M Brown Bread and you have the well-known New England Saturday night supper.

Other B & M Products include B & M Lima Beans, B & M Stringless Beans, B & M Spaghetti—and others—not all of them are readily available at your grocer’s, but it will pay you to urge him to secure them for you. Or write to us direct.

B & M SPAGHETTI
BURNHAM & MORRILL CO.
BROWN BREAD TOAST, VERMICELLI

Melt two tablespoonfuls of butter; when bubbling add two tablespoonfuls of flour, one-fourth teaspoonful of salt and one-eighth teaspoonful of pepper and stir until the mixture appears yellow; add one cup of milk gradually and stir constantly until boiling begins. Add the whites of hard cooked eggs, cut in pieces. Pour over slices of B & M Brown Bread toasted; sift the hard cooked egg-yolks over the top.

SPAGHETTI, MEXICAN

(Illustrated on Opposite Page)

Fry three large pork chops brown; remove to a kettle and fry two onions and one green pepper (seeds discarded) in the pork drippings; place the fried onions and peppers in the kettle with the chops; add one tablespoonful, each, of brown sugar and of vinegar, a teaspoonful each, of
celery salt, and common salt, and one-half cup of cold water; cook over a slow fire one hour. Remove bones, cut meat into small pieces and add one can B & M Spaghetti, heat slowly to the boiling point. Garnish with uncooked green pepper.

**SPAGHETTI WITH MUSHROOMS**

Melt three tablespoonfuls of butter; when bubbling, add a slice of onion, chopped fine; when hot, add one-half teaspoonful of salt and one-half pound of mushroom caps, peeled and broken in pieces. Stir and cook five minutes. Add the contents of one can of B & M Spaghetti and one-half cup grated cheese; serve very hot.

**BAKED-bean croquettes**

Press the contents of one can of B & M Beans and Pork through a sieve; add three tablespoonfuls of tomato catsup and one teaspoonful of horseradish. Shape into balls. Roll in soft, sifted bread crumbs, then in beaten egg (diluted with two tablespoonfuls of cold water) and again in crumbs. Fry in deep fat about one minute.

**LIMA BEANS, SPANISH STYLE**

Put one tablespoonful of bacon drippings in a frying pan; add one onion cut fine, and half a dry red pepper, cut fine; let onion and pepper cook until softened, then add one cup of cooked tomato (pulp cut fine) and stir in one tablespoonful of flour; cook three minutes. Add contents of one can of B & M Lima Beans (rinsed and drained) and salt if necessary; heat slowly to boiling point.
LIMA BEANS WITH LEMON BUTTER
Rinse, drain and heat the contents of one can of B & M Lima Beans. Stir into them one-fourth cup of creamed butter to which a tablespoonful of chopped parsley, one-fourth teaspoonful of black pepper, one-half teaspoonful of salt and a tablespoonful of lemon juice have been added.

LIMA BEANS WITH EGG SAUCE
Rinse, drain and heat one can of B & M Lima Beans. Beat two tablespoonfuls of butter to a cream; beat in the yolks of two eggs, one tablespoonful of fine chopped parsley, one-fourth teaspoonful of black pepper, one-half teaspoonful of salt and two teaspoonfuls of lemon juice. Cook over hot water until it begins to thicken. Pour over hot beans, mix carefully and serve very hot.

LIMA BEANS WITH CHEESE
Drain and rinse one can of Burnham & Morrill Lima Beans; heat. Melt two tablespoonfuls of butter; when bubbling, add two tablespoonfuls of flour, one-fourth teaspoonful of salt and one-fourth teaspoonful of pepper; stir until frothy; add one cup of milk and cook and stir until boiling begins; reduce heat and beat in two eggs; add the heated beans and one-fourth cup of grated cheese. Lift the beans with a silver fork occasionally, until the cheese is melted. Serve very hot.

STRINGLESS BEAN SALAD
Season the contents of one can of B & M Stringless Beans, rinsed and drained, with one-half teaspoonful of salt, one one-fourth teaspoonful of paprika, four tablespoonfuls of oil, one-fourth teaspoonful of grated onion and two tablespoonfuls of vinegar. Let stand in a cool place at least one hour before serving.

B & M
LIMA BEANS
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STRINGLESS BEANS WITH CHEESE

Drain and rinse one can of B & M Stringless Bean; heat slowly. In a saucepan melt two tablespoonfuls of butter; when bubbling, add one-fourth teaspoonful of salt, one-eighth teaspoonful of pepper and two tablespoonfuls of flour. When well blended, add one cup of chicken broth and stir constantly until boiling begins; add one-half cup grated cheese; stir thoroughly and add the hot stringless beans.

PARIS SUGAR CORN SUCCOTASH

Let one cup and a half of dried Lima beans soak over night; drain, rinse in cold water and drain again; cover with cold water and let simmer until tender. Add a teaspoonful or more of salt, half a teaspoonful of pepper and a can of B & M Paris Sugar Corn and mix without breaking the beans; add two or three tablespoonfuls of butter in bits, cover and let get very hot. Serve as a vegetable, or with bread and butter as the main dish at luncheon or supper.

CORN WITH TOMATO

In a buttered baking dish arrange alternate layers of soft, sifted bread crumbs, sliced tomatoes (canned tomatoes may be used) and Paris Sugar Corn. Chop together very fine two slices of onion and one small green pepper (seeds discarded) use with pepper and salt as seasoning for each layer of ingredients. Cover with three-fourths cup of cracker crumbs mixed with one-third cup of melted butter. Bake one-half hour.
**CREAM OF CORN SOUP**
Cut an onion in thin slices; add two branches of parsley and let cook in three or four tablespoonfuls of butter or dripping until the onion is yellowed and softened. Then add one can of B & M Paris Sugar Corn and a quart of broth or boiling water and let simmer about fifteen minutes. Pour the liquid through a sieve, pound the corn with a pestle, then press as much of the corn through the sieve as possible, diluting meanwhile with some of the hot liquid. Reheat the corn mixture. Melt one-fourth cup of butter. In it cook one-fourth cup of flour, half teaspoonful of salt, a little pepper; then add one pint of milk, stir until thickened and boiling. Add the corn mixture and half cup of cream, also more seasoning if needed.

**CORN CHOWDER**
Cut a 1½ inch cube of fat salt pork in small slices and try out. Add a small sliced onion and cook about five minutes, stirring often to prevent burning. Cook four cups sliced potatoes in sufficient water to cover well, and add fat and onion. Add one can Paris Sugar Corn and four cups (1 quart) hot milk. Heat to the boiling point. Season with salt and pepper.

**CORN FRITTERS**
To the contents of one can of B & M Paris Sugar Corn add one-half teaspoonful of salt, one-fourth teaspoonful of black pepper and two eggs, well beaten. Sift one and one-fourth cups of flour with one teaspoonful of baking powder and stir into the first mixture. Drop by tablespoonfuls into deep fat and fry to a delicate brown. Serve with Maple or other syrup.
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"From Sea, Shore and Field"

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