How to Serve Davis Delicacies

From Ocean Farm and Orchard

Frank E. Davis Co. Gloucester, Mass.
Foreword

Our booklet “Sea Food Recipes” proved so helpful to our friends, we feel that this more complete book of recipes will, even in a larger measure, be of real service to everyone interested in good things to eat.

In compiling it, our aim has been to give suggestions and directions for preparing and serving each of the Davis Delicacies. We have tried to get as much variety as possible, rather than to state every possible way of using each article.

An effort has been made to have the quantities right for our special packages. Each recipe has been carefully selected, or devised, and pleasing results will be attained always if directions are carefully followed.

As many additional ways of serving our products will readily suggest themselves to the thoughtful cook, we shall be glad to receive other recipes from all who wish to cooperate with us in making later editions more complete.

A copy of this book will be gladly mailed, without charge, to anyone requesting it.

Frank E. Davis Company

Gloucester, Mass.
## SEA FOODS

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Salt Mackerel

Freshening Salt Mackerel—Salt mackerel must always be freshened before cooking. Tastes differ in regard to the degree of freshness required. Twelve to forty-eight hours may be allowed according to personal taste. The fish should be put in a large amount of fresh water, meat side down, and if convenient raised a few inches from the bottom of the vessel that the salt may drop down away from the fish as fast as extracted. The water should be changed several times. For broiling or frying, the fish should be freshened somewhat more than for boiling, baking with cream or cooking in any way with milk, as milk is very efficient in covering up the salty flavor. To hasten the freshening process, it is sometimes desirable to cut out the bone of the fish or to make several gashes in the flesh.

Broiled Mackerel.—Freshen the fish as above. Then wipe it dry and lay it on the gridiron. First broil it a nice brown on the flesh side, then turn and brown on the other side, which will not take as long. After broiling, cover lightly with butter and pepper to suit the taste. Serve flesh side up, garnish with parsley, watercress and bit of lemon. The broiled mackerel may be served with white sauce. After the fish is broiled, some prefer to rinse quickly in boiling water before putting on the butter and garnish.

Fried Mackerel.—Freshen the mackerel as above. Dry thoroughly with a cloth. Have one egg and one tablespoonful milk slightly beaten up together. Brush the mackerel with this, and roll in cracker crumbs, shaking off all that do not readily adhere. Fry in butter or beef fat in fry pan, or cut the mackerel in four inch sections (enough for one serving), dip each in the milk and egg and then in the cracker crumbs, and fry in deep fat which has first become piping hot. When thoroughly cooked and well browned lay the fish on one or two thicknesses of brown paper and set in the oven.
two or three minutes. Then arrange on platter and garnish with lemon and parsley. Baked potatoes are best with this.

**Baked Mackerel.**—Freshen the fish, then lay in a baking pan or earthen dish. To a medium sized mackerel add one pint of milk or cream and bake until milk is nearly gone, leaving simply a thin juice. Two minutes before serving add a small piece of butter. This with the milk makes a thin sauce to pour over the fish when it is on the platter. Serve with baked potatoes.

**Mackerel a la Creme.**—Freshen the mackerel as usual. Place in kettle on a wire rack to prevent sticking to bottom of kettle. Cover with milk and boil half an hour. When tender place on a platter skin side down. Cover with one cup of white sauce. Those who like fish with the least amount of salt will prefer this dish to many others because the cream reduces the salty flavor very much.

**Boiled Mackerel.**—Freshen as directed. Put it on to boil in cold water with white potatoes and boil gently for thirty minutes.

**Mackerel au Gratin.**—Prepare as for creamed mackerel. Sprinkle some grated cheese over the top and set it in the oven ten or fifteen minutes before serving until cheese is melted and browned (probably fifteen minutes).

**Salt Salmon**

_Freshen and prepare by any recipe given for mackerel. Serve salmon dishes with peas as the most suitable vegetable._

**Broiled Salmon.**—After thoroughly freshening, place the fish in a well oiled broiler directly over the coals. Broil for twelve minutes, dot with butter, reheat it a moment and serve around a mound of mashed potatoes. Cream sauce should be served with this dish.
Salt Codfish

How to Freshen Salt Cod—Codfish freshens very readily. Two to twelve hours would be sufficient for any purpose. For many recipes previous freshening is not necessary.

Old-Fashioned Codfish Dinner. — Strip the fish into small pieces or flakes. Put in a sauce pan and more than cover with cold water. Let it come just to a boil and then turn off the water. Again cover with cold water and let come to a boil. Much boiling will make the fish tough. This should be served with pork fat and scraps made by cutting salt pork into tiny dice and frying until crisp, using both the scraps and the fat served hot from the gravy bowl. If preferred, the plain white sauce may be used instead of the pork fat. With this dinner boiled potatoes and beets should always be served. Boiled onions also make a desirable addition.

Broiled Salt Cod. — After being freshened strip the cod into long flakes which should then be broiled over hot coals. Spread with butter and serve at once.

Creamed Codfish. — Strip the cod into small pieces. Place in cold water and let it come to a boil. Drain off the water and add a pint or more of milk to the fish according to the amount of cod used. Boil slowly for fifteen minutes, then add butter, a little pepper, and a thickening of one heaping tablespoonful of flour in enough cold water to make a cream. Stir well and cook about five minutes longer. Add one well beaten egg.

Pink Hash. — The remains of an "old-fashioned dinner" may be chopped and made into hash. Use this proportion: Three-fourths cup fish, one cup of potato, one-fourth cup beets. Put a spoonful of the pork fat and scraps in fry pan. Press the hash firmly together and fry a good brown on each side. Serve pickles or chili sauce with it.

Fish Sauce on Toast. — Make one cup white sauce. Add to it a half cup codfish which has been freshened
and broken into small pieces. Then stir in the white of a hard boiled egg finely chopped. Spread this on slices of buttered toast and decorate with little patches of the egg yolk rubbed through a strainer.

**Codfish Fluff**

**Codfish Balls or Cakes.**—Put the Codfish Fluff in a strainer and freshen by allowing cold water to run through it a minute or two. Squeeze the fish dry and measure. To one cup of this add two cups mashed potato, one beaten egg and a bit of pepper. If milk or butter have not been already beaten into the potato it may be necessary to add a spoonful or two of milk to the fish ball mixture. With floured hands mold into cakes or balls. They should then be dipped into egg and milk (one tablespoonful of milk to one slightly beaten egg) and rolled in cracker crumbs. Fry in deep fat. Serve either just as they are or with poached eggs or with a dressing of tomato sauce.

