

MURREY'S
SALADS
AND
SAUCES



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1884



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BY THE

AUTHOR OF "VALUABLE COOKING RECEIPTS,"
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"And now the word sallet must serve me to feed on."—SHAKESPEARE.

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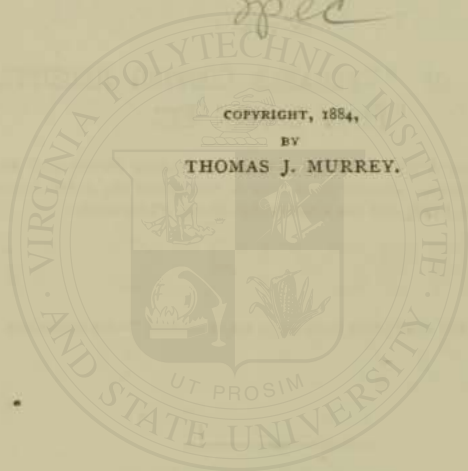
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Dedication.

TO

MY FRIEND, ARTHUR MACARTHUR,

WHOSE DELICATE TASTE ACCORDS DUE APPRECIATION TO
THE PURE DELIGHTS OF TENDER HERBS AND FRAGRANT LEAVES,
AND THE DAINTY PLEASURES
OF A SIMPLE SALAD RIGHTLY COMPOUNDED,
THIS LITTLE HAND-BOOK OF THE GOURMET'S NICEST ART
IS MOST RESPECTFULLY DEDICATED BY
THE AUTHOR.



TABLE OF MEASURES.

Two pepperspoonfuls make.....	one saltspoonful.
Two saltspoonfuls	“one coffeespoonful.
Two coffeespoonfuls	“one teaspoonful.
Three teaspoonfuls	“one tablespoonful.
Four tablespoonfuls	“one wineglassful.
Two wineglassfuls	“one gill.
Two gills	“one cup.
Two cupfuls	“one pint.

25 drops of any thin liquid make one teaspoonful.

One tablespoonful of salt, one ounce.

The old English and French tablespoons hold more than our modern tablespoons, and our old-fashioned oval table-spoons hold a little more than the egg-shaped pattern.



SALADS AND SAUCES.

INTRODUCTORY.

"A salad is a delicacy which the poorest of us ought always to command."

SALADS are supposed by a large class of people to be difficult to prepare; but such is not the case. They are really very simple of construction, and one needs only to use a little judgment in their preparation.

To become a perfect salad-maker do not attempt too much at the beginning; practise on plain salads and plain dressings for some time before you try making combination salads, fancy dressings, and elaborate garnishings, and you will soon become a perfect salad artist.

When about to prepare a salad make up your mind just what you are going to do; then get everything on the table before you, and begin work. When your dressing is completed set it aside until the proper moment to serve the salad arrives; then mix the salad and dressing together, and serve—the result will be very satisfactory. Should you prepare the salad half an hour before it is wanted it will not give satisfaction, as the lettuce will have become flabby and the dressing watery and insipid.

Under no circumstances add anything to the dressing other than oil, vinegar, pepper, and salt, unless particularly requested to do so by some one at table; and even then, if the guest wishes mustard sauces or catsup, it is better that he should add the innovation only to his own portion, as individual tastes differ to a very great extent. One's habits and mode of living must be taken into consideration. Persons of delicate constitution who take but little exercise, and who do not know the taste of strong stimulants, would almost strangle should they eat a salad prepared for or by a person of robust constitution accustomed to out-door life.

Tobacco and other stimulants injure the palate, and the person in the habit of using these requires a highly-seasoned salad as a general rule.

Young Americans do not like the taste of oil, and when preparing a salad for them care must be taken that it does not predominate. For that matter, do not allow one condiment to predominate over the others, no matter who your guests may be.

The quantity of oil to be used to a given quantity of vinegar is a very debatable point, and one not easily answered in print. A general rule may be followed something as follows: For the average family party the proportions may be safely put down as two of oil to one of vinegar; for the average "diner-out" under forty years of age (unless addicted to the use of stimulants) the proportions should be three of oil to one of vinegar; for gentlemen over forty who have been accustomed to good living most

of their days the proportions should be from four to six of oil to one of vinegar; for the full-blooded, wine-drinking epicure you may safely use six to eight of oil to one of vinegar or lemon-juice. I am acquainted with a gentleman who is very fond of oil, and uses it on almost everything; he adds one tablespoonful of tarragon-vinegar to each pint of oil. These proportions refer to plain dressings; for Mayonnaise use as little vinegar as possible, and, if not sharp enough, let each be the judge of the quantity of acid his or her palate may require.

The importance of using the very best condiments must not be overlooked. A perfect salad cannot be made with inferior ingredients; a recipe may call for a saltspoonful of pepper, but it would require a tablespoonful of the ordinary store article to produce the desired result.

Economy is a very important point; but there is no economy in using withered lettuce or rusty celery.

Garnishing or decorating salads presents an opportunity to display artistic taste and judgment, and forms a most important part of salad-making, it being very desirable to please the eye as well as the palate; the most delicious salad will not be fully appreciated unless it is attractive in appearance.

No exact rule can be laid down for garnishing, for much depends on the judgment and good taste of the person preparing the salad.

Original ideas are commendable. Wild flowers neatly arranged with alternate tufts of green are very pretty, and within the reach of all; clusters of apple and peach blos-

soms intermixed with the young green leaves make a spring salad very attractive, besides being a handsome table-ornament.

Hard-boiled eggs are always in order when Mayonnaise is used, but they should be arranged very neatly; the white of the hard-boiled egg cut into rings, the yolk is removed, and in its place a small red radish is placed. Radishes may be made into baskets by cutting away a part of the sides, leaving a little band to represent the handle of the basket.

Many pretty designs can be made from baked or boiled beets: the small beets can be cut so as to represent roses, while the large beets should be cut into slices, and each slice cut into small squares, diamonds, hearts, crescents, and other fancy shapes. These may be cut out with fancy cutters, as it is a little troublesome to cut them with a knife.

Fish salads are generally garnished with the head, claws, and tails of lobsters, and with shrimps, prawns, fried and spiced oysters, mussels, clams en coquille, sardellens royans, sardines, anchovies, scallops, stuffed eggs, pickles, and, in fact, almost everything; but all depends on the artistic taste of the decorator.

This work contains a brief description of edibles seldom used as food by Americans, owing to the profusion of cultivated products in our country. I consider it important that all should be familiar with what may be properly called "neglected food resources." We are travellers, and cannot tell at what moment we may be

placed in a position away from all kinds of known foods, with starvation staring us in the face and no prospect of relief.

To the shipwrecked and the lost traveller the question naturally arises, What is there hereabout that will sustain life until relief comes?

In such an emergency, would they not willingly give all they ever possessed for a few mouthfuls of food?

This subject is a very important one, and well worth the consideration of our advanced scientists. A thorough work on neglected food resources would be very useful to our army and navy. Such a work would enable them to procure food at times when their supplies were cut off or exhausted. It would have been of untold value to our army during the late war; the soldier would then have known the many nutritious roots and plants growing profusely in the Southern States, and how to have utilized them.

But alas! too few of us knew how to properly prepare the evaporated foods that were liberally furnished by the government, much less the food-products of nature.

It is a well-known fact that the frequency of jaundice and stomach complaints was due solely to the ignorance of the men and the so-called army cooks, who were totally unable to cope with the subject of preparing food.

The exasperating sight of fields of ripe grain and other products being trodden under foot by hungry soldiers would never have occurred had our government provided us with a corps of scientific cooks, whose duties would

have been to instruct the company cooks. Thousands of lives and millions of dollars would have been saved had we had such a corps.

And the Sanitary Commission would have found little work to do had a small corps of these cooks accompanied each division of the army at the beginning of the war.

The only thing done by the War Department to assist the company cooks was to issue a "Manual for Army Cooks"—an excellent little work. Had it been issued in 1861 instead of 1879, even this little help would have greatly benefited the soldier.

Much as our Dennis Kearneys condemn and abuse the Chinese, we might profit by their example in one particular at least. In 1845 their government issued a work in six volumes illustrating over four hundred different plants whose leaves, rinds, stalks, or roots are "fitted to furnish food for man." This book was printed annually, and distributed gratuitously in districts most exposed to natural calamities such as failure of crops, ravages of locusts, drought, or the overflow of rivers. Whether such a work is requisite in this land of "milk and honey" is a question I will leave to older heads. Perhaps we will always be blessed with over-abundance, perhaps not.

Scattered through the work, under appropriate headings, will be found many valuable suggestions on window, kitchen, and cellar salad-gardening that will be appreciated by families living away from public markets and truck-gardeners.

Before we depended upon the professional truck-gardener for salad and fresh pot-herbs, many New England families cultivated them through the fall and winter in window-boxes exposed to sunlight and air. Cresses and other small plants were grown in hanging-baskets, while the more pretentious salad-plants were cultivated in the cellar and in spare rooms. These little gardens were always attractive and ornamental as well as useful. They pleased the children and the invalid as well as the epicure, and were patronized by the rich as well as by people in moderate circumstances.

A Beacon Street (Boston) family converted a large spare room into a kind of green-house, where they cultivated salad-plants during cold weather. This garden was under the care of the coachman, and a daily supply of fresh, crisp salad-plants throughout the long winter months was the gratifying result.

Families living at a distance from the city would find ample pleasure and profit in the care of these little gardens. A salad raised, gathered, and prepared by one's own hands is far more enjoyable than one obtained from a vender.

If nothing more than a little cress, to be used as a garnish, you have the satisfaction of knowing that it is fresh and clean when raised under your own supervision.

These luxuries, while causing a little trouble, add very much to the attractions and comforts of home. Army officers stationed far away from the comforts of city life should encourage the planting of these small gardens, not only in windows and sunny corners, but out of doors when-

ever it is possible. They may not remain at the post long enough to enjoy the fruits of their labor; but would there not be some pleasure in knowing that a brother-officer would some day reap the benefit? Should such a custom become universal all could in turn enjoy a fresh salad, which is the crowning grace of a good dinner.

An officer stationed at Fort Concho, western Texas, evidently endowed with this spirit, planted a small quantity of water-cress seeds in the Lampasas Springs, and the result is that water-cress is found in nearly all the springs and streams in that section of country.

Many of our naval vessels stationed for months at a time away from salad dainties might easily have a box of cress, chives, chervil, borage, tarragon, or similar plants requiring but little care or room. This box might be kept in the quarter-gallery or in a spare state-room of the cabin, under the supervision of the captain. A few leaves or sprigs of any of these plants would relieve the monotony of ship fare.

Nothing is more common in Norway than to see the roofs of houses converted into kitchen gardens. These gardens supply the family with all the salad-plants required, and in many instances more pretentious vegetables, such as potatoes and cabbages.

“Who tends her ‘little patch’ in well-spent hours,
Amid her kitchen treasures and her flowers.”

THE FAMILY CASTER.

THE man who invented the old-fashioned family caster evidently imagined he was doing mankind a great kindness, but instead he has succeeded in doing an irreparable injury. This condiment-destroyer may be used as a table-ornament, if allowed to remain empty, as it can then do no injury, but the use of it as a receptacle for condiments is to be discouraged. Why is it the first article the newly-married couple will purchase when thoughts of housekeeping present themselves? They will sooner or later find that the caster and dyspepsia are the Siamese twins of domestic life. Are not the glass stoppers always being lost, and at best are they ever air-tight? Have you ever seen a neat cruet of mustard in one of them? Is it not reasonable to suppose that whatever good qualities the pepper possessed will be lost through the perforations at the top of the bottle? Are you not obliged to use twice the quantity of damaged than of fresh condiments to produce a desired result? Will not the excessive use of condiments eventually injure the digestive organs? If this is so, what can we expect but an incurable case of dyspepsia?

One of the principal reasons why Americans dislike oil is that their acquaintance with it usually begins under unfavorable circumstances. They generally find it in a cruet

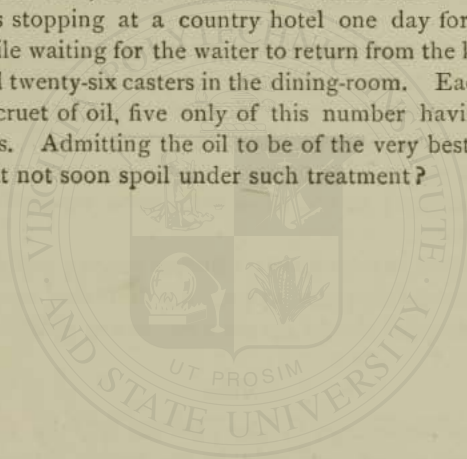
where it probably had been for some time exposed to light, air, heat, and dust, and become rancid. The unsuspecting guest orders a salad, which is dressed with this oil, and at the first mouthful there is an expression of misery depicted on his countenance. His misery is noticed and commiserated by his fellow-guests, which only adds to his distress, and his liberation* from trouble becomes a matter of personal dexterity. This little affair ends his dinner and also his experience with oil.

Most of our first-class restaurants have discarded the large caster and use instead a small breakfast-caster. One or two oil-decanterers are kept in the room, and when oil is wanted it is to be asked for. This is as it should be. In this way very little is wasted, and, as the decanterers are refilled every day, there is no possible danger of the oil becoming rancid; what little remains from the preceding day is sent to the kitchen to be used in cookery.

Hotels on the American plan would find it more satisfactory to their guests, and decidedly more economical, if they would keep one or two bottles of oil on a sideboard during dinner instead of the present mode, which is the old style of having a cruet of oil on each table. It is true the waiters are supposed to keep fresh oil on the table at all times; but do they ever remove the old until an accumulation of dust on the bottom of the cruet compels them to clean it? They generally march around the dining-room with a pitcher from which they pour fresh oil into the cruets, on top of the old. Does it not naturally follow that the fresh oil is injured by contact with the old?

I cannot understand why proprietors of country hotels and restaurants persist in having oil upon each table in the dining-room. The oil found in these places is generally of an inferior quality, and it certainly does not improve by being kept in a dilapidated, dust-covered cruet without a stopper. No one with any of their senses left could smell it a second time, much less use it on their food.

I was stopping at a country hotel one day for dinner, and while waiting for the waiter to return from the kitchen I counted twenty-six casters in the dining-room. Each caster held a cruet of oil, five only of this number having glass stoppers. Admitting the oil to be of the very best quality, would it not soon spoil under such treatment?



CONDIMENTS USED IN SALADS.

"The richer a man makes his food the poorer he will make his appetite."

AS condiments play the most important part in salad-making, it is necessary that they should be of the very best quality. Too much care cannot be exercised in selecting them; inferior condiments will ruin the efforts of the most expert salad maker. The proper care of them is also important; do not allow them to be exposed to light, air, and heat.

Rancid oil, weak vinegar, odorless pepper, and unsavory salt cannot be expected to produce favorable results, and the salad-maker should always keep this in mind.

OIL.

A large percentage of the olive-oil sold by grocers is apt to turn rancid if exposed for any length of time to sunlight, air, and heat. The reasons for this are many; the principal one is that manufacturers are not careful enough in selecting the fruit, and allow too many bruised and decayed olives to enter the presses. Quite as much care should be exercised in this as in the manufacture of cider. We have all tasted sweet cider. Is there not a difference in the taste of cider made from selected fruit and that

which is made from bruised and decayed apples? It is so with olives; poor fruit will not make good oil.

Keep olive-oil in a dark closet or in the cellar when not in use. Families using but little oil will find it to their advantage to divide the contents of a large bottle into three or four smaller ones and seal them carefully; this will prevent all danger of the oil deteriorating.

In cold weather oil is liable to congeal. Should this occur place the bottle in tepid water for a few minutes until it becomes clear. Some cook-books recommend boiling it, but, unless you are a chemist, do not try this experiment.

Purchase oil from grocers and druggists who do a large business; they are more likely to have fresh, new oil than the average corner-grocer, who does not sell one bottle a week, and who keeps his stock in show-windows where it is exposed to sunlight, whereby what little virtue it formerly possessed is obliterated. One must not expect to find the Alexis Godillot and other fine brands of oil at the corner-grocery, and I repeat that the salad-maker must remember the fact that there is no economy in spoiling a salad with a few spoonfuls of oil of poor quality. No one will eat the salad, and, although the dinner be perfect in every other detail, the poor quality of the salad will be the only part of it remembered or commented upon.

A well-informed writer says in the *St. James' Gazette* "that olives, like all generous givers, demand that you should 'squeeze' them gently. The first pressure yields a thin, pure liquid almost colorless; as the pressure is increased a less delicate product is the result, while if it is

still further prolonged a rank and unwholesome residuum is obtained wholly unfit for food." Unless chemically prepared, virgin oil does not retain its freshness for more than a few weeks without the addition of a little sugar or salt.

It is almost impossible for any one to realize the exquisite delicacy of this first expression of the freshly-gathered olive unless he has sojourned in such a district as that of which, say, Avignon is the centre.

Pliny tells us that olives grew in the heart of Spain and France, though he awards the palm to the smaller olive of Syria, the oil of which was at least more delicate than that produced in the western countries. So far as regards the oil of Spain, and to some extent that of Italy, this judgment stands good to the present hour, for the reason that the Spanish olive is a larger and coarser fruit, while the Italian growers are too apt to detract from the limpid delicacy of the virgin oil by the sacrifice of quality to quantity.

The olive-oils of Lucca, Calci, and Buti are the best in the world.

I have been asked to recommend numerous brands of oil, but do not care to do so. However, I will relate a little of my own experience with oils.

Having tested nearly every brand of oil on the market sold as olive-oil, I have found ninety per cent. of them either made from inferior olives or mixed with other oils, and therefore useless as salad-oil.

Last spring I happened to buy a bottle of oil from Caswell, Hazard & Co., under the Fifth Avenue Hotel, and was delighted to find that it stood the tests admirably. As

a final test I exposed the sample to light and air three months, having previously removed the cork and placed over the mouth of the bottle a thin piece of muslin. At the end of this time I sampled the oil and found it just as sweet as when I first tasted it; there was no sediment on the bottom of the bottle, and had it not been thoroughly pure, or had it been pressed from bruised or decayed olives, it could not possibly have stood the severe tests to which I subjected it.

There are many varieties of oil that are not made from the olive that find their way into the salad-bowl, but they should be discarded, as they are unfit for table use. Nature never intended them for the palate of the epicure. Pecan-nut oil is the least objectionable of all these, and by many is preferred to olive-oil.

The best pecan-nut oil may be procured from David Nicholson, grocer, St. Louis, Missouri. It is a very delicate oil and has a delightful flavor, which it imparts to the salads.

Cottonseed-oil, Gangilee oil, peanut-oil, bene-plant oil, poppy-oil, and oil from seeds of the radish and mustard, and, in fact, a hundred other oils which are recommended from time to time for salads by over-enthusiastic writers, are a delusion, and should not be used in salads. They are excellent for frying purposes, and will one day take the place of lard; but never use them on a dainty salad.

Vollmer, at one time steward of the Union League Club, Philadelphia, wrote a clever little cook-book, but ruined the chapter on salads by recommending goose-oil.

The Jewish people have been accused of using goose-oil in salads, but, from observations and letters received from Mr. Isaacs, of the *Jewish Messenger*, and others, I am convinced the assertion is a libel.

The old "saw" that "olive-oil at the end of a year is already old" is quite true. It should be used the same year that it is pressed.

Adulterated oils are numerous. We not only receive a "pure olive-oil" from Italy made of one-half American cottonseed, but our common lard-oil is returned to us in neat packages as "the only pure olive-oil in the country." Cottonseed-oil, when pure and fresh, is very good for almost all culinary purposes except salads, and we do not object to it; but we decidedly object to paying an exorbitant price for it under the name of olive-oil. A pure olive-oil should have a nutty taste and a decided flavor of the olive, and no matter how long it may remain in a sealed bottle, it will contain no sediment. Should it be mixed with other oils a light-colored sediment will cover the bottom of the bottle in a very short time; it will taste watery, as though it had very little body, and there will be no olive flavor about it. But the best test is to heat the oils, and the oil that emits a pleasant odor is very apt to be pure; mixed oils cannot stand this test without emitting a peculiar, disagreeable odor which judges of oil are very familiar with.

The report of Wm. L. Welsh, U. S. Consul at Florence, on cottonseed-oils in Italy, may be of interest to many, and is therefore added:

"The adulteration of olive-oil in Italy has long been known to exist, and cottonseed-oil has been so freely imported from the United States for that purpose that the government has largely increased the duties thereon, the law of May 30, 1878, having fixed a duty of six lire per quintal, and the law of April 7, 1881, having established a duty of twenty lire per quintal, as the Italian Government considers it of the highest importance that exports of oil, for whatever use, should be in quality as pure as may be possible.

"The test of Prof. Commendatore Bechi, Director of the Technical Institute and of the Agrarian School, is as follows :

"In a glass bulb place 5 cubic centimetres of the olive-oil to be tested; add to this 25 cubic centimetres of alcohol of 98° areometer. Then add 5 cubic centimetres of the test, which is composed thus : One gramme of crystallized nitrate of silver dissolved in 100 cubic centimetres of alcohol 98° areometer. The bulb containing the matter just described is then placed in water, the temperature of which must be brought to 84° centigrade (151° Fahrenheit). After half an hour's immersion the oil, if injured, becomes of a dark, muddy color, and with practice and caution the actual proportion of the adulterating liquid can be determined.

