Success in Seasoning
Nearly a century ago, Lea & Perrins of Worcester, England, compounded a sauce from the recipe of an English nobleman, who had spent many years in India. They began production on a large scale, and its local acceptance was followed by ever increasing demand.

Where the flag of civilization went, Lea & Perrins Sauce, the Original Worcestershire, followed. Scarcely a ship left Britain without a supply among its stores. Soon the great hostelries at the ports of call featured it in their menu attractions. Branch distributing houses were established in all parts of the world, thus making it available at even the remotest points.

Now, Lea & Perrins Sauce has become an institution, a gastronomic necessity wherever fine flavor in food is appreciated. Its success has been due to two factors: the fine, zestful, appetizing piquance that always makes food inviting, and its dependable uniformity wherever and whenever you find it.

There is no substitute for Lea & Perrins Sauce. Do not be deceived by packages designed to imitate it. Look for the signature “Lea & Perrins” written diagonally across the label.
Success in Seasoning

LEA & PERRINS, Inc.
241 West St., N. Y.

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NOTE: The recipes in this book, except where otherwise stated, are meant for the service of four persons.

Measurements are level and are based on standard sizes in cups and spoons as given below:

3 teaspoons = 1 tablespoon
16 tablespoons = 1 cup
2 cups = 1 pint
4 cups = 1 quart
Almost any dish, made of good ingredients and put together with even moderate ability, tastes appetizing if the seasoning is managed skillfully. This means just the right kind of seasoning, and enough but not too much.

There is one seasoning compounded with such artistry that it seems to belong to every dish. Of course you’ve guessed its name—it’s Lea & Perrins Sauce.

Think what it would mean not to have Lea & Perrins Sauce to give point and emphasis to your steak. How flat and lacking in interest you would find the best soup without a dash of Lea & Perrins Sauce to bring out its latent goodness.

For generations Lea & Perrins Sauce has been accepted as the standard table sauce for such things as steaks and chops, soups, cold cuts, stews, hashes, chowders, meat loaves, welsh rabbit, escalloped dishes, and, of course, fish and shellfish.

Perhaps you have known it at the dining table but not in the kitchen. If so, you will find in this little book of recipes old favorites that will surprise you by the newness of their flavor because Lea & Perrins Sauce is one of the ingredients used in their preparation—as much a part of the dish as salt, the savor recognized as indispensable since time immemorial.

Of course not all the recipes are old favorites made new by the magic of Lea & Perrins Sauce. There are many that are strictly up to date—the very last word in culinary accomplishment. And in them, too, you will find Lea & Perrins Sauce a necessary element.

That is one of the charms of Lea & Perrins Sauce. It is good with the goodness of experience and skill, but it is always new because of the piquancy, the zest of its distinctive flavor. One who has tried Lea & Perrins Sauce never grows tired of it. Its most enthusiastic users are those who have known and enjoyed it for years.

And every year adds to the number of this fellowship who would find breakfasting and lunching and dining flat and unprofitable activities if they were deprived of their dependable but always interesting table companion—a bottle of Lea & Perrins Sauce.

Fortunately there is no reason why anyone need be deprived of this encouragement to appetite and good digestion, and many homes keep two bottles on hand and in use all the time—one for the family at the table, the other for the wizard who puts the meals together in the kitchen. In homes where meals are always received with enthusiasm by the family, it is safe to assume that Lea & Perrins Sauce is always available.
It is not an appetizer unless it is tempting and piquant; so, whether it is a cocktail or a canapé or one of the smart little salads that are fast breaking into the appetizer class, a bottle of Lea & Perrins Sauce is indispensable when you start to compound one. And, of course, some like their appetizers spicier than the average. For them, provide Lea & Perrins Sauce ad lib.

**TOMATO JUICE COCKTAIL**

Use canned or bottled tomato juice or strain the juice from canned or stewed fresh tomatoes. To each cup of juice add a dash of salt and a teaspoon of Lea & Perrins Sauce—more if you like. Chill and serve as in Clam Juice Cocktail.

**CLAM JUICE COCKTAIL**

| 12 clams with own juice | If you are using fresh clams, wash them, chop slightly, put into a saucepan with their juice and a cup and a half of cold water and bring slowly to the boiling point. Then let them simmer for five minutes. Strain through cheesecloth and, if necessary, add cold water to make two cups. Cool. Mix with the rest of the ingredients, put into a covered jar and chill thoroughly in the refrigerator. Or, for immediate service, shake with cracked ice. Serve, very cold, in cocktail glasses. With canned juice, add one cup cold water, mix, chill and serve. |
| or | 1 cup canned or bottled clam juice | ½ teaspoon salt |
| 1 teaspoon lemon juice | 1 tablespoon tomato catsup |
| 2 teaspoons Lea & Perrins Sauce | |

**COCKTAIL DRESSING**

The amount to be made depends upon the number of cocktails required and the size of the containers. Make the quantity you need, using the following proportions: 1 tablespoon Lea & Perrins Sauce, 3 tablespoons tomato catsup. Blend thoroughly and chill before using. This may be varied by the addition of a little chili sauce, lemon juice, onion juice, horseradish, chopped celery or finely minced parsley.
OYSTER OR CLAM COCKTAIL

In the middle of a plate, set a small glass half filled with cocktail dressing. Arrange around the glass, on cracked ice, five or six oysters or clams on the half shell. If you are not able to get them on the half shell, use a larger glass, put the oysters or clams inside and pour the dressing over.

LOBSTER COCKTAIL

Dice cold boiled lobster meat, fresh or canned, season with a marinade made of ½ teaspoon salt, 2 tablespoons oil, 1 tablespoon vinegar, and 1 teaspoon Lea & Perrins Sauce. Chill and put into cocktail glasses. Cover with cocktail dressing.

SAUERKRAUT JUICE COCKTAIL

To each cup of sauerkraut juice add 1 teaspoon Lea & Perrins Sauce. Chill thoroughly, and serve in cocktail glasses which have had the rims rubbed with a slice of lemon and dipped into minced parsley. Or scatter a little minced parsley over the top of each cocktail.
HAWAIIAN CANAPÉ

The tomato pulp may be canned or stewed fresh tomatoes from which all juice has been drained. Mix with the salt meat or fish, the minced pepper and onion, and the Lea & Perrins Sauce, put into a covered glass jar and chill for at least an hour. Cut the toasted bread into triangles, rectangles or fancy shapes, and cover the untoasted side with a thick spreading of the appetizer. Garnish with sliced stuffed olives or strips of red or green pepper.

CRANBERRY JUICE COCKTAIL

Cook the cranberries in the water until all the skins are broken—about five minutes. Strain through a fine strainer or through cheesecloth. Add sugar to juice and bring to the boiling point, stirring until the sugar is dissolved. Boil two minutes. Chill. Add Lea & Perrins Sauce and serve.

EGG CANAPÉ

Cut hard cooked eggs crosswise, in slices. Take the yolk from the center slices, leaving white rings. Place each ring on a small square of buttered bread or toast, fill with caviar mixed with Lea & Perrins Sauce, or with any other highly seasoned, colorful filling, and spread the yolks, rubbed through a coarse strainer, around the rings. Make a border of chopped parsley and lay a slice of stuffed olive in the center.

STUFFED CELERY

Fill the concave sides of tender stalks with cream cheese mixed with Roquefort and Lea & Perrins Sauce. Cut larger stalks into two-inch lengths, slash one end and throw into ice water. When the ends have curled, put two pieces together and fill the center with the mixture. Arrange on a relish dish, curled end up.
Soups

Soups are wonderful things for using up leftovers, and sometimes the swankiest are made largely from the water in which vegetables have been cooked, as witness the spinach or mushroom cream soup below. Of course an inadequately seasoned soup is very poor eating, but with a bottle of Lea & Perrins Sauce at hand, there's no excuse for anything of this sort.

**EMERGENCY SOUP**

2 potatoes  
2 onions  
Milk  
1 teaspoon salt  
2 tablespoons butter  
1 tablespoon flour  
Chopped parsley  
2 teaspoons Lea & Perrins Sauce

Peel the onions and potatoes and cut into small pieces; put into a saucepan, cover with water and simmer until they are soft enough to be mashed with a spoon. Rub through a coarse strainer and mix with the water in which they were boiled. Add enough milk to make three cups and bring to a boil. Stir in, in small bits, the butter rubbed with the flour and salt, and continue to stir until the soup thickens slightly. Allow it to cook over boiling water until time to serve. Add the Lea & Perrins Sauce just before serving. Strain, if necessary, and garnish with chopped parsley. Leftover vegetables may be cooked with the potatoes and onions, or peas or string beans may be used as a garnish.

**SPINACH OR MUSHROOM CREAM SOUP**

3 tablespoons butter  
3 tablespoons flour  
1 1/2 cups water in which spinach or mushrooms were boiled  
1 1/2 cups milk or cream  
Salt  
1 1/2 teaspoons Lea & Perrins Sauce

Melt the butter, add flour and blend thoroughly. Add vegetable juice and milk or cream, gradually, and cook, stirring constantly, over direct heat, until the soup thickens. Place over boiling water and cook, covered, with occasional stirring, for fifteen minutes or longer. Add salt if required and the Lea & Perrins Sauce. Garnish with a little chopped spinach or a few mushrooms.
FISH CHOWDER

2 pounds cod or other white fish
2 tablespoons butter
1 slice fat salt pork
4 potatoes, diced
1 cup fish stock
1 onion, sliced
4 pilot biscuits
1 teaspoon salt
2 cups scalded milk
1 tablespoon Lea & Perrins Sauce

Free fish from skin and bone and cut in pieces. Cover skin and bones with cold water and simmer for twenty minutes to make fish stock. Cut pork into cubes and try out. Cook onion in pork fat five minutes, then strain fat into soup kettle. Parboil potatoes in one cup water and add water and potatoes to fat. Cover and simmer ten minutes. Add fish stock and fish. Cover and simmer fifteen minutes, or until fish is cooked. Add hot milk, salt, butter and Lea & Perrins Sauce. Split pilot biscuits, soak in a little cold milk and add to chowder.