**Codfish Souffle.**—For this, use the Codfish Fluff which may be freshened by just standing in water a few moments and squeezing dry. For every cup of codfish use two cups of mashed potatoes, one half cup of milk, two well beaten eggs and one-fourth cup of butter. Have the milk and butter hot in a large sauce pan. Stir in the fish and mashed potato and beat thoroughly like cake. In a bowl beat the whites of the eggs stiff. Add the yolks and beat a minute longer. Stir the eggs quickly and lightly into the potato mixture and turn at once into a baking dish. A bit of pepper is all the seasoning necessary. Bake in hot oven half an hour. Serve at once when done. Should be light and fluffy.

Codfish Fluff is preferred by many for preparing such dishes as baked, scalloped and creamed codfish by the various methods as it is ready for use without previous freshening except a minute or two in cold water.
Smoked Halibut

Smoked Halibut is a splendid appetizer served without any preparation whatever except cutting into inch cubes.

For a Sunday evening lunch nothing can be more delightful than smoked halibut served with crackers or crisp buttered toast. Use the thin slices just as they come from the glass jars or cut the chunk halibut in cubes like cheese.

Broiled Halibut.—Freshen the halibut steaks by soaking in water over night or else by standing an hour in hot water. Drain the fish, place on a buttered toaster and broil on each side a delicate brown. Butter and serve with baked potatoes and graham muffins or other hot bread.

Creamed Smoked Halibut.—Use the sliced halibut from the glass jars for this. Prepare a white sauce as follows: Put two tablespoonfuls butter into a saucepan and melt without letting it brown, add two tablespoonfuls of dry flour, mixing well. Stir in one pint of milk a little at a time and cook, stirring rapidly until it thickens. Season with pepper. If carefully made it will not need to be strained. Add the halibut and serve on toast.

Smoked Halibut Relish.—To one pint of vinegar add one-quarter teaspoon mustard, one-quarter teaspoon of sugar and one sliced onion or simply the juice. Put as many thin slices of halibut in the vinegar as it will cover. Let it stand over night and use at any time.

Finnan Haddie

This is to be heated in the can either by immersing unopened in boiling water or by opening and heating in a double boiler. Always serve with potatoes in some form and hot bread of some kind if possible.

Creamed Finnan Haddie.—To each cup of haddie, cut in small pieces, allow one and one-half cups of hot milk, two tablespoons butter, one tablespoon of flour, one-half spoon pepper. Mix the pepper with the flour
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in a saucepan with the butter and cook until smooth. Add the hot milk and haddie and cook five minutes. Salt to taste.

Lobster

Plain Lobster.—As soon as the can is opened the lobster should be taken out, placed in a strainer, and well rinsed. It will then be bright and clear in appearance, and if you desire it may be used without further preparation. Lettuce dressed with oil and vinegar is a good accompanying dish or the lobster itself may be dressed with vinegar or garnished with lemon.

Lobster Salad.—Cut lobster in half inch cubes. Mix with a small amount of salad dressing and serve on fresh crisp lettuce leaves putting additional dressing on the top of each salad. Salad should be mixed just before serving and everything be kept on the ice until the last moment.

Lobster Stew.—Heat one pint of milk. When thoroughly hot season with an ounce of butter, pepper and salt to taste. Then add the contents of one-half pound can of lobster cut moderately small. Serve hot with dinner biscuit or crackers.

Lobster Cutlets or Croquettes.—One pound can of minced lobster seasoned with a quarter teaspoonful salt, a dash of paprika and one teaspoonful each of lemon juice and minced parsley. Moisten with one cup of double white sauce and beaten yolk of one egg. When cool shape into cutlets, dip in egg and crumbs. Let them stand an hour or two on ice, then fry in deep fat, being sure it is piping hot first. These may be browned instead in butter in a fry pan, but the deep fat is better.

Lobster a la Newburg.—Cut the lobster meat from a pound can into small pieces and heat in a chafing dish in one rounded tablespoon of butter. Sprinkle over it
a little salt and paprika or red pepper and add one tablespoon each of sherry and brandy. Then beat the yolks of two eggs, add one cup of cream and turn it over the lobster, stirring until thick and smooth. Serve at once directly from the chafing dish over wafers, Uneeda biscuit, hard dry toast, or Hubbard crackers.

**Creamed Lobster.**—Melt one tablespoon of butter in a chafing dish or saucepan. Add one tablespoon of flour, stirring until smooth. Then add one cup of cream or milk. Cook until it thickens, season with salt and pepper; add lobster meat, cooking slowly until thoroughly heated. Serve on buttered toast.

**Lobster in Timbales.**—Make a white sauce, season with salt, pepper, (onion juice and mustard if desired), and chopped parsley. Add lobster meat chopped coarsely and cook two or three minutes. Fill the timbales or croustades with this mixture, brush over with beaten egg, cover with bread crumbs, put little lumps of butter on the top and bake in quick oven.

**Fried Lobster.**—The whole pieces of lobster meat may be dipped in egg and cracker crumbs and fried in deep fat. Garnish with slices of lemon and serve with Julienne, French or other crisply fried potatoes.

**Japanese Crabmeat**

**Crab with Mushrooms.**—Use one can of Japanese crab and half a can of mushrooms cut in dice. Make a sauce in a frying pan of two tablespoonfuls of butter and one tablespoonful of flour stirred until smooth, and one cup of milk. Mix the crabmeat and mushrooms well together season with paprika, salt, and a dash of onion juice; turn into the sauce, cook three minutes, remove from the fire, add quickly three tablespoonfuls of cream heated with a pinch of soda, set over the fire for one minute, add a glassful of sherry and serve hot.
Crab Creole.—Rub a stewpan with a clove of garlic. Chop fine three little onions and two green chili peppers, first removing the seeds. Put them into the stewpan with two tablespoons of butter, salt and cayenne pepper and stew slowly ten minutes, then add one large peeled tomato, and stew ten minutes longer. Then add one tablespoon of flour, three-fourths of a cup of rich milk or cream and milk mixed with a pinch of soda in it. This sauce should be as thick as white sauce, and may need more flour. Add one or two cans of crabmeat, and serve as soon as it is hot, on buttered toast.

Devilled Crabs.—Can of crabmeat, one cup of very fine bread crumbs moistened with one-half cup milk, yolks of two hard-boiled eggs rubbed through strainer, small pinch of mustard, one level teaspoon salt, one pinch of cayenne pepper, one-fourth cup melted butter, mix well. Fill the timbales or small dishes with the mixture, sift very fine bread crumbs lightly on top, dot with butter. Brown quickly in hot oven, being careful they do not burn.