"Another method is to place 5 centimetres of the oil in a bulb and add thereto 30 centimetres of alcohol 98°. Shake the mixture thoroughly, and then let it rest until the oil and alcohol separate. Then transfer the alcohol to another glass bulb and add the test (same quantity as before). Put the bulb in the bath and heat the water to the same grade (84° centigrade or 151° Fahrenheit), when, if the oil is impure, a distinct dark color will be produced. This test is based on the essential quality possessed by the glycerine of the cottonseed-oil to reduce the nitrate of silver. It is always well to also use the test with pure olive-oil, when, if the oil be thoroughly pure, no discoloration will be observed.

WM. L. WELSH, *Consul.*

"UNITED STATES CONSULATE,
FLORENCE, May 2, 1883."

The Italians have a proverb: "If you wish to leave a competency to your grandchildren, plant an olive."

VINEGAR.

The government standard for vinegar is supposed to be that strength which requires thirty-five grains of bicarbonate of potash to neutralize one ounce Troy of vinegar.

White-wine vinegar is the best for salads; Bordeaux (red-wine) vinegar is very good, but its color is at times objectionable. Good, old-fashioned cider-vinegar is always acceptable, but I am surprised that tarragon-vinegar is so little appreciated; were it more often used it would be certain to gain the favor which is its due. It does not require half as much tarragon in a salad as of ordinary store-vinegar, and, knowing the excellence of this and many other herb-vinegars, I wonder that their use is not more universal. The flavoring of vinegar with herbs is a very simple process: put a few herbs in a bottle and pour vinegar over them; heat a few minutes with the bottle uncorked; this is all that is necessary. A good store of herb and spice vinegars are of great value, not only as used in salads but also in sauces and cooking in general. When fresh herbs cannot be obtained they will be found very useful.

The word vinegar comes from *vin aigre*, meaning sour wine.

Orange-Vinegar.—An excellent orange-vinegar comes from Florida. The samples sent me were rich in color, had a delightful fragrance, which it imparts to salads, and, being

85°, it requires but very little of it to produce the desired effect. It forms, diluted with water, a very pleasant and cooling summer drink.

"Here's the challenge; read it; I warrant there's vinegar and pepper in't."—*Twelfth Night*.

PEPPER.

"For palates grown callous almost to disease
Who peppers the highest is surest to please."

—*Goldsmith*.

If you must use the old-fashioned cruet, do not put more than a tablespoonful of pepper into it at a time; in a day or two nothing will remain but the coarse husks, which should be thrown away. The bottle should then be washed and thoroughly dried before another tablespoonful is put into it. Many servants are in the habit of adding more pepper to these husks instead of throwing them away, and we soon find a cruet full of husks that are of about as much use, as a condiment, as so much coal-dust.

Knowing that pepper when exposed to the air through the cruet-top loses its delicate aroma rapidly, I keep it in small, neat glass bottles, well corked, and use them at table instead of the familiar cruet. Ground pepper should be purchased in small quantities, put up in quarter or half pound tin boxes. In this way it can be kept air-tight and gives better satisfaction than when purchased in bulk and wrapped up in paper packages; but the better plan is to buy the whole berry and pound enough for each day's use, or buy a small family pepper-mill and grind it daily at table. In this way you will always have fresh pepper, and

there can be no question as to its purity. It is a little more troublesome to do this, but the result will be very satisfactory.

The pepper of commerce is prepared from the fruit of *Piper nigrum*, an epiphytal plant, climbing and clinging to trees, having heart-shaped leaves about the size of ivy-leaves, and producing flowers in spikes followed by berries like currants, that are at first green but after being dried become black. Long peppers are the immatured flower-spikes.

There are many varieties of black pepper, named from the different localities in which they are grown.

White pepper is the same berry divested of its skin by maceration and rubbing; it is much milder than black pepper. Many think the process of maceration ruins the pepper. Mignonette-pepper is the white pepper whole.

The red pepper, or capsicum, is supposed originally to have been a native of South America. It is an annual plant, attaining a height of twelve to twenty inches. There are many varieties (see Pepper), their fruit varying in shape and color and in degrees of pungency or acridness. The dried fruits, when ground, constitute cayenne pepper.

Paprika is Hungarian red pepper; it is very mild and pleasant to the taste. It is excellent in salads and sauces. Chicken paprika is an excellent dish. It is used much as we use curry. It is highly recommended for dyspepsia. Most of our Hungarian restaurants and wine-houses keep it.

Spanish pepper is much the same as paprika ; it is made from the sweet red pepper.

The small fruits of the capsicum are known as chillies. sweet chillies are very mild.

The best thing that has been said in praise of pepper is that it may be used on nearly all kinds of foods without serious results. It is a most useful stimulant to torpid stomachs, and often supersedes the craving for other stimulants.

Its history would fill a volume. At one time it was so scarce that it was as good as money, which probably accounts for its omission in the oft-quoted Spanish proverb on salad-sauce. In France taxes might be paid in peppercorns, as also church dues and rent. Pepper was, in fact, cash, and to pay in pepper, in spice, or in specie—all these words meaning the same thing—became equivalent to paying in cash, in token of which, to this day, specie is the common name for the hardest of hard cash.

“ ‘A chilli,’ said Rebecca, gasping ; ‘oh ! yes.’ She thought a chilli was something cool, as its name imported, and was served with some. ‘How fresh and green they look !’ she said, and put one into her mouth. It was hotter than the curry. Flesh and blood could bear it no longer. She laid down her fork. ‘Water ! for Heaven’s sake, water !’ she cried. Mr. Sedley burst out laughing (he was a coarse man from the Stock Exchange, where they love all sorts of practical jokes). ‘They are real Indian, I assure you,’ said he. ‘Sambo, give Miss Sharp some water.’”—*Thackeray’s Vanity Fair*.

The Pepper-Mill.—It is well known to every epicure that fresh-ground pepper is very essential in the art of salad-

making, and the best way to secure it is to use a small family pepper-mill at table instead of the cruet with its perforated top. The aroma that arises during the process of grinding is one of the best whets for a jaded appetite. At house-furnishing stores a pepper-mill made of wood and cast-iron will cost about one dollar; but it wears out in a very short time, and one gets almost as much iron-dust as pepper. Most silversmiths charge from ten to thirty dollars for these mills. Knowing that these figures were too high for the average family, I interested myself in the subject and tried to induce several of the manufacturers to get up a mill at a more moderate figure. The only firm who would entertain my proposition was the Gorham M'f'g Co., Broadway and Nineteenth Street; they were pleased with the idea and proceeded to carry it into effect. They have recently informed me that an excellent mill has been manufactured by them which sells at retail for from four to five dollars each. To those who appreciate an absolutely pure, fresh pepper, these mills will be found indispensable.

"Old cooks are as fond of spice
As children are of sugar."

SALT.

Salt is a natural and very necessary condiment, and an indispensable ingredient in nearly all salads. For culinary purposes in general a finely-powdered salt should not be used; nor is a very coarse salt to be recommended, as it takes too long a time for it to assimilate with the food.

"Flour-salt" cakes in the salt-cellar and is then worthless.

Salt absorbs moisture and often becomes very damp, especially along the sea-coast. Do not throw it away, but place it in the oven until thoroughly dry; then roll it with a rolling-pin or bottle to crush all lumps and keep it in a dry place until wanted.

In olden times it was a mark of special favor should a young lady offer salt to a gentleman, but in these modern and more matter-of-fact days should a young lady offer salt to a young man he would be very apt to take it as the opposite of a compliment.

The Arabs have always regarded the giving of salt to their guests as the first and greatest requisite of hospitality. Give a grain of salt to a Mohammedan, and for the twenty-four hours that it remains in his body your person and property are sacred in his sight, though you be his deadliest enemy.

At the late grand Oriental ceremony of crowning the Emperor of Russia the blessing and distribution of salt were marked features.

In the works of all the classical writers frequent mention is made of salt and its many uses. The "Attic salt" of Greece is historical as the synonym for wit. Cicero said of a statement of dubious correctness that it was to be taken *cum grano salis*—"with a grain of salt." Pliny compares a precious-stone to a scintillating grain of salt. Cornelius Nepos uses salt as a synonym for good taste.

The Romans regarded a salt-mine as giving extra value

to a conquered territory, and in Hungary, even to the present day, the very mines opened by the Romans are still in working order. The mines at Chester, England, were also discovered and worked by the Roman conquerors.

Horace writes of the *salinum*, or salt-cellar, as an heirloom, one of the sacred Lares and Penates, or household gods; and Livy refers to it as being used at all sacrifices.

In the feudal period the salt-cellar on the table was the line of demarcation between the patrician and plebeian, the former being seated above and the latter below it.

The ancient laws of the Spartans forbade the giving of salt to criminals, deeming this one of the greatest punishments to which they could be subjected; and the judges of Athens, by whom the almost inspired Socrates was condemned, and who were afterwards censured for their action, were debarred the use of salt during the remainder of their lives.

Salt springs, wells, or mines have been found in almost every State and Territory throughout our vast domain.

Soon after the landing of the Pilgrim Fathers the eastern portion of the Atlantic coast became dotted with factories for the making of salt by solar evaporation, and some vestiges of this industry are still to be found upon the Massachusetts coast.

Virginia had salt-works at Cape Charles as early as 1630, and in 1689 some enterprising colonists began to develop those of South Carolina, which later on assumed such importance that the colonial authorities enacted special laws for the encouragement of the industry.

In the Northern States the renowned Jesuit, Lemoyne, discovered the Onondaga salt-mines as far back as the year 1700, and immediately thereafter the Indians opened up a profitable traffic in this article with Quebec and Montreal. Some conception of the extent to which these mines have been developed may be gained from the statement that while their product in 1788—less than a century ago—was only 100 barrels, it has now attained the enormous figure of nearly 2,000,000 barrels annually.

"Salt," said the boy, "was the stuff that spoiled potatoes when you didn't put any on."

MUSTARD.

"Insensible the palate of old age—
 More difficult than the soft lips of youth
 To move—I put much mustard in their dish,
 With quickening sauces make their stupor keen,
 And lash the lazy blood that creeps within."

—Cook of Athens.

For many years mustard manufactured in this country has been of very poor quality, and in consequence the English was the only reliable mustard in the market; and while some of our American manufacturers are now making mustard equal to, if not better, than the English, it will be a long time before they can convince the public of this fact. The flour of mustard, so extensively used as a condiment, is prepared from a mixture of black and white mustard-seed ground or pounded together.

To Mix Mustard.—In mixing mustard care should be taken that the water has been previously boiled and be-

come nearly cold. By using hot water its essential qualities are destroyed, and it becomes flat; or by mixing with raw, cold water it is liable to ferment. Only one day's supply should be mixed at a time; if any is left over throw it away. In mixing, stir thoroughly until every dry particle has disappeared and the mass becomes oily and of the consistency of thick cream. A little salt may be added.

German Mustard.—Mix one pound of mustard with a quarter of a pound of brown sugar; add boiling vinegar enough to make it of the consistency of soft butter, stir it constantly with a wooden paddle half an hour; then add half an ounce of ground cloves, mix thoroughly, put into wide-mouthed bottles, and cork tightly.

Horse-radish Mustard.—Cut up a good-sized root of horse-radish, boil it in a pint of water twenty minutes, squeeze out the water, throw the root away, and use the water for mixing mustard. A very little sugar is sometimes added.

Mustard in its present form was not known before 1729. Its old English name was *senivy*, from *sinapis*. The seeds, either whole or coarsely pounded, were boiled in vinegar or *must*—whence the name, meaning a kind of pickle. The French to this day adhere very much to the old form. They grind the seeds to a fine flour, mix them with tarragon-vinegar, and present it to us in those familiar little bottles always to be seen at the grocers'.

Mustard, as we have it, was the invention of an old lady, Mrs. Clements, of Durham. She ground the seeds in a mill exactly like wheat and sold it as a very fine flour. She

kept her secret and made a little fortune out of it, trotting about from town to town on a pack-horse for orders. From her place of manufactory it came to be called Durham mustard, though in fact it was no longer mustard—which is something steeped in must.



SALAD SAUCES.

THE majority of cook-books and the average writer on culinary matters present their recipes in such a manner that it is quite difficult for the inexperienced to understand them. This is particularly true of salad sauces; instead of offering a plain and easily-prepared recipe they attempt the most complicated affair imaginable. One would imagine that a difficult problem in chemistry was about to be solved instead of an innocent, simple recipe for a salad-dressing.

A large percentage of these recipes do not recommend the most important condiment—oil; and we are not surprised if we hear complaints of dyspepsia after eating a salad prepared according to these instructions. Perhaps a little of my own experience may be interesting to those who *think* they like a salad without oil.

I first conceived the idea of writing a book on salads in 1870, one of the principal reasons being that I not only could prepare a very good simple salad, but could also make sixty-three different compounds without using oil, and called by me *at that time* salad-dressings. I also collected a large scrap-book full of the recipes of others, and imagined I possessed a very valuable collection. A reporter learned of my hobby, and after interviewing me wrote a

column article on the subject, which had the effect of increasing the value of the collection—in my eyes—fifty per cent.

But something was wrong; and it took me some time to realize the fact that complaints of dyspepsia were universal after partaking of one of Murrey's salads, prepared without oil to satisfy the whims of a few who had tasted bad oil at one time and imagined all oil to be bad.

In my despair I added pepsin to the dressing. This worked well for a while, but by degrees I began adding a little oil to these mixtures, and, although young, I soon saw the absurdity of preparing a salad without oil. I burned the valuable collection (?) and adopted this motto: No oil, no salad.

Plain Salad-Dressing.—The plain salad-dressing is acceptable with nearly all salads. It is composed of oil, vinegar, pepper, and salt, and nothing else. Many who do not care particularly for oil use equal quantities of oil and vinegar; others use two-thirds vinegar to one-third oil—the latter class are people who have found bad oil at so many establishments that they deluge it with vinegar to kill the taste of it.

A majority of works on cookery recommend three parts of oil to one of vinegar; these proportions satisfy a very large class, but four parts of oil to one of vinegar is my idea of it. Many epicures use six and even eight parts oil to one of vinegar. A plain salad-dressing is made in two ways, either mixed in a bowl and the salad added to it, or put the salad in the bowl first and put into a salad-

spoon (holding it over the salad) one saltspoonful of salt, half a pepperspoonful of pepper, and tablespoonful of oil; mix these together and add to the salad. Add three more tablespoonfuls of oil and toss the salad lightly. Lastly add a tablespoonful sharp vinegar, toss again, and serve.

The process is very simple, and there is no mystery about it; the only secret about it is to use only good ingredients.

A plain English dressing is the same as the plain salad-dressing with mustard added, the impression being that mustard assists digestion and cures dyspepsia; but this is doubtful.

Simple Mayonnaise.—Mayonnaise and the plain salad-dressing are most frequently used; but many imagine that Mayonnaise is difficult to prepare, so they give it up and strike out for themselves. The result is they make a sauce of some kind out of almost everything and call it Mayonnaise. If they would call it a salad sauce they would not be far from right, but to call their mixture a Mayonnaise sauce is absurd. When you add other ingredients than yolk of raw eggs, oil, vinegar, pepper, and salt, your sauce has ceased to be a Mayonnaise; you may call it a salad sauce or any other name you choose, but to call it Mayonnaise is a libel.

When preparing a Mayonnaise in summer, have the bowl as cold as possible, which is done by filling it full of ice and allowing it to stand for some time, or put broken ice into a basin, set the salad-bowl on top of the ice, and prepare the sauce in the bowl while it is on the ice. Beat

up the yolks of two raw eggs to a smooth consistency; add two saltspoonfuls of salt, one saltspoonful of pepper, and a tablespoonful of oil; beat up thoroughly, and by degrees add half a pint of oil. When it begins to thicken add a very few drops of vinegar; the total amount to be used is two tablespoonfuls of sharp vinegar, and the proper time to stop adding oil and to add a few drops of vinegar is when the sauce has a glassy look instead of a velvet appearance. After one or two trials almost any one can make a Mayonnaise. A good deal depends upon beating it up properly, which should be done steadily from right to left, and not by fits and starts. Do not get discouraged if your sauce does not turn a creamy color soon enough to suit you, but work away at it and it will soon have the desired appearance. Many French cooks add a little lemon-juice the very last thing, which has the effect of changing the color from golden to a sickly white, which is not desirable.

Sometimes the sauce breaks. Should this occur do not throw it away, but pour it into a dish; wash the bowl in hot water, then make it cold, and begin over again with yolk of raw eggs, salt and pepper, and a little vinegar. Instead of oil, add the broken or curdled sauce a very little at a time until used.

Nearly all first-class New York hotels and restaurants use this simple Mayonnaise recipe. They cannot do otherwise if they make a true Mayonnaise.

The sauce is made fresh every day, and should any be left it is worked into the Mayonnaise prepared the follow-

ing day. Some use lemon-juice instead of vinegar; some perhaps use more oil than others, and alas! too often the quality of the condiments used are of an inferior order; but with these exceptions they all use the same recipe.

The leading clubs follow the same recipe; but the stewards and *chefs* have a trying time of it in their efforts to please the young would-be epicures who have been "across the pond" and tasted the heavy compounds that are called Mayonnaise by the English caterers and which Kettner so justly condemns.

He complains bitterly of the English compounds of the shops, which are made of very inferior ingredients and are seldom patronized by those who are well informed on the subject.

American manufactured salad-dressings, as a class, are superior to the English compounds, and are quite acceptable in this age of questionable olive-oil.

Durkee's salad-dressing is the best that is manufactured in America. The ingredients used are above the standard, especially the oil.

I am not particularly anxious to advertise one dressing more than another, but, having analyzed the numerous dressings found in the grocers', Durkee's has proved to be the best. Private families, boarding-houses, and small hotels would find it more economical to use this dressing than to attempt to prepare their own; unless large quantities are required it certainly is most advantageous for families, as it often occurs that more or less than is wanted is prepared, and waste is the result. It is an excellent sauce

for broiled fish and steaks as a substitute for fine butter, on the same principle that if you cannot always obtain Giesler Sec, the next best wine will answer.

Green Mayonnaise.—Take a handful of fresh salad-herbs, tarragon, chervil, burnet, and chives, and scald them with hot water; drain and squeeze out all the water, and pound them in a mortar; add one or two spoonfuls of Mayonnaise, add this to the prepared Mayonnaise, mix well together; if the color is too pale add a little spinach-green.

Remoulade Sauce.—This is an excellent salad-sauce for those who dislike the raw egg in Mayonnaise; follow same instructions as for Mayonnaise, using hard-boiled eggs instead of raw. The yolk of the hard-boiled egg should be worked to a very smooth paste, or lumps will appear in the sauce if this is neglected. The name comes from the verb *remoudre*, to grind, and refers to grinding to a fine flour the hard yolk. Add mustard to it, and it becomes the English salad sauce. Add mustard and fresh salad-herbs, and it becomes Tartar sauce.

The plain salad-dressing, the Mayonnaise, the remoulade, and the bacon-dressing are all that are necessary in a practical work on cookery; but they do not stop here—they imagine that a vast number of recipes, no matter how complicated, is what is required of them. The result is confusion and waste.

I have added a very few of what may be properly called "makeshift" sauces, to be prepared *only* when the ordinary ingredients are not to be had, but I do not recommend

their constant use. They should not find favor with a true epicure, especially when prepared without oil, for their number would fill volumes, and they should be discouraged instead of being recommended.

In this age of doubtful butter I strongly recommend the use of a well-made Mayonnaise in its stead; it gives to bread a very appetizing flavor.

Almond Salad Sauce.—Blanch * and peel one dozen sweet and four bitter almonds; soak them in cold water nearly two hours; drain and pound them in a mortar with a few drops of lemon-juice, salt, and pepper enough to season it nicely; by degrees add a few spoonfuls of sherry—just enough to make it the consistency of cream. This dressing may be used on sliced apples, pears, mealy peaches, and sliced bananas, fresh figs, etc.

Asparagus Sauce—Hot.—Season two tablespoonfuls of boiling water with a pinch of nutmeg, saltspoonful of salt, one-third of a saltspoonful of pepper; whisk into this two yolks of raw eggs; do not let it boil; melt gradually into it four ounces butter; beat it up thoroughly with a whisk until it is a smooth cream; add a tablespoonful of lemon-juice, and send to table in a sauce-boat.

This sauce is very good served on cold-slaw, etc.

Bacon Sauce.—Cut a quarter to a half pound of fat bacon into slices; cut each slice into very small pieces; fry them lightly until the oil turns a light-brown color; remove the pan from the fire and add one-third vinegar to two-

* Blanch—to scald so as to remove the skins easily.

thirds bacon-oil; have ready a salad seasoned with pepper and such other ingredients as may be desired; pour the dressing over the salad when a little cool, and serve. If the bits of bacon are not wanted pour the dressing through a strainer. Ham may be substituted for bacon. Some add a little flour mixed with cold water to the bacon-fat, but I do not like it; while others add eggs and other ingredients, but the plain bacon-dressing gives more satisfaction.