CLAM CHOWDER

Substitute twenty clams for the fish in the preceding recipe. Wash clams and scald in their own liquor, then remove clams and strain juice through cheesecloth. Use this juice instead of the fish stock, adding water if necessary. Follow directions for making fish chowder, but do not simmer clams; add them after the potatoes are cooked. Tomato juice or water may be used instead of milk, and herbs, such as sage, thyme, and savory, may be added.

CLEAR TOMATO SOUP

Add enough tomato juice to chicken broth to turn it red. Season to taste with salt and Lea & Perrins Sauce. Serve hot, with any desired garnish, or chilled, or frozen to a mush.

JELLIED SOUP

Use clear tomato soup or any clear stock. Season with salt and Lea & Perrins Sauce, adding anything else you like, such as onion juice or wine flavoring. For each pint of soup, soak one tablespoon gelatine in two tablespoons cold water for five minutes and dissolve in the boiling hot soup. Cool and chill. When it has jellied, break up with a fork and serve, very cold, in cups.
Fish

Of course Lea & Perrins Sauce is a necessity with shellfish or fish—broiled, boiled or fried—but have you ever tried it in a fish pie? It is wonderfully good in this or any other leftover dish.

FISH PIE

2 cups cooked fish
4 cups mashed potato
1 cup egg sauce
Salt
1 tablespoon Lea & Perrins Sauce

Flake the fish. Spread half the potato on a greased pie plate. Add the fish, seasoned with salt and the Lea & Perrins Sauce, then the egg sauce, and cover with the rest of the potato. Bake in a moderate oven (350°-400° F.) for twenty to thirty minutes, until the top is lightly browned.
EGG SAUCE

2 tablespoons butter
2 tablespoons flour
1 cup milk
1 hard cooked egg, chopped
½ teaspoon salt
1 teaspoon Lea & Perrins Sauce

Melt the butter, add the flour and blend thoroughly. Add the milk, gradually, and stir over the fire until the sauce thickens. Cover and cook over boiling water until needed, stirring occasionally. Add the salt and the chopped egg ten minutes before the sauce is to be served, and the Lea & Perrins Sauce just before taking from the fire.

FISH FRITTERS

2 cups cooked fish
3 eggs
3 tablespoons flour
Salt
1 tablespoon minced parsley
1 tablespoon onion juice
1 tablespoon Lea & Perrins Sauce

Free the fish from skin and bone and mash to a paste. Beat the egg yolks until thick and lemon colored and add to them the flour, salt, onion and parsley. Stir in the fish and the Lea & Perrins Sauce and fold in the stiffly beaten egg whites. Fry spoonfuls of this mixture in hot fat (360°-370° F.).

BAKED ROE WITH TOMATO SAUCE

Shad or other fish roe
1 tablespoon vinegar
2 cups stewed tomatoes
4 tablespoons butter
2 tablespoons flour
1 onion, sliced
Salt
1 tablespoon Lea & Perrins Sauce

Simmer the roe fifteen minutes in slightly salted water with the vinegar added. Drain and cover with cold water for five minutes. Drain and place on a buttered pan and surround with tomato sauce. Bake twenty minutes in a moderate oven (350°-400° F.) basting with the sauce every five minutes. Remove to a heated platter and pour the sauce around the roe. To make the sauce, melt the butter and brown the onion in it. Stir in the flour, then the tomatoes, strained through a coarse strainer, and stir until the sauce thickens. Add the Lea & Perrins Sauce and salt. Mixed tomato and brown stock may be used instead of all tomato.
Meats

Hot or cold, fresh cooked or leftover, no meat is so good that it cannot be made more delicious by the addition of Lea & Perrins Sauce, either added at the table or used as one of the ingredients in the preparation of the dish.

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DEVILED CHICKEN

2 broilers or 1 tender roasting chicken
6 tablespoons butter
1 teaspoon salt
1 tablespoon vinegar
1 tablespoon Lea & Perrins Sauce
1 cup bread crumbs

Have the chickens split. Place on a greased broiler and broil for five minutes on each side. Place in a heated meat pan, skin side up. Mix four tablespoons of the butter with the salt, vinegar, and Lea & Perrins Sauce and spread over the chickens. Melt the rest of the butter and stir the crumbs around in it. Spread the buttered crumbs over the chicken and bake in a moderate oven (350°-400° F.) until the chicken is tender and the crumbs are browned—about an hour. This gives a rich, crusty surface. No sauce is needed, but if you like one, Bread Sauce is good.

BREAD SAUCE

1 cup bread crumbs
2 cups milk
Salt
1 onion
3 tablespoons butter
1 teaspoon Lea & Perrins Sauce

Sift the crumbs through a coarse strainer. Place the ones that pass through in the milk. Add the onion, cut in half, and cook for ten minutes. Remove the onion and add one tablespoon butter, with salt to taste. Place the remaining butter on the fire in a frying pan, add the coarse crumbs and fry until brown, taking care that they do not burn. Add the Lea & Perrins Sauce to the milk sauce and turn into a gravy boat. Sprinkle the browned crumbs over the top.
GEORGIA SAUSAGE

1 pound pork sausage, link or cake
4 apples, sliced
¼ cup hot water
4 sweet potatoes
¼ cup brown sugar
1 tablespoon Lea & Perrins Sauce

Boil the sweet potatoes in their skins. Peel and cut into strips, lengthwise. Line the bottom of a baking dish with the potato. Brown the sausage on both sides in a frying pan, place over the potatoes and cover with the sliced apples. Sprinkle the brown sugar over the apple. Mix four tablespoons of the sausage fat with the hot water and the Lea & Perrins Sauce, pour over all and set the dish in a moderate oven (350°-400° F.). Bake for forty minutes, or until the apples are cooked.

CABBAGE MEAT ROLLS

1 cup ground leftover meat
Cabbage leaves
1 onion, chopped
1 teaspoon salt
1 tablespoon Lea & Perrins Sauce
1 egg
1 cup bread crumbs

Mix crumbs, meat, onion, salt and Lea & Perrins Sauce. Beat the egg and stir into the mixture, working all together thoroughly. Wash perfect leaves from the outside of a cabbage and place a portion of the mixture in each. Roll lengthwise and tie securely with soft white string. Cook the rolls in a little salted water, or steam, about thirty minutes. Drain carefully and serve with grated cheese or any desired sauce.

ROAST BEEF OR BEEFSTEAK PIE

Cut cold roast beef or beefsteak into small pieces. Mix with gravy and a little minced onion. If there is no gravy, use canned bouillon or bouillon extract and hot water, thickened slightly with flour and butter. Heat the meat and gravy, season to taste with salt and Lea & Perrins Sauce, and turn into a deep baking dish which has had the sides lined with flaky pie crust. Cover with the pie crust, slashed several times, and bake in a hot oven (450° F.) for thirty minutes, or until the crust is nicely browned. Cooked vegetables may be mixed with the meat or may be used in layers in the pie. String beans, peas, diced carrots, chopped celery, small boiled onions and potato balls are all good.
FLAKY PIE CRUST

1 1/2 cups flour
1 1/2 teaspoons salt
1/2 cup butter or other shortening
Cold water

Sift flour and salt together. Cut in shortening with two knives or with a pastry mixer until it is in lumps about as big as a pea. Add cold water, a little at a time, using just enough so that the mass can be pressed together (about four tablespoons is usually enough). Turn out on a floured board and roll to an eighth of an inch in thickness.

LAMB TURNOVERS

Make flaky pie crust, roll out and cut in six-inch squares. Put into the middle of each square a large spoonful of cut up cold cooked lamb, moistened with gravy and seasoned with salt and Lea & Perrins Sauce. Wet the edges of the paste with cold water and fold over into triangles, pressing the edges together with a fork. Prick the tops with the fork and bake in a quick oven (400°-450° F.) until well browned.
Eggs and Cheese

If you have never tried Lea & Perrins Sauce with a boiled or poached egg, there is a new sensation in store for you. The distinctive flavor of this sauce seems to bring out all that is best in eggs and cheese, alone or combined.

EGGS À LA GOLDENROD

4 hard cooked eggs
1 tablespoon butter
1 tablespoon flour
½ teaspoon salt
1 cup milk
Toast
Minced parsley
1 teaspoon Lea & Perrins Sauce

Melt the butter, blend with it the flour and salt, then add the milk, gradually, stirring over the fire until the sauce thickens. Separate the whites from the yolks of the hard cooked eggs and chop the whites. Add to the sauce, cook for a moment to heat through, add the Lea & Perrins Sauce and pour over slices of toast on a heated platter. Force the yolks through a potato ricer or a coarse strainer, sprinkling over the entire dish. Garnish with parsley and make a border of toast points.

