A Gift for Your Friends

If you find this cook book helpful, we shall be glad to send it to your friends as a personal gift from you. Just mail us their names and addresses, with your own, so that we may send one with your compliments.

Food will not soil this paper. Merely wipe it off with a damp cloth. This is the first cook book ever printed on specially prepared paper of this kind.
Success in Seasoning

Lea & Perrins, Inc.

239 West Street, 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

All starred recipes (*) can be made with left-overs. They are temptingly savory and well-seasoned—try them!
HUNDRED years ago an English nobleman who had spent many years in India, returned to England.

He carried with him a treasure from the Orient. Not gold or jewels, but a *recipe*: the recipe for a marvelous sauce, a secret blend of rare spices and seasonings that lent to food a new savor and delight.

From this recipe, a sauce was compounded by Lea & Perrins of Worcester, England. Instant appreciation and popularity greeted the new sauce wherever it was offered! Soon Lea & Perrins, the Original Worcestershire, was being shipped to every civilized country in the world.

Today Lea & Perrins Sauce is an institution; a symbol for good dining, good living, good hospitality. You will find it in the world’s most famous cafés and hostelries—the clubs of London, the cafés of Vienna, the brauhauses of Munich, the restaurants of Paris and the leading hotels of the Orient—in fact, wherever fine flavor in food is appreciated. And through a hundred years of change and lost traditions, the quality of Lea & Perrins Sauce has remained supreme.

Many have tried to imitate the Original Worcestershire—of course. But the blend remains a secret. It is easy to tell the genuine: just be sure the name “Lea & Perrins” is written diagonally across the label.
How to make meals more tempting and delicious

It is not difficult to serve delicious meals. The secret of success is proper seasoning. This means just the right kind of seasoning—enough but not too much. For almost any dish, made of good ingredients and put together with even moderate ability, tastes delicious if skilfully seasoned.

The perfect seasoning does not smother the flavor of the food with a new one—does not give unappetizing sameness. Instead, it brings out the natural flavor of the food itself. This is why people who have enjoyed Lea & Perrins Sauce for years are its most enthusiastic users. They find this original Worcestershire Sauce always helpful in creating new dishes with varied and subtle flavors.

For generations Lea & Perrins has been the favorite table sauce wherever good food is appreciated. It is preferred by world-famous chefs, by women noted for their gracious hospitality. How flat and tasteless are the best steak, the best soup—without a dash of this matchless sauce to bring out their latent goodness!

Perhaps you have known it at the table but not in your kitchen. Then you will find this little book particularly helpful. It contains recipes and suggestions for making every course tempting and savory. Old favorites which will surprise you with the added zest Lea & Perrins gives them. New dishes seasoned with a perfect blend of spices—to enhance your reputation as a hostess.

Of course you have used Lea & Perrins Sauce in piquant canapés and cocktails. But have you ever seasoned sandwich fillings with it? Salad greens, meat and vegetable salads, too, are refreshingly delicious if a little Lea & Perrins Sauce is added to the dressing. Cream sauces and creamed dishes are never flat and tasteless if a dash of Lea & Perrins goes into their preparation!

This matchless seasoning also aids economy, for it helps make left-overs so tempting and delicious that your family always enjoys them! Lea & Perrins Sauce costs less than other kinds of seasonings because you use so little at a time. Keep on hand one bottle for table use, another for the kitchen. And remember, Lea & Perrins is the original Worcestershire Sauce—a secret blend which has never been successfully imitated.
Whether appetizers are cocktails, canapés or smart little tidbits impaled on toothpicks, they must be tempting and piquant. At your next party, serve some of the attractive appetizers given here. Perfectly seasoned with Lea & Perrins Sauce, they’ll enhance your reputation as a hostess.

**Tomato Juice Cocktail**

*Seasoned just right*

Use canned or bottled tomato juice or strain the juice from canned or stewed fresh tomatoes. To each 8 ounce 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**

*Delicious with young American cheese and crackers*

12 clams with own juice or
1 cup canned or bottled clam juice
1½ cups water
½ teaspoon salt
1 teaspoon lemon juice
1 tablespoon tomato ketchup
2 teaspoons Lea & Perrins Sauce

If you are using fresh clams, wash them, chop slightly, put into a saucepan with their juice and 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.

**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 ketchup. 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**

*A zestful appetizer*

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.
**Egg Canapé**
*Delights a connoisseur*

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 and fill with caviar mixed with Lea & Perrin’s Sauce, or with any other highly seasoned, colorful filling. 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**
*Crisp and well-seasoned*

Fill the concave sides of tender stalks with cream cheese mixed with Roquefort and Lea & Perrin’s 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.

**Broiled Cheese Rings**
*Men like these*

¾ cup grated American cheese  
1 egg yolk, beaten  
2 teaspoons Lea & Perrin’s Sauce  
2 tablespoons ketchup

Mix ingredients thoroughly into a paste and spread evenly on slices of new bread, cut thin the long way of the loaf. Roll bread like jelly roll and wrap tightly in waxed paper. Store in refrigerator about 3 hours. Remove paper. With hot, sharp knife, cut off thin slices, place on pan and toast under broiler on one side, then on the other.

**Savory Chicken Liver Canapés**
*With tempting flavor and aroma*

4 chicken livers  
2 tablespoons butter  
1 ½ tablespoons finely chopped onion  
1 hard-cooked egg  
Salt to taste  
1 ½ teaspoons Lea & Perrin’s Sauce

Cook livers in boiling salted water five minutes. Melt butter in frying pan, add chopped onion and cook till golden. Chop egg and livers very fine. Mix with onion, and salt to taste. Take pan from stove and with fork, mash mixture into a paste. Return to stove, add Lea & Perrin’s Sauce, stir for 1 minute and then spread on bread.

Use small rounds or oblong slices of bread, toasted lightly on one side. Spread with paste and toast under broiler.

**Flaky Meat Rings**
*Just watch these disappear!*

1 cup finely ground cooked ham  
2 teaspoons Lea & Perrin’s Sauce  
1 teaspoon onion juice

Mix ingredients well and spread on thinly rolled pastry. Roll up tightly, wrap in waxed paper and chill in refrigerator. When you start to prepare cocktails, cut roll into thin slices and place on pan. Brown 15 minutes in hot oven (450° F.). Serve hot. . . . This is sufficient to cover pastry for small 2-crust pie.

**Lobster Fingers**
*Easy to make*

Lobster paste  
Butter  
Lea & Perrin’s Sauce to taste

Cream together equal parts of lobster paste and butter, seasoning to taste with Lea & Perrin’s Sauce. Spread on bread cut in finger lengths. Top with 2 or 3 slices of stuffed olive.
**Canapés**

*Easy to make with cookie cutters*

Unusually attractive canapés may be made easily and quickly. Just slice bread thinly and cut into fancy shapes with small cookie cutters or a sharp knife. These may be finger-length strips, small rounds, triangles, diamonds and other bridge shapes. Toast the bread lightly on one side or sauté in butter.

Large potato chips may serve as the basis for well-seasoned spreads. New and modern are tiny meat cornucopias filled with seasoned cheese and fastened with toothpicks.

No matter how simple they may be canapés are more enjoyable if highly seasoned—more attractive if served in a variety of shapes and colors.

**Russian Canapés**

*Everyone loves these savory appetizers!*

- Hard-cooked eggs, finely chopped
- Mayonnaise
- Lea & Perrins Sauce
- Caviar

Chop hard-cooked eggs very fine and mix to a paste with mayonnaise. Season with Lea & Perrins Sauce. Spread mixture on thinly sliced bread cut in diamonds or half moons. Cover with caviar and sprinkle with hard-cooked egg yolk which has been pressed through a sieve.
Meat Rolls
Made in a jiffy!
Roll pieces of dried beef in cornucopia shape and fill with cottage cheese seasoned to taste with salt and Lea & Perrins Sauce. Fasten with a toothpick and serve.

Snappy Canapés
Popular with men
Grate snappy yellow cheese or use cream cheese. Season well with Lea & Perrins Sauce and spread on crisp potato chips. Heat briefly under broiler just before serving.

Roquefort Canapés
A prime favorite
Roquefort cheese
Lea & Perrins Sauce
Blanched almonds, finely chopped
Rounds of bread, toasted on one side
Chopped parsley
Season Roquefort cheese with Lea & Perrins Sauce, and mix with blanched almonds which have been chopped very fine. Spread on untoasted side of bread rounds and sprinkle lightly with finely chopped parsley.

Hawaiian Canapé
Attractive and tempting

\[
\frac{1}{4} \text{ cup tomato pulp} \\
\frac{1}{2} \text{ cup minced boiled ham or salt salmon} \\
2 \text{ tablespoons minced green pepper} \\
2 \text{ tablespoons minced onion} \\
1 \text{ tablespoon Lea & Perrins Sauce} \\
\text{Bread toasted on one side}
\]

The tomato pulp may be canned or stewed fresh tomatoes from which all juice has been drained. Mix with the 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.

Shrimp Canapé
Cream butter together with Lea & Perrins Sauce and spread on small rounds of toast. Place a shrimp on each.

Anchovy Diamonds
Season cream cheese to taste with salt and Lea & Perrins Sauce. Spread on small diamonds made of bread toasted on one side. Wrap an anchovy around a stuffed olive and place in the center of each canapé.

NOTICE TO HUSBANDS:
These suggestions, if followed on the morning after, will immediately set you right for a good day’s work.

Morning Glory
To a raw egg, add two teaspoons of Lea & Perrins Sauce.

Excellent Pick-Me-Ups
To each glass of tomato or sauerkraut juice, add two teaspoons of Lea & Perrins Sauce.
Soups

On hot days or cold, soup tempts the appetite to enjoy dishes which follow. But whether clear, cream soup or jellied, it must be well seasoned. Lea & Perrins Sauce gives the chef’s touch to any kind of soup you serve! Try adding it to canned or cream soups and see how much more your family relishes them!