Crab Toast.—Put one can crabmeat in saucepan, with melted butter, one teaspoonful chopped celery, a level teaspoon of flour, one-half cup of cream, salt and pepper to taste. Simmer until reduced to suitable consistency for spreading on thin slices of toast. Garnish with a few slices of olives on each slice. A dash of sherry when nearly cooked is an improvement. Lobster toast may be made in the same way.

Maryland Crabmeat.—Make a rich cream sauce, add one cup crabmeat, two hard boiled eggs chopped fine, season with salt and pepper, and when ready to serve add two tablespoonfuls Worcestershire Sauce. Serve with or on toast.
FROM OCEAN, FARM AND ORCHARD

Shrimps

Shrimps may be prepared by most of the recipes given above for lobster or crabmeat. Peas should be served with most shrimp dishes, especially those made with white sauce. Shrimps should be always rinsed as soon as taken from the can. Do not retain the juice.

Shrimp Wiggle.—Into two cups of white sauce stir two cans of whole shrimps. When hot, turn this creamed shrimps over six or more slices of buttered toast arranged on a large plate. Sprinkle over all a can of peas previously heated and seasoned. Or arrange the slices of toast and shrimp around the edge of a platter and have a mound of peas in center.

Shrimp a la Newburg.—Cut the shrimps in small pieces, heat in two tablespoonfuls of melted butter, with a little salt and a shake of paprika and a tablespoonful of sherry, brandy or lemon juice. Remove the shrimps and make a white sauce by adding one tablespoon flour and one and one-half cups milk. When slightly thickened add one beaten egg, turn shrimps into this and cook one minute.

Shrimp Fricassee.—Rinse thoroughly in cold water two cans of shrimp, and prepare a cream sauce to which should be added a shake or so of cayenne. Stir this until boiling hot and smooth, then add the shrimp broken in small pieces and a few drops of Worcestershire sauce. Remove from fire and stir in a well beaten yolk of an egg and several spoonfuls of cream. Last of all, add a teaspoonful of lemon juice and serve on triangles of buttered toast garnished.

Shrimp Salad.—Rinse and chill the shrimps, place five or six whole or cut in halves on each crisp lettuce leaf mixing in a little chopped celery, if you wish. Crown each of these individual salads with a spoonful of salad dressing.

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New England Clams

**Fried Clams.**—Remove clams from can, dry with a towel and dip each one in corn meal with a little salt in it, beaten egg and meal again and fry in smoking hot deep fat until brown. Bread crumbs may be substituted for corn meal if you prefer it.

**Clam Chowder (Our Own Recipe).**—Take two or three slices of fat pork, a can of clams, three medium sized potatoes and one very small onion, the latter to be peeled and sliced. Fry out the pork add the onion and fry. Remove pieces of onion and pork and add potatoes cut in dice and water enough just to cover. Cook until potatoes are tender, add three cups of milk, just let come to a boil, then add the clams and leave them long enough to heat through. Salt and pepper to taste and serve very hot. Always serve with this chowder, the Gloucester Pilot Crackers.

**Clam Chowder from Canned Chowder.** Empty the contents of the large size can into a stewpan, add a pint or more of milk, four crackers, split, small piece butter, pepper and salt to suit the taste. For the small can use only one cup of milk and season to taste. Place over the fire until it boils, when it will be ready for the table.

**Clam Juice (Cans)**

**Clam Broth.**—To one can clam juice add one-half to one pint of water according to taste. Season with celery salt and a little cayenne pepper or tabasco sauce. Let it come to a boil. Serve in small cups with a spoonful of unsweetened whipped cream on top of each.

**Clam Extract Concentrated**

**As a Beverage.**—Serve diluted with hot water or milk and season to taste. This is particularly fine on retiring.
Little Neck Clams

Iced Clams.—Serve half a dozen clams chilled and surrounded by cracked ice. Garnish with a slice of lemon and provide tabasco sauce and salt or lemon and ketchup, or horseradish.

Creamed Little Neck Clams with Mushrooms.—Melt one tablespoonful of butter in chafing dish. Add one tablespoonful of flour—stir until smooth—pour in gradually one cup of milk and a half cup of Little Neck clam juice. When it boils, add 12 or 15 little neck clams and one cup of button mushrooms. Stir until good and warm—serve on toasted bread or crackers.

Minced Clams

Clam Stew.—Heat one pint of milk. When thoroughly hot season with an ounce of butter, pepper and salt to taste. Then add contents of one can of minced clams. Serve hot with Gloucester Pilot Crackers.

Minced Clam Pie.—Render hot fat from small pieces of pork, season with little chopped onions, thicken with a little flour so it can be poured. Line a deep dish with pie crust, pour in contents of a can or more of little neck clams minced without the juice, cover with crust, and bake until all is well done.

Oysters

Oyster Stew.—Heat nearly to boiling three cups of milk. Then turn in one can of oysters, juice included, add salt and pepper and large lump of butter. Heat until it just boils and serve with small crackers.

Fried Oysters.—Drain and wipe the oysters dry, then roll in cracker or bread crumbs seasoned with salt and pepper, dip in egg beaten up with one tablespoon milk and roll again in crumbs. Fry quickly in hot fat;
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drain on paper as fast as taken up. Serve hot, garnished with slices of lemon.

**Grilled Oysters.**—Put a large piece of butter into a hot pan and when it smokes, drop in the oysters, a few at a time. When the oysters are browned remove to a hot dish and pour over them a sauce made of the oyster liquor and melted butter thickened with flour. Season with Worcestershire sauce, salt and cayenne and serve on toast. Garnish with parsley.

**Scalloped Oysters.**—Mix a cup of stale bread crumbs or cracker and a third of a cup of melted butter, salt and pepper only for seasoning. Butter one or two very shallow dishes. Put in a single layer of oysters and cover with part of the prepared crumbs; then the second layer of oysters and remaining crumbs; two deep—no more. Wet with a little of the liquor. Dot generously with butter. When baked to a rich brown, the scallop should be moist, but not wet.

**Tunny Fish**

**Tunny Salad.**—This makes a fine salad, resembling chicken in appearance and flavor. Take one can of Tunny, breaking the fish apart with a fork, but do not chop. Add a liberal quantity of coarsely chopped celery. Cover liberally with a rather tart salad dressing. Serve on crisp lettuce leaves.