BREAD OMELET

4 eggs
½ cup milk
½ cup bread crumbs
1 teaspoon salt
2 tablespoons butter
1 tablespoon Lea & Perrins Sauce

Soak the crumbs for fifteen minutes in the milk. Add the beaten egg yolks and the salt and Lea & Perrins Sauce. Fold in the stiffly beaten whites. Heat an omelet pan and butter well. Turn in the mixture and place where it will cook slowly. Turn the pan frequently so that the omelet will brown evenly. Cook until the top is set, then fold and turn out on a hot platter. Serve at once, plain or with any desired sauce.
BAKED OMELET WITH CHEESE

4 eggs
½ pound grated cheese
2 cups soft bread crumbs
3 cups milk
1 teaspoon salt
Minced parsley
1 tablespoon Lea & Perrins Sauce

Beat the eggs and milk together and add the cheese, crumbs, salt and Lea & Perrins Sauce. Pour into a buttered baking dish, set the dish in a pan containing an inch of hot water, and bake in a moderate oven (350°-375° F.) until firm. Turn out on a hot platter and garnish with minced parsley. Or sprinkle the parsley over the top and serve the omelet from the baking dish.

EGGS BAKED IN BATTER

4 eggs
½ cup cream or milk
1 cup bread crumbs
1 teaspoon salt
1 tablespoon Lea & Perrins Sauce

Make the batter by mixing the cream or milk with the bread crumbs, the salt and the Lea & Perrins Sauce. Put a spoonful of this into each egg shirrer. Slip an egg on top and cover with the batter. Bake in a moderate oven (350°-400° F.) about six minutes. Grated cheese may be added to the batter or sprinkled over the top before or after cooking.

WELSH RABBIT

1 tablespoon butter
3 cups grated or ground American cheese
1 cup cream or milk
Buttered toast or crackers
1 tablespoon Lea & Perrins Sauce

This should be made over boiling water, not over direct heat. Melt the butter; add the cheese and the cream or milk alternately, a little at a time, allowing the cheese to melt slowly. Add the Lea & Perrins Sauce last and serve immediately on buttered toast or crackers.

SCRAMBLED EGGS

Beat eggs until whites and yolks are well mixed. For each egg used, add two tablespoons milk or water, one-fourth teaspoon salt and one-half teaspoon Lea & Perrins Sauce. For each egg used, melt one teaspoon butter; pour the beaten eggs into the melted fat and cook, over a low heat, stirring gently until the mass becomes jellylike.
**LOBSTER CROQUETTES**

4 tablespoons butter  
4 tablespoons flour  
1 cup milk  
Egg, flour and crumbs  
1 teaspoon lemon juice  
2 cups cooked lobster meat  
1 teaspoon salt  
1 tablespoon Lea & Perrins Sauce

Melt the butter, add the flour and blend thoroughly. Add the milk, gradually, stirring constantly over the heat until the sauce thickens. Add the chopped lobster meat, mixed with salt, lemon juice and Lea & Perrins Sauce, and turn into a shallow dish to cool. Shape into cylinders, cutlets or cones. Roll in flour, then in egg, beaten with a little cold water, and then in crumbs. Fry in deep fat (375°-390° F.) until well browned. Serve with any desired sauce. Good sauces for these croquettes are Newburg Sauce or Cream Sauce, plain or with cheese. Any cold cooked meat or fish may be used instead of the lobster.

**SURPRISE CROQUETTES**

2 cups mashed potato  
1 teaspoon onion juice  
Salt  
Egg, flour and crumbs  
4 tablespoons milk  
2 egg yolks, beaten  
Cooked meat or creamed vegetables or grated cheese  
2 teaspoons Lea & Perrins Sauce

To the mashed potato, add the milk, onion juice and salt to taste, and beat over the fire until smooth and hot. Stir in the Lea & Perrins Sauce. Cool slightly, then add the egg yolks. Form into balls; make a depression in each and insert a spoonful of creamed chicken or vegetable, minced meat or grated cheese, well seasoned with salt and Lea & Perrins Sauce. Press the potato around the opening. Roll the croquettes in flour, then in egg white, beaten with a little water, and then in crumbs. Fry in deep fat (375°-390° F.) until well browned. Tomato sauce is delicious with these croquettes.
STUFFED PEPPERS

Cut the tops from firm peppers and remove seeds and fibers. Drop into boiling water and simmer for ten minutes. Drain, stuff with any desired stuffing, cover with buttered crumbs, and bake in a moderate oven (350°-400° F.) fifteen to twenty minutes, or until the peppers are well cooked. A good stuffing is made by mixing ground leftover meat with bread crumbs, moistened with a little gravy or milk and seasoned with salt and Lea & Perrins Sauce. A delicious stuffing is made with corn as the main ingredient. Melt two tablespoons butter and cook in it a tablespoon, each, of minced onion and parsley. Add two tablespoons flour and one-half cup milk, stirring constantly. When the sauce boils, add one-half cup cooked corn and boil for five minutes. Then stir in an egg, slightly beaten, and one-half cup bread crumbs. Season well with salt and Lea & Perrins Sauce. A third stuffing is made by mixing one cup crumbs with one-half cup grated cheese, one tablespoon melted butter, one-half teaspoon salt and two teaspoons Lea & Perrins Sauce.
The greatest single aid to interesting cookery is the ability to make sauces, and every experienced cook knows just how great a part Lea & Perrins Sauce plays in creating varied and subtle flavors.

**BUTTER SAUCE**

3 parts melted butter  
1 part Lea & Perrins Sauce

This is universally useful as a sauce. Serve it with broiled meat or fish, boiled or baked vegetables, lobster, crabs, scallops, steamed clams, eggs, rice or spaghetti. Vary it in any way you like, by the addition of such things as onion juice, wine flavoring, tomato juice or minced parsley.

**HORSERADISH SAUCE**

\[
\frac{1}{4}\text{ cup cracker crumbs} \\
\frac{1}{4}\text{ cup grated horseradish} \\
1\text{ cup milk} \\
1\text{ teaspoon salt} \\
3\text{ tablespoons butter} \\
1\text{ teaspoon Lea & Perrins Sauce}
\]

Cook the crumbs, horseradish and milk together for twenty minutes in a double boiler, stirring occasionally. Add butter, salt and Lea & Perrins Sauce and serve immediately. This is particularly delicious with boiled smoked tongue.

**BRAZILIAN SAUCE**

1 cup tomato  
1 green pepper, minced  
1 tablespoon minced onion  
1 teaspoon salt  
\(\frac{1}{2}\) cup chopped celery  
1 tablespoon butter  
1 tablespoon Lea & Perrins Sauce

Mix all the ingredients, except the Lea & Perrins Sauce, and simmer, covered, for twenty minutes, or until all the vegetables are tender. Add a little hot water or stock if necessary and stir from time to time. Add the Lea & Perrins Sauce just before serving. This is good with omelets, scrambled eggs, rice, macaroni or noodles and meat or fish cooked in almost any manner.
CREAM SAUCE

2 tablespoons butter
2 tablespoons flour
1 cup cream or milk
½ teaspoon salt
1 teaspoon Lea & Perrins Sauce

Melt butter, stir in flour and salt; blend well. Add the cream or milk, gradually, stirring constantly, and cook, still stirring, over direct heat or boiling water until the sauce thickens. Cover and cook over boiling water until needed, stirring occasionally. Just before taking from the fire, add the Lea & Perrins Sauce. If there are lumps, be sure to strain it, but if it is carefully made there should be no lumps. This is a basic sauce which may be varied in many ways. For a thin sauce, to use in cream soups and escalloped dishes, reduce the butter and flour to one tablespoon, each. For a thick sauce, to use in croquettes, soufflés and timbales, increase them to four tablespoons, each.

CHEESE SAUCE

Add one-half cup grated cheese to cream sauce and stir over hot water until the cheese is well blended. Add an extra teaspoon Lea & Perrins Sauce. Serve with macaroni, rice, fish, croquettes and vegetables.

MINT SAUCE

Pour one-fourth cup boiling water over one-fourth cup minced mint leaves. Add two tablespoons sugar, cover and stand in a cool place for half an hour. Add three tablespoons vinegar and one-half teaspoon Lea & Perrins Sauce. Serve with lamb and cold meats.

MOCK HOLLANDAISE SAUCE

4 tablespoons butter
2 tablespoons flour
¾ cup milk
½ teaspoon salt
1 egg yolk
2 teaspoons lemon juice
2 teaspoons Lea & Perrins Sauce

Melt two tablespoons of the butter, stir in the flour and blend well. Add the milk, gradually, and cook, stirring constantly, until the sauce thickens. Beat the egg yolk and salt together and stir the hot sauce into them. Return to the top of the double boiler and set over boiling water. Add the rest of the butter, a little at a time, stirring vigorously after each addition. Then add the lemon juice and the Lea & Perrins Sauce and serve immediately with fish or shellfish, or with boiled vegetables such as spinach, broccoli, asparagus and cauliflower.
Spaghetti and Rice

Inexpensive, nutritious, versatile, rice and spaghetti are dependable stand-bys. A dash of Lea & Perrins Sauce, added at the table or incorporated as one of the ingredients in cooking, gives just the tang that these bland flavored foods lack.

TURKISH RICE

1 cup uncooked rice
2 cups brown stock
2 cups tomato
4 tablespoons butter
1 teaspoon salt
1 tablespoon Lea & Perrins Sauce

The stock may be canned bouillon or bouillon extract dissolved in boiling water. Rub the tomato through a coarse strainer and mix with the stock. Bring to boiling. Stir in the washed rice and salt, set over boiling water, cover and cook until the rice is soft. Uncover and stir in the butter and the Lea & Perrins Sauce with a fork. Allow the steam to escape for a minute or two then turn into a serving dish or use as a border for curries or stews.