Emergency Soup

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

Peel the potatoes and onions 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 gradually the butter rubbed with the flour and salt, and continue to stir until the soup thickens slightly. Cook over boiling water until time to serve. Add the Lea & Perrins Sauce just before serving. Strain, if necessary, and garnish with chopped parsley. Left-over vegetables may be cooked with the potatoes and onions, or peas or string beans may be used as a garnish.

Jellied Soup*

Delicious on a hot day

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.

Tempting Canned Soups

Everyone will relish them!

Excellent canned soups are made nowadays and most of us no longer want to spend time over the soup kettle. But male members of the family often yearn for the tempting flavor of home-made soups. Here’s an easy way to please them: Just before serving, season to taste with Lea & Perrins Sauce, usually about 1/2 teaspoon to each cup of soup. This piquant seasoning gives canned soup the tantalizing flavor and aroma of home-made soup.
Garnishes for Soups
Croutons (page 35) are an attractive garnish. Rice, barley, noodles or spaghetti, added to soups, makes them more substantial and varied. Boiled vegetables, diced or cut into match strips, lend color and flavor. Left-over macaroni may be cut in tiny rings and added to soup while it is heating.

Salted soda crackers spread with Savory Butter (page 46) and browned slightly under the broiler are delicious served with any soup or salad.

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, chilled, or frozen to a mush.

Juno Fish Chowder
Delicious made with cod or other white fish—a famous Maine recipe

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

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. Makes 4 servings.

Clam Chowder
Makes a whole meal

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. Sage, thyme and savory, may be added.
Recipe for Any Cream Soup*

A tempting variety—easy to make

3 tablespoons butter
3 tablespoons flour
1 teaspoon salt
1 1/2 cups water in which vegetables were boiled, or liquid from canned vegetables; bouillon or meat stock
1 teaspoon grated onion
1 1/2 cups top milk
3/4 cup sliced cooked vegetables or purée of vegetables mashed through sieve
2 teaspoons Lea & Perrins Sauce

In top of double boiler melt butter, add flour and salt, blending thoroughly. Stir in gradually the vegetable juice, then the milk. Cook, stirring constantly until soup thickens. Cover and cook 15 minutes longer, stirring occasionally. Add Lea & Perrins Sauce and serve at once. Makes 4 portions... Any cream soup looks more attractive garnished with minced parsley.

The following vegetables will make delicious cream soups, with the above recipe. Mash them through a sieve for a purée or cut them in thin, tiny slices (mushrooms and carrots).

Asparagus Corn
Broccoli Mushrooms
Carrots Peas
Cauliflower Spinach
Celery

Cream of Mushroom Soup

The flavor's simply luscious!

Boil stems from 1/2 pound mushrooms for 20 minutes in about 2 1/2 cups of water. Use 1 1/2 cups of this water for the cream soup, discarding the stems. Cut mushroom caps in thin slices and sauté in butter 5 minutes. Add to cream soup, using basic recipe. Serves 4.

Sea Food Bisque

Tempting made with lobster, crabmeat or shrimp

Follow the basic recipe for cream soups. With fresh shrimps, use water in which they are cooked (1 1/2 cups). With canned sea food, strain liquid in can and make up with milk the rest of the 1 1/2 cups needed. Flake the sea food before adding to soup. Serves 4.

Oyster or Clam Bisque

Tasty for bridge luncheon or supper

Use basic cream soup recipe, with 4 tablespoons flour instead of 3. Heat gently for 10 minutes 3/4 cup oysters or clams in their own juice, adding water to make a cup and using milk for balance of the liquid. Chop oysters or clams very fine, and add to cream soup in place of vegetables. Serves 4.

Cream of Tomato Soup

How to make it without curdling

This can quickly and easily be made by heating together one can tomato soup with its own volume of water, adding 1/2 teaspoon celery salt and 1/4 teaspoon soda. Follow basic recipe for cream soup, using 3/4 teaspoon salt in white sauce, and omitting water and vegetables. Just before serving, pour tomato soup slowly into cream sauce and serve at once (to avoid curdling). If desired, garnish with a heaping teaspoon of whipped cream. Serves 4.
In preparing fish or fish sauces, Lea & Perrins is indispensable. But have you ever tried it in salmon croquettes or scalloped halibut? It imparts a richness of flavor which is truly delightful!

**Fish Pie**

2 cups cooked fish  
4 cups mashed potato  
Salt  
2 teaspoons Lea & Perrins Sauce  
1 cup Egg Sauce (page 27)

 Flake the fish. Spread half the potato on a greased pie plate. Add the fish, seasoned with salt and 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.

**Scalloped Halibut**

Prepare any left-over fish this way

2 tablespoons butter  
Fresh bread crumbs  
1 lb. halibut  
1 tablespoon flour  
3/4 teaspoon salt  
1 tablespoon Lea & Perrins Sauce  
1 cup milk, or half milk and half stock in which fish has boiled  
1 hard-cooked egg, chopped  
1 teaspoon lemon juice  

Melt 1 tablespoon butter, stir in the fresh bread crumbs (about 3/4 cup) and reserve for top. . . . Cover halibut with boiling water and cook slowly until tender (about 20 minutes). Drain and separate into flakes, removing skin and any bones. . . . Meanwhile, melt the remaining tablespoon butter in top of double boiler. Add flour, milk and stock slowly, cooking until smooth and thick. Remove from fire and add seasoning, fish, chopped egg and lemon juice. Mix lightly with fork. Pour into greased baking dish. Cover with bread crumbs and bake in hot oven at 400° F. for 15 minutes, until it bubbles up and top is nice brown. Serves 4.

Scalloped fish makes a very tasty supper served with hot old-fashioned Johnny cake, and cucumber and water-cress salad with French Dressing (page 40).
**Fried Filet of Sole**

*With Browned Almond Sauce*

- 1 1/2 lbs. filet of sole
- 3 tablespoons butter or other fat
- 1/4 cup finely sliced, blanched almonds
- 2 teaspoons Lea & Perrins Sauce

Wash and dry sole well and rub with a little salt. Heat butter in frying pan till it bubbles. Put in sole and when well browned on one side, turn and brown other side. Remove to hot platter. . . . Add almonds to butter. Increase the heat until they are a nice golden brown. Remove from fire and add Lea & Perrins Sauce. Mix well and pour over fish. Garnish with parsley and serve immediately. Serves 4. . . . It is possible to substitute salted almonds, cooking in fat just long enough to heat through well, as they should not be too brown.

**Baked Stuffed Fish**

*Delicious served with egg sauce*

- Blue fish or other fish suitable for baking
- Bread Stuffing (page 23)
- Salt pork or bacon
- 1 onion, sliced
- Salt
- Flour
- 1 cup boiling water
- 1 tablespoon Lea & Perrins Sauce

Stuff fish and sew up with white thread. Place a thin layer of minced salt pork or bacon and a few thin slices of onion on baking platter and lay stuffed fish on top. Over fish pour 1 cup boiling water mixed with Lea & Perrins Sauce. Bake in hot oven (400° F.), allowing 60 minutes for a 5-lb. fish. Baste frequently. If desired, serve with Egg Sauce, made by adding two chopped, hard-cooked eggs to two cups White Sauce (page 26).
Savory Salmon Croquettes
Light, crisp and tasty

3 tablespoons butter
3 tablespoons flour
½ teaspoon salt
1 cup milk
2 cups salmon, flaked
½ teaspoon onion juice
1 tablespoon Lea & Perrins Sauce
Salt to taste
1 egg, beaten
1 cup fine bread crumbs

Melt butter in top of double boiler. Blend with flour and salt. Add milk gradually and cook till smooth and thick. Remove from fire and cool. . . . Mix lightly with salmon and seasonings. Salt to taste. Spread in shallow pan and stiffen ½ to 1 hour in refrigerator. . . . Wash hands with cold water, but do not dry. Shape croquettes into cylinders, using rounded tablespoon of mixture for each. Roll in fine bread crumbs, then in beaten egg to which has been added 1 tablespoon cold water, and again in crumbs. . . . Fry in deep fat at 390° F. for 3 minutes. Drain on absorbent paper. Makes 12 croquettes.

Fish au Gratin*
Delights those who ordinarily don't like fish

2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
2 cups milk
½ cup grated Swiss cheese
1 tablespoon Lea & Perrins Sauce
2 cups flaked fish

Make a thin white sauce by melting butter in top of double boiler, and blending with flour and salt. Stir in milk gradually and cook for 10 minutes. Add cheese and cook till melted. Stir in Lea & Perrins Sauce and flaked fish. Turn in 5 or 6 buttered ramekins and bake in moderate oven (350° F.) till sauce is thick and browned on top.

Oyster Rabbit
A tempting change

1 tablespoon butter
¾ lb. mild cheese
2 tablespoons chopped green pepper
½ teaspoon salt
½ cup tomato pulp
2 eggs, well beaten
1 cup oysters
2 teaspoons Lea & Perrins Sauce

Melt butter and cheese in top of double boiler. Add other ingredients except oysters and cook slowly till hot and well blended. Heat oysters in their own liquor till edges curl, and place on slices of toast. Pour over the cheese mixture and serve at once. Makes 6 portions.

Salmon Loaf*
Tempting for lunch or Friday dinner

3 cups boiled rice
1 cup cooked salmon, flaked
2 tablespoons melted butter
Salt
1 tablespoon Lea & Perrins Sauce

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.
Meats and Entrees

Hot or cold, any meat is much more delicious when Lea & Perrins Sauce is added, either at the table or during preparation. Left-over meats and vegetables can easily be transformed into the most savory dishes if properly seasoned with this original Worcestershire Sauce.