Salad Sauce of Calf's Brains.—Soak the brains in cold water to remove all blood; boil them in water containing a little salt and a wineglass of vinegar; when done and cold remove the stringy particles and cut them up; then pound to a paste, with a tablespoonful of onion-vinegar, salt, cayenne, and a few tarragon-leaves; when very smooth add gradually and carefully very thick cream, and send to table. If used on salad-herbs without meats, and more acid is required, add it to the herbs instead of the dressing.

English Salad Sauce.—Rub the yolks of two hard-boiled eggs and one raw egg together; when very smooth and free from lumps add a teaspoonful of salt and a salt-spoonful of pepper, a teaspoonful of dry mustard; by degrees add six tablespoonfuls of oil and two of wine-vinegar; when the oil is all used and you have worked over the dressing twenty-five minutes, add four tablespoonfuls of thick, sweet cream, and set the dressing in the ice-box until wanted.

Jelly Salad Sauce.—Melt a gill of meat-jelly, commonly called aspic; when it is cool, but not firm, add to it

four tablespoonfuls of oil, one tablespoonful of tarragon-vinegar, salt, and pepper; put these into a salad-bowl and set the bowl in ice-water; whip it with a wire whisk until the sauce thickens and whitens; just before finishing add a little lemon-juice; keep on ice until wanted.

East Indian Salad Sauce.—Rub the yolks of two hard-boiled eggs smooth; add a teaspoonful of curry-powder, eight tablespoonfuls of oil gradually, and two tablespoonfuls tarragon-vinegar; work it well until of the proper consistency.

Melted-Butter Sauce.—Put the yolks of two raw eggs with an ounce of butter in a saucepan and season with pepper and salt; set the pan on the range where it is not too hot, and stir with a wooden spoon until they begin to thicken; draw the pan away from the fire, add an ounce more of butter if it does not cream rapidly, set the pan near the fire again, and when the last ounce is mixed with the first ingredients draw the pan again from the fire; repeat this process with two more ounces of butter, stirring well until it is properly creamed; pour it into a sauce-boat, add a few chopped leaves of tarragon, a squeeze of lemon, and serve.

Lobster Salad Sauce.—Break open the lobster; remove the green fat and rub it to a smooth paste with the yolks of one raw and one hard-boiled egg; season it with a teaspoonful of salt and a saltspoonful of pepper; thin it down with lemon-juice. Oil improves this dressing wonderfully.

Horse-radish Sauce.—Grate an ounce of fresh horse-

radish, put it into a mortar with one yolk of raw egg, salt, and pepper; add gradually four tablespoonfuls of oil and two tablespoonfuls of fresh orange-juice.

Potato Salad Sauce.—Rub two mealy potatoes to a paste with one yolk of raw egg, season with salt and pepper, thin it with a wineglassful of vinegar; if the vinegar is very sharp let a piece of cut sugar dissolve in it before using. A little oil should be used with this dressing.

Italian Salad Sauce.—Remove the skin and bone from two salted anchovies; pound the fillets of fish to a paste, with a teaspoonful of French mustard; remove from the mortar and put in a salad-bowl, add four tablespoonfuls of oil and one tablespoonful garlic-vinegar gradually; work the mixture to a smooth paste; if too thick add a little lemon-juice.

Cray-fish Salad Sauce.—Rub the creamy part of the sea cray-fish to a paste, with one raw egg; season with cayenne and salt, add six tablespoonfuls oil, one of tarragon-vinegar, and one of lemon-juice. The large crabs found in the Pacific contain a quantity of creamy, rich fat that is excellent for fish and other sauces.

Ravigote Sauce.—Make a melted-butter sauce and add to it a teaspoonful each of tarragon, chervil, burnet, and half a teaspoonful chives.

Ravigote comes from the French verb *ravigoter*, to cheer, to revive; the herbs are supposed by their fine flavor to have a faculty of resuscitation. The herbs may be added to *rémoulade* or *Mayonnaise*.

Sauce Vinaigrette.—Saltspoonful salt, half a saltspoonful pepper, six tablespoonfuls of oil, two tablespoonfuls tarragon-vinegar, teaspoonful each of chopped parsley, shallot, and gherkins—or, if preferred, capers may be used instead of gherkins.

American Mayonnaise.—In the first volume, No. 1, of the *Caterer* (a monthly household magazine conducted by Mr. James W. Parkinson, and published in Philadelphia) is an article on salads. Among the recipes given is one for an American (?) Mayonnaise, composed of the following ingredients: three gills of oil, four yolks of eggs, half-ounce powdered mustard, three ounces vinegar, one-eighth ounce gelatine, two ounces water, two ounces of cream, one saltspoonful salt, and half a saltspoonful cayenne. I am very much surprised that Mr. Parkinson should allow a recipe of this nature to be called an American Mayonnaise; it is bad enough to call it a Mayonnaise, but to call it American is to add insult to injury. The number of salad mixtures or compounds are legion, but there is but one Mayonnaise, and its ingredients are oil, vinegar, salt, pepper, and yolk of raw egg; and my friend Parkinson should know this, as he has had years of experience as a caterer.

SALAD RECIPES.

ARRANGED IN ALPHABETICAL ORDER.

Alligator-Pear Salad.—This tropical fruit is excellent as a salad; all first-class fruit-dealers have them when in season. The black-colored fruits are over-ripe, and are not as good as the firm, green-colored pears.

Cut the pear in two, remove the large seed, and cut away the outer rind; then cut the fruit into strips and put into a salad-bowl; add a plain salad-dressing. A Cuban friend of mine invariably adds a little onion to his pear salad, but he uses very little pepper. Alligator-pear is the fruit of a small tree of the laurel family (*Persea gratissima*), native of tropical America.

Two small trees may be seen at the Everett House Café, grown from seed originally started in bottles of water.

Amaranthus, or Chinese spinach, is used in the manner of ordinary spinach. The seed-leaves are used as a spring salad.

Anchovy Salad.—Wash, skin, and bone six or eight salted anchovies; soak them in water an hour, drain and dry them; cut two hard-boiled eggs into slices; arrange

the leaves of a head of lettuce neatly in a salad-bowl; add the slices of egg and the anchovies, and send the salad to table with a plain dressing. Many add a little onion to this salad; sometimes a little Worcestershire sauce is added. The fish may be minced, chopped, or cut into fillets.

Anchovy Salad.—

“Take endive—like love, it is bitter;
 Take beet—for, like love, it is red;
 Crisp leaf of the lettuce shall glitter,
 And cress from the rivulet's bed;
 Anchovies, foam-born, like the lady
 Whose beauty has maddened this bard,
 And olives, from groves that are shady,
 And eggs—boil 'em hard.”

Anchovy Salad.—Cut up four stalks of celery into inch lengths, and each piece into strips; put them in a salad-bowl; add eight anchovies that have been preserved in oil and are boned and properly cleaned; pour over the salad a good *rémoulade* sauce.

“Oil”-anchovies are sometimes used in salads after they have stood in lemon-juice one hour, and no other acid need be used when they have been so treated.

Anchovy Salad, Howard Carroll's.—Cut up into neat pieces equal quantities of baked beets, boiled string-beans, potatoes, and salted anchovies; put them in layers in a salad-bowl with the anchovies on top; put a border of green peas round the salad, pour a plain dressing over all,

and place the salad in the ice-box an hour. When wanted, and just before serving, mix all together thoroughly.

Anchovies put up in glass are usually the most satisfactory; when put up in kegs the hoops and staves become loose from rough handling and the brine escapes, leaving the fish dry and often rusty.

“Rust in anchovies, if I am not mistaken,
Is as bad as rust in steel or rust in bacon.”

Alexandre Dumas' Monte Christo Anchovy.—“Put the anchovy into an olive, the olive into a lark, the lark into a quail, the quail into a pheasant, the pheasant into a turkey, the turkey into a sucking-pig; roast it for three hours; then peel off layer after layer, throwing all out of the window—save the anchovy, for which everything is to be sacrificed.” M. Dumas was evidently disgusted at the silly attempts of the Parisian cooks to invent gastronomic monstrosities.

Anchovy Pear, the fleshy fruit of the *Grias Cauliflora*, a tall, slender, unbranched tree of the Barringtonia section of the myrtle family. The fruit is of an elliptical, ovate form; in flavor it resembles the mango fruit; while unripe it is made into pickle, and is often introduced into salad.

Apple Salad.—Peel and slice six tart apples, chop fine one sweet Spanish pepper, tear up one head of cabbage-lettuce, put the lettuce in a salad-bowl, add the small slices of apple, sprinkle over all the minced pepper. Take six tablespoonfuls of oil, two tablespoonfuls of lemon-juice, saltspoonful of salt; mix them together, pour over the

salad and serve. This salad is excellent with cold roast meats.

Armadillo.—The armadillo of Maracaibo is an animal with a horny shield resembling a turtle-shell. Its flesh can hardly be distinguished from pork. It is sometimes added to *saucoche*, a favorite dish of the natives, which is made of meat and fish boiled together, with all the vegetables that can be obtained.

A salad is made of one-third part of cold boiled armadillo and two-thirds fried plantain, seasoned with lime-juice, salt, and a little cayenne, or a fresh chilli-pepper chopped fine.

Speaking of turtle reminds me of what Sir Henry Thompson said about the average turtle-soup of old England. He says: "Most of it is made of almost everything except turtle." The turtle-soup of our first-class establishments in America is made from green turtle; but the celebrated Hoboken Turtle Club soup is made of calf's-head and feet, with a little turtle added to relieve the conscience of the caterer.

Army Salad-Dressing.—"Three tablespoonfuls of oil, the yolk of one egg, one teaspoonful of mustard, a half to three-quarters of a teaspoonful of salt, one tablespoonful of vinegar; rub together the oil and egg. It is better to first beat the egg, then rub in the mustard, then the salt, and lastly the vinegar, gradually. A few grains of cayenne pepper may be added if desired. A boiled Irish potato (mashed) may be substituted for the yolk of the

egg. If the oil and the egg or potato do not mix well, a few drops of vinegar will facilitate the process. Instead of oil there may be used melted butter, the juice from boiled ham, or cream. When about to serve the salad, pour over the dressing."—*U. S. Manual for Army Cooks.*

Army Salad, Col. Snow's.—Take half a head of firm white cabbage, cut it into shreds, put it in a dish, and add a pound of lean boiled ham cut into small pieces; prepare a dressing of a teaspoonful of made mustard, two salt-spoonfuls of salt, half a salt-spoonful chilli, half a bottle of oil, and a wine-glass of vinegar; mix the dressing well together, pour it over the salad, and garnish with hard-boiled eggs if they can be obtained.

Artichoke Salad.—Remove the stalks of four artichokes, cut off an inch of the points of the thick leaves, and boil the artichokes in water containing a little salt; boil twenty minutes and cool, pull out the leaves and set them aside, remove the choke, if you have not previously done so. Now cut the bottoms into long strips, put them in a salad-bowl containing a head of bleached chicory, cut off the white tips of the artichoke-leaves and add them also. Take three slices of cold boiled tongue and cut them into very small pieces; add them to the salad. Mix a plain salad-dressing in a bowl, pour it into a sauce-boat, and send to table with the salad. If a few fresh tarragon-leaves can be had they may be added.

A very good substitute for the globe or French artichoke are the buds of the sunflower; they should be gathered just

before they bloom; boil them twenty minutes in salt water before using.

The artichoke (*Cynara Scolymus*) has been used as a vegetable over three hundred years. The flower-heads in their immature state contain the edible part. The blue flowers of the artichoke, fresh or dried, turn milk into an excellent curd for cheese.

Artichoke Salad.—Cut up six raw artichoke-bottoms into thin strips, slice two medium-sized fresh cucumbers very thin, chop up two young onions or scallions; toss these ingredients together, then shape them neatly in the dish, garnish with small radishes, sprinkle half a teaspoonful of celery-salt over the dish, pour a plain dressing over all, and serve.

The young artichokes only are used raw in salads.

They are excellent raw and eaten as radishes; dip the bottoms into a dressing or into salt, as you would celery, etc.

Artichokes are excellent in all vegetable and mixed salads; they may be used either raw or boiled.

Artichoke (Jerusalem) Salad.—Wash and scrape the skin off a dozen artichokes; boil them fifteen to twenty minutes in salt water. When a little cooled slice them into a salad-bowl containing plain salad-dressing enough to cover them, add a slice of onion, let them stand twenty minutes; remove the onion, put in a salad bowl a head of lettuce, and with a spoon add the artichoke to the lettuce; sprinkle over the salad a teaspoonful chopped salad-herbs, pour the remainder of the dressing, if any, on the salad, and

serve. The roots may be boiled slowly in milk, which improves their appearance very much.

Equal parts of Jerusalem artichokes and boiled potato, with fresh salad-herbs and a head or two of chicory, is a very good salad.

They may be eaten raw. Slice them very thin, cover them with vinegar, let them stand fifteen minutes; then mix them with cress or dandelions, and serve with a plain dressing.

McIntosh claims that artichoke-tubers are well suited to persons in delicate health, and can be eaten by them when debarred from the use of other vegetables.

The name has no connection with Jerusalem, but is derived from the Italian *Gerasoli articcoco*, meaning sun-flower artichokes.

Asparagus Salad.—Cut the bass-wood binding round a bunch of asparagus, cut the ends of each sprout, scrape off the outside skin with a kitchen-knife, and wash them; tie them up into small bundles and boil them, if possible, with the heads just out of the water; the steam from the water will cook the heads, and if covered with water they are cooked before the root-ends. When done plunge them into cold water, drain, arrange them on a flat side-dish, and send to table with a plain salad-dressing. Many prefer sauce vinaigrette, while others are satisfied with melted butter.

Asparagus-points in Salad.—Cut off the points or heads from a bunch of boiled asparagus, plunge them in cold

water if they are hot, and drain them. Put in a salad-bowl a head of cabbage-lettuce torn up, but not too small; add the asparagus-points, arranging them neatly. Chop up two hard-boiled eggs, white and yolk separately; sprinkle the yolk on the centre and the whites round the border; send to table with a plain dressing.

Asparagus.—The purchaser of a small package of seed from any reliable seed-store may procure a pamphlet free giving all necessary information on the cultivation of a kitchen asparagus-bed. It is one of the best of vegetables, and its cultivation should be encouraged. I have occasionally met with it on deserted farms, and in 1881 found it growing wild near the sea-coast, Westchester County, New York.

Asparagus and Cauliflower Salad.—Boil a head of cauliflower rather underdone than overdone; break the branches apart and put them in the centre of a salad-bowl; put round these a border of asparagus-points; arrange them neatly with the cut ends close to the cauliflower; chop up a dozen capers and sprinkle on top of the cauliflower; send the salad to table with a plain salad-dressing. Asparagus, cauliflower, and Lima or string beans make a very good salad. Use one-third of each.

Aspic.—Aspic, or lavender spike, is a pot-herb formerly used in salads and sauces by old Roman and French cooks, but, as lavender is not a very good seasoning-herb, its use was discontinued. "In some mysterious manner," says Kettner, "the name Lichen-like adhered to a clear,

savory meat-jelly, known to kitchen kings as aspic jelly, and much used as a salad-garnish."

Aspic Jelly.—Take a pint of nicely-flavored, clear stock; put it into a saucepan with a glass of white wine and a desertspoonful of tarragon-vinegar. Soak a large table-spoonful of gelatine in two of water; let it swell; then stir it in with the stock till it is dissolved; add the whites of two eggs, draw the liquid to the side of the fire, and let it simmer for ten minutes; strain through a jelly-bag till clear, and pour it into a mould that has been soaked in cold water.

Aspic Jelly.—Put a knuckle of veal, a knuckle-bone of ham, a calf's foot, four cloves stuck into one large onion, one large carrot, and a bunch of savory herbs in two quarts of water, and boil gently until it is reduced rather more than half; strain, and put it aside to cool. Very carefully remove every particle of fat or sediment, and place the jelly in a saucepan with a glass of white wine, a table-spoonful of tarragon-vinegar, salt and pepper to taste, and the whites of two eggs. Keep stirring until it nearly boils, which may be known by its becoming white; then draw it to the side of the fire, and simmer gently for a quarter of an hour. Put on the cover, let it stand to settle, and strain through a jelly-bag two or three times if necessary, until it is quite clear. * Put it into a mould which has been soaked in cold water.

Aspic Jelly for Garnishing.—Take two pints of nicely-flavored stock, of a clear and firm jelly; put this into a

saucepan with a blade of mace, a tablespoonful of tarragon-vinegar, and a glass of sherry. Let it boil; then stir into it an ounce of the best gelatine which has been soaked in a little cold water. When again cool add the whisked whites of two eggs; let it boil; then draw it on one side to settle, strain through a jelly-bag until quite clear, and pour it on a dish which has been standing in cold water. Cut it into dice for garnishing. Time to make, about an hour.

In the hands of a practical housewife a salad presents an opportunity for working up into a very palatable dish many culinary ragged ends that would otherwise be wasted.

Balm (*Melissa officinalis*).—A perennial herb of the mint family. It has a pleasant odor and an agreeable aromatic taste; often used as a substitute for lemon-thyme. It is often used as a medicinal plant. A few leaves of this plant may be used in salads when other salad-herbs are scarce.

The seed-leaves of the beech-tree are delicious as a spring salad. They may be served separately or mixed with combination spring salads.

The young shoots of the sweet birch (*B. lenta*) have a pleasant, aromatic taste, and may be used in spring salads.

Bamboo Salad.—Florida tourists can always enjoy this salad. The tender shoots are blanched in hot water and served with a plain dressing.

There is perhaps nothing in China which supplies more of the primary wants of the people of the empire than the bamboo. It is applied to so many different uses that it is

no easy task to enumerate them all; the list is said, however, to number at least five hundred different purposes wherein this plant is made to serve these industrious and economical people. Frequently it is made to take the place of both iron and steel. The farmer builds his house and fences out of it, his farming utensils as well as his household furniture are manufactured from it, while the tender shoots furnish him with a most delicious vegetable for his table. One writer has said of it:

“The roots are carved into fantastic images, into divining-blocks to guess the will of the gods, or cut into lantern-handles and canes. The tapering culms are used for all purposes that poles can be applied to in carrying, supporting, propelling, and measuring; for the props of houses, the frame-works of awnings; for the ribs of sails and shafts of rakes; for fences and every sort of frames, coops, and cages; the wattles of abattis, and the handles and ribs of umbrellas and fans. The leaves are sewed into rain-coats and thatches, plaited into immense umbrellas to screen the huckster and his wares on the stall, or into carvings for theatres and sheds. The wood, cut into splints of various sizes, is woven into baskets of every form and fancy, sewed into window-curtains and door-screens, plaited into awnings, and twisted into cables. The shavings and curled threads furnish materials for stuffing pillows, while often parts supply the bed for sleeping, the chopsticks for eating, the pipes for smoking, the broom for sweeping, the mattress to lie upon, the chair to sit upon, the table to eat on; the food to eat, and the fuel to cook it with, are also derived from it; the ferule to govern with, the book to study from; the tapering plectrum for the lyre, and the reed-pipe of the *sang* or organ; the shaft of the soldier's spear, and the dreaded instrument of the judge; the skewer to pin the hair, and the hat to screen the head; the paper to write on, and the pencil to write with, and the cup

to put the pencil in; the rule to measure lengths, the cup to gauge quantities, and the bucket to draw water; the bird-cage, the crab-net, the fish-pole, and the sumpitan, etc., are one and all furnished by this plant, whose beauty when growing is commensurate to its usefulness when cut down.

"A score or two of bamboo-poles for joists and rafters, fifty fathoms of rattan-ropes, and a supply of palm-leaves and bamboo-mats for a roof supply material for a common hut in the south of China. Five dollars will build a decent one."

It not only furnishes the poor and laboring classes with necessaries, but it supplies the richer classes with many of their luxuries; besides, many articles of furniture now being made, which contribute so much to the comfort of foreigners, are manufactured wholly or in part from this plant, while its shoots are cut into slices, sun-dried and pickled, and which form an item in the home-traffic.

Bamboo Pickle.—Gather the young shoots just as they appear above ground, cut them in lengths of one inch, sprinkle salt over them; let stand two days; then put them in a jar, add a root of green ginger sliced, a few pepper-corns and a clove of garlic, fill up with vinegar, and set in the sun one week. If desired to be hot add one or two green chillies.

Barberry—A deciduous, simple-leaved spring shrub, attaining the height of six to eight feet, common everywhere in this country. Its fruit is red, of an oblong form, growing in bunches like currants; the unripe fruits are pickled and used as a substitute for capers.

Gather the clusters before they are fully ripe; pick off

all bruised or decayed berries; put the remainder in bottles and cover them with a strong brine made by boiling a quarter of a pound of salt with each pint of water; the brine must not be poured over the fruit until it is quite cold. Store the bottles in a cool, dry place; examine them occasionally. If at any time a scum should be observed pour off the liquid and put freshly-boiled brine on, made not quite so salt. The bottles should be air-tight. A few of these may be added to sauce for boiled mutton, and they may be chopped up and used in potato and other vegetable salads.

Berberis pinnata—native of the United States from the Mississippi to the Pacific. The berries are blue and sweet, and pleasant to the taste; the unripe fruit are used as barberries.

Barberries, To Preserve.—To every two pounds of fruit take four and a half pounds of powdered sugar, throw some of it over the barberries to be preserved, and with the remainder make a strong syrup in the proportion of a pint of water to a pound of sugar. Put the barberries into it, and make them boil as quickly as possible, that they may not lose color; then fill the jars for use.