**Tunny Fish Savory.**—One small can of tunny fish one pint of milk, one small can of pimientos, one small green pepper, two tablespoonsfuls of butter, two tablespoonfuls of flour, salt, pepper and paprika to taste. Blend the butter and flour well together in a saucepan over the fire, then add the milk and stir until smooth; then add the pimientos and green pepper cut fine, and cook for three minutes, stirring all the time. Put in
the tunny fish and the seasonings, and when thoroughly hot serve on squares of toast.

**Creamed Tunny.**—Put the contents of one can of tunny fish in a pan over the fire, pour over it a cup of milk; add a little butter, salt and pepper to taste, minced all together. When it comes to a boil, thicken with a tablespoonful of flour wet up in milk. Serve hot.

**Tunny Fish Fritters.**—Stir up a batter of a pint of milk, four eggs, a pinch of salt, one large teaspoonful of baking powder and flour enough to make batter thicker than batter cakes. Stir in the tunny fish, minced fine, and fry like any fritters.

**Tunny Club Sandwich.**—Toast three slices of bread on one side. On one slice place a curly crisp lettuce leaf and cover with dressing, put on second slice toast, more lettuce, dressing, slices or flakes of tunny. Third slice toast topped with three slices broiled bacon and thinly sliced pickles. Decorate with parsley.

**Fresh Salmon (Canned)**

**Cold Salmon.**—Salmon may be served cold just as taken from the can which shall have been previously set on the ice a few hours. Open the can on side near top so it will not break apart. Serve with either mayonnaise, tartar sauce, lemon juice or vinegar. Suitable accessories are peas or string beans or asparagus tips, and mashed potatoes.

**Boiled Salmon.**—Before opening the can heat it by setting in a saucepan of boiling water for ten or fifteen minutes. Serve with white sauce, or Bernaise or Hollandaise, peas and mashed potato.

**Salmon Salad.**—Take salmon from the can in large pieces, drain from fat, and arrange in a pyramid in the middle of a round platter, and about it set single leaves
of lettuce shaped like cups each one holding a spoonful of peas mixed with mayonnaise. Garnish the salmon with lemon slices.

**Salmon Patties.**—Open a can of salmon, turn out with as little breaking as possible; take the largest pieces, roll in flour, drop in boiling fat and cook rapidly to a light brown; lay on a platter with lettuce leaves and a quartered lemon to squeeze over; mix the fine pieces and liquid with mashed potatoes and make patty cakes; roll them in beaten egg, salted bread crumbs and fry brown.

**Fish Flakes**

**Fish Flake Hash.**—Separate a can of 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 altogether 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 Flakes Creamed.**—Add a pint or more of milk to the fish flakes, according to the size of can used. When it boils slowly, add butter, a little pepper, and thickening of one heaping tablespoonful of flour in enough cold water to make a cream. Stir well, and cook about five minutes longer.

**Fish Flakes Timbales.**—Pick the contents of one can of fish flakes into bits with a silver fork; add a quarter of a cupful of sifted bread crumbs from the centre of a stale loaf, a quarter of a teaspoonful of paprika, two
well beaten eggs and a cupful and a half of milk. Mix well, then turn into buttered timbale moulds or old-fashioned patty pans. Stand these in a pan of boiling water reaching nearly to their top and bake until the centres are firm. Unmould carefully on a hot platter, decorate with sliced hard-boiled egg and turn over all a cupful of drawn butter, cream sauce or tomato sauce and serve at once.

**Codfish and Haddock Roe**

*Roe Cakes.*—Mix the roe with an equal amount of bread crumbs or cracker dust and one beaten egg. Season to taste and form into small round cakes and fry. Stewed tomatoes go well with this dish.

*A Luncheon Dish.*—Heat the roe thoroughly and pour over it a sauce made of one cupful of tomato juice, one tablespoonful of butter, and one tablespoonful of flour. Cook butter and flour together, add tomato juice and cook until it thickens. Season to taste.

**Fish Pastes**

*Used as a sandwich filling between plain crackers.* Very little need be used as it is very highly seasoned. The Anchovy is very salt; the Kipper and Bloater fillings have a smoked flavor and the Sardine has natural rich flavor.

**Boneless Herring**

*As a Relish.*—To serve simply take from the jar and arrange on a small dish and serve plain as a relish with bread or crackers, with bread and milk or with milk toast for luncheon.

*Herring Salad.*—Freshen and broil half a jar of smoked herring. Break them into flakes with a fork,
season with one tablespoon of vinegar and three of oil, adding a drop or two of tabasco. When cold serve on a bed of watercress or of shredded lettuce dressed with oil and vinegar. The fish may be used without cooking, but broiling develops their flavor. Thin slices of buttered rye bread should be passed with this salad.

**Club Sandwich a la Davis.**—After preparing three or four choice lettuce leaves, place them in olive oil and vinegar. Toast a sufficient quantity of boneless herring, which have previously had boiling water poured over them. Place the herring and lettuce and a slice of tomato with Mayonnaise dressing between slices of well browned toast and you will have a tasty sandwich.

**Kippered Herring**

**Herring in Tomato Sauce**

These are to be heated in the can either by immersing unopened in boiling water, or by opening and heating in a double boiler. Always serve with potatoes in some form and hot bread of some kind if possible.

**Fresh Mackerel**

**Canned Soused Mackerel**

**For Lunch.**—Serve cold just as taken from the can with lemon slices for garnish.

**For Breakfast.**—Heat in the can and serve hot with potatoes and muffins.

**Fried Mackerel.**—Fry just as you would any pan fish except that being already cooked it only requires browning on both sides.
Sardines

To serve sardines. Open the can and either set in a sardine dish serving directly from the can or lift out the fish carefully and arrange neatly on a small dish. Serve with lemon slices, the juice to be squeezed over the sardines. Crackers plain or toasted should be served with sardines.

Sardine Sandwich.—Take each sardine, cut off tail, split and remove the bone. Put the pieces in a little lemon juice and let stand one-half hour. Drain thoroughly and spread on toast between fresh lettuce leaves with a shake of paprika. One small box will make six sandwiches.

Sardine and Shrimp Salad.—Take equal parts of shrimp and sardines, marinate separately in a little tarragon vinegar. Line salad bowl with lettuce and fill with alternating layers of cold asparagus tips, sardines cut in dice, thinly sliced cucumbers and tomatoes, then one of shrimp divided in sections if desired. Serve with French dressing.

Stuffed Sardines.—Select the boneless variety—put up in oil—open, and fill with Parmesian Cheese, press together and serve with sliced lemon.