Well-Seasoned Gravies

Roasts or pot roasts are doubly delicious accompanied by gravy well-seasoned with Lea & Perrins Sauce. Stews and other cheaper meats are as tempting as expensive cuts if the original Worcestershire Sauce is added just before serving. See on page 19 the recipe for making a smooth, rich brown gravy successfully.

Georgia Sausage

A complete meal, with dessert

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

Boil the sweet potatoes in their skins. Peel and cut into strips, lengthwise. Line the bottom of a greased 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. Keep covered till last ten minutes. Serves 4.

Cabbage Meat Rolls*

Something different they'll enjoy

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

Mix meat, crumbs, 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. Serves 4.
Succulent Meat Pie*  
A one-dish meal, with its juicy vegetables and flaky crust  

1 onion, sliced  
2 tablespoons butter  
2 cups cooked meat, in 1-inch cubes  
1 1/4 cups milk  
1 1/2 tablespoons flour  
1 cup each cooked peas, carrots, potatoes  
Salt  
1 tablespoon Lea & Perrins Sauce  
1/2 pastry recipe  

Brown sliced onion in butter, and add meat cubes, searing well. Remove meat and onions, blend flour and pan fat and add milk and Lea & Perrins Sauce. Fill well-greased 8-inch baking dish with mixture of meat and vegetables and pour over sauce. Cover with pastry rolled thin, with three gashes in center. Turn under edges and press with tines of fork. Bake in hot oven (450° F.) for 30 minutes. Serves 6.  

Left-over gravy may be used in place of milk.

Stuffed Shoulder of Veal  
With a savory stuffing also excellent for lamb, rolled round steak or chicken  

5 to 6-lb. shoulder of veal  

With a damp cloth, wipe off veal thoroughly. Stuff with Bread Stuffing (page 23) and sew up with coarse twine. Place in roasting pan, without water or cover. Sear all over in very hot oven (500° F.). Reduce heat to moderate (350° F.) for remaining time. A 6-lb. roast requires about 2 hours.

Veal Timbales with Spanish Sauce*  
Your family won’t recognize these left-overs  

2 tablespoons fat  
2 tablespoons flour  
1 cup meat broth, thin gravy or milk  
2 eggs  
1 teaspoon salt  
1 teaspoon Lea & Perrins Sauce  
1 small onion, grated  
1 tablespoon chopped parsley  
2 cups ground, cooked veal  

Melt fat in top of double boiler. Blend in flour and stir in liquid gradually to make a smooth sauce. Add well-beaten eggs, seasonings and meat. Mix thoroughly. Pour into greased custard cups or timbale moulds to three-fourths full and place in a pan of water. Bake in moderate oven (350° F.) for 30 minutes, or until set in center. Turn out timbales and serve hot with Spanish Sauce (page 28). Makes 6 timbales.  

Any left-over meat may be used in making these timbales. Half chopped ham and half chopped veal is an excellent mixture.

Pastry  
Easy to make  

3/4 cup pastry flour  
3/4 teaspoon salt  
2 1/2 tablespoons ice water  

Chill flour and shortening in refrigerator. Sift flour and salt together into bowl. Cut in shortening with two knives until mixture resembles coarse meal. Add ice water gradually—just enough to make stiff dough. Cover bowl and chill in refrigerator over night, or at least 1 hour.  

On floured board, roll pastry lightly from center, to form a circle 1/2 inch larger than baking dish.
LEA AND PERRINS SAUCE

**Fluffy Chicken Roll***
Makes a whole meal, served with a tart salad

2 cups flour
4 teaspoons baking powder
% teaspoon salt
6 teaspoons butter or other shortening
% cup milk
2 cups cubed, cooked chicken
% cup minced stuffed olives
% teaspoon onion juice
2 teaspoons Lea & Perrins Sauce

Mix and sift first three ingredients. Cut in chilled shortening. Add milk gradually to form a soft dough. Roll lightly into oblong shape % inch thick and spread with other ingredients which have been mixed together. Roll up like jelly roll. Place on greased pan and bake 25 or 30 minutes in hot oven (425° F.). Serve hot with 2 cups White Sauce (see page 26).

**Variation**
Use 1% cups left-over, cooked macaroni or spaghetti instead of the eggs and crumbs. Scatter buttered crumbs over top.

**Lamb Stew with Dumplings**

2 pounds lamb for stewing
2 sliced onions
1 teaspoon salt
% cup bay leaf
2 cups flour
4 teaspoons baking powder
1 cup milk or water
1 tablespoon Lea & Perrins Sauce

Cut the lamb in pieces, put into a kettle and almost cover with boiling water. Add onions, salt and 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 (not in the liquid). Cover tightly and boil briskly for 15 minutes. 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 gravy has not thickened 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.

**Scalloped Eggs with Ham***
Serve with green peas or hearts of lettuce

4 tablespoons butter or other fat
4 tablespoons flour
2 cups milk
6 tablespoons green pepper, ground fine
2 teaspoons Lea & Perrins Sauce
4 hard-cooked eggs
2 cups cold boiled ham, ground or cut in small pieces
% cup bread crumbs
Butter

Melt butter in double boiler and blend with flour. Stir in milk gradually, cooking for 15 minutes, till medium thick. Add green pepper and Lea & Perrins to cream sauce.

Slice eggs and put cold boiled ham through meat chopper. In greased baking dish scatter a few dried bread crumbs. Add layers of ham, eggs and cream sauce till all is used. Dot top with buttered crumbs and bake in moderate oven (350° F.) for 30 minutes. Serves 6.
**Corned Beef Hash**

2 cups cold corned beef
chopped
2 cups cold boiled potatoes,
chopped
1 tablespoon butter
½ cup milk
1 tablespoon Lea & Perrins Sauce

Mix corned beef and potato. Heat butter in frying pan and turn hash into it. Stir around with a knife or spatula for a few minutes, adding more butter if necessary. Then press lightly down in pan. Over hash pour the milk mixed with Lea & Perrins Sauce. Cover and cook over a low fire 30 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 would fold an omelet and turn out on a heated platter. Serve with Lea & Perrins Sauce.

**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 chicken. 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.

**Pot Roast**

How to make it tender and tasty

4 lbs. rump of beef
1 tablespoon salt
2 tablespoons flour
½ to ¾ cup water
Small onions
Potato balls
Slices of carrot
2 teaspoons Lea & Perrins Sauce
2 tablespoons ketchup

Have butcher roll meat and tie with string. Wipe with a damp cloth and dredge well with a mixture of the salt and flour. Use a heavy kettle. Brown meat on all sides in a little fat to which a small, minced onion has been added. Pour ½ to ¾ cup water over meat (according to size of bottom of kettle), cover tightly and simmer until almost tender — 50 minutes per pound. About an hour before meat has finished cooking, add vegetables and 1 cup boiling water. Cover and cook slowly. The gravy will thicken itself if the meat is well floured. Just before removing from fire, stir in the Lea & Perrins Sauce and ketchup.

**Chipped Beef in Savory Sauce**

They'll ask for this again

1 tablespoon butter
½ lb. chipped beef, shredded
½ teaspoon mustard
2 tablespoons flour
⅓ cup milk
⅓ cup cream
2 teaspoons Lea & Perrins Sauce

Put butter in frying pan and when hot, add beef. Stir until it frizzles crisp. Add mustard and flour. When mixed, add the milk, stirring until smooth and thick. Add cream and Lea & Perrins Sauce. When well blended, pour into patty shells or croustades. Garnish with parsley. Serves 4. Chopped tongue may be used in place of beef.
Crown Roast of Lamb
With vegetables

4 to 6 lb. rib roast
Salt and pepper

Have butcher cut 8 ribs from each side of backbone, separate at backbone and fasten into a crown. Sprinkle roast with salt and pepper. To prevent scorching cover end of each rib with cubes of bread. Place meat on rack in open roaster and press a cup down in center so roast will keep its shape. Sear in hot oven (500° F.) for 15 minutes. Reduce heat to 350° F., taking 1½ hours for a 6-lb. roast. Add a cup of hot water to prevent dripings from scorching. Serve on platter with center of roast filled with small new, boiled potatoes sprinkled with minced parsley. Remove bread cubes and cover ribs with paper frills. Surround with boiled or baked whole carrots.

Brown Gravy

How to make smooth, rich gravy for roasts and other meats

Remove roast from pan. Pour off fat, measure 4 tablespoons and put into saucepan. Stir in 3 tablespoons flour till smooth. Brown over medium fire for about one minute. Pour juice from pan into a measuring cup and add boiling water to make 2 cups. Add gradually to flour mixture, stirring until thickened. Season to taste with Lea & Perrins Sauce and salt. A rich, temptingly smooth gravy can be made in this way for any kind of roast.
Stuffed Peppers*
With three delicious fillings
Cut the tops from firm peppers and remove seeds and fibers. Drop into boiling water and simmer for ten minutes. Drain, fill 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.

Meat Stuffing
Mix ground, left-over meat with bread crumbs, moistened with a little gravy or milk and seasoned with salt and Lea & Perrins Sauce.

Corn Stuffing
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.

Cheese Stuffing
Mix one cup crumbs with one-half cup grated cheese, one tablespoon melted butter, one-half teaspoon salt and two teaspoons Lea & Perrins Sauce.

Surprise Meat Roll
Try this tempting oven dinner
3 cups mashed potato seasoned with
1 teaspoon salt
2 lbs. ground beef shank
2 teaspoons salt
2 tablespoons Lea & Perrins Sauce
1 egg, slightly beaten
Shape mashed potatoes into a roll 4 inches in diameter. Season meat with salt and Lea & Perrins Sauce and mix with beaten egg. Pat to about ¼ inch thickness on waxed paper. Wrap meat around potato roll, pressing edges together firmly. Remove paper. Bake in a moderate oven (375° F.) for 30 minutes. Delicious with baked onions and a crisp salad. Serves four generously.