Basil, Sweet.—An annual plant of the mint family found growing wild in many places. It has been used for culinary purposes for three hundred years.

Basil-Vinegar.—Fill a wide-mouthed bottle with fresh basil-leaves; cover them with warm vinegar, and let them

steep ten days, when it will be fit for use. If too strong pour the vinegar off into other bottles; seal and label them and store them away. Pour more hot vinegar on the herbs; seal, and these will be ready for use in two weeks. Burnet-Vinegar is made similar to basil-vinegar. The young leaves and tender shoots of the different varieties of basil are often used in salads when a very high seasoning is required. They have a clove-like taste and odor.

Beans, Salad of Baked.—Put into a salad-bowl a head of lettuce torn into pieces three inches wide, add to it a pint of cold baked beans; mix a plain salad-dressing of oil, vinegar, pepper, and salt. Chop up two hard-boiled eggs, the white and yolk separately; sprinkle the yolks of eggs over the beans, and the white round the border. Just before serving add the dressing and mix altogether.

Beans, Lima, Salad.—Boil one pint of Lima beans in salt water; when cool drain, and put in salad-bowl with three sliced boiled potatoes; add a plain salad-dressing and a teaspoonful minced herbs; set the salad in the ice-box to become cold. To serve it properly put a crisp leaf of lettuce on a small side-plate and add a heaping tablespoonful of the salad to it.

Beans, String, Salad.—This salad may be made from either fresh or canned beans. Take equal quantities of string-beans, potatoes, and endive; put the endive in a salad-bowl that has been rubbed with a slice of onion; slice the potatoes, add them to the endive, and add the string-beans last; sprinkle over the salad a teaspoonful of minced

salad-herbs; send to table with a plain salad-dressing. French string-beans make an excellent salad.

Beef Salad.—The well-done portions of roast beef are the best for salad. Cut the beef into thin slices; cut each slice into inch strips; take half a pound of these and let them stand in a salad-bowl covered with a plain dressing, add a few blades of chives and a few tarragon-leaves; let it stand half to three-quarters of an hour. Put into a salad-bowl the bleached leaves of two heads of chicory, add the meat and the dressing, toss lightly, and serve. This may be varied by using Brussels-sprouts or other green vegetables; boiled potatoes, Jerusalem artichokes, etc., may also be added if desired.

Beef Salad.—An excellent salad is made of the lean and gristly parts of soup-meat. Take a pound of the meat and cut it into neat pieces; put into a salad-bowl a liberal quantity of what is known as romain lettuce; add the meat to it, the proportions being one-third meat to two-thirds lettuce; add a plain dressing, sprinkle over the salad a teaspoonful of chopped salad-herbs (tarragon, chervil, and chives), toss lightly, and serve. This is an excellent summer salad, but it does not amount to much without the herbs.

Beet Salad.—Bake three medium-sized beets, and boil three roots of German or root-celery; cut these into slices and quarter each slice; put into a salad-bowl a few chicory-leaves, arrange the vegetables in alternate layers, pour over the salad a plain dressing, add a few capers,

and, if liked, a very little onion; garnish with hard-boiled eggs. Beets are healthy, and may be used in all combination vegetable salads.

Beet-leaves Salad.—The seed-leaves of beet were preferred by the Greeks to lettuce. They may be used instead of lettuce in salads, or served plain with a plain dressing. When they get old they require boiling a few minutes.

Swiss chard is the mid-ribs of the beet-leaves; they are cut into equal lengths, tied in bunches, boiled, and served with a plain dressing. The leaf part is not thrown away, but is used as spinach.

Beet Salad.—Baked beets are better than boiled beets for salads. Take two medium-sized baked beets, cut them into slices, peel and slice one Spanish onion; put into a salad-bowl a quart of dandelion-leaves, add the beet and onion; prepare a plain dressing and add it to the salad; add a few tarragon-leaves, toss lightly, and serve.

With equal parts of beets and celery use a sauce *rémoulade*.

Beet Salad in Winter.—Take an ordinary flour-barrel, head it up and saw it in two, making two tubs; bore two holes in each side opposite each other, near the top; insert pieces of rope, knotting each end on the inside, and you have two handles to each tub. Bore three rows or circles of holes in each tub from one to two inches in size; now cover the bottom of the tub with stable-sweepings, and over this add loam enough to come up to the first circle of holes; arrange the beets so that their crowns or leaf

ends will be opposite the holes; cover them with rich soil up to the next circle of holes, and so on until the tub is full; place them in a warm, rather dark cellar; turn the tub to the light occasionally, water, and in a short time the beets will sprout through the holes; these will furnish an excellent salad all winter. The top of the barrel may be planted with mustard, cress, spinach, or other small salads that will grow profusely and allow constant cutting.

Bermuda Beet Salad.—Boil six Bermuda beets slowly until tender, and throw them into cold water; when cold wipe them dry, cut each beet in two, and cut each half into slices; arrange them in the centre of a salad-bowl; cut up three boiled potatoes quite small, arrange neatly round the beet; put four tufts of water-cress on the border, opposite one another; chop up the white and yolk separately of four hard-boiled eggs; divide the white into four little piles evenly, then put one each in the intervening space between the cress; sprinkle the yolk on top of the beet, but arrange it on the very centre, so as not to cover the border of the beet; add a few capers, and send to table with a plain dressing; arrange it on a flat dish instead of a salad-bowl.

Beet, Sea (*Beta maritima*), is a hardy perennial plant of the goosefoot family. All of the cultivated varieties of beet-root are supposed to have originated from this plant. It grows wild along the seashore. Its young leaves are used in salads after being scalded in hot water a moment; the more pretentious leaves are used as spinach.

The English sea-beet is a dwarfish spreading or trailing plant with numerous angular leafy branches; the lower leaves are ovate, of a dark-green color, waved on the margin, and of a thick, fleshy texture; the upper leaves are smaller and nearly sessile. The Irish sea-beet differs from the preceding variety in the greater size of its leaves, which are also of a paler green; the external differences are, however, trifling, but the flavor of the Irish sea-beet is far superior to the English.

Bindweed, The.—Common in cornfields and waste places; may be used as a vegetable, and when young used as a salad. Wash the plant well, boil twenty minutes, drain off the water; add more hot water and very little salt; boil twenty minutes to half an hour longer, drain, chop up, and serve as spinach.

The sea-bindweed found along the coast is used as a pickle. Gather the tender stalks, parboil, then drain, and cut them into even lengths; put them into wide-mouthed bottles, pour over them half vinegar and half water, hot; add a slice of onion, a few cloves and whole peppers to each bottle, cork, and use in two weeks.

Black Bryony (*Tamus communis*).—A tuberous-rooted herb of the yam family, found in waste places. It has a hard, fleshy, tuberous root-stalk two or three inches in diameter, and the greater part above ground, from the centre of which rise annually slender twining stems, rambling over hedges and bushes, furnished with heart-shaped leaves. The flowers are small and inconspicuous; its fruit is a

black berry. Gather the young leaves and shoots, wash them well in one or two waters, and if they are a little old scald them with hot water, and drain; prepare a bacon-dressing, pour over the dish, and serve.

The plant must not be mistaken for Bryony (*Bryonia dioica*), with its beautiful berries, which are poisonous.

Bloater Salad.—Broil two Yarmouth bloaters, remove skin and bone, and cut the fish into shreds; put into a salad-bowl a head of bleached endive; add the fish and two anchovies cut up, a dozen minced capers, and two boiled and sliced potatoes; over all strew a few minced herbs; add a plain salad-dressing, toss lightly, and serve.

Blue Heron, Salad of.—The blue heron is sometimes seen in our poultry markets, but about the only customers for them are the Chinaman, and a few sportsmen who have eaten them in camp and in this way discovered their excellent qualities. They may be stuffed and roasted as other large birds, or they may be broiled; and cooked in this manner they will be found excellent.

Cut the flesh from the breast in two large pieces; rub a little butter or oil over them, and broil in the usual manner; just before serving squeeze a little lemon-juice over them.

They are at their best in a salad. Boil the bird until tender; allow it to become cold; remove the skin, cut the flesh into slices, and then into small, neat pieces; put these into a dish and pour over them a plain salad-dressing; let stand an hour to drain. Cut up four or five stalks of crisp celery, toss them in the dressing a moment, drain,

and put the celery in a salad-bowl; now add the prepared meat; arrange neatly; pour over all a good *rémoulade* sauce, and serve.

“ Where water-grass grows overgreen,
On damp, cool flats by gentle streams,
Still as a ghost and sad of mien,
With half-closed eyes, the heron dreams.”

—*Maurice Thompson.*

Boiled Salad.—The meat and vegetables left after an old-fashioned boiled dinner make a very good salad. It should be composed of equal quantities of carrots, cauliflower, turnips, potatoes, boiled beef, string-beans, and beets. They should be cut into neat pieces; if prepared in a salad-bowl arrange them in layers, if on a flat dish arrange them in separate sections, wheel-fashion or star-shaped. The most important object is to arrange the ingredients as neatly and as attractively as possible. Send to table with a plain dressing; mix together just before serving. A leaf of lettuce added to the plate of each guest is an improvement.

Borage.—An excellent ingredient in cucumber salads and various sauces. It is cultivated for its young leaves and shoots, and is frequently seen in neglected places. Its stems are two feet high, its leaves oval, alternate, and, in common with the stalks and branches, thickly set with stiff, bristly hairs; the flowers are large and showy. It is an excellent plant for the window-garden, being ornamental as well as useful.

The seeds are sown in the kitchen-garden in April or

May, in drills two to three inches apart and half an inch deep. They should be sown rather thinly, so as to secure a plant for every six or eight inches, to which distance they should be thinned. When a continued supply is required a second sowing should be made in July. The plant seeds abundantly; these should be gathered in the fall for planting in-doors during fall and winter; it thrives best in light, dry soil.

Borage-Bottle.—Cover a champagne-bottle with raw cotton or heavy, coarse flannel, fasten with thread or light twine, set the bottle in a soup-plate, and pour over it some warm water. Take a handful of borage-seeds, soak them in warm water fifteen minutes, drain, and work them into the flannel over the bottle; distribute them as evenly as possible. Place the bottle in a warm, dark place; in a few days they will sprout; then bring it to the light, water occasionally, and keep water constantly in the plate. When a few inches in length trim with shears and add to your salad. These are not out of place in any vegetable salad, and may be added to fish-sauces instead of parsley.

“I, borage, bring courage.”

Borecole.—Gather a basketful of very young leaves, wash them well, and dry in a napkin; add one-third the quantity of young, cultivated sorrel-leaves and a small bunch of chives; serve with a plain salad-dressing and two hard-boiled eggs chopped fine. When full grown, and after the first frost, gather a quantity of the leaves and boil them in salted water; when cold serve with hard boiled eggs chop-

ped up, vinegar, salt, and pepper, or with a bacon-dressing. Send to table with cold ham, fowl, or head-cheese.

Bread Salad.—Take five slices of stale, home-made bread, trim off all crust, and cut the slices into dice; put them into a bowl with four tablespoonfuls of oil, toss lightly till the oil is absorbed, then mince the following: three small pickled onions, three hard-boiled eggs, and a medium-sized branch of pickled cauliflower. Cut up one cold boiled beet into small, diamond-shaped pieces; pepper and salt to taste; mix all lightly together, arrange neatly on a flat dish with a border of cress freed from stems, sprinkle a very little vinegar over all, and serve. Excellent with cold roast mutton. For a change try equal parts of white and Boston brown-bread.

“Bread!” exclaimed a Vassar College girl. “Bread! Well, I should say I can make bread. We studied that in our first year. You see, the yeast ferments, and the gas thus formed permeates everywhere, and transforms the plastic material into a clearly obvious atomic structure, and then—” “But what is the plastic material you speak of?” “Oh! that is commonly called the sponge.” “But how do you make the sponge?” “Why, you don’t make it; the cook always attends to that. Then we test the sponge with the thermometer and hydrometer, and a lot of other instruments, the names of which I don’t remember, and then hand it back to the cook, and I don’t know what she does with it then, but when it comes on the table it is just splendid.”—*Chicago Saturday Herald.*

Breakfast Salad.—Scald two ripe tomatoes, peel off the skin, and put the tomatoes into cold water or on ice; drain,

and either slice them or cut them into sections as you would divide an orange; peel and slice very thin one cucumber; put in a salad-bowl a few leaves of romain-lettuce, add the tomatoes and cucumber, add one spring onion cut up, and, if possible, a few tarragon-leaves; pour over the salad a plain salad-dressing.

Brooklime—known also as marsh speedwell (*Veronica Beccabunga*)—grows in ditches and streams of water. The stem is from ten to fifteen inches in height, thick, smooth, and succulent, and sends out roots at the joints by which the plant is propagated. The leaves are opposite, oval, smooth, and fleshy. The flowers are produced in long bunches of a fine blue color, and stand upon short stems. They are more or less abundant during most of the summer. The whole plant may be used as a salad. Wash the leaves well in one or two waters, drain, and arrange them neatly in the centre of a dish, and decorate the border with the flowers; pour over the leaves and stems a plain dressing, or boil and serve with boiled meats, if preferred.

Broccoli Salad.—Choose the whitest and closest heads, trim off all unnecessary leaves and the outside of the stalks, and place the broccoli in salted water a few minutes; when well washed put them into a saucepan, cover with hot water, add a little salt, and boil fifteen minutes; drain quickly, and plunge them into cold water. Mash a clove of garlic, and chop it up fine with a few sprigs of chervil or parsley, a little grated horse-radish, and a leaf of mint; add a wineglassful of the best vinegar, and three

wineglassfuls of oil; cayenne to taste; mix together and pour over the broccoli, and serve.

Broccoli a l'Allemande.—One-third broccoli, one-third turnip-rooted radish (sliced very thin), and one potato; served with a bacon-dressing, seasoned with a little onion and parsley. The stem of the sprouting broccoli produces a number of small heads; served as a salad they are very acceptable. They may be mixed with cold tongue, veal, beef, and pickled beets, or used as a garnish.

Asparagoides was the name given to broccoli by ancient botanists. In its structure and general habit the broccoli resembles the cauliflower; between these vegetables the marks of distinction are so obscurely defined that some of the white varieties of the former appear to be identical with the latter.

Brockely in Salad (Broccoli).—"Brockely is a pretty dish by way of a salad in the middle of a table. Boil it like asparagus, lay it in your dish, beat up with oil and vinegar and a little salt; garnish with stertion-buds (nasturtium-buds)." —*Mrs. Glasse's Cookery Made Easy.*

Brussels-Sprouts.—As many do not know how Brussels-sprouts appear when growing, a brief description of this excellent vegetable will be appropriate here. In its general character it is not unlike some of the varieties of kale or borecole. Its stem is from a foot to four feet in height, and from an inch and a half to upwards of two inches in diameter. It is remarkable for the production of numerous small auxiliary heads or sprouts, which are arranged some-

what in a spiral manner, and which are often so closely set together as entirely to cover the sides of the stem. These heads are firm and compact, like little cabbages. A small head resembling an open Savoy-cabbage surmounts the stem of the plant. They are easily cultivated in the kitchen-garden, requiring about the same care as cabbage. They may be planted late in the fall, removed to a warm cellar, and will produce excellent salad and greens all winter.

Brussels-Sprouts, Salad of.—Pick over carefully a quart of sprouts; wash them well, drain, and boil them rapidly for fifteen minutes (if they are boiled slowly they lose their color); drain, and plunge them into cold water; drain again and place them in the centre of a salad-bowl; put round them a border of potatoes sliced small and a few green peas; sprinkle over the salad a teaspoonful of minced salad-herbs; pour over all a plain salad-dressing. Brussels-sprouts are frequently used as a garnish to vegetable and other salads.

Burdock (*Arctium Lappa*).—Schoolboys are well acquainted with this plant; its burrs have afforded them an immense amount of fun at the expense of others; the plant is too well known to need a description here. Cover the young plants with sand or earth for a few days; then gather them, wash them well, and let them stand some time in fresh water; drain, and pour hot water over them; drain again, and when cool pour over them a bacon-dressing, and serve. Boil them in hot water, slightly salted, and serve as greens, if liked.

Burnet (*Poterium Sanguisorba*).—Burnet is a most excellent salad-herb, but little appreciated by Americans. It is a hardy perennial plant, indigenous to England, where it is found on dry upland, chalky soil. It is found growing wild in many parts of America. When fully developed it is from a foot and a half to two feet in height. The leaves, proceeding directly from the root, are produced on long stems, and are composed of from eleven to fifteen smaller leaves, which are of an oval form, regularly toothed, and generally not uniformly smooth. The branches, which are somewhat numerous, terminate in long, slender stems, each of which produces an oval or roundish bunch of purplish-red fertile and infertile flowers. The plant is easily propagated by seeds. Sow in drills ten inches apart and half or three-fourths of an inch deep, and thin, while the plants are young, to six or eight inches in the row. A few seeds planted in the fall in a box two feet long, ten inches wide, and six or eight inches deep, will furnish leaves all winter. A few plants may be taken up before they begin to wither, and, properly cared for, will thrive well in the window-garden. Burnet is frequently found in neglected gardens and round the borders of truck-gardens where it was once cultivated; it smells and tastes like cucumbers. A few leaves chopped up with a little tarragon and used in almost any vegetable salad is quite acceptable.

Butcher's-Broom (*Ruscus aculeatus*).—A cæspitose, stiff, erect, spiny-leaved shrub of the asparagus section of the lily family, found along the sea-coast. Its flowers are small, borne in a tuft on the underside of the stiff, spiny

leaves; the flower is red and about the size of a wild cherry. The young shoots are tender, and are used as a salad; when older they should be boiled in water slightly salted, and served with drawn-butter or plain dressing.

Cabbage-Palm Salad.—Remove the outer leaves, and cut the white heart into shreds; let it stand in salt water half an hour; drain; if wanted raw serve it with a plain dressing; if this is not easily obtained use a bacon-dressing.

Cabbage-Palm (*Areca oleracea*).—A common palm of the West Indies and tropical America. It has a slender stem and grows to a great height. This and others of the same nature are called cabbage-palms on account of their young, unexpanded leaves being used as a vegetable. To obtain this these noble trees—some a hundred years old, and a hundred feet high—have to be cut down. This may appear to be vandalism, but the pangs of hunger must be appeased before sentiment is indulged in.

Cabbage, Kerguelen's Land.—This is one of the most remarkable plants of the Cruciferous family. It is a native of the inhospitable island of Kerguelen's Land, situated in the Southern Ocean, where it is a most conspicuous plant, and where only it is found. It closely resembles the cabbage, having a firm head and white heart. It is found in great abundance, and is highly valuable as a vegetable to the crews of ships touching there.

Colewort is a name applied to the different varieties of white cabbage before becoming solid.

Cabbage-Sprouts, Salad of.—The stumps of cabbages from which the heads have been cut are set out in the garden in spring, and often produce an excellent crop of tender greens similar to Brussels-sprouts. These when young are excellent as a salad. Put them in a salad-bowl with a few spring onions and a handful of young mustard-leaves; serve with a bacon or plain salad dressing. When a little older they are excellent as greens.

Cabbage, Red, Salad.—Take half a head of red cabbage, scald it ten minutes, drain and squeeze dry, place in a salad-bowl; add three heads of celery, a tablespoonful minced ham for flavoring, and a little bit of onion with a dozen capers; sprinkle over the top a few leaves of tarragon; add a plain dressing, or, if preferred, a bacon-dressing—in which case omit the ham.

Cabbage, Mayonnaise of.—Shred one-quarter of a head of cabbage fine and strew it over the bottom of a salad-bowl; slice three boiled potatoes into the bowl; cut up three stalks of celery and scald it, drain, and add it also; chop up very fine half a pickled pepper and strew over the salad; pour a simple Mayonnaise sauce over all, and serve. A plain dressing is very appropriate with this salad. Pickled cabbage may be used instead of the fresh vegetable.

Cabbage Salad.—Shred half a head of cabbage, cover it with water, add a teaspoonful of salt; let it stand half an hour, drain, and squeeze out the water; pour over it a bacon-dressing, and garnish with hard-boiled egg and slices of beet.

Cabbage Salad (German).—Shred half a head of cabbage, scald it ten minutes; boil four Frankfort sausages fifteen minutes, cut them into pieces slantwise; put the cabbage and sausage in a salad-bowl; break half a dozen pepper-corns; chop up two button-onions and half a dozen sprigs of parsley; add these to the salad. Pour over it a plain salad-dressing.

Chinese Cabbage—Pak-Choi (*Brassica sp.*)—An annual plant introduced from China. The root-leaves are oval, regular, smooth, and deep green, with long, naked, fleshy-white stems, somewhat similar to those of the Swiss chard or leaf-beet. When in blossom the plant measures about four feet in height, and the stem is smooth and branching; the flowers are yellow.

Chinese Cabbage—Pe-Tsai (*Brassica chinensis*).—The Pe-Tsai, like the Pak-Choi, is an annual plant originally from China. The leaves are oval, somewhat blistered on the surface, and at the centre are collected together into a long and rather compact tuft or head. The plant when well grown and ready for use has somewhat the appearance of a head of cos-lettuce, and will weigh six or seven pounds, though in its native country it is said to reach a weight of upwards of twenty pounds. Towards the end of summer the flower-stalk shoots from the centre of the head to the height of three feet, producing long and pointed leaves, and terminating in loose spikes of yellow flowers. “The leaves are eaten boiled, like cabbage, but they are much

more tender and of a more agreeable flavor"—*Descriptions des Plantes Potagères, Paris.*

The young leaves make a very acceptable salad, served with what is known as a boiled dressing.