Caviar

Caviar Butter Sandwiches.—Take a can of caviar, one teaspoon lemon juice, one-quarter teaspoon paprica; cream two tablespoons fresh butter and add the above mixture; thoroughly incorporate; then spread on bread and make as any sandwiches, cutting into small diamonds.

Caviar and Olives.—A delicious little appetizer for the supper table consists of large queen olives, cut in half, the stones removed and the cavities filled with caviar. Arrange the olives on little white lettuce leaves, allowing one to each person and garnish with narrow sections of lemon.
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Crab Tidbits

**Crab Sandwiches.**—This makes very nice sandwiches mixing either with mustard or mayonnaise dressing.

**Croquettes from Crab Tidbits.**—Mix one can crab tidbits with two well beaten eggs, half cup cracker crumbs, tiny pinch red pepper, salt to taste. Dip out with tablespoon and fry a nice brown in hot butter or pork fat. Serve hot with lemon.

Lobster Sandwich Filling

This is an ideal preparation for sandwiches. Being a preparation of the best parts of lobster combined in the form of a moist paste, it offers you a sandwich filling of delicious flavor. It is also splendid for croquettes.

Norway Herring in Olive Oil

These are to be served in the same manner as sardines. They are very dainty fish and are carefully packed in Olive Oil. As an appetizer they are very nice indeed.

Filet of Anchovies

Filet of Mackerel

These are to be served as a first course without any preparation whatever. Serve with sliced lemon as an appetizer or relish with bread, toast or crackers.

Tiny Mackerel

You will find these very nice as a change from sardines as they are very delicate and have an appetizing flavor. They should be served with sliced lemon with crackers or toast. They should be served cold.

Sandwich Regalia

This is ready to be served without further preparation for making delicious bread or saltine sandwiches.
FROM OCEAN, FARM AND ORCHARD

Pure Clear Green Turtle

Clear Green Turtle Soup.—Take about one quart of well seasoned soup stock which may be made by sim-mering in water (an hour or more) any kind of meat (and bones) with some or all of the following. Onion, leek, turnip, carrot, celery, thyme, bay leaf, sage, clove and pepper. Strain the stock, add the Clear Green Turtle cut in small cubes with the liquid from the same. Cook about fifteen minutes, season with salt and pepper.

Sliced Bacon

For Breakfast.—Lay the slices in a cold pan and set over a moderate fire. Watch and turn them often and as soon as they look opaque, tilt the pan, draw the slices up from the grease to dry, and transfer to a thick brown paper to drain before laying them on the platter. They should hardly grease the fingers and be crisp.

Bacon and Sweet Potatoes.—Fill a shallow pan with cold sweet potatoes sliced. Cover the potatoes with the bacon and bake until the bacon is crisp.

Sliced Dried Beef

Frizzled Beef.—Pour boiling water over a half pound of dried beef and let it stand ten minutes. Drain and heat in one tablespoonful of hot butter, to curl or frizzle it. Add one cup of hot cream. Or add a cup of the white sauce made with one cup of milk, one tablespoonful of butter and one tablespoonful of flour. Pour the whole over one well beaten egg and a little pepper, and serve at once. Or, frizzle it and mix with two or three poached eggs.

Creamed Dried Beef.—One-half pound of dried beef (not smoked) one quart of sweet milk; one egg beaten
lightly, one tablespoonful of flour, and four of milk; one-half tablespoonful of butter. Cut dried beef in very small pieces. Put milk in a double boiler and let it come to a boil; put in dried beef; mix flour and milk until smooth; put into the egg; then add it to the beef, and stir until it is cooked. Add butter and serve hot with baked potatoes.

**Dried Beef Omelet.**—Chop fine the contents of one-half pound of sliced dried beef. Add to the chopped dried beef the yolks of six eggs and beat well. To this mixture add one level teaspoonful of finely chopped parsley. Have ready the stiffly beaten whites and fold in gently. Melt a tablespoonful of butter in an omelet pan, pour in the egg mixture and stir well with a fork until it becomes quite thick; incline the pan and shake gently to bring the omelet near the edge; then begin to fold. If properly made it will be soft inside and thick in the centre and should cook in five minutes over a bright fire. Garnish with parsley after placing on a heated platter.

**Gloucester Pilot Crackers**

They are particularly adapted for serving with stews, chowders, etc. For a lunch, well buttered and eaten with cheese they are splendid. For crackers and milk these are ideal. To renew crispness, simply heat in the oven a few minutes.

**Sauces and Dressing for Fish**

**Anchovy Sauce.**—Rub together two level tablespoonfuls of butter, two level tablespoonfuls of flour, add a teaspoonful of anchovy paste, and stir in slowly a half-pint boiling water. Boil a minute, add a saltspoonful of salt and a tablespoonful of lemon juice.
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**White Sauce.**—Melt without browning one rounding tablespoonful butter. Add one rounding tablespoonful dry flour. Cook together a few minutes stirring all the time. Then add one cup of milk and stir until it comes to a boil. Will be smooth and thick and will not need straining.

**Double White Sauce.**—Melt two rounding tablespoons butter, add two rounding tablespoons flour. Mix thoroughly—add one cup milk, salt and pepper to taste and cook until smooth and very thick. This is used in croquettes, tomato cream sauce, etc.

**Egg Sauce.**—Make a white sauce, then add sliced, chopped or grated hard boiled eggs to get the desired effect.

**Maitre D’Hotel Butter.**—Cream an ounce of butter (one rounding tablespoonful) add a little salt and pepper, one teaspoonful chopped parsley and one tablespoonful lemon juice.

**Oyster Dressing.**—White sauce with oysters heated in their own liquor added to it.

**Lobster Sauce.**—White sauce with chopped lobster and yolk of one egg added.

**Shrimp Sauce.**—White sauce with shrimps and yolk of one egg added.

**Tartar Sauce.**—To any good mayonnaise or salad dressing add chopped parsley, sour pickles, olives and capers (any or all of these) stir in one-third volume of whipped cream. Serve on small dishes.

**Mayonnaise Dressing.**—To insure success in mixing, the ingredients and dishes should be thoroughly chilled,
the following should be gotten together and set in the ice box several hours before mixing.

1. Yolks of two eggs (in a large china mug with handle), this is much more convenient than an ordinary bowl.

2. 1 level teaspoon dry mustard, 1 level teaspoon salt, 1-4 level teaspoon cayenne pepper, 1 scant cup best olive oil.