Meat Loaf*
Delicious hot or cold
2 cups left-over or raw beef, ground (1 lb.)
2 tablespoons fat salt pork or bacon, minced
2 cups bread crumbs
1½ teaspoons salt
2 tablespoons Lea & Perrins Sauce
¼ cup finely chopped celery or 1 teaspoon celery seed
2 eggs, well-beaten
1 minced onion
1 minced green pepper (may be omitted)
Milk to moisten
Mix ground meat with crumbs, salt, Lea & Perrins Sauce, celery, onion and green pepper. Add well beaten eggs, and mix thoroughly. Add enough milk to make a compact mass. Pack into a greased loaf pan and chill in refrigerator. Turn out on a roasting pan, containing a little melted fat.

For a Moist Loaf
To be eaten hot, pour 1 cup tomato juice mixed with 1 teaspoon Lea & Perrins Sauce over loaf and bake 1½ hours in moderate oven (350°-375° F.). Serve immediately.

For a Firm Loaf
To be eaten hot, with a sauce on the side, or to be sliced for cold meat or sandwich filling, omit sauce in cooking, dredge loaf with flour and have oven hot (450° F.) before putting loaf in to bake. After fifteen minutes reduce heat and roast for 30 minutes at 400° F., basting occasionally and adding more fat and a little hot water or stock if needed. Make a brown gravy, page 19, in the pan. Season with salt and Lea & Perrins Sauce and serve in a gravy boat.
Egg Croquettes

Easy to make, this new way

2 cups chopped, hard-cooked eggs
1 cup thick white sauce, seasoned with 2 teaspoons Lea & Perrins Sauce
2 tablespoons diced green pepper
Salt to taste
1 egg, beaten and diluted with 1 tablespoon water
Bread crumbs

Mix chopped eggs, white sauce and green pepper; salt to taste. Pack mixture one-half inch thick in shallow pan and chill in refrigerator. Cut with cookie cutter. Roll in crumbs, then in beaten egg and again in crumbs. Let stand a few minutes to dry. Fry in deep fat at 390° F. for 3 minutes. Drain on brown paper and serve with White Sauce or Cheese Sauce (page 26). Makes 12 croquettes. Try serving spinach and carrots with these.

Chicken Piquant*

A quick dinner dish the whole family will like

2 cups chicken stock or canned chicken soup
Salt to taste
Dash of nutmeg
3 tablespoons browned flour
2 tablespoons butter
2 cups diced left-over or canned chicken
2 teaspoons Lea & Perrins Sauce
2 tablespoons currant jelly

Put into a saucepan left-over chicken gravy or use 2 cups chicken stock. Season with salt and nutmeg. When partly heated, thicken with blended flour and butter. Stir until smooth. Then add chicken and heat well. Stir in Lea & Perrins Sauce and currant jelly. Serve over toast rounds on hot plates or fill depressions in mounds of mashed potato. Makes 8 portions.

Broiled Steak

Inexpensive cut—but delicious!

Top round steak can be broiled and will be delightfully tender and flavorsome if allowed to stand over night in this mixture:

$\frac{1}{2}$ cup lemon juice or vinegar
$\frac{1}{2}$ cup salad oil
2 teaspoons onion juice
1 tablespoon Lea & Perrins Sauce

Wipe dry and broil on each side. Serve with sauce made of 3 parts melted butter blended with one part Lea & Perrins Sauce.

Liver with Brown Sauce

Delicious with creamed potatoes and broccoli

4 slices lean bacon
1 lb. calves’ or beef liver
1$\frac{1}{2}$ tablespoons flour
1$\frac{1}{2}$ cups hot stock (or 2 bouillon cubes dissolved in 1$\frac{1}{2}$ cups boiling water
1 teaspoon Lea & Perrins Sauce
Salt to taste

Try out bacon in a frying pan. Cut liver in pieces, dredge in flour and brown on each side in hot bacon fat. Place on hot platter, with bacon cut in small pieces. Blend flour with pan fat until nicely browned, add hot stock and stir till it boils. Add Lea & Perrins Sauce and salt, if needed. Pour over liver and serve.

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.
**Beef in Nests**

Makes a complete meal, served with hearts of lettuce

- 3 cups hot cooked rice
- 4 hard-cooked eggs
- 2 cups left-over ground beef or hamburger
- 1 tablespoon flour
- 1 egg, slightly beaten
- ½ teaspoon salt
- 1 onion, minced
- 1 tablespoon Lea & Perrins Sauce
- 1 can tomato soup
- 1 tablespoon butter
- 1 teaspoon horseradish

Cook rice; hard boil eggs and shell them. Arrange rice in mound down middle of hot platter, quarter eggs and arrange on rice. Keep hot. Meanwhile mix beef, flour, eggs, salt, onion and 2 teaspoons of the Lea & Perrins Sauce into small meat balls and fry in butter or bacon fat. Heat can of tomato soup and butter. When hot, add horseradish and remaining teaspoon of Lea & Perrins Sauce. Place meat balls around eggs on rice. Pour hot sauce over all. Makes 6 portions.

**Lamb Turnovers**

Make double the pastry recipe for meat pie (page 16). 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.

**Old Fashioned Boiled Dinner**

- 4 pounds corned beef
- 2 white turnips
- 4 carrots
- 4 onions
- 4 potatoes
- 1 cabbage
- 4 beets
- 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.
Poultry, pork, lamb or veal is twice as tempting served with a well-seasoned forcemeat. Try some of these savory stuffings with baked fish and inexpensive meats like hearts and shoulder cuts.

**Sausage Stuffing**
*For any lean meat or poultry*

1 onion, minced  
4 tablespoons melted shortening  
3 cups soft bread, broken in small pieces  
1/2 lb. sausage meat  
2 tablespoons chopped celery  
1 1/2 teaspoons salt  
1 1/2 tablespoons Lea & Perrins Sauce  
2 tablespoons parsley, chopped fine

Add onion to melted shortening, stirring over low flame. Then add bread crumbs, cooking until well mixed and heated through. Remove from fire and add other ingredients. Mix all thoroughly. This stuffing is excellent for shoulder or breast of veal, poultry, lamb and other meats. Sufficient for 5- to 6-lb. shoulder of veal, or 4- to 5-lb. chicken.

**Bread Stuffing**
*Delicious with chicken, hearts, stuffed shoulder*

4 cups soft bread crumbs  
2 teaspoons salt  
1 1/2 tablespoons sage  
1/4 cup melted butter  
3 tablespoons minced onion  
1 1/2 tablespoons Lea & Perrins Sauce  
1 egg, slightly beaten

Mix dry ingredients well. Fry onion till golden in the butter, and add to dressing. Then mix lightly together with beaten egg. Makes enough stuffing for one chicken.

**Potato Stuffing**

Mix together 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.

**Pickle and Onion Stuffing**
*Excellent for fish*

1 cup cracker crumbs  
3 tablespoons melted butter  
1/2 teaspoon salt  
1 small onion, minced  
1 teaspoon minced parsley  
1 teaspoon minced capers  
1 teaspoon minced sour pickles  
1 tablespoon Lea & Perrins Sauce

Mix all ingredients together. This is a good stuffing for any meat or poultry, and particularly good for fish.
The distinctive flavor of Lea & Perrins Sauce brings out all that is best in cheese and egg dishes. Add it to your next rabbit or omelet and watch the compliments that follow!

**Baked Omelet with Cheese**  
*A favorite with men*

- 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, add milk, then 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. Sprinkle the parsley over the top and serve the omelet from the baking dish. Makes 6 portions.

**Individual Cheese Soufflés**  
*Golden and tempting*

- 2 tablespoons butter
- 2 tablespoons flour
- ¼ teaspoon soda
- 1 teaspoon salt
- ¼ teaspoon paprika
- ½ cup milk
- 1 cup grated cheese
- 4 eggs, beaten separately
- 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.

**Plain Omelet**  
*Temptingly light and tasty*

- 4 eggs
- ½ teaspoon salt
- 1 teaspoon Lea & Perrins Sauce
- ¼ cup hot water
- 4 teaspoons butter

Separate the eggs. Beat yolks, seasonings and hot water until frothy and lemon-colored. Beat egg whites stiff but not dry and fold into yolks. Meanwhile melt butter in omelet or frying pan until it bubbles. Pour in omelet mixture, spread evenly and cook over low heat until firm (8 to 10 minutes). Set in oven a minute to dry off top. Fold over and serve immediately on warm, buttered platter. Makes 6 portions.
Creamed Eggs with Cheese Sauce

So tempting—served with green peas and a salad

6 hard-cooked eggs
6 slices toast

Slice 1 hard-cooked egg on each piece of toast on a hot plate. Make 2 cups hot Cheese Sauce (page 26) and pour over eggs and toast. Serve at once.

Scrambled Eggs

Beat eggs until whites and yolks are well mixed. For each egg used, add one tablespoon water, one-eighth teaspoon salt and one-half teaspoon Lea & Perrins Sauce. For each egg used, melt one-half tablespoon butter; pour the beaten eggs into the melted fat and cook, over a low heat, stirring gently until the mass becomes jelly-like.

Snappy Welsh Rabbit

Always brings compliments!

1 tablespoon butter
1¼ lbs. medium sharp cheese
1/2 bottle beer
1/4 teaspoon salt
1 egg, well beaten
1 tablespoon Lea & Perrins Sauce

Melt butter, add cheese and beer. Allow cheese to melt without stirring over low fire. Then add salt and well-beaten egg. Season with Lea & Perrins Sauce and serve quickly on hot toast, on warm plates. If a more piquant flavor is desired, add Lea & Perrins Sauce to the portions after service. Makes six generous servings.
Tempting Sauces

A perfect sauce is the perfect complement to the roast, the steak or the vegetables. And every experienced hostess knows that Lea & Perrins is her greatest aid in creating varied and subtle flavors.