Cabbage, Savoy.—This class of cabbage derives its popular name from Savoy, a small district adjoining Italy, where the variety originated, and from whence it was introduced into England and France nearly two hundred years ago. The Savoys are distinguished from the common-head or close-hearted cabbages by their peculiar wrinkled or blistered leaves. According to De Candolle, this peculiarity is caused by the fact that the pulp, or thin portion of the leaf, is developed more rapidly than the ribs or nerves. In texture and flavor they are thought to approach some of the broccolis or cauliflowers, having generally little of that peculiar musky odor and taste common to some of the coarser cabbages.

None of the family are hardier or more easily cultivated than the Savoys, and though they will not quite survive the winter in the open ground, so far are they from being injured by cold and frosty weather that a certain degree of frost is considered necessary for the complete perfection of their texture and flavor. There are many varieties.

Robert Thompson says of the Marcellin Savoy "that when cut above the lower course of leaves about four small heads almost equal in delicacy to Brussels-sprouts are generally found." Savoys are well constituted to please the American palate.

Couve Tronchuda, or Portugal Cabbage.—Though a species of cabbage, the plant is quite distinct from the common head varieties. The stalk is short and thick, the outer leaves are large, roundish, of a dark, bluish-green color, wrinkled on the surface, and with slightly undulating borders; the midrib of the leaf is large, thick, nearly white, and branches into veins of the same color. The plant forms a loose, open head, and when full grown is nearly two feet high. The ribs of the outer and larger leaves, when boiled, somewhat resemble sea-kale in texture and flavor. The heart or middle of the plant is, however, the best for use; it is peculiarly delicate and agreeably flavored, without any of the coarseness which is so often found in plants of the cabbage tribe.

Calf's-feet Salad.—Wash and carefully clean two calf's-feet, tie them in muslin separately; put them in boiling water with a little salt and a wineglassful of wine-vinegar; when done and cool remove muslin and all bone; cut the meat into neat pieces, put into a salad-bowl with a head or two of romain-lettuce, add a mild sauce vinaigrette, garnish appropriately, and serve.

Calf's-head Salad.—Cut up the tongue and one cheek of a cold boiled calf's-head into neat but not very small pieces; put it in a marinade for thirty minutes, and then drain; cut a boiled carrot, one boiled beet, and two potatoes into dice; chop fine half a bunch of cress, mix the vegetables together with what is left of the marinade; put the meat in the centre of a dish with the macédoine of vegetables in

a border round it; cut two tablespoonfuls of thick Mayonnaise with a little tarragon-vinegar, pour over the salad, and serve. A little chicory may be added, if it can be obtained.

The Calf's Head Club celebrated the death of Charles I. by dining together and pouring a bottle of claret over the neck-end of a calf's-head, and were mobbed in consequence.

Calf's-liver Salad.—Cut into pieces one inch square a pound of baked calf's-liver, put these into a salad-bowl with a head of cabbage-lettuce; serve with a rémoulade dressing.

Camp-Butter.—Nearly all vegetable-dealers can furnish you with small, fresh salad-herbs, or they can get them for you at a day's notice. Take half a ten-cent bunch of chervil, six blades of chives, and half a bunch of tarragon; throw them into hot water for two minutes, drain, and squeeze out the water; chop them up, take a pound and a half of sweet butter and incorporate the herbs with it; put the butter in a tin pail (or a tin spice-box would do as well) and pack it away with other camp provisions. When wanted heat a frying-pan quite hot, remove it from the stove, put into it a piece of the camp-butter as large as a hen's-egg; when it creams add a little lemon-juice or very little vinegar, and pour the sauce over either canned or fresh vegetables. This is also very good for fish-sauces. To keep it dig a hole two feet deep by one foot square, put a small piece of ice in it (if it can be had), and

set the pail of butter on it; cover the whole with a flat stone, and place over the stone green grass or sea-weed; if the sun dries the grass up renew with fresh grass, as this prevents the sun from heating the stone, and the butter will keep firm long after the ice has melted.

Camp Salad, Florida.—Secure a palm-cabbage, cut it into shreds, squeeze over it the juice of three lemons and two oranges; let it stand half an hour, and add salt and pepper, and if possible oil. If potted or canned meats can be had add them to the salad.

Canadian Bitter-Root (*Lervisia rediviva*).—A remarkable plant of the Purslane family, native of North America. It has long, fleshy tap-roots, producing a rosette of succulent leaves, from the centre of which rises a brilliant pink flower which only opens during sunshine. The root is white internally, and is almost entirely composed of starch. Remove the cuttle and cut the root into thin slices; allow them to stand in water an hour; then boil, when it will swell to five or six times its size and resemble a jelly-like substance. It may be eaten with cream and sugar or butter. In Oregon the Indians call it spaetlum. The young leaves may be used as a salad, after standing some time in cold water.

Capers.—Capers are the flower-buds of the caper-bush (*Capparis spinosa*); they are collected before expansion and preserved in wine-vinegar. There are one or two other species of the plant. There are many substitutes for capers—pickles, string-beans, green-peas, nasturtium pods

and buds, and many kinds of unripe berries are used. Barberries are excellent used as a substitute; the unripe fruit is gathered and salted in a strong brine and used as capers (see Barberry).

Caraway.—The young leaves of the caraway are used in salads, and at one time were very popular. A sprig or two minced fine, with a few leaves of mint, are very agreeable in vegetable salads.

Cardoon.—The cardoon, owing to its spines, is not cultivated very extensively in this country, although in France it is quite common. When bleached in the earth like celery, it is considered an excellent salad-plant.

Cardinal Salad.—Half fill a salad-bowl with crisp lettuce; add to it a pound of baked fish broken into small pieces; arrange the fish neatly, pour over it a Mayonnaise; chop up very fine the coral of a lobster, sprinkle it over the top of the salad; garnish with white of hard-boiled egg and prawns.

Carrot Salad.—Take six young carrots, wipe them with a coarse towel, do not scrape or cut off the outside; boil them ten minutes; cut them lengthwise into very narrow strips, put them in the centre of a salad-bowl; cut up half a pound of cold boiled mutton, put it round the carrot; mince a stalk of celery with a few tarragon-leaves; pour over the salad a plain-dressing, add the celery and herb, and serve.

Carrot Salad.—Slice a boiled carrot, cut up half a pound of fresh-boiled beef; put into a salad-bowl a quart

of dandelions, or half dandelions and cress; add the beef, next the carrot; chop up a dozen capers with a clove of shallot; add these to the salad and pour over all a plain dressing. Many use the red part of the carrot only when old carrots are used in salads.

In the time of James I. the ladies wore branches of carrots on their hats and sleeves instead of feathers.

Castmary, or Ale-cast, is a hardy perennial plant with a hard, creeping root, and an erect, branching stem two or three feet high. It is generally propagated by dividing the roots. The plant has a very agreeable odor, and is sometimes used as a pot-herb for flavoring soups and fish-sauces; the leaves are used in salads, and also for flavoring ale and beer.

Cauliflower Salad.—Take a fine white head of cauliflower; put it in a basin of cold water, head downwards, for three-quarters of an hour, after adding a coffeespoonful of salt and a wineglassful of vinegar to the water (the object in doing this is to thoroughly cleanse it from insects and particles of earth). Put it in a saucepan and boil, head downwards, till tender, being careful not to overcook it; remove the scum carefully as it rises, or it will discolor the cauliflower; drain, cool, and cut it into sprigs, arrange them round the dish, heads outward; put in the centre of the dish a tuft of lettuce; chop up the yolks of four hard-boiled eggs and arrange it as an outside border—the white to be cut up fine and a little mound made of it on top of the lettuce; when it is neatly arranged send to

table with a plain dressing, or the hard-boiled egg may be omitted and Mayonnaise served with it and garnished with quarters of hard-boiled egg and anchovies. The stalks or mid-ribs of the cauliflower are trimmed and tied into bunches as asparagus, and served with a plain salad-dressing. The so-called heads of cauliflower consist of the metamorphosed condition of the flower.

Celeriac.—This variety of celery forms at the base of the leaves, near the surface of the ground, a brownish, irregular, rounded root or tuber. The leaves are small, with slender, hollow stems. The plant is propagated from seeds, which may be sown in the open ground in April or May, in shallow drills six or eight inches apart. As soon as the seedlings are three or four inches high, take them up, remove the side-shoots, and set the plants in rows nearly two feet apart, having the rows a foot apart. The growing crop will require no peculiar treatment; when the bulbs are two-thirds grown they are earthed over for the purpose of bleaching and to render them crisp and tender. Some of the bulbs will be ready for use in September, from which time until the last of November the table may be supplied directly from the garden. Before severe weather the quantity required for winter use should be removed to the cellar and packed in damp sand or earth.

Celeriac, or German celery, as it is sometimes called, is recommended for gout, general debility, etc.

Celeriac Salad.—Celeriac is considered superior to celery by many; it may be used in salads either raw or

boiled. If raw, cut into very thin slices and serve with sauce rémoulade; if cooked, put into a salad-bowl a head of bleached chicory, add the celeriac and a teaspoonful of minced salad-herbs, pour over the salad a plain dressing. Cut celeriac into thin slices and soak it a few hours in vinegar; mix with potato or other vegetable salads, or serve as a relish. Stewed à la crème it is a most excellent vegetable.

Celery.—With perhaps the exception of lettuce, celery is more generally used in this country than any other plant. It is always propagated by seed, a fourth of an ounce of which is sufficient for a seed-bed five feet wide and ten feet long.

The first sowing is made in a hot-bed in March, and it may be sown in the open ground in April or May, but when so treated vegetates slowly, often remaining in the ground several weeks before coming up.

Sufficient plants for any family may be started in a large flower-pot or box, in a warm place, giving them plenty of light and moisture. As soon as the young plants are about three inches high prepare a small bed in the open air—if not too cold—and make the ground rich and the earth fine; set out the plants for a temporary growth, placing them four inches apart. This should be done carefully. Water gently once, and keep them protected for a day or two from the sun and high winds. As soon as the plants are quite strong take them from the temporary bed, remove the suckers, and set them with the roots entire ten inches apart, in trenches four to six feet wide and from

twelve to fifteen inches deep. Allow them to grow until they have attained nearly their full size, when the earth should be hoed on each side and between them, not too much earth at a time and always when the plants are dry. Let the earth hoed up be finely broken, and not at all lumpy. While this is being done keep the stalks of the outside leaves close up, to prevent the earth getting between the stems; if it gets between the stalks it checks the growth and makes the celery bad. Before the closing up of the ground the principal part of the crop should be taken up (retaining the roots and the soil naturally adhering) and removed to the cellar to be packed in earth or sand, without covering the ends or tops of the leaves.

Smallage, or celery in its wild state, grows naturally by the side of ditches and lagoons near the sea, where it rises with wedge-shaped leaves and a furrowed stalk, producing greenish flowers in August. Under cultivation the leaves are pinnatifid, with triangular leaflets; the leaf-stems are large, rounded, grooved, succulent, and solid or hollow, according to variety. In its wild state celery is to a certain degree poisonous; nevertheless, our canvas-back ducks are accused of acquiring their delicious flavor from it. In foliage and habit alexanders somewhat resembles celery; it is cultivated in the same manner (see Celery). It has a pleasant taste and odor, and is excellent in salads. The plant is now, however, seldom if ever cultivated, celery having taken its place.

Celery Salad.—Cut off the root end of four heads or

stalks of celery. Separate them, and wipe each piece; cut them into inch pieces; cut each piece into strips; put these in a salad-bowl, and add a simple Mayonnaise, which is much better than a plain salad-dressing when celery is used.

Cherry Salad.—Remove the stones from a compoteful of fine black ox-heart cherries, return them to the dish, dust over them powdered sugar; add half a wineglassful each of Curaçoa and Sherry wine. Mix thoroughly before serving. Spirits are used in fruit-salads to correct the ill-effects often produced by over-eating them; but I do not think it advisable to use a larger quantity than is absolutely necessary to correct this tendency.

Chervil is a delicious salad-herb invariably found in salads prepared by the French; a very few leaves are all that is required to give a salad an excellent flavor. The leaves are many times divided, and are similar to those of the common parsley; the raw roots are said to be poisonous. It has been cultivated for culinary purposes for more than two centuries. Chervil makes an attractive plant for the window-garden. The turnip-rooted chervil is a new vegetable introduced by Vilmorin, of Paris, who considers it worthy to be classed with the potato; the flesh is white, farinaceous, and of a flavor between a chestnut and a potato.

Chervil-Vinegar.—Fill a bottle full of the leaves, cover them with wine-vinegar; heat it gently by placing the bottle in water that should be allowed to almost boil; re-

move, and when cool cork, and in two weeks it will be ready for use. A few drops will give an excellent flavor to a salad.

Chestnut Salad.—Take two dozen Italian chestnuts, make an incision in the outer skin of each, throw them into hot water, and allow them to boil twenty minutes; remove, place in a colander, and pour cold water on them; peel off the outer and inner skin from the meat, and cut each into quarters; add a little salt and pepper to them. Peel, core, and cut three large, sour apples into pieces about the same size as the pieces of nut. Cut into pieces about the same size all the dark meat on the two side-bones of an ordinary-sized roast turkey; chop up together two small pickles and two pickled button-onions. Mix these ingredients gently together, arrange neatly in a salad-bowl, garnish with plenty of lettuce, and pour over all a plain dressing.

Chickweed (*Stellaria media*), or **Alsine**.—A well-known garden weed forming beds in neglected gardens. Gather the plant when young, wash it well; add a few either wild or cultivated sorrel-leaves, pour over them a bacon-dressing, and serve.

Chickling Vetch (*Edible rooted pea*).—The stem is from four to six feet high, climbing, slender, four-sided, and of a clear green color; the flowers are in bunches, carmine-rose color, and somewhat fragrant; the root is spreading, and furnished with numerous blackish, irregularly-shaped tubers, weighing from one to three ounces; they are very

farinaceous, and may be boiled, roasted, or fried, and are very acceptable in a vegetable salad.

Chicory Salad.—Wash, drain, and dry two heads of chicory (*Cichorium intybus*). Cut off the green ends and use them as a garnish or boil them as greens; cut the root ends from the bleached parts, examine each leaf carefully, put them in a salad-bowl; chop up a few leaves of tarragon and three or four sprigs of chervil, mix a plain salad-dressing, toss all together lightly, and serve; a very little onion may be used in this salad.

Chicory is a hardy perennial plant, often proving a troublesome weed in lawns, pastures, and mowing lands. It is cultivated as a salad plant. The roots are long and tapering, and should be grown in rich, mellow soil, thoroughly stirred either by plough or spade to the depth of ten or twelve inches. The seed should be sown in April or May, in drills fifteen inches apart and three-fourths of an inch deep. When the young plants are two or three inches high thin them to eight inches apart in the rows, and during the summer cultivate frequently to keep the soil light and the growing crop from weeds. Before using as a salad the plants are blanched either by covering with boxes a foot in depth or by strips of boards, twelve to fourteen inches wide, nailed together at right angles and placed lengthwise over the rows. They are sometimes blanched by covering with earth, the leaves being first gathered together and tied loosely at the top, which should be left exposed to light; when properly blanched they will be

of a delicate creamy white. The roots are frequently used for adulterating coffee.

Chicory in Winter.—Dig up a quantity of chicory-roots before cold weather and store them in a vault or cellar away from frost. Build a mound of stable-sweepings in the vault and cover it evenly with earth about four inches deep; gently force the chicory-roots into the earth about eight inches apart—the heat from the mound forces the roots to sprout rapidly; or they may be arranged in a barrel, as directed for beets.

Many of our first-class restaurants are supplied with salads all winter that have been cultivated in old wine-vaults, and nearly all of the mushrooms seen out of season are raised in a similar manner.

Chicken Salad.—A good deal of nonsense has been written about chicken salad. The mysterious and misleading recipes found in French cook-books do not help matters, but simply add to the confusion. Nothing can be more simple than to mix a little nicely-cut-up chicken and celery together, with a tablespoonful or two of Mayonnaise; put this in a salad-bowl, arrange neatly, and over all pour a Mayonnaise. Garnish with celery-leaves and hard-boiled eggs. (Use a little more celery than chicken.) Or,

Tear a few leaves of lettuce, put in a salad-bowl; cut up half a cold boiled chicken (not a stringy, old hen), add it to the lettuce, pour over the salad a sauce *rémoulade*, and garnish neatly. For large parties, and when the chicken is apt to become dry after cutting, pour over it a plain

dressing, let it stand half an hour, then squeeze it gently. Put on a flat platter a bed of lettuce, add the chicken, and just before the guests are announced pour the Mayonnaise over the chicken, having previously garnished the salad with hard-boiled egg, stoned or stuffed olives, and pieces of beet in diamond shapes.

If in hot weather, one can keep the salad in good condition by filling an oval kiel nearly full of chopped ice and placing the dish of salad on top of it. If you wish to hide the kiel from view pin a napkin round the sides of it. Flowers and smilax may be pinned on to the napkin, and the effect is very pretty.

In ancient times the fairest and youngest lady at table was expected to mix the salad with her fingers. "*Retourner la salade les doigts*" is the French way of describing a lady to be still young and beautiful.

Chilli-Vinegar.—Cut small chillies into halves, fill a quart bottle nearly full of them, pour warm vinegar over them, put one clove of garlic in the bottle, and let the whole infuse two or three weeks, then strain and put into small two-ounce bottles. A very few drops are all that is required for flavoring; it is excellent in soups and sauces.

Chilli Colorado Vinegar.—Sew up a tablespoonful of Chili Colorado in a piece of thin muslin, put it into a wide-mouthed bottle, and fill the bottle with vinegar.

Chinese Potato (*Dioscorea batatas*).—The Chinese potato is a club-shaped root about two feet in length. It is eaten boiled, roasted, stewed, or fried. "It has a rice-like

taste, is quite farinaceous and nutritive, and is highly valued as food." As a salad serve cold, with a dressing of one tablespoonful of soy, mild pepper and salt to taste, a clove of bruised garlic, and a little grated horse-radish.

Chives (*Allium Schœnoprasum*).—The chive has the flavor peculiar to the onion family in a mild form, and is excellent in spring salads if used moderately. It may be procured at Washington Market at almost any season. It can be cultivated easily at home, and, if frequently cut, will keep fresh and tender a very long time. By the addition of a few blades or leaves to a spring salad you have the historical "suspicion of onion" so often desired by the epicure, but very little appreciated by the average American. Chives grow wild in Pennsylvania and New York States. As to their origin here there is quite a diversity of opinion; some say that early Dutch settlers planted them in pastures for the cows to eat, thereby giving the milk a flavor which was greatly appreciated by them. Bulbs can be obtained from the seedmen, and should be planted in May round the border of a salad-bed. If not cut to excess they will continue to grow ten years.

Avoid over-seasoning; your own palate is not always a guide for others.

Chrysanthemum.—A name given to a genus of herbs of the composite family, represented in this country by ox-eye daisy (*C. leucanthemum*), the corn marigold (*C. segetum*), and by the Chinese species (*C. sinense*). The first named is common in dry pastures.

In Japan the leaves and flowers are boiled and eaten with soy. The roots are also boiled and eaten with soy and sugar. The chrysanthemum gets its name from the Greek words for gold and flower, many species bearing yellow flowers. Though commonly classed with out-door plants, it should be made to lend its beauty to every parlor through the months of October, November, and December. After flowering the plants should be set in a cool, dark place, where they will not freeze, until May.

Cicely.—Sweet cicely, sweet-scented chervil (*Osmorrhiza odorata*, U. S. A.; *Myrrhis odorata*, Eng.) The leaves of the sweet cicely were at one time used in England, but the strong flavor of anise-seed which the whole plant possesses renders it disagreeable to most persons. It is not cultivated now as a salad-herb. In France the leaves and roots are still used, the leaves for the same purpose as those of chervil, and the roots in soups, to which they are said to communicate an agreeable taste.

Clam Salad.—Steam one dozen well-washed, small soft-shell clams; cut off the "black neck"; put the clams into a salad-bowl with half their bulk of cold, boiled fish; tear into small pieces a dozen leaves of romaine lettuce, mix these together, add a teaspoonful of minced herbs, pour over all a plain dressing, and serve. If desired, two hard-boiled eggs may be chopped up to add to the salad.

Clam Salad.—Roast two dozen small hard-shell clams; put them in a bowl and cover them with a plain dressing; let them stand half an hour; put into a salad-bowl the

torn inside leaves of two heads of cabbage-lettuce, add to it half a pint of canned shrimps, add the clams next, and cover the salad with a rémoulade sauce.

Cockle Salad.—The cockle is a shell-fish found on the sea-shore. When young they may be used in salads. Boil them in the shell slowly half an hour; add a wineglassful of vinegar to the water; when done pick out the meat with a pin, put it in a salad-bowl with dandelions, prepare a bacon-dressing, pour it over the salad, and serve:

“How shall I your true love know
From another one?
By his cockle-hat and staff,
And his sandal shoon.”