3. Have these and a silver fork thoroughly chilled, the dressing can then be made in fifteen minutes. Beat egg yolks with fork till very thick and creamy, add oil a little at a time, beating continually; this mixture will gradually become quite stiff, finally add vinegar mixture, a spoonful at a time, mixing thoroughly each time with fork. Put in covered glass jar and set on ice till ready for use. Will keep several weeks. Stir in fresh cream just before using for salad. The whole rule will take one-third to one-half cup of cream.

Salad Dressing without Oil.—Use four tablespoonsfuls butter, one each of flour and sugar, one teaspoonful each of salt and mustard, one cup milk, one-half cup of vinegar, three eggs, a speck of cayenne. Melt the butter in a double boiler, add flour and stir until smooth; add milk and let come to a boil. Beat the eggs, salt, pepper, sugar and mustard together; then add the vinegar; stir this into the boiling mixture until thick and smooth. Bottle for future use. Stir in fresh cream just before using for salad. (The whole rule will take one-third to one-half cup cream.)

Tomato Sauce.—Boil together a can of tomatoes with a little onion and minced peppers. Strain. Melt a tablespoon butter, and stir in a tablespoonful flour. When well mixed add one cup of the tomato juice strained. Use with or on fried fish, fish cakes, etc.
Canned Vegetables

General Methods of Using

When using canned vegetables, remember first to drain off the liquid, then rinse the contents with cold water. Many people make the mistake of re-heating the vegetables in their own juice. This should not be done excepting in the case of certain things like corn and tomatoes. The liquor in which they are preserved is a part of the vegetable itself and so should not be drained off. In the case of asparagus tips, peas, tiny rosebud beets, spinach, dandelions, carrots, turnips, cauliflower, mixed vegetables and mushrooms, these should all be taken from the can and rinsed thoroughly as a first step in the preparation.

All our vegetables make splendid side dishes simply heated and seasoned to taste.

Tomatoes

Puree of Tomatoes.—Empty the contents of a can of tomatoes into a granite pan, and stew until fairly thick; press through a sieve and add a piece of bicarbonate (baking soda) the size of a green pea; then season with salt, pepper and butter and add a cupful of rich milk. Wet a tablespoonful of flour with enough cold water to form a thin paste and add to the tomato, stirring until the mixture is creamy. Serve in hot dishes or a tureen, arranging the white of a hard cooked egg into petals, and the yolk, pressed through a sieve, on top to form a flower. When serving, portion out the petals and yolk to each dish. Little cubes of stale bread, fried brown in fat are nice to serve with this soup, or "finger" lengths of toasted bread are tasty accompaniments.

Tomato Cakes.—Take one cupful of canned tomatoes, two eggs, one dozen soda crackers rolled fine. Season the tomatoes and mash with half the crackers, add the eggs and beat smooth; add the rest of the crackers and form into small cakes. Drop into a hot buttered griddle
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and fry a nice brown. These are delicious when served with light meat for luncheon.

Fancy Maine Corn

**Corn Fritters.** — One can of corn, half a cup of milk, half a teaspoonful of salt, one quarter of a teaspoonful of pepper, one teaspoonful of melted butter, two eggs well beaten, one teaspoonful of baking powder, mixed with enough flour to make a thick batter. Fry by the spoonful in hot lard; turn as you would pancakes, and serve with wine sauce.

Hulled Corn

This should be taken from the can and rinsed and may be served cold as a cereal, or it may be fried with bacon and syrup poured over it.

Peas

**Pea Timbales.** — Press through a sieve canned peas till you have a cupful; add two beaten eggs, a drop or two of onion juice, a quarter of a cup of rich white sauce, a tablespoonful of melted butter, and salt and cayenne to taste. Beat well, put into small buttered moulds, and bake in a pan of water till they are set. Turn out on a hot dish and surround with more white sauce, or tomato sauce; or white sauce with chopped oysters in it.

Imported Peas

**Normandy Salad.** — Pour a can of imported peas into a dish, season with a little salt and pepper and add a pinch of sugar. Chop half a pound of English walnuts and mix with the peas. Pour over it a half cupful of mayonnaise. Serve with lettuce.
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Pate de Foie Gras

Always keep this in a cool place. Put the can on ice three to four hours before serving so that the contents may be thoroughly chilled. Serve with bread or crackers.

Asparagus Tips

Asparagus Tips on Toast.—Remove the asparagus from the can and rinse thoroughly. Heat it in a double boiler and when thoroughly heated lay the tips carefully on slices buttered toast. Season with salt, pepper and butter.

Combination Salad.—Take equal parts of the cold asparagus tips, tiny new whole cold boiled potatoes, marinating both. Between each layer add a few slices of canned young turnip, young carrot, radishes and celery, any or all, and a little grated onion or sliced spring onions. Serve with French dressing.

Browned Asparagus.—Drain one can of asparagus, then dip each stalk in beaten egg, then in grated cheese, then again in the egg and roll in fine breadcrumbs. Fry in plenty of smoking hot fat to a golden color, then drain and garnish with blanched celery tops.

Tiny Rosebud Beets

These may be prepared in a variety of tasteful ways. Beets as a garnish are always effective, unless used in a combination with carrots when a clash of color results. With the cold green of cucumbers or lettuce, or the white of potatoes they are exceedingly attractive.

They are indispensible for serving with Salt Fish Dinner. For this purpose they should be taken from the can and heated in water.

Sliced Beets

As these are put up in a weak vinegar they are very nice to serve as a side dish or as a relish.

Domestic Spinach

Take this from the can and rinse thoroughly through a strainer. Let it simmer thirty to forty-five minutes
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with a small piece of salt pork. This is especially well liked served with boiled potatoes and corned shoulder. Vinegar, olive oil or Worcestershire may be added according to taste.

Imported Spinach

*This is fine served hot as a side dish with meat. Remove from the can and rinse thoroughly before heating.*

**Spinach Salad.**—Drain one can of imported spinach. Dress with salad cream. Butter small tin molds slightly and pack solidly with the mixture. Chill, remove from mold and arrange on thin cold boiled tongue, cut in circular pieces. Garnish base of each with parsley and serve on top of each Tartar Sauce.

Dandelions

These should be taken from the can, rinsed thoroughly through a strainer and let simmer for about an hour with a small piece of salt pork. They are especially well liked served with boiled potatoes and corned shoulder or beef. Most people like them served with plenty of vinegar or olive oil and vinegar.