**Butter Sauce**
Perfect with steak or sea food

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, lobsters, crabs, scallops, steamed clams, eggs, rice or spaghetti. Vary it in any way you like, by the addition of onion juice, wine flavoring, tomato juice or minced parsley.

**Brazilian Sauce***
Adds zest to many dishes

1 cup tomato
1 green pepper, minced
1 tablespoon minced onion
1 teaspoon salt
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.

**White Sauce**
The best you ever tasted!

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

Melt butter, stir in flour and salt; blend well. Add the cream or milk gradually, stirring constantly. Cook, still stirring, over boiling water until the sauce thickens. Cover and cook 15 minutes, stirring occasionally. Just before taking from fire, add the Lea & Perrins Sauce. If there are lumps, beat vigorously with an egg beater for a minute. This is a basic sauce which may be varied in many ways. For a thin sauce, to use in cream soups and scalloped 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.

To dress up plain white sauce for creamed eggs, meat or vegetables, add Lea & Perrins Sauce, with diced pimiento and parboiled, chopped green pepper.

**Cheese Sauce**

Add one-half cup grated cheese to white 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.
Mock Hollandaise Sauce

Delicious and easy to make

4 tablespoons butter
2 tablespoons flour
\( \frac{3}{4} \) cup milk
1 egg yolk
\( \frac{1}{2} \) teaspoon salt
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. Serve immediately with fish or shellfish, or with boiled vegetables such as spinach, broccoli, asparagus and cauliflower.

Egg Sauce

Good with fish

Use recipe for white sauce. Ten minutes before serving, add one chopped, hard-cooked egg.

Mushroom Sauce

Luscious with meat loaf

\( \frac{1}{4} \) lb. mushrooms
\( 1\frac{1}{2} \) cups mushroom stock
2 tablespoons butter
\( 2\frac{1}{2} \) tablespoons flour
\( \frac{1}{2} \) cup milk
Salt to taste
2 teaspoons Lea & Perrins Sauce

Peel mushrooms and cut off stems. Cover stems and peelings with water in a saucepan and simmer 15 minutes. Meanwhile, slice caps and sauté in butter 5 minutes. Mix in flour till smooth. Gradually add milk and stock to mushrooms. Salt to taste. Stir while bringing to boiling point. When sauce thickens, add Lea & Perrins Sauce.

Onion Sauce

The crowning touch with meat loaf, roast beef or pork

5 tablespoons butter
\( 1\frac{1}{2} \) tablespoons flour
\( \frac{1}{2} \) teaspoon salt
1 cup brown stock or 1 bouillon cube dissolved in 1 cup hot water
1 cup sliced onion
2 teaspoons Lea & Perrins Sauce

Blend 2 tablespoons of butter with flour and salt in double boiler. Add stock or bouillon gradually, stirring constantly. Cook 10 minutes. In remaining butter, fry onions till deep golden but not brown. Add to mixture, with Lea & Perrins Sauce. Heat well and serve at once.

Horseradish Sauce

Delicious with boiled tongue

\( \frac{1}{4} \) cup cracker crumbs
\( \frac{1}{4} \) cup grated horseradish
1 cup milk
3 tablespoons butter
1 teaspoon salt
1 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 good with any lean meat.

Sauce Bernaise

Perfectly seasoned

\( \frac{1}{4} \) cup tarragon vinegar
\( \frac{1}{4} \) cup water
1 small onion, sliced
4 egg yolks, slightly beaten
\( \frac{1}{2} \) teaspoon salt
1 teaspoon Lea & Perrins Sauce
\( \frac{1}{4} \) cup butter, creamed

In a small saucepan heat vinegar, water and onion to boiling. Strain and pour liquid gradually, on slightly beaten egg yolks in double boiler, stirring constantly.
Add salt, and cook over hot water, stirring till mixture begins to thicken. Add Lea & Perrins Sauce, then butter which has been creamed—1 tablespoon at a time. Stir constantly. Very appetizing with fish or vegetables.

**Barbecue Sauce**

*Good with roasts or any dish requiring a highly seasoned sauce*

1 minced onion  
2 tablespoons butter  
2 tablespoons vinegar  
2 tablespoons brown sugar  
1 tablespoon lemon juice  
1 cup tomato ketchup  
1 cup brown stock or water  
1 cup diced celery  
2 teaspoons salt  
3 tablespoons Lea & Perrins Sauce

Fry the minced onion in the butter. Add other ingredients in order named. Cover and simmer for an hour, adding a little water, if necessary.

**Spanish Sauce**

2 tablespoons butter  
1 onion, chopped fine  
1 carrot, chopped fine  
2 teaspoons sugar  
2 tablespoons flour  
1 cup salt  
1 cup chile sauce  
1 cup water  
1 cup tomato juice  
1 tablespoon Lea & Perrins Sauce


**Sauce Tartare**

1/2 tablespoon chopped parsley  
1 tablespoon chopped capers  
1 tablespoon chopped pickles  
1 tablespoon chopped olives  
1 teaspoon onion juice  
2 teaspoons Lea & Perrins Sauce  
1 cup mayonnaise

Mix ingredients well, fold into mayonnaise and chill. Tasty served with fried scallops or other hot fish, and with meat or fish salads.

**Parsley Sauce**

*Tastes good with fish*

To each cup of White Sauce (page 26), add 2 teaspoons of chopped parsley just before serving. This sauce is also excellent for creaming vegetables such as peas, carrots, potatoes, turnips and cauliflower.

**Roquefort Sauce**

3 oz. Roquefort cheese  
1 teaspoon Lea & Perrins Sauce  
1 cup French Dressing (page 40)

Crumble cheese and add, with Lea & Perrins Sauce, to the French dressing. Mix well. Delicious with certain vegetables like cooked cucumbers and also with hearts of lettuce salad.
Spaghetti and Rice

A dash of Lea & Perrins Sauce, added at the table or while cooking, gives a tang that makes these bland flavored foods twice as delicious! Especially when rice or spaghetti is used to extend casserole dishes or other left-overs, they need this original Worcestershire Sauce to give them real flavor. . . . For a tempting main dish at luncheon or supper, serve Macaroni and Oysters well seasoned with celery and Worcestershire!

Oysters and Macaroni
The flavor's simply marvelous!

1 1/4 cups finely chopped celery
4 tablespoons grated onion
4 tablespoons butter
4 tablespoons flour
1/2 teaspoon salt
2 cups milk
1 tablespoon Lea & Perrins Sauce
2 dozen large oysters
1 1/2 cups macaroni
1/2 cup bread crumbs
1/4 cup grated cheese

Mix celery and onion. Make white sauce by blending butter, salt and flour in top of double boiler. Add milk slowly and cook 10 minutes. Meanwhile, break macaroni in pieces and cook till tender in boiling salted water. Add Lea & Perrins to white sauce; then vegetables and oysters. Arrange in buttered casserole, alternating layers with macaroni and salting to taste. Cover top with bread crumbs and grated cheese. Bake in moderate oven (350° F.) till heated through and slightly brown on top, about 30 minutes. Serves 8.
Spanish Rice

*They'll rave over this!*

\[ \frac{1}{2} \text{ cup olive oil} \]

\[ 1 \text{ cup uncooked rice} \]

\[ 2 \text{ cups tomato} \]

\[ 1 \text{ teaspoon salt} \]

\[ 2 \text{ onions, chopped} \]

\[ 2 \text{ green peppers, chopped} \]

\[ \frac{1}{2} \text{ cup boiling water} \]

\[ 1 \text{ tablespoon Lea & Perrins Sauce} \]

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. Serves 4 to 6.

Spaghetti with Bacon

*Seasoned perfectly*

\[ \frac{1}{2} \text{ cup chopped bacon} \]

\[ 1 \text{ chopped onion} \]

\[ 1 \text{ chopped green pepper} \]

\[ \frac{1}{2} \text{ pound spaghetti} \]

\[ 1 \text{ cup boiling water} \]

\[ \frac{1}{2} \text{ teaspoon salt} \]

\[ 2 \text{ cups tomato} \]

\[ 1 \text{ tablespoon Lea & Perrins Sauce} \]

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.

Turkish Rice

*With really tempting flavor*

\[ 2 \text{ cups brown stock} \]

\[ 2 \text{ cups tomato} \]

\[ 1 \text{ cup uncooked rice} \]

\[ 1 \text{ teaspoon salt} \]

\[ 4 \text{ tablespoons butter} \]

\[ 1 \text{ tablespoon Lea & Perrins Sauce} \]

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. Makes 4 generous portions.

Neapolitan Spaghetti

*A meal in itself*

\[ \frac{1}{2} \text{ pound spaghetti} \]

\[ 1 \text{ chopped onion} \]

\[ 1 \text{ clove garlic, chopped} \]

\[ 1 \text{ green pepper, chopped} \]

\[ \frac{1}{2} \text{ cup olive oil} \]

\[ \frac{1}{2} \text{ pound raw chopped beef} \]

\[ 1 \text{ cup tomato} \]

\[ \frac{1}{2} \text{ cup stuffed olives} \]

\[ \frac{1}{2} \text{ teaspoons salt} \]

\[ \frac{1}{2} \text{ cup grated cheese} \]

\[ 1 \text{ tablespoon Lea & Perrins Sauce} \]

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. Makes 4 to 6 servings.

Quick Spaghetti

*Second helpings the rule*

\[ \frac{1}{2} \text{ lb. spaghetti, cooked} \]

\[ 1 \text{ can tomato soup} \]

\[ 1 \text{ teaspoon onion juice} \]

\[ \frac{1}{2} \text{ teaspoon salt} \]

\[ \frac{1}{2} \text{ cup grated American cheese} \]

\[ 2 \text{ teaspoons Lea & Perrins Sauce} \]

Cook spaghetti in briskly boiling salted water. Meanwhile, make sauce in double boiler or in saucepan over low flame. Heat tomato soup, onion juice and salt. Stir in grated cheese. Add Lea & Perrins Sauce. Pour over spaghetti in hot serving dish.
Savory Vegetables

Whether served with meat or as the main dish of a meal, vegetables can always be tasty and well-seasoned. Lea & Perrins Sauce gives zest to those that are naturally lacking in savor ... makes them taste so good that they tempt the poorest appetite. Among these recipes you will find favorite vegetables served in alluring new ways.