SPANISH RICE

1 cup uncooked rice
2 onions, chopped
1/2 cup olive oil
2 cups tomato
2 green peppers, chopped
1 teaspoon salt
1/2 cup boiling water
1 tablespoon Lea & Perrins Sauce

Heat the oil in a frying pan or casserole. Add the washed rice and stir until the grains are golden. Add the tomato, salt, chopped onion and peppers, and stir around. Add the boiling water. Cover closely and simmer, without stirring, for a half hour, or until the rice is tender, but not mushy. Add the Lea & Perrins Sauce and serve as an accompaniment to meat or as a separate course with grated Parmesan cheese to be sprinkled on at the table.
**CURRIED EGGS**

Brown the onion in the butter. Mix the curry powder with the flour and stir into the butter and onion. Add the stock or milk and stir until the sauce thickens. Add the apple and set over hot water. Cover and cook for twenty minutes, stirring occasionally. Cut the eggs in half, lengthwise. Line a dish with boiled rice and keep it and the eggs hot until needed. Just before taking the sauce from the fire add the Lea & Perrins Sauce. Pour the sauce into the rice and lay the half eggs on top, cut side up.

**SPAGHETTI WITH BACON**

Fry the bacon, onion and green pepper together until slightly browned. Add the uncooked spaghetti, one cup of boiling water, the salt and the tomato. Cover and simmer about twenty minutes or until the spaghetti is tender, stirring frequently with a fork and adding a little water if necessary. Add the Lea & Perrins Sauce and serve immediately.

**NEAPOLITAN SPAGHETTI**

Cook the spaghetti in boiling water until tender, then drain. Fry the chopped onion, garlic and green pepper in the olive oil until the onion is brown. Add the meat and stir around until it is browned. Add the tomato, olives, salt, and cheese. Cover and cook over a slow fire for thirty minutes, stirring occasionally. Add the Lea & Perrins Sauce, pour over the hot cooked spaghetti and serve with additional grated cheese.
Vegetarian Dishes

When the main dish of a meal consists principally of vegetables, with the proteins perhaps augmented by the addition of cheese, milk, eggs and nuts, it often suffers from lack of flavor. A skillful use of Lea & Perrins Sauce will remedy this.

CHEESE AND BEAN LOAF

1 pound can kidney beans
½ pound American cheese
1 chopped onion
1 cup bread crumbs
1 teaspoon salt
1 tablespoon butter
2 eggs
1 tablespoon Lea & Perrins Sauce

Drain all liquid from the beans. Run the beans and the cheese through the food grinder. Cook the chopped onion in the butter and add the ground cheese and beans. Add the crumbs and mix thoroughly. Beat the eggs and add to the mixture, then add the salt and the Lea & Perrins Sauce and work all together. Mold into a loaf or roll, brush with melted butter and roll in crumbs. Or pack firmly in a buttered bread pan and cover the top with crumbs. Bake in a moderate oven (350°-400° F.) until nicely browned. Serve with any desired sauce.

NUT CROQUETTES

2 cups mashed potato
¼ cup cream
1 teaspoon salt
½ teaspoon onion juice
2 egg yolks
½ cup bread crumbs
¼ cup chopped nut meats
Beaten egg and crumbs
1 tablespoon Lea & Perrins Sauce

Mix potato, salt, onion juice, one quarter cup cream and one egg yolk and beat well. Cook the half cup of crumbs with the remaining cream. Cool, add the second egg yolk and the nut meats. Shape the potato mixture into balls. Make a depression in each and insert a spoonful of the nut mixture. Close the opening with potato. Roll into cylinders, dip in egg beaten with a little cold water, then in crumbs. Fry in deep fat (370°-390° F.) and serve with any desired sauce.
BAKED VEGETABLE DINNER

Dice the carrots and chop the pepper and onion. Mix the vegetables with the flour, sugar, and salt and place in a buttered baking dish. Cover and bake in a slow oven (250°-300° F.) for two and a half hours. Remove cover and pour over the dish the melted butter mixed with the Lea & Perrins Sauce, taking care that it is well distributed. Cover with the grated cheese and cook, uncovered, for another half hour.

PEANUT BUTTER CUTLETS

Mix the peanut butter with the hot milk and salt. Stir in the Lea & Perrins Sauce. Dip slices of bread into the mixture and brown in hot butter in a frying pan. Serve with pickles or olives.

FRESH VEGETABLE PLATES

Vegetable plates are often uninteresting because there is not enough variety in them. There should be contrast of color as well as of texture and flavor. The following suggestions will serve as a starting point:

1. A stuffed baked tomato, surrounded by servings of mashed potato, string beans, cauliflower and diced carrots.

2. A baked potato, pinched open and seasoned with Lea & Perrins Sauce, butter and a dash of paprika, surrounded by servings of spinach, broiled tomato slices and creamed celery.

3. French fried potatoes, baked squash, boiled onions, diced boiled beets and broccoli with Mock Hollandaise Sauce.

4. A stuffed pepper surrounded by servings of hashed browned potato, sliced beets, peas and broiled mushrooms.

It is a good idea to pass a gravy boat containing butter sauce—three parts melted butter and one part Lea & Perrins Sauce—with all vegetable meals.
Garnishes

Garnishes make their main appeal to the eye, but the best garnish is one that adds to its attractive appearance some real usefulness. It may furnish a food element that the dish it adorns lacks; or provide a crisp texture as a contrast to soft ingredients.

PEPPER GARNISH

\[ \frac{1}{2} \text{ cup cream cheese} \]
\[ 1 \text{ teaspoon salt} \]
\[ 1 \text{ tablespoon heavy cream or mayonnaise} \]
\[ 1 \text{ teaspoon Lea \& Perrins Sauce} \]

Work all the ingredients together thoroughly. Add anything you like for variety, such as chopped nut meats, minced parsley, onion juice or Roquefort cheese. Cut the stem end from a firm green or red pepper and stuff tightly with the mixture. Chill and slice crosswise. Use as a garnish for salads and cold cuts.

APPLE RING GARNISH

Core but do not part tart apples. Cut crosswise in slices about three quarters of an inch thick. Lay these rings on rounds of thin toast in a baking pan. Work together two tablespoons butter, one tablespoon Lea \& Perrins Sauce, one-half teaspoon salt and all the brown sugar that can be worked in. Fill the openings in the apple rings with this mixture and spread a little over each ring. Set in a hot oven (400°-450° F.) until the apple is cooked. Serve, on the toast, with roast meat or poultry.

EGG YOLK GARNISH

When you have egg yolks left from recipes that require only the whites, drop them into boiling water containing a teaspoon of salt and a teaspoon of Lea \& Perrins Sauce for each pint. Cook until firm, and use, whole or rubbed through a coarse strainer, as a garnish for soups, salads and creamed dishes.
JULIENNE VEGETABLES

Cut raw potatoes, carrots, onions, turnips, celery, etc., into shreds the size of a match and simmer until tender in water containing a little salt and a dash of Lea & Perrins Sauce. Use as a garnish for soups, meats and entrees.

CUCUMBER CUPS

Cut large cucumbers in two-inch lengths. Scoop out part of the center and fill with minced ham, anchovy, cheese, etc., mixed with Lea & Perrins Sauce. Use as a garnish for salads and cold cuts.

CROUTONS

Work one teaspoon Lea & Perrins Sauce into one-half cup butter and spread on slices of stale bread. Cut into cubes and brown in the oven or in a frying pan. Sprinkle lightly with salt and use as a garnish for soups and stews.
Stuffings

SAUSAGE STUFFING

Cook the sausage meat and the minced onion in a frying pan for five minutes, stirring with a fork so that all parts touch the pan. Add the bread crumbs and parsley and cook for another five minutes. Take from the fire and stir in the Lea & Perrins Sauce. Use for stuffing any lean meat or poultry.

POTATO STUFFING

Mix with two cups hot mashed potato, two teaspoons salt, a little onion juice or minced onion, a cup of bread crumbs, a quarter of a cup of melted butter or other fat and a tablespoon of Lea & Perrins Sauce. This is especially good for duck or goose.

PRUNE OR APPLE STUFFING

Peel, core and chop the apples, or steam the prunes, remove the stones and chop. Mix with the other ingredients. This is a good stuffing for any meat or poultry.

PICKLE AND ONION STUFFING

Mix with one cup cracker crumbs, three tablespoons melted butter, one-half teaspoon salt, one small onion, minced, one teaspoon minced parsley, one teaspoon minced capers, one teaspoon minced sour pickles, and one tablespoon Lea & Perrins Sauce. This is a good stuffing for any meat or poultry, and particularly good for fish.
Salads
and Salad Dressings

TOMATO SURPRISE SALAD

4 small firm tomatoes
1/2 cup chopped celery
2 tablespoons mayonnaise
1/2 cup crabmeat
1/2 teaspoon salt
1 teaspoon Lea & Perrins Sauce

Cut the tops from the tomatoes and scoop out the centers. Mix the crabmeat with the celery, mayonnaise, salt and Lea & Perrins Sauce and add the tomato pulp that was scooped out. Fill the tomatoes with the mixture and chill thoroughly. Garnish with additional mayonnaise and serve on lettuce leaves.

POTATO SALAD

Scrub small potatoes and boil with their skins on. Do not let them get over cooked. When they are cold, peel and slice into a bowl. Pour French dressing over the slices. Do not stir but tip the bowl and spoon the dressing over several times. Chill thoroughly. Before serving add boiled dressing or mayonnaise if you like. Garnish with strips of green pepper or slices of tomato. Other vegetables such as sliced raw onion or cold boiled string beans and peas may be mixed with the potato.