Tiny Carrots

**Escalloped Carrots.**—This makes a substantial supper dish. To do this take one can of carrots diced. Butter a baking dish, place a layer of carrots in the bottom, sprinkle thickly with breadcrumbs which have been mixed with melted butter or other fat, and then add a layer of canned tomato pulp which has been well seasoned. Continue until the dish is filled, finishing with the crumbs. Bake for an hour in a slow oven.

Tiny Turnips

These small white turnips require no cooking—simply remove from the can and heat thoroughly in water.
FROM OCEAN, FARM AND ORCHARD

They will be found very delicate in flavor and suitable for serving alone or with other vegetables.

Pimientos

**Pimiento Cream.**—Beat one-half cupful of heavy cream until stiff. Add one-half the stiffly beaten white of an egg, two tablespoonfuls of pimiento puree and a few grains of salt. To obtain pimiento puree, drain canned pimientos, dry and force through a sieve.

**Rice and Pimiento.**—One can of pimientos, and one cupful of rice, one cupful of grated cheese, two eggs, one and one-half cupful of milk, salt and pepper to taste. Wash the rice and boil it in plenty of boiling salted water, then drain; add the cheese, the pimientos, first having cut them in small pieces, the eggs which have been well beaten, the milk and the seasonings. Turn into a buttered baking dish and bake in a moderate oven for twenty minutes.

Cauliflower

**Baked Cauliflower.**—Arrange the cold cauliflower in a flat baking dish. Pour over it any kind of white sauce. Beat two eggs, and stir into sauce. Cover the top lightly with breadcrumbs, scatter little bits of butter over it, and bake till brown. Serve very hot.

**Cauliflower Salad.**—Boil the cauliflower in salted water until tender, then pull apart into flowerets; marinate with three tablespoonfuls each of vinegar and of olive oil, half a teaspoonful of salt, and half a teaspoonful of pepper. Serve on lettuce leaves.

Mushrooms

**The most common way of serving these is mixed with gravy as a dressing for fancy steak or other meat dishes.**

**White Mushroom Sauce.**—Drain a small can of mushrooms and cut in slices. Melt three tablespoonfuls of
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butter, add three tablespoonfuls of flour, one cupful of chicken-stock, and cook until thick and smooth. Season with one-eighth teaspoonful of pepper, and a slight grating of nutmeg. Add one-half cupful of cream, and the mushrooms. Serve as soon as heated.

Cepes or Wild Mushrooms

Suggestions for Preparing.—Drain the cepes and cut them the desired size. Season them with salt and pepper. Turn them into a casserole containing boiling olive oil and leave about ten minutes on the fire in order to fry them until they are brown. One can make a hash from the cepes mixed with bread and little onions. Mix altogether for a few minutes. Add some parsley and a few slices of lemon and serve on a very hot platter.

Brussels Sprouts

Brussels-Sprout Salad.—Place the cold Brussels Sprouts in a salad bowl with lettuce leaves. Mix together some finely chopped ham, capers, onion, olives and some green peppers. Then add a cupful or two of green peas. The Brussels sprouts should marinate for several hours in French dressing. The chopped mixture should be scattered between the Brussels sprouts some time before serving, so that they may absorb the flavoring of the ingredients. Decorate with designs cut out of beets and serve with mayonnaise.

Mixed Vegetables (Macedoine)

The tiny fancifully cut vegetables make the most delightful salad imaginable. They should be taken from the can, drained from the liquor and prepared with French dressing. Serve on crisp lettuce leaves. Added to most any kind of soup stock they make a splendid vegetable soup.
New England Baked Beans
and Baked Kidney Beans

**Baked Beans.**—These may be heated in the can by immersing it in boiling water for a few minutes or they may be taken from the tin and heated in a pan.

Our beans are baked plain without tomato sauce as while the sauce or ketchup is considered a pleasing addition by many, others prefer pickles, piccalilli or similar relishes, or wish to add the sauce themselves.

The cold baked beans are well liked in a salad.

Many people alternate in serving the two kinds of Baked Beans.

New England brown bread should be served with the baked beans to make the meal complete.

**Green String Beans, Golden Wax Beans**

**Lima Beans**

*These choice vegetables make most delicious side dishes. They should be taken from the can rinsed and heated, and butter added. Season to taste.*

**Serving Canned Fruits**

*Our fruits are delightful served as a preserve right from the can. We have added a few suggestions for using them in delicious desserts which will appeal to all.*

**Hawaiian Pineapple**

**Pineapple Shortcake.**—Cut Hawaiian canned pineapple in small cubes and stew with a cup of sugar. When cool put on ice so it will become very cold. Strain off the juice to use in a pudding sauce, and add whipped cream to the fruit. Pile between and on top of the cakes and decorate with a red cherry or berry.
Marshmallow and Pineapple Dainty.—Whip one cupful of thick cream, then add one-half pound of marshmallows cut in quarters, and one can of pineapple cut in small pieces. Mix and serve in dainty glasses.

Pineapple and Pimiento Salad.—Drain sliced Hawaiian pineapple from its liquor and cut into cubes. Mix with a cream mayonnaise dressing, arrange on lettuce leaves and garnish with strips of pimientos.

Fruit Compote.—Allow a halved canned peach for each guest and arrange in the centre of a dish, placing a slice of banana in each centre, after dipping each slice in lemon juice. Arrange halved sliced pineapple overlapping each other about the peaches, and outside of this layer place canned cherries or halved seeded Malaga grapes. Simmer a pint of the peach, pineapple and cherry juice until like strained honey; add a little lemon juice to give zest; when it cools pour over the fruit and let all stand to become chilled before serving.

Peaches

Peach Cream Pie.—For two pies, use one can of peaches, cutting each half into several pieces, three eggs beaten well, one teaspoonful of cinnamon, one-half teaspoonful of nutmeg; one-fourth teaspoonful each of cloves and allspice, one pint of milk, or one cupful of milk and one cupful of peach juice, three-fourths of a cupful of sugar. Mix well together, line pans with pie crust, pour in mixture and peaches and bake in a moderate oven.

Compote of Rice with Peaches.—Wash two-thirds cup rice, add one cup boiling water and steam until rice has absorbed water; then add one and one-third cups hot milk, one teaspoon salt, one-quarter cup sugar. Cook until rice is soft. Turn into a slightly buttered round shallow mold. When shaped remove from mold.
to serving dish, and arrange on top sections of canned Peaches drained from their syrup and dipped in macaroons. Garnish between sections with candied cherries. Pour peach syrup around mold.