Cheese and Bean Loaf

Hearty and well-seasoned

1 pound can kidney beans
½ pound American cheese
1 chopped onion
1 tablespoon butter
1 cup bread crumbs
2 eggs
1 teaspoon salt
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. Makes 6 portions.

Fresh Vegetable Plates

... everyone will enjoy

Vegetable plates can easily be made so attractive that everyone in your family will relish them. Always remember to have a variety, with contrast in color, as well as texture and flavor.

All vegetable meals are much more delicious if served with well-seasoned butter sauce. Make it of three parts melted butter to one part Lea & Perrins Sauce. Serve in a gravy boat.

Try the following suggestions:

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.

Stuffed Baked Tomatoes*

Fill with leftovers of meat

Remove the tops from firm tomatoes and scoop out the pulp. Moisten bread crumbs with milk or stock. If you have a little left-over 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**
*Well-seasoned and tasty*

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, onion and their liquid, to the eggplant. Heat and stir in a teaspoon of corn-starch mixed with a little cold water. Cook for ten minutes, adding water if needed. Season to taste with salt and Lea & Perrins Sauce.

**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**

\[ \frac{1}{4} \text{ pound fresh mushrooms or 1 cup canned mushrooms} \\
2 \text{ tablespoons butter} \\
2 \text{ tablespoons flour} \\
1 \text{ cup milk or milk mixed with water in which mushrooms were cooked} \\
1 \text{ teaspoon Lea & Perrins Sauce} \]

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.

**Corn Fritters**
*Panfry in cakes or drop in deep fat*

- 2 eggs, beaten
- 2 cups canned or fresh corn
- 2 tablespoons chopped parsley
- \( \frac{3}{4} \) teaspoon salt
- 2 teaspoons Lea & Perrins Sauce
- \( \frac{1}{2} \) teaspoon soda
- Fine cracker crumbs

Mix beaten eggs, corn, parsley and seasonings. Stir in soda, dissolved in a little warm water. Add just enough fine cracker crumbs so you can shape the mixture into cakes. Melt enough butter or other fat to well cover the bottom of frying pan. Fry about 4 minutes on each side, till golden brown. Makes 12 fritters. Or drop by tablespoonfuls in deep fat and fry 2 minutes. Use less crumbs when frying this way.

**Tomatoes Piquant**
*A tempting change*

\[ 1 \text{ can tomatoes} \\
\text{Salt and sugar to taste} \\
\text{Soft bread crumbs} \\
\frac{1}{4} \text{ cup tomato juice mixed with 2 teaspoons Lea & Perrins Sauce} \\
\text{Buttered crumbs} \]

Scalloped Vegetables*  
*As appetising as they are economical!

2 tablespoons butter  
2 tablespoons flour  
\(\frac{1}{4}\) teaspoon salt  
1 cup milk  
\(\frac{1}{2}\) cup grated American cheese  
2 teaspoons Lea & Perrins Sauce  
1 cup each, cooked carrots, cauliflower and string beans  
Bread crumbs, mixed with melted butter

Melt butter in top of double boiler, blend with flour and salt. Add milk gradually and cook about 15 minutes, till sauce begins to thicken. Stir in \(\frac{3}{4}\) cup of the grated cheese. Mix vegetables, salt to taste, and place in shallow, greased baking dish. Pour the thin cheese sauce over them. Cover with fine bread crumbs mixed with melted butter and sprinkle with remainder of grated cheese. Bake in moderate oven (350° F.) about 30 minutes till crumbs are brown and sauce bubbles. Serves 6.

Variations

Combinations of appropriate vegetables may be prepared in the same way and for variety baked in ramekins or other small baking dishes. Asparagus tips or broccoli with small white onions or new potatoes and carrots make an excellent combination.

Savory Lima Beans*

*With tempting flavor and aroma *

1 cup dried lima beans  
2 slices bacon  
2 chopped onions  
2 tablespoons diced pimientos  
1 tablespoon bacon fat  
\(\frac{3}{4}\) teaspoon salt  
2 teaspoons Lea & Perrins Sauce

Soak lima beans in water over night. Drain. Cook in 2 cups slightly salted water about 20 to 30 minutes, until almost tender. Fry bacon till crisp. Add bacon, broken in bits, with other ingredients to lima beans. Pour into greased baking dish with part of water in which beans were cooked. Bake in a moderate oven (375° F.) for about 20 minutes, till beans are tender and browned on top. Serves 6.

Boiled or steamed vegetables are much more tempting if Butter Sauce (page 26) is added before or during service.

Creamed Potatoes and Potato Cakes*

Try adding onion juice and Lea & Perrins Sauce to taste. You'll be surprised what a difference this makes!
Scalloped Corn

*A change from plain corn*

2 cups canned corn
2 tablespoons diced green pepper
2 tablespoons diced pimiento
1/2 teaspoon salt
1 egg, beaten
2 teaspoons Lea & Perrins Sauce
Buttered bread crumbs

Mix thoroughly all ingredients except crumbs and put in buttered baking dish. If corn is rather dry, add a little water. Cover with buttered crumbs and bake in moderate oven (375°F) until crumbs are browned. Serves 4.

Baked Onions with Cheese

*Men rave over these!*

1 1/2 lbs. onions
3 tablespoons butter
1/2 teaspoon salt
1 1/2 teaspoons Lea & Perrins Sauce
1/2 cup soft bread crumbs
1/2 cup grated American cheese

Cut onions in thin slices crosswise and cook in boiling salted water about 10 minutes, till tender. Melt butter in frying pan and sauté onions until they are well coated with butter. Add salt and Lea & Perrins Sauce; turn into greased glass pie plate. Sprinkle with crumbs and cheese. Bake 15 minutes in hot oven (400°F) till cheese is melted and crumbs are brown. These are particularly tempting with roast beef, and may be heated while gravy is being made. Serves 6.

Cauliflower au Gratin

*A wonderful combination of flavors*

Cut a cauliflower in pieces and let stand in cold, salted water for one-half hour— to remove any insects from crevices. Cook in salted water for about 20 minutes, till tender. Place on a hot dish for serving. Pour over it one or two cups of Cheese Sauce (page 26), according to size of cauliflower.

Candied Sweet Potatoes

*Seasoned just right!*

4 sweet potatoes
1/2 teaspoon salt
1/2 cup brown sugar
3 tablespoons water
1/2 cup melted butter
1 tablespoon Lea & Perrins Sauce


Red Cabbage with Apples

*A pleasing change*

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.

Potatoes on Half Shell

Bake medium-sized potatoes whole, or large potatoes cut in half lengthwise. Scoop out and mash contents or put through ricer. For each potato, add 1 teaspoon butter, 1/4 teaspoon salt and 2 tablespoons milk. Beat well and fill potato shells, mounding lightly with a fork. Make a small depression in each mound and drop into it 1/4 teaspoon Lea & Perrins Sauce. Fill cavity with butter and brown potatoes in moderate oven (350°-400° F.).
Garnishes and relishes add so much in color and attractiveness! Seasoned with Lea & Perrins, their spice and piquancy contrast pleasingly with more mildly flavored foods.

**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.

**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.

**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.

**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.
**Hot Slaw**

*Serve as relish or salad*

- ½ teaspoon salt
- 1 tablespoon sugar
- 1 egg, beaten
- 2 tablespoons butter
- ¼ cup hot milk
- ¼ cup hot vinegar
- 1 tablespoon Lea & Perrins Sauce
- 2 cups shredded cabbage
- 2 onions

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 thiny 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.

**Apple Chutney**

*Rich and tempting*

- 12 tart apples
- 1 onion
- 2 green peppers
- 1 red pepper
- 1 cup currant jelly
- 4 lemons
- 2 cups sugar
- 1 tablespoon salt
- 2 cups vinegar
- 1 cup raisins, seeded
- 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. Apple Chutney is especially delicious served with roast meats or poultry.

**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.

**Cranberry Relish***

- ¼ cup cooked cranberries
- ¼ cup chopped celery
- 1 tablespoon chopped onion
- 2 tablespoons chopped parsley
- ½ teaspoon salt
- 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.
Salads and Salad Dressings

To be appetizing, salads need as skilful seasoning as meat dishes. Try adding Lea & Perrins Sauce to all dressings for meat, vegetables and seafood salads—to all aspics and jellied vegetables.

**Potato Salad Supreme**

*All its name implies*

- 4 cups cooked potatoes, cubed
- 4 tablespoons finely chopped parsley
- 2 chopped pickles
- 1 cucumber, chopped fine
- 1 small onion, chopped fine
- 2 hard-cooked eggs, chopped
- Salt to taste
- ¾ cup mayonnaise
- 2 tablespoons ketchup
- 2 teaspoons Lea & Perrins Sauce

Boil potatoes, cool and cube them. Meanwhile, run parsley, pickles, cucumber, onion and eggs through meat chopper. Mix these thoroughly with cubed potatoes and salt to taste. Season mayonnaise with ketchup and Lea & Perrins Sauce, and mix with salad.

**Spanish Salad**

- 1 cup shredded cabbage
- 1 cup diced cucumbers
- French dressing
- ½ onion, sliced thin
- 4 tomatoes, sliced
- Parsley or watercress
- 1 hard-cooked egg
- Mayonnaise

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.