SPANISH SALAD

1 cup shredded cabbage
1/2 onion, sliced thin
1 hard cooked egg
4 tomatoes, sliced
1 cup diced cucumbers
French dressing and mayonnaise
Parsley or watercress

Let the shredded cabbage and diced cucumbers crisp separately in ice water; then drain. Toss each vegetable separately in French dressing, well seasoned with Lea & Perrins Sauce. Mix the shredded cabbage with the sliced onion and add enough mayonnaise to hold them together. In the center of a salad dish arrange a mound of the cabbage and onion mixture. Surround with tomato slices, then add a ring of diced cucumber and finish with a border of parsley or watercress. Sprinkle the chopped hard cooked egg over the mound in the center. Serve additional mayonnaise with this salad.
**GINGER ALE SALAD**

1 tablespoon gelatine  
1 cup ginger ale  
¼ cup lemon juice  
1 cup mixed cut up celery, apple, candied pineapple, candied ginger and seedless grapes  
2 tablespoons sugar  
¾ teaspoon salt  
1 teaspoon Lea & Perrins Sauce  

Soak the gelatine in a quarter cup of cold water and dissolve over boiling water. Add the ginger ale, lemon juice, sugar and salt and let stand until the mixture begins to jelly. Then fold in the other ingredients. Pour into small molds, chill, and when jellied, turn out on lettuce leaves. Serve with any preferred dressing.

**FRENCH DRESSING**

½ cup salad oil  
1 tablespoon Lea & Perrins Sauce  
2 tablespoons vinegar  
1 teaspoon salt  

Mix the ingredients and beat or shake well before using. This may be varied by the addition of onion juice, chopped parsley, Roquefort cheese, chopped pickles or olives, etc.; or by using instead of the vinegar the juice of any tart fruit, such as lemon, orange, pineapple, tomato or cranberry juice.

**MAYONNAISE**

1 egg yolk  
¾ cup salad oil  
½ teaspoon salt  
1 to 3 tablespoons vinegar  
2 teaspoons Lea & Perrins Sauce  

Put the egg yolk into a small chilled bowl or saucer and stir in the salt. Add the oil, a few drops at a time at first, stirring vigorously after each addition. After the first few additions, more oil may be added at a time. When the dressing begins to grow thick, add the vinegar alternately with the oil. When all the oil has been stirred in, add the Lea & Perrins Sauce. Mayonnaise is really easy to make, but if it should separate, stir it into another egg yolk, a little at a time. It may be varied by the addition of any of the things suggested for French dressing and may be mixed with whipped cream just before it is served. It may be colored any shade by the use of vegetable colorings. A pink shade is given by using vinegar from pickled beets or cranberry juice, and green results from mixing in a little mashed green peas or boiled spinach pressed dry and ground to a powder.
BOILED DRESSING

2 egg yolks or 1 whole egg
1 tablespoon flour
2/3 cup milk
1 teaspoon salt
2 tablespoons oil or melted butter
1/4 cup vinegar
1 tablespoon Lea & Perrins Sauce

Mix the flour and salt with the oil or melted butter. Add the milk, gradually and stir over the fire until the sauce thickens. Stir it into the beaten egg and return to the double boiler. Add the vinegar and cook, stirring constantly, for five minutes or until the sauce is thick and smooth. Add the Lea & Perrins Sauce and remove from the heat. Add whipped cream just before using, if you like.

RUSSIAN DRESSING

To a half cup of mayonnaise, add two tablespoons mixed green and red peppers, chopped, a tablespoon of chili sauce and a tablespoon of Lea & Perrins Sauce. Vary it by adding a little lemon juice or chopped celery or caviar or anchovy or onion juice.
Sandwiches

The sandwich has traveled a long way since the Earl of Sandwich ordered a slice of meat between two slices of bread during a long session at cards. Now we look for versatility in our sandwiches. Some are plain and some are ornate, some are cold and some are hot, but whatever their genre, they must be well seasoned, so Lea & Perrins Sauce is a necessary ingredient.

CHEESE AND TOMATO SANDWICH

Drain all the juice from canned or stewed fresh tomatoes and mix the pulp with an equal quantity of grated cheese, adding a teaspoon of Lea & Perrins Sauce and one-half teaspoon salt for each cup of the mixture. Spread between buttered slices of white or whole wheat or rye bread. Or scoop out the centers of split finger rolls and fill with the tomato and cheese paste.

CHOPPED MEAT SANDWICH

Put cold cooked meat through the grinder and mix with mayonnaise. Season to taste with salt and Lea & Perrins Sauce and spread a good layer on buttered bread. Add a leaf of lettuce or a spreading of pickle or relish or a thin slice of tomato dipped into French dressing, and cover with another slice of buttered bread.

SOFT BOILED EGG SANDWICH

Allow two half-inch slices of rye bread, buttered, and one egg for each sandwich. Put the eggs into cold water, bring to the boil and cook for two minutes. Break the freshly boiled egg over the middle of a buttered slice, sprinkle with salt and a few drops of Lea & Perrins Sauce and cover with a second slice. Cool, then chill. These are delicious and substantial and a pleasant variation from the usual hard boiled egg sandwich.
PEANUT BUTTER AND BANANA SANDWICH

Mix all the ingredients together thoroughly, using just enough cream or mayonnaise to make a soft paste. Use between very thin slices of buttered bread, cut into any desired shape. Chill thoroughly before serving.

WHIRLS

Cut all the crusts from a loaf of fresh sandwich bread and cut lengthwise slices one-fourth inch thick. Spread each slice with butter and then with any soft filling you like. On one use cream cheese mixed with finely chopped nuts and Lea & Perrins Sauce; on another, minced ham mixed with mayonnaise; on a third orange marmalade and peanut butter seasoned with Lea & Perrins Sauce, etc. Roll each slice tightly lengthwise; cover with a damp napkin and chill. Just before serving, cut into half-inch slices, crosswise of the roll. This makes small circles. The chilled butter keeps them from unrolling. The use of different colors in the fillings gives an attractive variety to the sandwich plate.

FRIED MEAT SANDWICH

Butter slices of bread and spread with minced cooked ham or tongue or corned beef or salt fish mixed with Lea & Perrins Sauce. Beat an egg with a half-cup of milk. Dip the sandwiches, first on one side then on the other, into this mixture and fry a golden brown in a frying pan containing melted butter. Garnish with lettuce leaves and pickles.

HOT HAMBURG SANDWICH

Mix the beef with the salt, onion and Lea & Perrins Sauce. Make into thin cakes and brown on both sides in a hot frying pan containing dripping or melted butter. Turn often, sprinkling with salt each time. When cooked, place between slices of buttered bread or toast and serve, very hot, with Lea & Perrins Sauce as an accompaniment.
HOT LOBSTER SANDWICH WITH NEWBURG SAUCE

Melt two tablespoons of butter in a frying pan and heat in it the lobster meat, cut in small pieces. To make the sauce, melt the rest of the butter, add the salt and sherry flavoring, then the cream or milk and heat to boiling. Beat the egg yolks in a bowl. Pour into them part of the hot sauce, stirring constantly, then pour it back into the saucepan and cook for two minutes, over boiling water, stirring constantly. Add the Lea & Perrins Sauce and take from the fire. Have ready for each sandwich two slices of buttered bread or toast. Spread the hot lobster over one slice, top with the second, and pour the Newburg sauce over all. Serve immediately.

BARBECUE SANDWICH

Between two slices of bread or a flat split biscuit, lay several thin slices of hot roast pork, spread with Barbecue Sauce. This is the original barbecue sandwich, which started in the South, where the pork is roasted on a spit before an open fire. In its travels over the country the sandwich has been varied, so that at roadside stands in various places you will find it made of beef, ham, and even oysters. The distinctive features of a barbecue sandwich are that the meat is hot and roasted and that there is a generous spread of a zestful sauce or relish. Lea & Perrins Sauce alone would be very good in this sandwich.

BARBECUE SAUCE

Fry the minced onion in the butter. Add the vinegar, then the brown sugar, the lemon juice, tomato catsup, stock or hot water, celery, salt and Lea & Perrins Sauce. Cover and simmer for an hour, adding a little water if necessary. This is good with any roast meat or other dish that needs a highly seasoned sauce, as well as with the barbecue sandwich.
INDIVIDUAL CHEESE SOUFFLÉS

2 tablespoons butter
2 tablespoons flour
¼ teaspoon soda
¼ teaspoon paprika
1 teaspoon salt
½ cup milk
1 cup grated cheese
4 eggs
2 teaspoons Lea & Perrins Sauce

Melt the butter, add the flour, soda, salt and paprika and stir until well blended. Add the milk gradually, stirring constantly over boiling water until the sauce thickens. Remove from the fire and stir in the grated cheese and the egg yolks, beaten until thick and lemon colored. Then fold in the stiffly beaten egg whites. Bake in individual paper cases or in well buttered custard cups which can be sent to the table. Have the oven moderate (350°-375° F.) and bake about twelve minutes. Serve immediately. This will make eight to ten soufflés of custard-cup size.

GRILLED CHICKEN SANDWICH

Allow two slices of bread or a large flat split biscuit for each sandwich. Toast one slice on both sides, butter and serve as a garnish. Toast the second slice on one side and butter the untoasted side. Cover with a layer of minced chicken well seasoned with salt and Lea & Perrins Sauce. On the chicken lay a slice of American cheese and across this a strip of bacon. Grill under the gas or bake in a hot oven until the bacon is crisp. Serve immediately with Lea & Perrins Sauce as an accompaniment.