**Pears**

**Jellied Pears.**—Drain syrup from one can pears, heat to boiling point, add one-third cup of sugar, one tablespoon ginger syrup, one tablespoon lemon juice, one and one-half tablespoons granulated gelatine soaked in two tablespoons cold water and dissolved in one-third cup boiling water. Cool until begins to set. Cut pears in quarters, arrange in mould with thin slices of ginger and the jelly when it has slightly stiffened. Chill, unmould, serve with whipped cream, sweetened and flavored with pistachio.

**Pear Salad.**—Drain juice from one can pears, arrange on salad plate, fill centres with cut celery and English walnuts mixed with mayonnaise dressing. Garnish with heart leaves lettuce.

**Apricots**

**Apricot Custard.**—One pint of milk, yolks of two eggs, beaten, two tablespoons of sugar. Cook in double boiler as for thin custard. For the whip use the whites of eggs beaten stiff and mixed with one cup of canned apricots that have been rubbed through a colander. Place custard in glass dish and cover with whip.

**Raspberries**

**Raspberry Ice.**—Two cups water, one cup sugar, juice two lemons, one can Cuthbert red raspberries. Boil sugar and water ten minutes, cool, add the lemon juice, and the juice drained from one can red raspberries. Freeze.

**Raspberry Pudding.**—Two tablespoons butter, one-half cup of sugar, one egg, one-quarter cup of milk,
seven-eights of a cup of flour, and one and one-quarter teaspoons baking powder. Cream butter, add sugar, egg beaten, milk, flour, and baking powder; bake in individual tins, remove centres and fill with raspberries; garnish top with a tablespoon whipped cream, sweetened and flavored.

Strawberries

Strawberry Mousse.—Three cupfuls heavy cream—whipped, one and one-half cupfuls crushed strawberries, one-half cupful powdered sugar. Add the sugar and the berries to the cream; which has been whipped until stiff. Mix carefully, and pour into a mold. Cover and bind the seam with a strip of muslin or cheese cloth which has been dipped into melted fat or paraffin. Pack in a tub of crushed ice and salt—allowing about one cupful of salt to every three cupfuls of ice—and let stand for about three hours. When properly frozen, this should be solid on the outside, but creamy in the centre.

This dessert is easily made, wholesome and nice enough for any dinner, no matter how formal.

Strawberry Tapioca.—One can strawberries, boiling water, one-half teaspoon salt, one-half cup sugar, and one-third cup minute tapioca. Drain juice from berries, add enough boiling water to it to make two cups, add tapioca, salt and sugar; cook until clear. Put strawberries in buttered baking dish, pour over the cooked tapioca, and bake fifteen minutes. Serve with whipped cream, sweetened and flavored.

Blueberries

Blueberry Pie.—Line a pie plate with pie crust and pour on the cold blueberries (not heated) carefully so that they will not go through the crust. Sweeten to taste and dredge slightly with flour to slightly stiffen. A sprinkle of cinnamon adds to the flavor and a small
piece of butter on top before the top crust is put on imparts a richness. When putting on the top crust, be sure the edges are well folded together so that the juice may not leak out.

**Prunes**

**Prune Salad.**—Remove the stones from one can of prunes. Stuff with nut meats or cream cheese or both. Serve on crisp lettuce leaves with mayonnaise or French dressing.

**Prune Whip.**—Remove stones from one can of prunes and chop fine. Beat whites of two eggs stiff, add them to the prunes and whip altogether and bake twenty minutes. Serve with custard or cream.

**Plums**

**Fruit Pudding.**—One quart sifted flour, two tablespoonfuls shortening, half teaspoonful salt, and two teaspoonfuls baking powder; mix well, then form a soft dough of milk or water, roll out thin, and spread with plums; roll it up, tie in a cloth, and place in the steamer or boil in a mold.

**Pitted Red Cherries**

**Fruit Blanc Mange.**—Reserve half a cup of milk from a quart, and put the remainder on the stove to come to a boil. Mix five large tablespoons of cornstarch and a teaspoon of salt with the half cup of milk. Stir this into the boiling milk and cook ten minutes. Add to this one heaping cup of pitted red cherries, and remove immediately from the fire. Pour into a serving dish and set aside to cool. Serve with cream and sugar.

**Cherry Pie.**—Line a deep pie plate with plain pie crust, fill with cherries, dredge with flour, and cover with crust. Bake in hot oven.
Preserved Figs

For Breakfast.—Serve preserved whole figs in natural syrup with hot buttered rolls or biscuits; or, if too sweet, strain off the natural syrup and serve figs with cold cream or rich milk.

Fig Sundae.—Over each individual service of ice cream, spread preserved figs, minced with the natural syrup.

Fig Ice Cream.—To every pint of preserved figs, minced in natural syrup, allow one pint cream. Stir the figs with a wooden spoon until they are well minced; then with the back of the spoon rub them through a hair-sieve. Whip the cream for a few minutes. Put the mixture into the freezer and freeze.

Salted Nuts

There is hardly a meal or an occasion when salted nuts have not an appropriate place if indeed they are not a necessary adjunct. For little spreads, picnics and luncheons, they are splendid, while the well ordered dinner is not complete without them. They are delicious as a confection and children may be allowed to eat them freely without fear of injury to their health.

Coffee

There are two generally accepted methods of correct coffee making—one is the pot method and the other is the percolator method. One ounce of coffee, or a tablespoonful, to a pint of water will prove to be the most satisfactory proportions for the average person. Stronger or weaker coffee can be prepared by using more or less water.
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In the ordinary coffee pot method, the coffee should be put into the pot first. Then beat an egg into it and stir the mixture including the shells until it forms a paste. Pour in cold water and let it come to a boil. Stir down and let come to the boiling point again. Remove from the fire and let it settle a few moments before serving.

When using a percolator, the coffee should be ground very fine, nearly pulverized, so that the essential oils may be released rapidly. Carefully made coffee prepared according to the foregoing suggestions will always be found to be a clear, fragrant and taste charming beverage.

Tea

To make a perfect cup of tea is easy if the following important points are borne in mind and carefully followed.

One teaspoonful of tea should be allowed for each person. When using an ordinary tea pot, pour the boiling water on the tea but do not boil the tea. The infusion should not last longer than four minutes. When using a tea ball, simply fill it loosely with the tea; if too much is used, the water will not circulate through as it should. The tea ball should be lowered into the water for the desired length of time and then withdrawn.

Many people find good results obtain by simply putting the tea in a strainer and pouring boiling water through it.

**Iced Tea.—** This should be made several hours before it is needed and set on ice. When ready to use it, sweeten and drink without milk or cream. Put plenty of cracked ice into the glass and a slice of lemon on the edge.
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