**Easter Salad**

*Delicious at any time of year*

- 2 cups ground ham
- 3 hard-cooked eggs, chopped
- 6 sweet pickles, minced
- 12 stuffed olives, chopped
- ¾ cup mayonnaise
- 1 tablespoon Lea & Perrins Sauce

Mix first four ingredients lightly together. Add Lea & Perrins Sauce to mayonnaise and mix with salad. Serve on lettuce as main luncheon dish. Delicious with hot baking powder biscuits. Serves 6. Also makes excellent sandwich filling if a little more dressing is added.
Tasty Salad Mold
_A hit at bridge parties_

- 1 package lemon gelatine
- 1 cup boiling water
- 1 cup cold water
- 2 teaspoons Lea & Perrins Sauce
- 1 cup grated cabbage
- ½ cup grated carrot
- ½ cup chopped cashew nuts
- Salt to taste

Dissolve gelatine in 1 cup boiling water and add 1 cup cold water and Lea & Perrins Sauce. Fill 6 individual salad molds nearly full of this liquid. Mix grated vegetables and nuts, salt to taste and add a portion to each mold. Place in refrigerator to harden. When set, unmold on lettuce and serve with mayonnaise at side. Makes 6 portions.

Tomato Surprise Salad
_Delicious as a main luncheon dish_

- 4 firm tomatoes
- ½ cup crabmeat
- ½ cup chopped celery
- 2 tablespoons mayonnaise
- ½ 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. Makes 4 salads.
Jelly Cubes

Make a hit for lunch or supper!

Prepare an aspic jelly highly seasoned with Lea & Perrins Sauce. Before it starts to thicken, add coarsely chopped tongue and sweet pickles. Pour into a shallow pan so that jelly is not more than an inch deep. Cut in cubes and serve in small lettuce cups. Delicious with thin sandwiches and hot buttered vegetables.

Stuffed Pepper Salad

Colorful and delicious

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

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. Cook the eggs hard, cool and shell. Stand the peppers up on end. Place a hard-cooked 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, red and green.

Jellied Tomato Salad

Seasoned just right!

2 1/2 cups tomato pulp or canned tomato juice
1 small onion, sliced
1 1/2 teaspoons salt
1 1/2 teaspoons sugar
1 1/2 tablespoons gelatine
1/2 cup cold water

Juice of 1/2 lemon
2 teaspoons Lea & Perrins Sauce

Cook together gently for 10 minutes the tomato pulp or canned tomato juice, onion, salt and sugar. Meanwhile, soak gelatine in the cold water for 5 minutes. Strain hot mixture, add gelatine and stir to dissolve thoroughly. Add lemon juice and Lea & Perrins Sauce. Pour into large or individual molds and place in refrigerator to harden. Unmold on crisp lettuce and garnish with mayonnaise. Serves 8.

Jellied Tongue

Delicious with creamed potatoes and fresh peas

2 tablespoons gelatine
4 cups chicken or vegetable stock
Juice of 2 lemons
1 medium onion, minced
2 teaspoons salt
1 1/2 tablespoons Lea & Perrins Sauce

3 hard-cooked eggs

Strips of pimiento
12 thin slices of tongue

Soak gelatine in 1/2 cup cold water; dissolve in hot stock. Stir in seasonings and let stand till it begins to jelly. Put layer of tongue in bottom of loaf tin, cover with jelly, then a layer of sliced egg and pimiento strips. Continue adding gelatine and other ingredients in layers until all are used. Chill in refrigerator until firm. Cut in slices with sharp knife and serve on lettuce, with mayonnaise in bowl. Makes 8 generous portions.
**Mayonnaise**  
*With a really delicious flavor*

1 egg yolk  
\( \frac{1}{2} \) teaspoon salt  
\( \frac{1}{3} \) cup salad oil  
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, especially if oil and vinegar are chilled before using. 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 with vegetable colorings.

**Boiled Dressing**  
*Perfectly seasoned*

1 tablespoon flour  
1 teaspoon salt  
2 tablespoons oil or melted butter  
\( \frac{1}{3} \) cup milk  
2 egg yolks or 1 whole egg  
\( \frac{1}{4} \) cup vinegar  
1 tablespoon Lea & Perrins Sauce

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

**Russian Dressing**  
*Makes hearts of lettuce extra-delicious!*

\( \frac{3}{4} \) cup mayonnaise  
2 tablespoons mixed green and red peppers, chopped  
1 tablespoon chili sauce  
1 tablespoon Lea & Perrins Sauce

Mix all ingredients. This recipe may be varied by adding a little lemon juice, chopped celery, caviar, anchovy or onion juice.

**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.

**French Dressing**

\( \frac{1}{2} \) cup salad oil  
1 tablespoon Lea & Perrins Sauce  
2 tablespoons vinegar  
1 teaspoon salt

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

**Creole French Dressing**  
*Can be stored in refrigerator*

Rub a bowl with a cut clove of garlic. To the recipe for French dressing, add 4 tablespoons tomato ketchup, \( \frac{1}{4} \) teaspoon dry mustard, 1 teaspoon sugar. Beat or shake well. Absolutely delicious with hearts of lettuce or fresh vegetable salad.
Sandwiches

For the daintiest tea or the most substantial luncheon, sandwiches must be well seasoned. Blended with butter, cheeses, sea food or meats, Lea & Perrins Sauce makes them tempting in aroma, delicious in flavor!

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*

Tasty made with left-over roast meat

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.

Whirls

As dainty as they are delicious

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. Roll each slice tightly lengthwise; wrap in waxed paper 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 different colors in the fillings give an attractive variety to the sandwich plate.

Barbecue Sandwich

Between two slices of bread or a flat, split biscuit, lay several thin slices of hot roast pork, spread with Barbecue Sauce (page 28). 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 meat should be hot and roasted, with a generous spread of a zestful sauce or relish. Lea & Perrins Sauce alone makes this sandwich delicious.
**Fried Meat Sandwiches**

*Men like these*

Butter slices of bread and spread with minced cooked ham, tongue, 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**

*Popular at picnics*

\[
\begin{align*}
\frac{1}{2} \text{ pound ground raw beef} \\
1 \text{ teaspoon salt} \\
2 \text{ tablespoons minced onion} \\
\text{Butter or drippings} \\
1 \text{ tablespoon Lea & Perrins Sauce}
\end{align*}
\]

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 drippings 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.

**Snappy Ham Sandwiches**

*Popular at picnics*

\[
\begin{align*}
1 \text{ cup chopped cooked ham} \\
2 \text{ teaspoons Lea & Perrins Sauce} \\
1 \text{ tablespoon mayonnaise} \\
3 \text{ tablespoons mixed pickle relish}
\end{align*}
\]

Add Lea & Perrins Sauce to mayonnaise and mix thoroughly with chopped ham. Add pickle relish and mix well. Spread on buttered bread and top with another slice of bread. These are delicious toasted or browned in a waffle iron (see next column). Makes 8 to 10 large sandwiches.

**Spanish Chicken Sandwich**

*Tempting toasted or waffle-ized*

\[
\begin{align*}
2 \text{ cups minced chicken} \\
\left(1 \text{ large can boned chicken}\right) \\
\frac{1}{2} \text{ cup chopped stuffed olives} \\
3 \text{ tablespoons mayonnaise} \\
2 \text{ teaspoons Lea & Perrins Sauce} \\
\text{Salt to taste}
\end{align*}
\]

Mix the chicken and olives. Blend Lea & Perrins Sauce with mayonnaise and mix thoroughly with chicken and olives to form a spread. Salt to taste. For waffle-izing these sandwiches, see bottom of this page.

**Red-and-White Sandwiches**

*You'll love their marvelous flavor!*

\[
\begin{align*}
1 \text{ pkge. cream cheese} \\
1 \text{ teaspoon Lea & Perrins Sauce} \\
2 \text{ pimientos, finely chopped} \\
\text{Salt to taste}
\end{align*}
\]

Blend Lea & Perrins Sauce thoroughly with cream cheese and mix with pimientos to a smooth paste. Makes filling for 6 large sandwiches. Try them toasted or browned on a waffle iron (see recipe below).

**Waffle Sandwiches**

*Novel . . . delicious . . . easy to make*

Cut crusts from thin slices of sandwich bread. Spread one slice thinly with sandwich mixture, and top with slice of buttered bread. Cut diagonally into triangles. Dip in following waffle mixture:

\[
\begin{align*}
3 \text{ eggs, well beaten} \\
\frac{1}{4} \text{ cup milk} \\
\frac{1}{2} \text{ teaspoon salt} \\
1 \text{ tablespoon melted butter}
\end{align*}
\]

Mix other ingredients with beaten eggs and dip each sandwich in mixture. Fry 4 triangles at a time on hot waffle iron. Press upper lid of waffle iron down slightly when closing. Bake 2 to 4 minutes. Serve at once, with maple syrup, if desired.
Cheese Dreams
Irresistibly tempting!
1 tablespoon butter
1 egg, beaten
¾ teaspoon salt
2 teaspoons Lea & Perrins Sauce
½ teaspoon mustard
2 cups grated American cheese
6 slices bread
6 slices bacon
Mix first six ingredients to a paste and spread liberally on bread. Top with a slice of bacon and bake in a hot oven (425° F.) for 5 to 8 minutes. Serve at once. Makes 6 portions. Delicious with pickle relish or small sweet cucumber pickles.

Hot Lobster Sandwich with Newburg Sauce
Makes a hit for lunch or late suppers
5 tablespoons butter
1 cup cooked lobster meat
Yolks of three eggs
¾ teaspoon salt
1 cup cream or milk
3 tablespoons sherry
2 teaspoons Lea & Perrins Sauce
Melt two tablespoons of butter in a chafing dish and heat in it the lobster meat, cut in small pieces. To make the sauce, melt the rest of the butter, add the salt, 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 meanwhile. Add the Lea & Perrins Sauce and sherry 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. Makes 4 portions.