RUSSIAN SANDWICH

Butter a thin slice of white bread and spread with chopped olives mixed with a little mayonnaise. Spread a slice of whole wheat bread with cream cheese mixed with Lea & Perrins Sauce. Press the two slices together. Cut in triangles, long strips or fancy shapes. These are very good with cocktails.
MUSHROOM BUNDLES

Wash and peel fresh mushrooms. Wrap each in a strip of bacon, pinning it securely with wooden toothpicks. Cook in a frying pan, turning so that the bacon is crisped on all sides. Or arrange on a broiler set over a meat pan, and broil or bake in a hot oven. Remove the toothpicks and serve the little rolls on hot toast. Add Lea & Perrins Sauce to the bacon fat in the pan and pour a portion over each slice.

CHICKEN À LA KING

Melt the butter and cook in it for five minutes the mushrooms and chopped pepper. Stir in the flour and salt and blend well. Add the cream or milk gradually, and cook, over boiling water and stirring constantly, until the sauce thickens. Add the chicken, cut in cubes; cover and cook, stirring occasionally, until the chicken is heated through. If you are using the egg yolks, beat them with a few tablespoons of cold water and stir in a minute or two before serving. Add the Lea & Perrins Sauce just before serving.

FLUFFY WELSH RABBIT

Cut the cheese into small pieces, place in a pan over boiling water and stir as it melts. Add the milk and butter and stir until smooth. Beat the egg yolks in a bowl and pour part of the hot mixture into them, stirring constantly. Then return to the pan and cook, still stirring, for another minute. Add the Lea & Perrins Sauce and the salt and fold in the stiffly beaten egg whites. Serve on hot toast or crackers. This will not become stringy and may be kept over hot water for some time.
Vegetables

Whether served with meat or as the main dish of a meal, vegetables can and should be interesting. Lea & Perrins Sauce gives zest to those that are naturally lacking in savor and makes new and delightful combinations when used with vegetables that have a distinctive flavor.

STEUFFED BAKED TOMATOES

Remove the tops from firm tomatoes and scoop out the pulp. Moisten bread crumbs with milk or stock. If you have a little leftover meat or fish, grind it and mix with the crumbs. Add a little minced parsley and onion and the pulp that was scooped out, and season well with salt and Lea & Perrins Sauce. Fill the tomato shells with the mixture, cover the top with dry crumbs, add a bit of butter and bake in a hot oven (400°-450° F.) until the tomatoes are cooked.

SPANISH EGGPLANT

Peel a small eggplant and cut into cubes. Cover with water and stew about thirty minutes. Throw away the water. Cut up a green pepper and a tomato and stew together in a little water. Slice an onion and fry in butter. Add tomato, pepper and onion, and their liquid, to the eggplant. Heat and stir in a teaspoon of cornstarch mixed with a little cold water. Cook for ten minutes, adding water if needed. Season to taste with salt and Lea & Perrins Sauce.

RED CABBAGE WITH APPLES

Slice a red cabbage crosswise and put into a saucepan with a little water, a little vinegar, a sprinkling of salt and a few whole cloves. Cover and simmer about an hour, stirring occasionally and adding a little water if needed. After thirty minutes, remove the cover and add four or five tart apples, peeled and cut in quarters. Just before taking from the fire, stir in a few tablespoons of melted butter or bacon fat mixed with Lea & Perrins Sauce, the amount depending upon the size of the cabbage.
SPINACH BORDER WITH MUSHROOMS

Wash spinach and steam or cook in the top of a double boiler without any water except what clings to it from washing. When it is cooked, chop, season with salt, butter and Lea & Perrins Sauce and pack into a ring mold. Set in a slow oven (250°-300° F.) for twenty minutes. Then turn out on a heated dish and fill the center with creamed mushrooms.

CREAMED MUSHROOMS

Peel fresh mushrooms and simmer in water until tender—five or six minutes. Melt the butter, add the flour and blend well. Add the liquid, gradually, and stir over the fire until the sauce thickens. Add the mushrooms and cook over boiling water for ten minutes, or until the mushrooms are heated through. Add the Lea & Perrins Sauce just before serving.

CREAMED MUSHROOMS


d quarter pound fresh mushrooms or 1 cup canned mushrooms
2 tablespoons butter
2 tablespoons flour
1 cup milk or milk mixed with water in which mushrooms were cooked
1 teaspoon Lea & Perrins Sauce

ESCALLOPED CORN AND TOMATOES

Line a baking dish with strips of bacon that have been crisped in a frying pan. Pour into the center an inch of cooked tomato. Sprinkle with crumbs and salt and dot with butter. Add a layer of canned corn, then a layer of crumbs. Repeat until all the corn and tomatoes are used. Have a layer of crumbs on top. Over all, pour two tablespoons of the bacon fat mixed with one tablespoon Lea & Perrins Sauce. Bake in a moderate oven (350°-400° F.) about half an hour.

CANDIED SWEET POTATOES

Boil sweet potatoes in their skins. Cool, peel and slice lengthwise. Boil together for five minutes one cup of brown sugar and one-fourth cup boiling water. Dip each slice into this syrup and lay in a baking dish, sprinkling each layer with salt. Add a tablespoon of melted butter and a teaspoon of Lea & Perrins Sauce to the remaining syrup and pour over all. Bake in a moderate oven (350°-400° F.) until the tops are browned, about twenty minutes.
BAKED CUCUMBERS
Cut peeled cucumbers in half lengthwise and simmer in salted water for ten minutes. Remove seeds and fill with bread crumbs seasoned with salt and minced parsley. Pour over each half two teaspoons melted butter mixed with one-half teaspoon Lea & Perrins Sauce and bake in a moderate oven (350°-400° F.) until slightly browned.

CAULIFLOWER AU GRATIN
Break boiled cauliflower into small pieces and arrange in a baking dish or individual casseroles. Cover with thin cream sauce, made with one tablespoon butter, one tablespoon flour, one-half teaspoon salt and one teaspoon Lea & Perrins Sauce to each cup of milk. Sprinkle thickly with grated or ground cheese and cook in a moderate oven (350°-400° F.) until the cheese is slightly browned—about twenty minutes.
SALMON LOAF

Grease a quart size tin or baking dish and line the bottom and sides with rice, keeping enough to make a roof after the filling is put in. Fill the center with the flaked salmon and press down firmly. Pour over the filling the melted butter mixed with the Lea & Perrins Sauce. Add salt if required. Cover with the rest of the rice. Lay a sheet of greased paper over the top and cover the dish closely. Steam or bake in a slow oven (250°-300° F.) about an hour. Turn out on a heated platter and surround with any desired sauce.

GRILLED TOMATOES AND CHEESE

Toast bread on one side. Lay, with the untoasted side up, on a broiler set across a baking pan. Slice tomatoes and cover the toast with tomato slices. Lay sliced American cheese on top of the tomatoes and place in a hot oven (400°-450° F.) or grill under the gas for five minutes. Add strips of bacon and cook until the bacon is crisp. Remove to a heated platter. Add Lea & Perrins Sauce to the fat and tomato juice in the pan and pour over all. Serve immediately.

CREAMED SALT PORK

Cut fat salt pork into slices one-fourth inch thick. Fry on both sides until well browned. Lay on a heated platter and keep hot. Pour out all the melted fat except four tablespoons. Add three tablespoons flour and blend well. Stir in a cup of milk and cook, stirring constantly until thick. Add two teaspoons Lea & Perrins Sauce and pour over the fried pork.
SWEET POTATO AND CORN PUDDING

Mash boiled sweet potatoes, season with salt, butter and Lea & Perrins Sauce; and line a baking dish with a rather thick layer. Fill the center with canned corn, also seasoned with salt, butter and Lea & Perrins Sauce. Top with mashed sweet potato. Cover the mold and steam for three-quarters of an hour. Turn out on a heated platter. Or bake in a moderate oven (350°-400° F.) and serve from the baking dish.

OYSTER PIE WITH BISCUIT CRUST

Mix and sift the flour, salt and baking powder. Cut into it three tablespoons of the butter. Add milk or water to make a paste that is just stiff enough to handle (about three-quarters of a cup). Turn out on a floured board and roll to one-fourth inch thick. Have a baking dish that holds a quart. Turn this upside down on the paste and cut around the edge with a sharp knife, cut out of the center of this circle a hole an inch in diameter, lay the paste on a buttered tin and bake in a hot oven (450° F.) for ten or fifteen minutes. While the crust is baking, look over the oysters and remove any scraps of shell. Strain the liquor and heat it. Add the remaining butter and the oysters and cook for two or three minutes. Take from the fire, add the Lea & Perrins Sauce and put the oysters into the baking dish. Add some of the liquor, lay the baked crust on top and set in the oven for ten to twenty minutes. Serve immediately, with the extra liquor in a gravy boat. If there is not enough liquor, add butter and water. If too much is put into the pie it is likely to boil over. Creamed oysters may be used instead of the plain ones, but they are delicious in their own liquor with just the butter and Lea & Perrins Sauce. Make biscuits of the remaining paste and serve with the pie. The crust may be cooked on the pie, instead of separately, but it is likely to be soggy that way. If you would rather use a flaky pie crust, there is a recipe given for one on page 13. If you prefer to use creamed oysters, make two cups of cream sauce, as directed on page 19, using one tablespoon butter and one tablespoon flour for each cup of liquid; and using half oyster liquor and half milk, instead of all milk.
Cold Dishes for Hot Days

STUFFED PEPPER SALAD

2 hard boiled eggs
1 cup tomato juice
2 large green peppers
1 tablespoon gelatine
1 teaspoon salt
1 tablespoon minced parsley
1 tablespoon Lea & Perrins Sauce

Soak the gelatine in two tablespoons cold water for five minutes. Heat the tomato juice and add the softened gelatine, stirring until dissolved. Add the salt, Lea & Perrins Sauce and parsley and set aside to cool. Cut the stem ends from the peppers and remove seeds and fibers. Boil the eggs hard, cool and shell. Stand the peppers up on end. Place a hard boiled egg upright in each, and pour the tomato jelly around, filling the pepper entirely. Chill. When the jelly has set, cut the peppers in crosswise slices and serve on lettuce leaves with mayonnaise or French dressing. The slices are very attractive, with their centers of yellow surrounded by rings of white, then red, then green.