—Anon.

Codfish (Salt) Salad.—Cut three pieces of codfish, three inches square, from an ordinary-sized salt codfish; split them in two and soak them in water over-night, changing the water two or three times; next day drain and wipe the fish dry, baste each piece with a little butter, and broil. If an excellent breakfast-dish is required they may be sent to table with a hot butter sauce and a little lemon-juice. For a salad let them cool, tear the fish apart, and cover with a plain salad-dressing; let stand an hour. Put into a salad-bowl a quantity of crisp lettuce, drain, and add the fish; pour over it a Mayonnaise; garnish with shrimps or prawns, hard-boiled eggs, and rings of lemon-peel. Or,

Prepare the fish as above directed; put it into a salad-bowl; add to it four hot sliced, boiled potatoes; add a

wineglassful of Rhine wine, cover, and allow the salad to get cold, then add a few leaves of endive, two or three anchovies, and one minced pickle; pour over all a plain salad-dressing, toss lightly, and serve.

The above salads are excellent, and well repay for all trouble incurred.

Comfrey (*Symphytum officinale*).—A strong-growing perennial of the borage family. The root and stems abound in farinaceous matter, and should be boiled before eaten. The young shoots, blanched or scalded with hot water, are very good served with drawn butter and lemon-juice.

Cone Garden.—A pleasing and unpretentious ornament is a simple bowl of grasses planted in fine cones and set in common soil or moss. Sprinkle as much soil into the cones as their scales will retain, and scatter the seeds over them, then place them in soil or moss. Water them sparingly at first, but do not allow them to become dry. Set them away in a warm place, and soon the seeds will sprout and the tiny spears protrude in every direction.

Coriander is usually cultivated for its seeds, but the leaves are often used as chervil in soups and salads. A teaspoonful of chopped coriander-leaves in a salad of beet-root and string-beans will be found an acquisition.

Corn Salad.—Pick over two quarts of corn salad, or feticus, remove all bruised leaves, wash, dry, and arrange it in a salad-bowl; add a pint of chopped celery and a few blades of chives; prepare a plain dressing of oil, vine-

gar, pepper, and salt, and chop up two hard-boiled eggs; just before serving add the dressing, and sprinkle the egg over the whole.

An old English custom, which is still in vogue, is to serve a dish of corn salad with a rasher of bacon or a smoked herring at Easter.

Corn Salad—Fetticus, Lamb's Lettuce (*Valeriana locusta*).—This is a small, hardy, annual salad-plant, said to have derived its name from its spontaneous growth in fields of grain in England and France. When fully grown it is from twelve to fifteen inches in height. The flowers are small and pale blue in color. It is easily grown from seed.

The Italian corn salad is a distinct species, and differs from the common corn salad in its foliage, and to some extent in its general habit. It is cultivated and used in the same manner as the common, but is earlier, milder in flavor, and slower running to seed. The hairy character of the leaves, however, renders them less valuable for salad purposes than the common corn salad. They may be cultivated indoors during winter in window-gardens.

Corned-Beef Salad.—Boil a pound of corned beef slowly three-quarters of an hour; this will make the beef tender, but quick boiling toughens it. When cold cut it into strips, quarter of an inch wide and an inch long; put these into a salad-bowl, grate an inch piece of horse-radish over it; slice one boiled potato and one beet, add to the bowl; serve with a plain salad-dressing; if not con-

venient, a bacon-dressing may be used. A few leaves of chicory is an improvement in corned-beef salad. It may be served with water-cress, dandelions, or bleached turnip-tops.

Canned corned beef may be used instead of the ordinary kind; it makes a splendid salad, and is not out of place in vegetable salads.

Corson, Juliet.—Miss Juliet Corson, of the New York School of Cookery (an excellent institution), has kindly sent to the author the following, copied from "A True Gentlewoman's Delight," London, 1654:

"How to make Sallet of all manner of Hearbs.—Take your hearbs, and pick them clean, and the floures; wash them clean, and swing them in a strainer; then put them into a dish, and mingle them with Cowcubbers, and Lemons, sliced very thin; then scrape on Sugar, and put in Vinegar and Oil; then spread the floures on the top; garnish your dish with hard Eggs, and all sorts of your floures; scrape on Sugar and serve it."

"To doe Clove-gillifloures for Salletting all the Year.—Take as many Clove-gillifloures as you please, and slip off the leaves; then strow some Sugar in the bottome of the gallipot that you doe them in, and then a lane of Gillifloures, and then a lane of Sugar: and so doe till all the Gillifloures be done; then pour some Claret Wine into them, as much as will cover them; then cut a piece of thin board, and lay it on them to keep them down; then tie them close, and set them in the Sun, and let them

stand a moneth or thereabouts, but keep them from any rain or wet."

Crab Salad.—Boil three dozen hard-shell crabs twenty-five minutes; drain them, and let them cool gradually; remove the upper shell and the tail; break the remaining part into quarters and pick out the meat carefully, either with a nut-picker or an old-fashioned kitchen fork. The large claws should not be forgotten, for they contain a dainty morsel; the fat that sometimes adheres to the shell should not be overlooked. Cut up an equal amount of celery in bulk as you have of crab-meat, mix them together gently with a few spoonfuls of plain salad-dressing; put the mixture in a salad-bowl, garnish with tufts of endive, hard-boiled eggs, and bits of the crab-claws. Have a *rémoulade* sauce all prepared; pour it over the salad without disturbing the garnish, and send to table. *Rémoulade* sauce is better than *Mayonnaise* in crab salad.

A Baltimorean friend of mine prepares a crab salad as follows: Procure the crab-meat as above directed; mix with it a quantity of half dandelion and cress. Mix a plain salad-dressing and add to it a teaspoonful of curry-powder, pour over the salad, and serve. Or prepare a pint of crab-meat; put it in the centre of a salad-bowl, mound-shaped; arrange round it one dozen spiced oysters; put round the oysters a border of celery cut up small; garnish neatly; send to table with *rémoulade* sauce.

Crab, Soft-shell, Salad.—Fry six large soft-shell crabs plain, drain, and allow them to cool; remove the thin

paper shell, claws, and the gill-like feelers found under the points of the shell; cut each crab in six pieces. Put into a salad-bowl a torn head of crisp lettuce, add the crab; garnish with a few spiced oysters, hard-boiled egg, and slices of lemon; pour over the centre of the salad a rémoulade sauce.

Shrimps are excellent with this salad; they may be mixed with the crab or used as a garnish. Shrimps are appropriate as a garnish on all shell-fish salads.

Gastronomic tastes necessarily differ, as races, habits, digestive force, and supplies of food also differ, and it becomes no man to be too dogmatic in treating of these matters.—*Thompson.*

Crabs, Devilled.—While on the subject of crabs I take the liberty of giving a recipe for devilled crabs which I consider excellent.

Pick out the meat of four dozen boiled hard-shell crabs in as large pieces as possible; put it into a salad-bowl and add to it a pint of Mayonnaise; mix it carefully with your hand, as a spoon will break up the crabs; wash a dozen crab-shells, put a little of the mixture into each shell; grate a loaf of dry bread, measure out a pint of it, and season it with salt and pepper; sprinkle it evenly over the crabs; finally roll twelve little balls of butter, about the size of our hickory-nuts, put one each on top of the crabs; bake in a quick oven. When brown on top they are done; serve quite hot with a fine chicory salad.

Crabs, South Sea Island.—On many of the South Sea Islands there is found a species of crab or lobster of most

uncanny aspect. He lives in a burrow of his own making; his principal food consists of cocoanut, which he manages to break to pieces by inserting the point of his pincers into one of the "eyes" of the nut. In flavor they are very delicate and make a most delicious salad. Boil them in water containing a little salt, or bake them in a "bean-hole." When cold pick out the meat carefully and set it aside; then take the heart of a young cabbage-palm (which has been gathered while the crabs were being cooked) and cut it into shreds; when you have prepared about the same quantity of salad as you have of meat, mix them together and add oil, vinegar, or lime-juice, pepper and salt, or any salad-dressing that can be conveniently prepared.

Crane, Broiled.—The white crane occasionally met with in Minnesota and other parts of the Northwest is a very shy bird; he can run like a deer and is very difficult to capture, but ah! he is so delicious that should you see one while hunting abandon all thoughts of other game until you secure the white crane; it will well repay you for your trouble, unless the cook spoils it.

Cut the flesh from the breast in two large pieces. Prepare a plain salad-dressing and brush it over the meat; cut large, thin slices of larding pork and wrap round each piece of meat; tie a string round the whole and let it stand over-night in the ice-box, if you are in civilization and can afford such a luxury. Next morning remove the pork and broil the meat over a bright charcoal fire; when done add a little sweet butter and lemon-juice, and, as Gov. Lansing would say, "Send for me."

Crawfish Salad with Jelly.—"To prepare this entrée some crawfish tails are selected, freed from all shell and of equal size, trimmed and seasoned as a salad (plain). A plain border mould is embedded in pounded ice, and a thin layer of jelly is run over the bottom of this mould. When the jelly is set, small halves of eggs are placed on it at an even distance from each other, then points downwards; these eggs are consolidated with jelly, poured into the bottom of the mould, and alternated with groups of vegetables of variegated kind and color, cooked, and thickened with a little half-set aspic so as to keep them together. The cavity of the mould is then filled with jelly. When the jelly is firm the border is turned out on a dish, a small support of fat is placed on the centre of the dish, which is surrounded up to the top with some vegetable salad thickened with Mayonnaise prepared with aspic. It is against this pyramid that the crawfish tails are laid in upward rows by the aid of a larding-needle; the tails forming rows must be put close together and in an inverted direction. The crawfish are then coated with jelly to give them support and a little brilliancy. The pyramid at its base is surrounded with a circle of chopped aspic jelly. A small subject cast in stearine or in fat is fixed on the top of the support. A sauceboatful of Mayonnaise or sauce tartare is served with this entrée."—*Urbain Dubois*.

Crayfish Salad.—Crayfish, or crawfish, resemble small lobsters; they are excellent served as a salad, and are extensively used in decorating cold salmon and salads.

Wash two dozen crayfish and boil them in salt water

fifteen minutes; pick them out of their shells, remove the entrail in the centre of the tail. Put into a salad-bowl the hearts of two heads of cabbage-lettuce, add the crayfish, arranged neatly; pour over this a Mayonnaise or rémoulade sauce; garnish with the heads of the fish and hard-boiled eggs. There are two varieties, those found in rivers and the large salt-water crayfish.

Cromwell's (Jane) Grand Salad was composed of equal parts of almonds, raisins, capers, pickled cucumbers, shrimps, and boiled turnips.

Cress Basket.—A common basket can be transformed into a lovely greenery by arranging it thus: Select a prettily-shaped basket and line it with folds of cotton batting—sew on outside as well; cover the handle with the same or thick white flannel. Procure two or three ounces of cress-seeds and steep them in warm water for four or five hours; set into the basket a saucer filled with water, and when the seeds have become a little sticky spread them all over the cotton or flannel, to which they will adhere. Leave no spot uncovered, for it must be thickly strewn with plants. Set the basket in a warm, dark place for two or three days—longer if the seeds do not begin to sprout—then bring it out to air and light, and soon it will become a mass of feathery green foliage; sprinkle it every day with lukewarm water, holding it over a wash-bowl. Keep the saucer inside of basket always full of water. When the cress is wanted for a salad or garnish, trim off the tops evenly around the

basket with a pair of scissors, and it will still remain a very neat ornament.

Cress Salad.—Cress is one of our best spring salads. A small basket of cress, such as are found at our markets, if removed from the basket and kept in a cool place or between two wet towels, will furnish salads for several days; but the lords of our kitchens have brought cress into bad repute by their abominable habit of garnishing every dish that leaves the kitchen with it. I actually believe if they had charge of our laundries they would send up our linen with tufts of greasy cress round it as a decoration.

A plain cress salad is composed of cress carefully picked over, washed, and thoroughly dried in a towel, and served with a plain salad-dressing and a few herbs. A few spring onions are considered an improvement by many.

Equal parts of cress and cut-up celery with hard-boiled eggs is very good. Two-thirds cress and one-third cucumbers is acceptable. One-third each of cress, sliced tomatoes, and cucumbers makes a good breakfast salad. (See Water-cress.)

The learned Scaliger would shudder in every limb on beholding water-cresses; but the Greek proverb reads, "Eat cress and gain wit."

Crowfoot (*Ranunculus aquatilis*).—The water crowfoot grows entirely in water, bearing pretty white flowers. It has leaves of two kinds: the floating ones being like little round shields, and the submerged ones finely divided and thread-like. This is one of the few wholesome species of

the family. The young leaves and buds may be used as a salad, while the older leaves and stems should be covered with hot water a few minutes, drained, and served with melted butter, salt, cayenne, and garnished with hard-boiled eggs.

Cuban Salad.—Remove the seeds from two sweet Spanish peppers; cut the peppers into strips, put them into a salad-bowl, and add one Spanish onion sliced, and four soda-crackers broken up; skin and bone six anchovies, add to the salad, and pour over all a plain salad-dressing; garnish with lettuce-leaves and slices of beet.

A sweet pepper cut into medium-sized pieces, dredged with flour, and fried, is excellent with broiled chicken. It may be sautéed and served with fillet of beef to those who find its pungent taste agreeable.

Cuckoo Flower.—The leaves have the warm, pungent taste common to the cress family, and when young are used in salads.

Cucumber Salad.—Many object to cucumbers, but if properly prepared they are as digestible as other vegetables eaten raw. They should be gathered early in the morning, and placed in a cool place until wanted. Peel and slice them very thin; sprinkle a little salt over them, let stand ten minutes, and add cayenne and equal parts of oil and vinegar. If allowed to remain in salt water any length of time, or if their natural juices are squeezed out of them, they become indigestible. A few spring onions with cucumbers are appreciated by many.

The New England way of dressing cucumbers is to cover them with black pepper and drown them in vinegar; but if the cucumbers are cut very thin, which is very important, and served with a plain salad-dressing, you have a perfect salad.

A nice salad is prepared by using cress and cucumbers; put the cucumbers in the centre of a salad-bowl and arrange the cress round them in a neat border.

An excellent cucumber salad is made as follow: Peel and slice two medium-sized cucumbers, sprinkle a teaspoonful of salt over them, let stand ten minutes; cut up into strips one-quarter of a green Spanish pepper; mince six tarragon-leaves and a few leaves of chives together, drain the water from the cucumber, if any; add the herbs. Prepare a dressing as follows: Put into a soup-plate one teaspoonful French mustard, one saltspoonful white pepper, add gradually while stirring six tablespoonfuls of fine oil and three tablespoonfuls of tarragon-vinegar; toss lightly together, and serve. Use plenty of oil on cucumbers; it assists digestion.

An English authority on food recommends eating cucumbers, rind and all, but I do not advise any of my readers to try the experiment; I have tried it, and the result was disastrous. Shakspeare evidently experimented with cucumber-rind when he wrote: "For this be sure to-night thou shalt have cramps."

If the stalk end of the cucumber be kept standing in a little cold water, and the water changed every day, they will keep hard and firm for a week, or even longer. For

variety the cucumber may be cut into long, very thin strips and served with sauce vinaigrette.

Currant Salad.—Pick over separately a pint each of red and white currants; put the red currants in the centre of a compote, the white round them in a border; outside of these arrange another border of red or black raspberries. Take a pint and a half of rich cream, sweeten it well, and beat it with a spoon to dissolve the sugar, and while doing so gradually add one tablespoonful of brandy and one of Curaçoa. Send the dressing to table separately; just before serving pour it over the fruit, mix, and serve. The fruit should be kept quite cold till wanted.

A salad will not produce dyspepsia if eaten in moderation; one should always avoid eating rapidly and eschew ice-water.

Curry Powder.—Curry is an excellent condiment in its way, and, although it may be purchased from almost every grocer, a curry-powder recipe is not out of place in a work of this kind. Take three ounces of coriander seeds, three ounces of turmeric, one ounce each of ginger, mustard, and black pepper, half-ounce of lesser cardamoms, quarter-ounce each of cayenne, cinnamon, and cummin seed; pound these together in a mortar to a powder; mix thoroughly, and keep in small, well-corked bottles. There are very many kinds of curry.

Curry.—I was for a long time resident in Calcutta, and with considerable difficulty obtained the details of the preparation from my native cook. They are as follows:

Twelve ounces best turmeric, eight ounces coriander-seed, six ounces very best ginger, five ounces mustard, five ounces black pepper, one and a half ounces cayenne, one-half ounce cardamoms, one-half ounce cummin, one-half ounce cinnamon, one-quarter ounce pimento, in all thirty-nine and a quarter ounces, costing 7s., all finely powdered and put up in separate parcels. When sent home these ingredients are put into a large bowl and thoroughly mixed together. A number of small bottles are got ready, into which the powder is placed and pressed down, and if corks are used these are carefully sealed over so as to exclude the air entirely. One bottle at a time is opened for use, and thus the quantity made will last a long time. Having secured our curry powder, at a cost of about two-pence half-penny per ounce, let us now proceed to make our curry and boil our rice à la Bengal. As a rule a knife is never employed when one is eating a curry, as it is always so thoroughly cooked that a fork and spoon are only needed. But the time occupied in cooking, of course, varies according to the meat used. For brevity, let us take veal—say four pounds of the lean part of the breast of veal, to avoid much fat. Cut this all up in small pieces and put them in a saucepan with an ounce of sweet butter, two large tablespoonfuls of curry powder, two large onions cut very fine, four or five small cloves of garlic, chopped up finely, and some nice, streaky bacon cut in thin, small slices; stir all together and put it on a gentle fire, covering the saucepan, and only uncovering it to stir it, which should be done very frequently. The heat

speedily draws out the juices of the meat, forming sufficient gravy to prevent burning ; after a while the saucepan is drawn almost off the fire, so as to keep the contents at a gentle simmer only, and it continues at this until the gravy is pretty well dried up, when a large-sized breakfastcupful of fresh milk is added gradually, so as not to cool it too much, and salt to taste. The saucepan is again placed on the fire for a few moments to bring it rapidly to the boil, then drawn back and kept once more gently simmering until quite done, stirring very frequently. It should occupy three to four hours in cooking, and never be galloped. When served up to the table it ought to be as hot as possible, but all the fat must be previously skimmed off. It is well to remember that this "curry fat" is far better than butter for frying fish with. Half an hour or more before the curry is required on the table begin to cook the rice. Fine Patna or Carolina is the best, of which take one measure, putting in three such measures of water, and boil rapidly, but never on any consideration stir or shake it up. When it is perceived that the water shows no longer on the rice, draw the saucepan on to the hob and give a little time for the rice to dry, which it soon does, when it will all turn out beautifully cooked and each grain separate. This is the only proper mode of cooking rice. In serving up the curry should be in one (covered) side-dish, the rice in another, and both quite hot."—*London Field.*

Durkee & Co., of New York, make a better curry than any of the imported brands, and I feel that I am doing an

act of justice to them and to the lovers of a good curry by announcing this fact.

D'Albignac, the Salad-Maker.—"I prefer to tell the story of a Frenchman, of Limousin, who made his fortune in London by his skill in making a salad, although his means were very limited. Albignac (so he was called, if I remember aright) went one day to dine in one of the most famous taverns in London; whilst he was finishing his succulent beefsteak there were five or six young dandies of good family regaling themselves at a neighboring table. One of them came to him and said very politely: 'Sir, it is said that your nation excels in the art of making salads; will you be so good as to oblige us by mixing one?' D'Albignac, consenting after a little hesitation, ordered all that he thought necessary for the expected masterpiece, used his best endeavors, and had the good luck to succeed. Whilst studying the ingredients he answered frankly all questions about himself. He said he was an emigrant, and admitted, not without some natural shame, that he was receiving assistance from the English government—a circumstance which no doubt authorized one of the young men to slip into the exile's hand a five-pound note and insist on his keeping it.

"He had given his address, and some time after he received a very civil note requesting him to go and mix a salad in one of the finest houses in Grosvenor Square. D'Albignac arrived punctually, after furnishing himself with some special seasonings and maturing his plans. He had the good fortune to succeed again. The first party for whom he had manipulated had exaggerated the merits of

his salad, and the second company made so much noise about it that his reputation was already made. He was known as the fashionable salad-maker, and soon had a gig in order to keep his appointments, with a servant to bring in his mahogany case containing all the ingredients—such as vinegars of different flavors, oils with or without a fruity taste, soy, caviare, truffles, anchovies, ketchups, gravies, and even hard-boiled eggs. Later he got cases made to order, furnished them completely, and sold them by hundreds. In short, having diligently carried out his plans with sense and discretion, he came to realize a fortune of more than eighty thousand francs; and returning to his own country when peace was restored, he invested sixty thousand francs in the public funds, then selling at fifty per cent., and the rest in a small estate in Limousin, his native county."—*Brillat-Savarin*.

Some years ago a Count (?) Desmond attempted the D'Albignac idea in New York, but did not succeed, owing to lack of enterprise and snap, so essential in all new undertakings in the metropolis.

Dalmeny Sprouts.—This vegetable is a cross between the common heading cabbage and Brussels sprouts. The stem is a foot and upwards in height, and is not only thickly set with sprouts or small cabbages like the Brussels sprouts, but terminates in a cabbage of medium size.