Royal Chicken Sandwich
Everyone asks for this recipe!
8 slices buttered toast
Slices of cooked chicken
Slices of tomato
1 cup grated American cheese mixed with 2 teaspoons Lea & Perrins Sauce
Lay slices of buttered toast in a shallow baking pan. Place sliced chicken on the toast, sliced tomato on chicken and sprinkle with salt. Spread thickly with grated American cheese mixed with Lea & Perrins Sauce. Place under broiler till cheese is melted and browned. Serve at once.

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.
Bridge Party and Sunday Night Supper Dishes

All these dishes are easy to prepare. Some may be made right at the table. And they're so tempting and well seasoned that your guests will be delighted with them!

Individual Chicken Pies
A nice touch when entertaining
For chicken filling, add to a thin or brown gravy well seasoned with Lea & Perrins Sauce, about 12 slices of chicken, preferably breast of chicken, 10 or 12 small white onions, the same number of small young carrots, fresh peas, and one large potato cut into cubes. Divide the filling between the four dishes and cover with pastry. Makes 4 individual chicken pies.

Other delicious combinations are chicken and mushrooms, without the vegetables; left-over lamb and lamb kidneys; or stewed kidneys and chopped hard-boiled eggs. By using a combination of vegetables in season, vegetable pies can be made in the same way.

Pastry
1 1/4 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
1/4 cup shortening
4 or 5 tablespoons ice water

Sift dry ingredients into bowl and cut in shortening with two knives. Add just enough ice water to make a soft dough. Chill and divide paste into four equal parts. Roll out each 1/8 inch thick on slightly floured board and cover pies which have been put into four individual baking dishes. Trim off paste a little beyond the rim of each baking dish and turn back, pressing down all around. Cut two or three small slits in top of crust, and press around edge with tines of fork. Brush with milk. Bake in very hot oven at 500° F. for about 10 minutes.

Ham à la King*
A quick supper dish that always pleases
4 tablespoons butter
6 tablespoons flour
1/2 teaspoon salt
3 cups milk
1 1/2 cups chopped, boiled ham
1/2 cup chopped, cooked celery
3 tablespoons chopped, cooked green peppers
2 tablespoons chopped pimientos
2 eggs, beaten
1 tablespoon Lea & Perrins Sauce
8 slices toast

Melt butter in chafing dish. Stir in flour and salt. Add milk gradually and cook 15 minutes, stirring constantly. Stir in ham, celery, green peppers and pimientos. Cook two minutes. Add well-beaten eggs and Lea & Perrins Sauce, stir and cook for one minute, then serve at once. Sufficient to serve over 8 slices of toast.

For Chicken a la King, use 1 1/2 cups diced, cooked chicken instead of the ham.
Creamed Shrimp and Eggs*

Try this next Friday

2 tablespoons butter
2 tablespoons flour
1/2 teaspoon salt
1 1/4 cups milk
2 teaspoons Lea & Perrins Sauce
1/2 lb. cooked shrimps
2 hard-cooked eggs, cut in eighths

Melt butter in chafing dish; add flour, salt and milk to make cream sauce. Add Lea & Perrins Sauce, shrimps and eggs, cooking 10 minutes. Pour into croustades or patty shells, or serve over toast as main supper or luncheon dish. Makes 4 portions.

Croustades*

Cut stale bread in slices 1 1/2 inches thick. With large biscuit cutter, doughnut cutter or a sharp, pointed knife cut into rounds, diamonds, ovals or squares. Take smaller cutter or knife and carefully cut out center about 1/2 inch in from edge down to within 1/2 inch from the bottom, leaving a nicely cut bread shell. Toast on all sides in hot oven.

Cheese Straws

2 cups flour
1/4 teaspoon salt
1/2 cup shortening
1 1/2 cups grated American cheese
2 teaspoons Lea & Perrins Sauce

Sift together flour and salt. Cut in shortening and grated cheese mixed with Lea & Perrins Sauce until well blended. Press into a ball and roll on floured board to one-quarter inch thickness. Cut in strips 1/2 by 3 inches. Bake in hot oven (400° F.) 8 to 10 minutes, until golden. Makes 2 1/2 dozen.

A BUFFET SUPPER . . . . . . . . . . . . .
EVERYONE WILL ENJOY (recipes p 39, 47)
Creamed Chicken and Peas in Patty Shells*

Delicious for luncheon or dinner

2 tablespoons butter
2 tablespoons flour
1 cup milk
1/2 teaspoon salt
1 cup diced chicken (1 small can)
1 cup cooked fresh peas
1 egg yolk, beaten
2 teaspoons Lea & Perrins Sauce

Melt butter, blend with flour, add milk and salt. Cook about 15 minutes. Then add chicken and peas, cooking till they are hot. . . . Add 2 tablespoons milk to beaten egg yolk and stir into mixture, with Lea & Perrins Sauce. Cook 2 minutes, fill patty shells and serve. Fills eight 3-inch fluted patty shells—to serve 4. . . . To fill 8 shells made over 3-inch muffin tins, increase white sauce recipe by one-half and add another cup of peas.

Patty Shells

1 1/2 cups pastry flour
1/2 cup shortening
1/2 teaspoon salt
4 1/2 tablespoons ice water

Chill flour and shortening in refrigerator. Sift flour and salt together into bowl. Cut in shortening with two knives until mixture resembles coarse meal. Add ice water gradually—just enough to make stiff dough. Cover bowl and chill in refrigerator over night, or at least 1 hour.

Place pastry on floured board and roll lightly from center a little less than 1/8 inch thick. Cut in circles to cover inverted 3-inch muffin tins, flute edges and prick. . . . Or line 3-inch fluted patty shells and press in another patty shell, letting it remain for half of baking period. . . . Bake either kind of patty shell for about 12 minutes in hot oven (450°-500° F.) until light brown. Makes 12 fluted patty shells or 8 made over 3-inch muffin tins.

Savory Butter

Cream butter with a fork and work into it one teaspoon Lea & Perrins Sauce for each half cup of butter. Use as spread for sandwiches, saltines, canapés; or keep in the refrigerator for cooking purposes.

Chop Suey

Popular for Sunday supper

1/2 lb. lean pork or pork chops
1 onion, chopped
2 cups diced celery
2 1/2 cups meat stock
1 tablespoon sugar
1/2 teaspoon salt
1 can Chinese bean sprouts
1 1/2 tablespoons Lea & Perrins Sauce
Soy sauce

Cut pork in small pieces. Fry slowly with chopped onion, and when partially cooked, add celery, meat stock and seasonings. Cover and cook slowly for 40 minutes. Then add one can of drained Chinese bean sprouts. Just before removing from fire, add Lea & Perrins Sauce. Serve on steamed rice, with soy sauce, if desired. Makes 8 portions.

Blushing Bunny

Delicious—and made in a jiffy!

1 can tomato soup
1 lb. cheese, diced
1 egg, slightly beaten
1 tablespoon Lea & Perrins Sauce

Put one can tomato soup in a chafing dish and heat. Add cheese and cook over low heat till melted and mixed with soup. Stir in slightly beaten egg and Lea & Perrins Sauce. Serve at once on hot crackers or toast. Makes 6 generous portions.
**Eggs Mollet en Casserole**

*A tempting main dish*

8 whole, soft-cooked eggs
2 cups thin white sauce
1 cup grated cheese
1 tablespoon Lea & Perrins Sauce
Buttered crumbs

Cook eggs about five minutes, only long enough so that they may be shelled. Arrange them, whole, in small buttered casserole. Mix grated cheese and Lea & Perrins Sauce with white sauce till smooth and pour over eggs. Cover with buttered crumbs and brown in moderate oven (375° F.) for about 20 minutes. Serves 4. Delicious with a fresh vegetable salad and French Dressing (page 40).

**Western Salmon**

*Popular with men*

2 tablespoons butter
1 can salmon, flaked
1 can tomato soup
2 teaspoons Lea & Perrins Sauce

Remove skin and any bones from salmon and flake in rather large pieces. Melt butter in chafing dish or frying pan. Add salmon and heat slowly. Pour over can of tomato soup, mix and heat till hot. Just before removing from fire, stir in Lea & Perrins Sauce. Serve on toast. Makes 4 portions.

**Crab Meat en Casserole**

*Unequalled for Sunday suppers*

3 cups crab meat, flaked (2 cans)
3 cups medium thick white sauce seasoned with 1 tablespoon Lea & Perrins Sauce
2 egg yolks, well beaten
1/2 cup grated cheese
1/2 cup buttered bread crumbs

Flake crab meat in not too small pieces. Salmon or tuna may be used, if desired. Make 3 cups white sauce, using 3 tablespoons each butter and flour, 2 teaspoons salt, and 3 cups milk. Remove from fire, stir in egg yolks and Lea & Perrins Sauce. Fold in crab meat and fill large, shallow buttered baking dish or individual baking dishes. Sprinkle with mixture of grated cheese and buttered crumbs. Bake at 375° F. till top is a light brown, about 25 minutes. Serves 10.

**Hash à la Mode**

*A quick supper dish men like*

Heat thoroughly with butter, in a chafing dish, a good brand of canned corned beef hash. Meanwhile, in another chafing dish or a grill, prepare scrambled eggs. Just before serving, season hash to taste with Lea & Perrins Sauce. Serve with scrambled eggs over top, garnished with parsley.

**Oysters Royale**

*Tasty for supper Sunday night or any night*

1 pint oysters
1 cup oyster liquor
3 tablespoons butter
3/4 teaspoon salt
2 tablespoons flour
1/2 cup thin cream
2 teaspoons Lea & Perrins Sauce

Put oysters and liquor in frying pan or chafing dish and cook over low flame until edges of oysters curl. . . Remove oysters to hot double boiler or warm dish. Add to liquor the butter, seasonings, and flour mixed with a little cold water, stirring until slightly thick and smooth. Add cream and boil up once. Pour over oysters and fill patty shells or croustades. Serves four.

Shrimps, canned or fresh, may be substituted for the oysters.
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