FROZEN TOMATO COCKTAIL

2 cups tomato juice
1 tablespoon vinegar
2 tablespoons sugar
1 tablespoon chopped onion
½ bay leaf
2 crushed celery stalks
1 tablespoon Lea & Perrins Sauce

Mix all the ingredients. Let stand fifteen minutes, then strain and freeze to a mush in the mechanical refrigerator or packed in ice and salt. Serve in punch glasses or in bouillon cups with spoons. Crisped crackers are good with this.

FROZEN MAYONNAISE

Mix equal parts mayonnaise and whipped cream. For each cup of the mixture add one teaspoon Lea & Perrins Sauce. Freeze for three or four hours. No stirring is needed. Cut in slices and serve a slice on any green salad or fruit salad.
JELLIED BEEF À LA MODE

Select a piece of beef that will make a long roll rather than a large flat one. Have the butcher lard it with his needle, or cut slashes in the sides and insert strips of salt pork, closing the meat around them. Roll tightly and tie around every inch with soft white string. Brown on all sides in a heavy iron or aluminum kettle, adding fat if the meat is entirely lean. Add the knuckle bone, salt, vinegar and three cups of boiling water. Boil five minutes, then skim. Cover and simmer for four hours. Be sure not to let it boil hard at any time. Uncover and add the vegetables, cloves, bay leaf and minced parsley. Cover and simmer another hour. Take the meat from the kettle. Remove the strings and trim off any fat or skin. Lay the meat roll in a dish or bread pan that just holds it comfortably. Remove the knuckle bone from the kettle. Soak the gelatine in two tablespoons cold water for five minutes, then stir it into the boiling gravy in the kettle. Add the Lea & Perrins Sauce. Pour over meat, and set aside to cool. Chill thoroughly. Before serving, scrape off any fat that may have risen, turn the jellied mold out on a platter and slice across. Arrange the slices, with their jelly borders, on a serving dish and garnish with slices of tomato and cucumber dipped into French dressing. This beef may be served hot first, and the leftover part jellied. It is delicious either hot or cold, and makes an attractive looking dish at small expense.

JELLIED FISH

Mix two cups flaked cold cooked fish with one-fourth cup chopped green pepper, one tablespoon onion juice, a dash of ground mace and salt as required. Soak one tablespoon gelatine in one-fourth cup cold water for five minutes and dissolve in one cup boiling water. Add two tablespoons lemon juice and one tablespoon Lea & Perrins Sauce. Line the bottom of a mold with slices of hard boiled egg and fill the mold with the fish mixture. Pour the jelly over all. Chill, turn out on lettuce leaves and serve with any desired dressing.
CRANBERRY RELISH

$\frac{1}{4}$ cup chopped celery
1 tablespoon chopped onion
2 tablespoons chopped parsley
$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup cooked cranberries
1 tablespoon Lea & Perrins Sauce

Drain the cranberries free from juice and chop. The skins and seeds left from cranberry jelly or cranberry cocktail may be used. Mix all the ingredients, put into a covered glass jar and chill. Serve with hot or cold meat.

PIQUANT APPLE SAUCE

To a cup of thick, slightly sweetened apple sauce, allow one teaspoon grated horseradish, one-half teaspoon salt and one teaspoon Lea & Perrins Sauce. Serve with rich meats, such as roast pork or duck.

HOT SLAW

2 cups shredded cabbage
2 onions
1 tablespoon sugar
$\frac{1}{2}$ teaspoon salt
1 egg
2 tablespoons butter
$\frac{1}{2}$ cup hot milk
$\frac{1}{4}$ cup hot vinegar
1 tablespoon Lea & Perrins Sauce

Mix the salt, sugar and beaten egg. Add the butter then the hot milk, stirring constantly. Cook over boiling water for two minutes, stirring all the time. Remove from the heat and slowly add the vinegar and the Lea & Perrins Sauce. Mix the shredded cabbage and the thinly sliced onions (Spanish onions are best for the purpose). Strain the hot sauce over them. Cool, then put into a covered glass jar and chill. Serve as a relish with meat or as a salad in lettuce leaves, with garnish of tomato or cucumber slices. No additional dressing is needed.
**TOMATO CATSUP**

2 quarts ripe tomatoes  
1 cup onions, chopped  
\( \frac{1}{4} \) cup salt  
1 cup sugar  
3 cups vinegar  
4 tablespoons Lea & Perrins Sauce

Scald and peel the tomatoes. Put into a large kettle and add the chopped onions. Mash the onions and tomatoes together and add salt, sugar, vinegar and Lea & Perrins Sauce. Pour into clean hot bottles and cork loosely. Place the bottles on a wire rack in a deep kettle, add water up to the necks of the bottles and boil for thirty minutes. Remove the bottles, drive corks in tight and seal by dipping the neck of the bottle into melted paraffin.

**APPLE CHUTNEY**

12 tart apples  
1 onion  
2 green peppers  
1 red pepper  
2 cups sugar  
1 cup raisins, seeded  
2 cups vinegar  
1 cup currant jelly  
4 lemons  
1 tablespoon salt  
2 tablespoons Lea & Perrins Sauce

Pare, core and chop the apples. Peel and chop the onion. Remove seeds and fibers from the peppers and chop fine. Put all these together in a kettle. Add jelly, lemon juice, sugar, salt and vinegar, and simmer gently for one hour. The raisins should be seedless or seeded. Chop them and stir into the ingredients in the kettle. Cook another hour, stirring frequently. Add the Lea & Perrins Sauce and seal in clean hot jars.

**RED PEPPER RELISH**

12 red peppers  
12 green peppers  
3 large onions  
1 quart vinegar  
2 cups sugar  
1 tablespoon salt  
2 tablespoons Lea & Perrins Sauce

Split peppers and remove seeds and fibers, then with scissors cut into thin strips. Pour boiling water over the strips and let stand five minutes. Drain, pour more boiling water over, and let stand ten minutes. Drain and add the chopped onions. Boil together for five minutes, the vinegar, sugar and salt, then add peppers and onions. Cook gently for ten minutes after the mixture comes to the boiling point. Stir in Lea & Perrins Sauce and seal in clean hot jars.
Of course men have their individual tastes, just as women have, but there are certain dishes that are almost sure fire successes with father and the boys. You are usually certain of enthusiasm if you serve something substantial, not too "fussy," and well seasoned with the old favorite—Lea & Perrins Sauce.

### CHICKEN PIE

1 four-pound chicken  
4 tablespoons butter  
4 tablespoons flour  
1 small onion, sliced  
Boiled onions, if desired  
1 sprig parsley, chopped  
2 slices carrot  
½ bay leaf  
Salt  
1 tablespoon Lea & Perrins Sauce  
Biscuit crust or flaky pie crust

Wash the chicken and cut up as for fricasseeing. Put it into a kettle, cover with boiling water and cover the kettle. Simmer until the chicken is cooked—an hour or more, depending on its tenderness. Let it cool in the broth, then take off the skin. It is not necessary to remove the bones, but they may be taken out if you like. Put the pieces of chicken into a baking dish, sprinkling each piece with salt. Melt the butter in a saucepan, add the flour and blend well. Add the sliced onion, parsley, carrot and bay leaf and four cups of the broth in which the chicken was cooked. Heat to the boiling point, stirring constantly, then set where it will simmer for fifteen minutes. Add the Lea & Perrins Sauce, and salt to taste and strain over the chicken in the baking dish. Do not put in too much—just enough to moisten the chicken thoroughly. Serve extra gravy in a gravy boat. Cover the pie with a biscuit crust—see page 39—or with flaky pie crust—page 13. If you like a strong flavor of onion, boil small white onions and mix with the chicken meat before baking the pie. Bake in a hot oven (400°-450° F.) for half an hour—less if you use the already baked biscuit crust. And don’t forget a hole or some slashes for the escape of the steam.
LAMB STEW WITH DUMPLINGS

2 pounds lamb for stewing  
2 sliced onions  
Milk or water  
½ bay leaf  
Salt  
Flour  
4 teaspoons baking powder  
1 tablespoon Lea & Perrins Sauce

Cut the lamb in pieces, put into a kettle and almost cover with boiling water. Add the onion, a teaspoon of salt and the bay leaf. Cover and simmer for two hours, or until the lamb is tender. Mix two cups of flour with the baking powder and sift. Stir in enough milk or water to make a paste stiff enough to hold its shape—about a cup. Drop the dumpling paste by spoonfuls on top of the lamb. Cover and cook for half to three-quarters of an hour. When the dumplings are thoroughly cooked, lift them out with a skimmer, lay around the edge of a platter and keep hot. Skim out the pieces of meat and place in the middle of the platter. If the dumplings have not thickened the gravy enough, mix flour and water, and stir, in a thin stream, into the boiling liquid, using only enough to make it the desired thickness. Boil up once, then add the Lea & Perrins Sauce. Strain a little of the gravy over the meat on the platter and serve the rest in a gravy boat.
PANNED OYSTERS

Heat oysters in their own liquor until their edges curl—about two minutes after it boils. Skim out, place on slices of hot toast and keep hot. Add salt and butter to the liquor in the pan and boil up once. Add Lea & Perrins Sauce to taste and pour over the oysters. Serve at once, piping hot.