Dandelion Salad.—A dandelion salad is one of the healthiest of spring salads. One can find hot-house dandelions in New York markets nearly all winter, but I very

much prefer the plants picked from the fields after the snow disappears. Gather a small pailful of dandelions, wash them well, and pick them over carefully; let them stand in water over-night, this will greatly improve them, as it does all wild salad-plants; drain and dry them well; put them in a salad-bowl and add a plain salad-dressing; many add a few wild chives, others prefer a bacon-dressing. Families living in the country who wish to give their city visitors an excellent salad may do so by carrying out the following instructions: Select a small plot of pasturage where the dandelions grow thickly; cover each plant with flat stones or boards, and let them remain covered ten or fifteen days, at the end of this time, having been protected from sunlight and air, they will be found a bright gold color. After gathering the plants proceed as above directed for preparing the salad.

Dandelion-roots gathered in the fall and cut into small pieces, dried, roasted, and ground, are used as a substitute for coffee; they may be planted in a barrel, as directed for chicory-roots, and they will furnish a delightful salad all winter.

“The autumn dandelion
Beside the roadside burns;
Above the lichened boulders
Quiver the plumèd ferns.”

“Get rid of prejudice and call nothing unclean.”

Dill is a hardy biennial plant grown from seed; its leaves are used to give flavor to pickles, etc. Fill a bottle with the leaves, pour white-wine vinegar on them; let

stand for three weeks. A few drops added to a salad of cucumber and endive will be found an agreeable addition.

Dumas Salad (devised by Alexandre Dumas).—Put in a salad-bowl a yolk of egg boiled hard, with a tablespoonful of oil, and make a paste of it; then add a few stalks of chervil chopped fine, a teaspoonful of tunny mashed, same of anchovy pounded, a little French mustard, a small pickled cucumber chopped fine, the white of the egg chopped fine, and a little soy; mix the whole well with two tablespoonfuls of wine vinegar, then add two or three steamed potatoes sliced, a few slices of beet, same of turnip-rooted celery, same of rampion, salt, and Hungarian pepper to taste; toss gently twenty minutes, then serve.

Dust on Plants—Do not plant salad-plants near a public roadside; the dust that constantly arises will cover the leaves of your plants and prevent them from developing fully. The leaf being the essential and really active part of the plant, it requires more care than any other part of it, for it is the mouth, the stomach, the heart, the lungs, and the vital mechanism of the whole plant; clog these organs with dust and the plant has a very hard time of it; if it does not actually die it will at best be only a dwarf. Indoor plants should have the dust removed by the aid of a small sponge dipped in tepid water.

Earth Almond (*Eyperus esculentus*).—"The flesh of these roots or tubers is of a yellowish color, tender, and of a pleasant, sweet, and nut-like flavor, and about the size of a filbert. The leaves are rush-like, about eighteen inches

high, a little rough, and sharply pointed; the spikelets of flowers are a pale yellow color."

They are eaten raw or cooked; the best possible way to eat them is to have them sautéed in an omelette-pan with a little oil, salt, white pepper, and a few tarragon-leaves chopped up. They may be dried and treated as almonds, and are excellent in cakes.

Economist Salad.—The economical housewife, if so inclined, will utilize all remaining cooked meats and vegetables in a salad; and it is not only a saving, but in the guise of a salad they are very often more appetizing than they were when originally served. The essential points are to first please the eye and then the palate. Arrange every item neatly, and if no edible green of any kind can be obtained the salad may be garnished with leaves or flowers, care being taken not to serve them when dishing up the salad. Never throw anything away until you know beyond a doubt whether, with the addition of one or two trifling items, a salad cannot be made. If strangers are at table, and onion is an item in your salad, send it to table in a separate dish, as it is often objected to by many who are led by their sense of smell instead of taste. Eight out of every ten like the flavor when they cannot positively identify the onion—that is, when they have eaten of a dish with onion-flavor and it is not strong enough to detect it.

Economical Celery Salad.—When celery is scarce and high make a salad of one-third celery to two-thirds cabbage; chop up a small pickle, sprinkle over the salad;

pour over all a bacon-dressing ; garnish with green celery-leaves, beet, and hard-boiled eggs.

Eels, Mayonnaise of.—Put into a salad-bowl two heads of bleached endive, the leaves to be separated from the stalk. Take six pieces of potted eels, about two inches long ; remove the bone, break the eels into pieces, and add to the bowl ; arrange neatly ; pour over the salad a rémoulade sauce ; garnish with hard-boiled eggs, salt-anchovies, and slices of lemon.

Egg Salad.—Cut up two stalks of nice celery, put it in a salad-bowl ; chop up the whites of three hard-boiled eggs, add it to the celery ; split four sardines, remove bone and skin, arrange them on the salad with tails pointing upwards ; sprinkle over the salad a coffeespoonful of salt and a saltspoonful of pepper ; pound the yolks very smooth ; moisten with cream enough to make a paste, season with a little salt and pepper ; thin this out with a little sharp vinegar, pour over the salad ; garnish with celery-leaves.

Egg Salad.—Put into a salad-bowl a few crisp leaves of lettuce ; cut four hard-boiled eggs into quarters, add them carefully to the lettuce ; mince a dozen capers, sprinkle over the salad ; pour over all a plain dressing.

Egg Salad (Miss Blow).—“ Cut hard-boiled eggs in two lengthwise, arrange them neatly in the centre of a dish ; add to each half a little salt, a few drops of oil and vinegar, and a very little cayenne ; chop up a quantity of tarragon, chervil, and a few chives together, sprinkle over the eggs ; garnish with a border of lettuce.

“Cut hard-boiled eggs in two, take out the yolks, and pound half of them to a paste with an equal quantity of minced chicken; add a highly-seasoned Mayonnaise; fill the whites closely, arrange them neatly in the centre of a dish, strew over them a little minced herbs; garnish with cresses.”

Egg Salad a l'Italienne.—Hard-boil six eggs; when done pour cold water upon them, remove shell and cut them in two crosswise; take out the yolks carefully from the whites so as not to break the latter; work the yolks to a smooth paste and season it as follows: a teaspoonful salt, saltspoonful black pepper, tablespoonful minced onion, two minced anchovies, three tablespoonfuls of oil, and one of tarragon-vinegar; mix these well with the yolk and fill the white halves with the mixture; put them in the centre of round, flat dish—if they will not sit on end cut off a little of the bottom; put into a salad-bowl the crisp white leaves of two heads of endive, pour over them a plain salad-dressing, toss lightly; now arrange the endive round the stuffed eggs; if any of the yolk mixture remains, cut a few slices of bread into inch squares or diamonds, spread it on these, and use them as a garnish with bits of lean ham about the same size, and a few red radishes. The order of arrangement may be reversed by putting the endive in the centre of the dish and the stuffed eggs round it.

Eggs, Salad of Duck.—Hard-boil four duck-eggs; when cold remove the shell; cut each egg in two lengthwise; re-

move skin and bone from eight anchovies, split each one in two lengthwise; put two of these on each half of egg; take large, thin lettuce leaves, wrap each half of egg with the anchovy fillets in a leaf of lettuce, fasten the leaves with a piece of toothpick; prepare a plain salad-dressing, allowing tarragon-vinegar to predominate; serve to each guest a little of the dressing in a small side-dish; serve the prepared eggs and eat them from hand, dipping it each time in the dressing as you would a radish. Send finger-bowls to table immediately after this course.

Goose-eggs may be used instead of duck-eggs. The eggs of wild ducks are excellent in salads. The eggs of the mud-turtle, or snapper, so often found in sand-heaps by boys, are good eating; they require pungent seasoning. The eggs of the mud-hen are eagerly sought after in the New Jersey marshes by pot-hunters. In many parts of the West, plovers' eggs, the eggs of the prairie chicken and the wild turkey, are used as food. This nest-robbing promises extinction of the game-birds of our country; a national law should prohibit it.

Eggs Stuffed, Salad of.—Take four ounces of potted ham, or boiled ham worked to a paste, with tablespoonful of anchovy paste and a little cayenne; hard-boil six eggs; when cold remove the shell; cut a thin slice off of the large end, cut them in two crosswise, take out the hard-boiled yolks and put them in a mortar with a third of their bulk of sweet butter, add the ham and a little nutmeg; pound all to a smooth paste; add just a little lemon, press the paste into the white halves, put the halves together, and

arrange them neatly on a flat dish, the small end up; prepare a plain lettuce salad, arrange it around the eggs in a neat border, and send to table. The lettuce may be served without being dressed, in which case serve the salad with a boat of Mayonnaise.

Elder-Tree.—This well-known tree is common along roadsides and neglected places. The young shoots boiled and served with melted butter make an excellent dish; the flowers are gathered and mixed with a little flour and salt, and made into batter-cakes; the green fruits are preserved in brine and used as capers, and the ripe fruit is extensively used in coloring port wine. Elder wine is well known in old American towns.

Elder-flower Vinegar.—Fill a bottle with the elder-flowers and pour upon them as much vinegar as they will take; let them rest for a fortnight, when the vinegar may be strained and put into bottles of smaller size.

Endive Salad.—The curled endive is excellent for fall and winter salads. Pick the leaves over carefully, separate the bleached from the green; put the former in a salad-bowl, add a teaspoonful of minced green herbs, pour over the salad a plain dressing, and serve.

Throw the green leaves into salt water for fifteen minutes, then boil as ordinary greens, changing the water twice; when done drain and cover with cold water for a few minutes, then squeeze all the water out of them and set one side until wanted; before serving put in a saucepan with a two-ounce piece of butter, add salt and pepper;

when thoroughly warmed through send to table on a hot dish with hard-boiled eggs.

The French make an endive salad as follows: Rub a crust of bread with a clove of garlic, put it in a salad-bowl with the bleached endive; add a few leaves of chopped tarragon and chervil; pour over all a plain salad-dressing, toss lightly, then remove the crust and serve.

The garlic-laden crust of bread is called "chapon" by the kitchen kings; the word is French for capon. I fail to see the connection.

Cichorium endivia—known to the French as escarole—is, in my opinion, the prince of winter salads. I do not mean the withered and dried heads of endive found at every vegetable stall, but the fine broad-leaved variety that finds a ready market at the first-class restaurants in New York. A French gardener cultivates it in a cellar quite near the city, and brings it to his customers fresh every morning.

Hon. George Handy Smith, the gastronome of the Union Republican Club, Philadelphia, cultivates quantities of this excellent plant at his country-seat and distributes it liberally among his friends.

Monk's Beard, or Barbe de Capucin, is a variety cultivated in cellars or vaults, and there is no reasonable excuse why we should not find it on the table of every home in America. Bore two inch augur-holes in the sides of a barrel; let them be six inches apart each way. Having procured two or three dozen endive roots before frost, we begin operations. Put into the barrel that you have pre-

pared three inches of stable-sweepings; cover this with two and a half inches of garden-loam; this will come about to the first circle of holes; lay the roots upon the loam, with the leaf ends at the holes; cover the roots with a mixture of garden-loam and sweepings; on top of this put loam enough to come up to the second circle of holes; put on top of this a circle of roots as before, and continue in this way until the barrel is full; water occasionally; keep in a warm cellar, and in a very short time the roots will begin to sprout through the holes of the barrel, and you will have a delicious salad all winter at a trifling cost.

Endive can be raised only from seed; full directions for planting accompany each package.

Before using, the plants must be blanched; the common method is as follows: When the root-leaves have nearly attained their full height they are gathered together, when perfectly dry, into a conical form, and tied with matting or any other soft, fibrous material, by which means the large outer leaves are made to blanch the more tender ones towards the heart of the plant.

After being tied in this manner the plants are sometimes blanched by earthing, as practised with celery. This process is recommended for dry and warm seasons, but in cold and wet weather they are liable to decay at the heart, and blanching-pots or common flower-pots inverted over the plants will be found a safe and effectual means of rendering them white, crisp, and mild-favored. In summer, when vegetation is active, the plants will blanch in ten days; but in cool weather, when they have nearly attained

their growth or are slowly developing, three weeks will be required to perfect the operation.

Evening Primrose (*Enothera biennis*).—A biennial of the Onagraceæ family, native of Virginia, and now become naturalized in many places. It is cultivated as an ornamental garden plant, and in Germany it is grown for the sake of its young shoots, which are used as a vegetable in early spring. They are cooked, dressed, and served as asparagus salad.

Farmer's Salad.—Pick over half a peck of dandelions; wash them well, remove all bruised leaves and stray blades of grass; let them stand in water four hours, then dry in a towel; arrange them in a bowl; add half a pound of fresh-made cottage-cheese, salt, pepper, and vinegar; onion may be added if liked.

An excellent farmer's salad is made of young beet-tops, young onions, and the seed-leaves of mustard, with a bacon-dressing.

Half-ripe gooseberries, the stalks and flowers of rhubarb, may be used instead of vinegar.

A farmer's-salad dressing is sometimes made of thickened sweet milk, salt, pepper, and sorrel-leaves; a few leaves of mint and occasionally a sprig or two of young tansy is added to the salad.

Fennel is used in fish sauces; a few of its leaves are mixed with other salad-herbs, and in this way often used in salads. It was very popular at one time in Europe, but is not much used here. It is a perennial of the carrot

family; its stems attain a height of five to six feet, and are furnished with finely-cut leaves. It is sometimes found growing wild in old gardens. A few of the leaves may be added to fish salads.

Fennel is sometimes smoked as a remedy for colic, and Goodrich says: "It was the custom of the old ladies of New England to carry sprigs of fennel to church, to keep them awake during long sermons."

Fern Salad.—Gather the young ferns before the leaves or fronds have unfolded, wash them in salt water, and boil them five minutes; drain, pour cold water on them, and arrange them on a dish as you would asparagus, and send to table with sauce vinaigrette or a plain salad-dressing.

Capillaire is a syrup made from the fronds of the maiden-hair fern. Many medicinal virtues are ascribed to capillaire by Dioscorides and ancient writers; but as a medicine it is now obsolete, except as a remedy for coughs. Its principal use at present is for making a refreshing drink. Most of the liqueur sold under this name is a syrup flavored with orange-blossoms.

Fig Salad.—Put into a salad-bowl or compote half a pint of honey; add to this twenty-five fresh figs; whip up a quart of rich cream, flavored with a spoonful of brandy; cover the fruit with the whipped cream and serve. The fresh figs found in New York markets come from California, where they are very plentiful.

Fisherman's Salad.—Take two pounds of boiled fish, remove all bone and skin, break the fish up into flakes;

slice six boiled potatoes; cut up into fine shreds one fourth of a head of cabbage, put it in a bowl; add the potatoes, next add the fish; chop up together half a small onion and two small pickles, sprinkle over the salad; sprinkle over all a teaspoonful of salt, a saltspoonful of black pepper, four tablespoonfuls of vinegar, and six tablespoonfuls of oil—if oil cannot be had use bacon-dressing; finally add two hard-boiled eggs, chopped up fine; mix all together and serve.

Flagroot Salad.—The spring shoots of the calamus are delicious in a salad; gather the centre sword-like leaves when they are about a foot high; cut off the white or bleached end; while you are gathering these send your companion off to the nearest maple-grove, make him collect for you a quart of the tender seed-leaves found growing under the trees; take the herbs to the club-house, wash them well, drain and put them in a salad-bowl; open a can of sardines, scrape the skin off the fish and break them up, add to the herbs; next add salt, pepper, and two tablespoonfuls of lemon-juice; toss lightly and serve.

As a New England school-boy I have often gathered what we called the calamus acorn, or ginger, which was nothing more than the young, unexpanded flower or seed-stalk; we generally ate them as fast as we gathered them; a little salt and a cracker with a few gingers was a feast; often alluded to with a great deal of pleasure by "we urchins." I sometimes think those days were the happiest of my life.

Flounder Salad.—American flounders are very good

eating, and nearly all the so-called "sole" on bills of fare is nothing but the unassuming flounder; it makes an excellent salad. Boil a three to five-pound flounder whole; when done—which may be known by the fins pulling out easily—remove skin and bone, break the fish into flakes, and cover it with a plain salad-dressing; let it remain in the dressing half to three-quarters of an hour; put it in a colander or sieve to drain. Put in a salad-bowl crisp leaves of cabbage-lettuce, add the fish, pour over it a *rémoulade* sauce, garnish with shrimps and hard-boiled eggs.

Fourteenth Century "Salat."—In Edward Smith's book of "Foods" I find the following recipe: "Take Psel, sawge, garlee, chibol'i, oynons, leek, borage, myn't, poneet, fenel, and ton tresses (cresses), rew, rosemarye, purslanye, laue and wasche him clene, pluk he small, wip phu (thine) hand and myng him well with rawe oile; lay on uyneg^r, and soft and sue it forth."

In this recipe there is evidence enough to prove that all salads were mixed, or rather tossed together, with the hands, which substantially proves Kettner's theory of the origin of the word *Mayonnaise*.

NOTE.—The author is indebted to the famous bibliophile and journalist, Mr. Charles Sotheran, for valuable information on the subject of gastronomy in olden times, and hereby tenders him his sincere thanks. Evidence of Mr. Sotheran's epicurean tendencies may be found in the introductory to the Catalogue of the Prescott Library, December, 1881.

Fresh Beef Salad.—Take one pound of fresh-boiled beef, cut it into strips, put it in a salad-bowl with a plain dressing; add to it three boiled carrots sliced, each slice halved; add two stalks of celery cut in inch strips; mix all together, and if the meat has absorbed the dressing add another supply; garnish as fancy dictates.

Frog Salad.—This is a delicious dish. Soak the frogs' legs in salt water, drain, and stew them slowly until quite tender; when done take them from the water and cover them with milk; let this come to a boil slowly; drain, allow the frogs to cool, and remove the bones; cut up celery enough to half fill a salad-bowl, add the frogs to it; garnish with celery-tops, hard-boiled eggs, and either shrimps, small canned fish, or lobster-claws and Mayonnaise. Do not throw away the water or milk the frogs were boiled in; add a few herbs or small vegetables to the water, season it, and when nearly done remove to a place where it will only simmer; beat up an egg in the milk and add gradually to the water; a small pat of butter may be added if the broth is not rich enough; toast a few small squares of bread, pour the broth into a tureen over the toast, and serve.

A pie of frogs, oysters, and bits of pork, with dough-balls and seasoning, with a rich top-crust, is a dish fit for Lucullus.

Garden Picridium.—A hardy annual plant; stem eighteen inches high; leaves six to eight inches long, irregular in form, but generally broad at the ends, and heart-shaped and clasping at the base; flowers yellow, compound, produced in clusters; the leaves have a pleasant flavor, and

when young and tender are used as a salad-herb in combination salads.

Garden Rocket (Roquette, Fr.) (*Brassica eruca*).—A hardy annual plant; stem about two feet high; leaves long, lobed or lyrate, smooth and glassy, succulent and tender; the flowers are pale citron yellow, with blackish-purple veins—very fragrant, having the odor of orange-blossoms; the seeds are small, roundish, and in color brown or reddish brown. The young leaves are used as a salad; in poor soil they are liable to be tough and acrid, but they may be used as greens, if not too old.

Garlic.—The average American objects to the whole tribe of *Allium* plants, but a judicious use of them is as essential as salt and pepper. Many of the most successful compounds owe their excellence to an unsuspected undertone of garlic. Rub a salad-bowl with a clove of bruised garlic and prepare the salad-dressing in the bowl. This will be quite sufficient for plain salads, but for mixed vegetable-salads chop the garlic-clove fine, and sprinkle over the salad.

The use of garlic is of great antiquity; it was cultivated in Egypt in the time of Moses, and was highly esteemed by the ancient Egyptians.

Herodotus relates that in his time, 413 B.C., there was an inscription on the great pyramid stating that a sum amounting to sixteen hundred talents had been paid for onions and garlic which had been supplied to the workmen during its erection. Presuming the talent to be the Greek

coin of that name, the value in American money would be over two millions of dollars. Some sceptics declare that the odor of garlic still lingers in the vicinity of the pyramid.

A recent African traveller writes: "Garlic I consider a most valuable article of food in a hot climate, especially eaten raw. I never travelled without a supply of it, and I have found its beneficial effects on the stomach and system most marked. When very hungry and fatigued I have found nothing to equal a few pieces of raw garlic, eaten with a crust of bread or biscuit, for producing a delightful repose, and a feeling of the stomach being ready to receive food, usually absent when excessive emptiness or exhaustion is the case."

Henry IV. of France had his lips rubbed with garlic the moment he was born—a time-honored custom in his native place.

Garlic-Tree.—A name in Jamaica for *Cratogeomys*, a tree of the caper family; the fruit has a strong smell of garlic, hence its name.

Garlic Vinegar.—An excellent vinegar is made as follows: Put three ounces of bruised garlic-cloves into an earthen jar with a teaspoonful of coarse salt, four cloves, four peppercorns, half an ounce of whole-dried ginger; pour over these a quart of the best vinegar; let it infuse two weeks, strain, and put it into half-pint bottles; cork well. To those who will not use garlic in salads for flavoring this vinegar is recommended.