OLD FASHIONED BOILED DINNER

4 pounds corned beef
1 cabbage
2 white turnips
4 carrots
4 potatoes
4 beets
4 onions
1 tablespoon Lea & Perrins Sauce

Put the meat into a large pot and cover with cold water. Cover the kettle and bring rapidly to the boiling point. Then skim, cover, reduce the heat and simmer until tender—four hours or more. Do not let it boil hard at any time. Pare and dice the turnips, scrape the carrots, peel the onions and pare the potatoes. Cut the cabbage into quarters. Wash the beets and boil separately. Dip into cold water, cut off roots and stems and slip off the skins. About an hour before the dinner is to be served skim the kettle and put in carrots, onions, turnips, cabbage and potatoes. Cover and cook until the vegetables are tender. Lift the meat out of the water and place in the center of a heated platter with the vegetables around it. If the beets have become cold, heat them in a little of the water in which the meat was cooked. Mix the Lea & Perrins Sauce with a half cup of the water and pour over meat and vegetables.

CORNED BEEF HASH

Mix two cups chopped cold corned beef with two cups chopped cold boiled potatoes. Heat a good piece of butter in a frying pan and turn the hash into it. Stir around with a knife or spatula for a few minutes, adding more butter if necessary. Then press lightly down in the pan, mix a half cup of milk with a tablespoon of Lea & Perrins Sauce and pour over the hash. Cover the pan and cook over a low fire for about thirty minutes. Do not stir during this time, but move the pan around so that the heat is evenly distributed. There should be a rich but not hard or scorched crust on the bottom. Fold as you fold an omelet and turn out on a heated platter. Serve Lea & Perrins Sauce with this. Water may be used instead of milk, but it does not give as good a crust.
Items
Small but Important

TO MAKE YEAST APPETIZING
To each cake of compressed yeast, add five drops of Lea & Perrins Sauce and a sprinkle of salt. Cream together until well mixed and spread on crackers or on thin slices of buttered bread.

CHEESE ROLLS
Cut quarter-inch slices of fresh bread. Remove all crusts and cut into rectangles two by three inches. Spread with soft or grated cheese, mixed with Lea & Perrins Sauce. Sprinkle with salt and roll up, lengthwise. Fasten with wooden toothpicks. Brush over with melted butter and brown in a moderate oven (350°-400° F.). Serve hot, with soups, salads or entrees.

CRISPED CRACKERS
Spread salted soda crackers with Savory Butter. Set under the gas flame or in a hot oven until the butter melts and the cracker browns slightly. Serve hot, with soups, salads or entrees.

SAVORY BUTTER
Cream butter with a fork and work into it one teaspoon Lea & Perrins Sauce for each half cup of butter. Spread on sandwiches or keep in the refrigerator for use in cooking.

SAVORY COOKING FAT
Keep your scraps of good fat from bacon, roast meat or poultry and use, with bits of suet, for general cooking. Grind or chop the hard fats. Mix all together and melt over a low fire or over boiling water. Strain the melted fat through cheesecloth, add one tablespoon Lea & Perrins Sauce and one-half teaspoon salt for each cup, turn into a bowl or jar and cool. If much salty fat was used, omit the salt.
Apple chutney, 43; rings, 24; sauce, piquant, 42; stuffing, 26
Apples, with red cabbage, 35
Bacon, with spaghetti, 21
with mushrooms, 34
Banana and peanut butter sandwich, 31
Barbecue sandwich, 32; sauce, 32
Bean and cheese loaf, 22
Beef, à la mode, jellied, 41
Beefsteak pie, 12
Brazilian sauce, 18
Bread omelet, 14; sauce, 11
Butter sauce, 18; savory, 47
Cabbage rolls with meat filling, 12; red, with apples, 35
Canapé, egg, 6; Hawaiian, 6
Candied sweet potatoes, 36
Cat'sup, tomato, 43
Cauliflower au gratin, 37
Celery, stuffed, 6
Cheese and bean loaf, 22
and tomato sandwich, 30
and tomatoes, grilled, 38
omelet, baked, 15
rolls, 47; sauce, 19
soufflés, individual, 33
with cauliflower, 37
Chicken, à la king, 34
deviled, 11; pie, 44
sandwich, grilled, 33
Chowder, clam, 8; fish, 8
Chutney, apple, 43
Clam chowder, 8; cocktail, 5
juice cocktail, 4
Cocktail dressing, 4
Cocktails, clam, 5; clam juice, 4
cranberry juice, 6; lobster, 5
oyster, 5; sauerkraut juice, 5
tomato juice, 4; frozen, 40
Corn and sweet potato pudding, 39
and tomatoes, escalloped, 36
Corned beef, boiled, 46; hash, 46
Crackers, crisp, 47
Cranberry juice cocktail, 6
relish, 42
Cream sauce, 19
soup, mushroom or spinach, 7
Croquettes, lobster, 16; nut, 22
surprise, 16

Croutons, 25
Cucumber cups, 25
Cucumbers, baked, 37
Curried eggs, 21
Deviled chicken, 11
Dumplings, 45
Egg canapé, 6; sandwich, 30
sauce, 10; yolk garnish, 24
Eggplant, Spanish, 35
Eggs à la goldenrod, 14
baked in batter, 15
curried, 21; scrambled, 15
Fat, savory, for cooking, 47
Fish chowder, 8; fritters, 10
pie, 9; roe, baked, 10; jellied, 41
French dressing, 28
Fritters, fish, 10
Georgia sausage, 12
Ginger ale salad, 28
Hamburger sandwich, 31
Hash, corned beef, 46
Hawaiian canapé, 6
Hollandaise, mock, sauce, 19
Horseradish sauce, 18
Jellied beef à la mode, 41; soup, 8
Jellied Fish, 41
Julienne vegetables, 25
Lamb stew with dumplings, 45
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Lobster cocktail, 5
croquettes, 16
sandwich, hot, 32
Mayonnaise, 28; frozen, 40
Meat cabbage rolls, 12
sandwich, 30, 31
Mint sauce, 19
Mock Hollandaise sauce, 19
Mushroom bundles, 34
cream soup, 7
Mushrooms, creamed, 36
Neapolitan spaghetti, 21
Newburg sauce, 32
Nut croquettes, 22
Old fashioned boiled dinner, 46
Omelet, baked, with cheese, 15
bread, 14

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Onion and pickle stuffing, 26
Oyster cocktail, 5; pie, 39
Oysters, panned, 46

Peanut butter and banana sandwich, 31
Peanut butter cutlets, 23
Pepper relish, 43
Peppers, stuffed, baked, 17
as garnish, 24; as salad, 40
Pickle and onion stuffing, 26
Pie, chicken, 44; fish, 9; oyster, 39
roast beef or beefsteak, 12
Pie crust, biscuit, 39; flaky, 13
Pork, salt, creamed, 38
Potato salad, 27; stuffing, 26
Prune stuffing, 26

Red cabbage, with apples, 35
Red pepper relish, 43
Rice, Spanish, 20; Turkish, 20
with curried eggs, 21
with salmon, 38
Roast beef pie, 12
Russian dressing, 29
sandwich, 33

Salad, ginger ale, 28; potato, 27
Spanish, 27; stuffed pepper, 40
tomato surprise, 27
Salad dressing, boiled, 29
French, 28; mayonnaise, 28
Russian, 29
Salmon loaf, 38
Sandwich, barbecue, 32
cheese and tomato, 30
chopped meat, 30
fried meat, 31
grilled chicken, 33
hamburg, 31; lobster, 32
peanut butter and banana, 31
Russian, 33; soft boiled egg, 30; whirls, 31
Sauce, barbecue, 32
Brazilian, 18; bread, 11
butter, 18; cheese, 19
cream, 19; egg, 10
horseradish, 18; mint, 19
mock Hollandaise, 19
Newburg, 32; tomato, 10
Sauerkraut juice cocktail, 5
Sausage, Georgia, 12; stuffing, 26
Savory butter, 47; cooking fat, 47
Slaw, hot, 42

Soups, clam chowder, 8
clear tomato, 8
cream, mushroom or spinach, 7
emergency, 7; fish chowder, 8
jellied, 8
Spaghetti, Neapolitan, 21
with bacon, 21
Spanish eggplant, 35; rice, 20
salad, 27
Spinach border with mushrooms, 36
cream soup, 7
Stew with dumplings, 45
Stuffings, apple, 26
pickle and onion, 26; potato, 26
prune, 26; sausage, 26
Surprise croquettes, 16; salad, 27
Sweet potato and corn pudding, 39
Sweet potatoes, candied, 36
Tomato and cheese sandwich, 30
catsup, 43
juice cocktail, 4; frozen, 40
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Tomatoes and cheese, grilled, 38
and corn, escalloped, 36
stuffed, 35
Turkish rice, 20
Turnovers, lamb, 13

Vegetables, baked cucumbers, 37
candied sweet potatoes, 36
cauliflower au gratin, 37
creamed mushrooms, 36
julienne, 25
red cabbage with apples, 35
escalloped corn and tomatoes, 36
Spanish eggplant, 35
spinach border with mushrooms, 36
stuffed baked tomatoes, 35
Vegetarian dishes, 22
baked vegetable dinner, 23
cheese and bean loaf, 22
fresh vegetable plates, 23
nut croquettes, 22
peanut butter cutlets, 23
Welsh rabbit, 15; fluffy, 34
Whirls, 31
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