Gaudet, the Salad-Maker.—"The greatest artist in sa-

lad-making who ever appeared in the world," says Dr. Meyer, "was undoubtedly the Frenchman, Chevalier Gaudet. It was he who introduced the salad-cutters into England." Baron von Vaernst speaks of him with enthusiasm as "Gaudet, the great Gaudet." At the outbreak of the first French Revolution he fled to England. He arrived in England without friends and without outward means. But, like the ancient philosopher at the moment of shipwreck, he exclaimed: "What does it matter to me? I carry all my treasures inside me." His solitary treasure, it seems, was the art of making a salad, and by the practice of this art alone he realized a handsome property. With incomparable tact he knew exactly how to keep the *via media* between "not too little" and "not too much" of salt, oil, and vinegar, and how to accommodate the *furniture* of his salad to the season of the year and the occasion. "With what grace," says the Baron von Vaernst, "he divided the leaves; with what a noble and high-toned dignity he mingled the ingredients upon the dish until, like an accord of many voices, they blended together into a fair harmony." The act of salad-mixing was regarded by him as so serious and dignified that he never approached the salad-bowl except in full gala, with his sword by his side. He was invited to noble houses, in order that the guests might be regaled with one of his salads. His fee for preparing a salad was ten guineas.

"A French soldier needs only two species of food, a soup and a salad."

Genip Fruit.—The fruit of *Genipa Americana*, a tree of

the cinchona family. Its fruit is the size of an orange; its thick rind should be removed, which will expose a very agreeable pulp of a brownish color, equal in flavor to the best orange-marmalade. Arrange the pulp in a compote; dust powdered sugar over it, and add a few tablespoonfuls of Jamaica rum.

German Salad.—Put into a salad-bowl a pound of fresh beef that has been boiled till tender, cut it up into long, narrow pieces; add one minced onion, two ounces of shredded red cabbage pickled, two minced pickles, two ounces sliced beet-root, two heads bleached endive, a dozen tarragon-leaves, six of cultivated sorrel-leaves, two large boiled potatoes sliced, two hard-boiled eggs sliced, one pickled pepper chopped fine, six tablespoonfuls of oil, two tablespoonfuls tarragon-vinegar, half a pint of Rhine wine; mix all well together, and place in an ice-box for four hours before serving. The above may be arranged in any fancy design imaginable on flat dish or in shallow bowl, or may be put into a salad-bowl in alternate layers.

German Salad.—Take half a pound of sauerkraut, throw it into boiling water ten minutes; drain and cool; put it in a salad-bowl, grate over it an ounce of fresh horse-radish; boil four Frankfort sausages twenty minutes; cut them up into half-inch pieces slantwise, and add to the dish; cut up two black radishes, arrange them neatly round the dish; chop up together one shallot, two pickles, or two dozen capers; sprinkle over the dish; set the dish in the ice-box a few hours before serving, and send to table with a plain dressing.

Gherkin.—The gherkin is not a cucumber proper, but a little, rough, prickly fruit that grows on a pretty vine with leaves like the water-melon. It is extensively used for pickling, and is known as the West India gherkin.

Gravies reduced fully one-third by boiling, seasoned nicely, and allowed to get cold and firm, are equally as good as a regularly-prepared jelly for garnishing.

Grouse Salad (a la Soyer).—It is said that on one occasion, when several gentlemen had bet largely on the abilities of certain *chefs de cuisine*, M. Soyer was universally acknowledged to have won the palm in consequence of the superiority of a salad made very much like the following: Lay a thin border of butter about half an inch from the edge of the dish on which the salad is to be served; put inside this, and on the bottom of the dish, a deep bed of finely-shredded lettuce; arrange over this very neatly the joints of a brace of grouse, rather underdressed than otherwise; make a dressing by mixing together two tablespoonfuls of finely-minced shallots, two of chopped tarragon and chervil, a teaspoonful of salt, half a teaspoonful of pepper, two tablespoonfuls of pounded sugar, and the yolks of two eggs; add gradually, at first a few drops at a time, twelve tablespoonfuls of oil and four of chilli vinegar, putting one of vinegar after every three of oil, and beat with a wooden spoon until the sauce is smooth and of the proper consistence; keep it in a cool place, or on ice, if possible, until wanted. To garnish the dish take half a dozen hard-boiled eggs, cut them in four, lengthwise, and

take a little piece off the end to make them stand upright; stick them on the butter round the salad, the yellow part outwards, with gherkins and beet-root cut into slices, and stamped into shapes between the pieces of egg; pour the sauce over the dressing, and serve.

Guinea-Hen Salad.—The flesh of the guinea-fowl is excellent, but is not properly appreciated by us. A cold roasted bird makes an excellent salad. Cut the flesh into neat-sized pieces; put into a salad-bowl a quantity of crisp lettuce; add the fowl; pour over it a Mayonnaise, garnish neatly, and serve.

Halibut Salad.—I consider a four-pound American chicken-halibut equal to if not a little better than the English turbot. Split a four-pound halibut in two; boil the under or white half until tender (use the other half for a breakfast dish); when cold remove skin and bone, break the fish into flakes, put them in a salad-bowl, and cover them with a plain salad-dressing; let stand one hour. Tear up two heads of cabbage-lettuce, line a salad-bowl with them; drain the fish from the sauce, add it to the lettuce; garnish with hard-boiled eggs, capers, and stoned olives; pour over the fish a good *rémoulade*. If convenient garnish with shrimps and "oil" anchovies. This is an excellent fish salad. Cod, haddock, and sheep's-head may be used instead of halibut.

Hamburg Salad.—Prepare a vegetable salad in the usual manner; chop up half a pound of raw tenderloin steak, season it highly with cayenne, salt, and very little onion;

sprinkle it over the salad, and serve with a plain dressing.

Haricot Vert with Herring.—Soak three Holland herrings in milk or water overnight; cut them into neat pieces; remove bones and skin and place the pieces in the centre of a dish; blanch a half-pound can of the beans in hot water a few minutes, drain, and when cold arrange them neatly round the herring; chop up a tablespoonful of capers with either a few sprigs of tarragon, chervil, or parsley, and sprinkle on top of the herring; cut the whites of hard-boiled eggs into crescent-shaped pieces and arrange them round the dish; prepare a plain dressing in a soup-plate or bowl and mix with the roe or millet of the herring (according to the sex); pour over all and serve.

Harvey's Vinegar.—Cut six salt anchovies into small pieces, put them into a two-quart jar; add one clove of garlic bruised, one-quarter of an ounce of chilli-Colorado, three tablespoonfuls Worcestershire sauce, and pour a quart of warm vinegar over them; stir often, and in three weeks strain into half-pint bottles. A few drops will greatly improve fish salads. A few drops added to melted butter makes a splendid fish sauce.

Head-cheese Salad.—The old-fashioned country head-cheese may be utilized as a salad, and is a much better way of serving it than cutting it up in thick, unsightly slices. Line a salad-bowl with lettuce-leaves or dandelions; cut up the head-cheese into neat, thin slices, and cut each slice into neat pieces; put them in the salad-bowl

with the lettuce. Chop one hard-boiled egg, sprinkle over the salad; pour a plain dressing over all, and send to table.

Herbs, Salad.—One of the most important items in the art of salad-making is salad-herbs. They appear insignificant to many Americans, but to the epicure a salad is not perfect without them. All travellers tell us that French salads taste so much better than English or American salads; but take away the tarragon or chervil and a French salad would be as insipid as many of our own. I strongly advise my readers to cultivate a taste for these precious little herbs.

Herb Vinegar.—One-half tarragon, one-fourth chervil, and one-fourth chives. Put into a stone jar a quart of these herbs in the above proportion, pour two quarts of vinegar over them, and strain at the end of two weeks into small bottles; then add a quart of hot vinegar to the herbs and let them steep a month; cover the jar and repeat the straining and bottling.

Herb of St. Martin.—An herb of the violet family. Its leaves are alternate, lanceolate, mucilaginous, and eaten as spinach. The young shoots are used in salads.

Herring Salad.—Soak four salt Holland herrings in water or milk three hours, then remove skin and backbone and cut them into neat, square pieces and set them aside. Cut up into slices two quarts of hot, boiled potatoes, put them into a dish, and pour over them Rhine wine enough to moisten them; cover close, and when cold add the her-

rings and the yolks of four hard-boiled eggs chopped up. Crush a dozen pepper-corns in a napkin with a knife-handle, add to the salad, mix together lightly. If milt-herrings are used, pound the milt to a paste, moisten it with vinegar, and pour over the salad. If roe-herrings are used, soak the roe in vinegar a few minutes, then separate the eggs and sprinkle over the salad. If the herrings are soaked too long salt must be added to the salad. The above is a true herring salad. By the addition of apples, vegetables, etc., you make a Russian or Italian salad.

Equal parts of soaked herring, brussels-sprouts, and celeriac, or nub-celery, with a plain salad-dressing is excellent; garnish with hard-boiled eggs, endive, and small radishes.

Herring Salad.—Scale and thoroughly clean two fresh herrings, remove head and fins, split them in two; sprinkle a little salt and a little lemon-juice on them, set them aside for three hours; dry them well, rub a little butter over them, and broil; when done cut them in neat pieces. Put into a salad-bowl a bunch of cress that has been carefully picked over; add to it two or three boiled potatoes, sliced; now add the herring and a dozen capers, pour over the salad a plain salad-dressing, and serve. Two or more anchovies may be used as a garnish, or mixed with the salad, if liked.

Herring, Smoked, Salad of.—Put into a salad-bowl the crisp leaves of a head of cabbage-lettuce. Remove skin and bone from two "Eastern-smoked" herrings, shred them fine, and add to the lettuce; pour over the salad

a *rémoulade* sauce. A plain dressing and minced hard-boiled eggs may be used instead of the *rémoulade*. Bloaters and all smoked fish may be used in salads; they being naturally oily care should be used not to make the salad too rich.

Hop Salad.—Hop-sprouts are not only wholesome, but are a most excellent vegetable. In hop-growing districts the surplus sprouts are generally thrown away; they should be gathered before the heads are developed. Soak them in water slightly salted half an hour, and boil them in salt water ten minutes; plunge them in cold water to cool, drain, and send to table with a plain dressing or sauce *vinaigrette*. They should be tied up in bunches and treated like asparagus. The sprouts of wild hops, found in many parts of the West, may be used as above directed.

Wormwood was used in England to preserve beer before hops were known. Hops were introduced in 1524 and encountered much opposition, a petition having been presented to Parliament in 1528 in which hops were called a "wicked weed." The petition failed.

Horse-radish is one of the best and at the same time one of the most neglected of vegetables. Tufts of grated horse-radish are used as a garnish for meat salads. Horse-radish vinegar is very good, and may be used instead of the common vinegar. Cut the horse-radish roots into long strips; put these in a bottle and pour warm vinegar over them.

Horse-radish Vinegar.—Grate four ounces of fresh horse-

radish; put it into a jar with a teaspoonful of salt, coffee-spoonful of cayenne, and two cloves of shallot; pour over them a quart of hot vinegar; cover closely and let it infuse two weeks; strain into bottles; if more is required add more vinegar; keep in a warm place one month.

Howland's Hot-bed for Salad Plants.—"How the blessed time flies! When we first came we spent almost a whole day raking up leaves in the woods and packing them down in a big square hole two feet deep, with the dirt removed piled up in a bank along the north side. We danced on the leaves to pack them down, drove down stakes around it, and this was our hot-bed. Two old sheets sewed together served in place of sashes. Our neighbor Hall (Old *Cassy*, Jack and I call him—short for Cassandra, because he is always predicting evil) came by as we were adding the final touches. He asked what manure we used, for the leaves were all covered with earth. We told him leaves, soap-suds, garbage, and a boiler or two of boiling water. "Oh! you can't get any heat without stable manure," said Old *Cassy*. Some days later, when Jack's seeds were all in the bed, *Cassy* went by and Jack pulled a thermometer out of his hot-bed and showed it standing at 80°. He looked incredulous. Never did plants grow better in a hot-bed. We shall have lots of plants to sell. All one end we devoted to sweet-potatoes, planting a whole bushel as close together as they could lie."

Italian Salad.—Nearly all mixed vegetable salads that

contain four or five ingredients might be safely called Italian. All culinary odds and ends are made into a salad by these thrifty people; and it must not for an instant be supposed that the different items are thrown together indifferently or without due regard to harmony. They study the important problem of how to first please the eye, that their culinary effort may more easily please the palate. A salad made of six different ingredients is usually arranged on a round plate, star-shaped; sometimes it takes the form of a wheel, with a hard-boiled egg having a hole through its centre as a hub; other neat designs may be arranged as fancy may dictate.

Italian Salad.—This salad is erroneously called a herring salad. Soak two Dutch herrings in milk or water three hours, then cut them up fine; mince the following articles separately; half a pound roast veal, quarter of a pound fresh Bologna sausage, four small pickled beets, four small pickles, three sour apples, and three boiled potatoes; arrange the herring in the centre of a dish or bowl to represent a hub; arrange the other ingredients spoke-fashion from the hub; cut the whites of hard-boiled eggs into crescents, arrange them round the border to represent a tire. The wheel being formed, we now prepare the dressing. Rub the milt of the herring to a paste, add a teaspoonful French mustard, saltspoonful of white pepper, six tablespoonfuls oil, three of tarragon-vinegar; when these are properly blended pour over the salad and serve. The salad improves if allowed to remain in the ice-box a few hours before serving. A tablespoonful of minced

capers may be added to the salad just before serving. The above recipe accompanied with a salad was sent to me by Mrs. Benkhart, of Philadelphia; it was very neatly arranged, and was much appreciated by those who tasted it.

Italian Salad.—“ Boil two heads of fine white cauliflower, a similar quantity of asparagus-points, French beans cut in diamonds, a few new potatoes (which, after being boiled, must be stamped out with a small vegetable-cutter), half a pint of green peas, and three artichoke-bottoms, also cut up in small fancy shapes when boiled. All these vegetables must be prepared with great attention in order that they may retain their original color; the cauliflowers should be cut up in small buds or flowerets, and the whole, when done, put into a convenient-sized basin. Next boil two large red beet-roots, six large new potatoes, and twenty large-sized heads of very green asparagus or a similar quantity of French beans; cut the beet-root and potatoes in two-inch lengths, and with a tin vegetable-cutter, a quarter of an inch in diameter, punch out about two dozen small pillar-shaped pieces of each, and put these on a dish with an equal quantity of asparagus-heads or French beans, cut to the same length. Then take a plain border-mould and place the green vegetables in neat and close order all round the bottom of the mould, observing that a small quantity of aspic-jelly must be first poured in the mould for the purpose of causing the pieces of French beans to hold together. Next line the sides of the mould by placing the pieces of beet-root and potatoes alternately,

each of which must be first dipped in some bright aspic-jelly previously to its being placed in the mould; when the whole is complete fill the border up with aspic-jelly. Preparatory to placing the vegetables the mould must be partially immersed in some pounded, rough ice contained in a basin or pan. When about to send this *entremet* to table turn the vegetable border out of the mould on to its dish; after the vegetables before alluded to have been seasoned by adding to them a *ragoût*-spoonful of aspic-jelly, three tablespoonfuls of oil, one of tarragon-vinegar, some pepper and salt, and when the whole has been gently tossed together, they should be neatly placed in the centre of the border, in a pyramidal form. Ornament the base of the *entremets* with bold *croûtons* of bright aspic-jelly, and serve."—*Francaletti*.

An excellent Italian salad is made of equal quantities of boiled carrots, beets, string-beans, potatoes, apples, roast-beef, celery, and soaked Dutch herring. Line a salad-bowl with endive, add the sliced ingredients in alternate layers; sprinkle over the dish the minced yolks of two hard-boiled eggs; arrange the whites round the border with a few capers; pour over the salad a plain dressing, and set in the ice-box a few hours before serving.

Jack-by-the-Hedge.—A biennial plant growing where the soil is dry and rich. The stem rises two or three feet in height, and has heart-shaped leaves of a yellowish-green color; the flowers are white and appear in May. The whole plant has a strong odor of garlic. The young plant boiled with salted meat is excellent; it is used as an

ingredient in field salads. Boiled and chopped very fine it is served with boiled mutton, and forms an acceptable dish.

Jardiniere is a garnish of mixed vegetables. To prepare it take firm carrots and white turnips and cut them in small fancy forms with vegetable-cutters made for the purpose; this is done while the vegetables are raw; green peas are sometimes added, but string-beans cut in small squares are generally used, the quantities being equal; sometimes the tops of asparagus are used, and small diamonds cut out of beet; cook rather underdone, so that they will not break or mash when served.

Jew's Mallow (*Corchorus olitorius*).—This is an annual of the lime-tree family, similar in habit to the jute-plant, and, like it, cultivated for its fibre. Its young sprouts are served as asparagus with drawn butter and plain salad-dressing.

Kale, Indian.—A species of the arum family; the leaves are used as a vegetable; the younger leaves make a very good salad.

Kale, Scotch, Salad of.—Kale, or borecole, belongs to the cabbage family; it forms one of our winter and spring greens, and is often found on our bills of fare under the name of sprouts; it is sometimes called "curly greens." Pick it over carefully, cut away the decayed leaves and the stalks, wash it well; put it into boiling water, slightly salted, and boil uncovered twenty minutes; drain, season with salt, pepper, and butter; garnish with hard-boiled eggs and send to table hot; when cold warm it over

slightly, dress it with a bacon-dressing, and send to table either hot or cold.

Kale is more hardy than cabbage, and will endure frost without injury; when cut frozen they are immediately placed in cold water and gradually thawed out.

Kale, Sea, Salad.—Gather the bleached stalks when they are about six inches high; wash them, tie them in small bunches; then boil them twenty minutes in salt water; they may be served hot with melted butter with a raw egg beaten up in it, or served cold with a plain salad-dressing.

The edible part of sea-kale somewhat resembles asparagus; it is thus named because it is found in a wild state near the sea, where it is bleached by the drifted sand before the leaves expand—unbleached it is worthless.

Kale, Sea (*Crambe maritima*).—Sea-kale is a native of the southern shores of Great Britain, and is also abundant on the sea-coasts of other countries. There is but one species cultivated, and this is perennial and perfectly hardy. The leaves are large, thick, oval or roundish, sometimes lobed on the borders, smooth, and of a peculiar bluish-green color; the stalk, when the plant is in flower, is solid and branching, and measures about four feet in height; the flowers, which are produced in clusters or groups, are white and have an odor similar to that of honey. The seed is enclosed in a yellowish-brown shell or pod, which externally and internally resembles the pit or cobble of the common cherry. To cultivate keep the plants clear and

free from weeds; nip off the shoots of such as tend to run to flower, and in the autumn, when the leaves have decayed, add a liberal dressing of compost or stable manure. Very early in the following spring stir or rake over the bed, being careful not to injure the crowns of the roots, and cover eight or ten inches deep with the material intended for bleaching; this may be beach sand, dry peat, common gravel, or whatever of a like character can be obtained.

In England the plants are blanched by inverting over them pots made for the purpose and known as "sea-kale pots," and sometimes by using as a substitute ten or twelve inch flower-pots. The sprouts are cut for use when they are from three to six inches high, and the season continues about six weeks. Like asparagus, the roots are injured by excessive cutting, and some of the shoots should be allowed to make their natural growth to secure strength for the crop of the following spring. The blanched sprouts are the only part used after cutting; let them lie in cold, slightly-salted water nearly an hour, wash and trim them, and tie in small bunches; put these bunches into a saucepanful of boiling water, add a little salt, and boil twenty minutes; drain and send to table on a napkin, with melted or drawn butter in a sauce-boat, or serve them in a side-dish with sauce vinaigrette poured over them.

They are also good served cold with a plain salad sauce.

Kitchener's Salad-Dressing (English).—"Boil a couple of eggs twelve minutes, and then put them in a basin of cold water for a few minutes; the yolks must be quite cold and hard or they will not incorporate with the ingredients.

Rub them through a sieve with a wooden spoon, and mix them with a tablespoonful of water, or fine oil, or melted butter; when these are well mixed add by degrees a teaspoonful of salt or powdered lump-sugar, and the same of mustard; when these ingredients are smoothly united add very gradually three tablespoonfuls of vinegar; rub it with the other ingredients till it is thoroughly incorporated with them; cut up the whites of the eggs and garnish the top of the salad with them; let the sauce remain at the bottom of the bowl, and do not stir up the salad until it is to be eaten. If the herbs be young, freshly gathered, neatly trimmed, and drained dry, and the sauce-maker ponders patiently over these directions, he cannot fail obtaining the fame of being a very accomplished salad-dresser." [The reader must remember that Dr. Kitchener wrote the above a very long time ago.—ED.]

Kohl-Rabi Salad.—The kohl-rabi, or turnip-rooted cabbage, is used in salads. Boil three of the vegetables slowly twenty-five minutes; remove the outer layers and cut the remainder into slices; put it in a salad-bowl with three sliced potatoes and two spring onions; add one minced pickle, and pour over the salad a plain dressing. Many prefer a bacon-dressing with this salad. The stem being the principal place of deposit of the nutriment in the kohl-rabi, it consequently becomes the edible portion of the plant. The stem just above the surface of the ground swells into a round fleshy bulb, in form not unlike the turnip.

Lady's Smock (*Cardamine pratensis*).—The leaves are

used as a salad ingredient; they have an agreeable acrid taste, not unlike cress.

Lamb Salad.—A lamb salad is excellent on a hot day. Wash carefully and dry two heads of crisp lettuce, tear the leaves apart, put them in a salad-bowl, arrange neatly; cut up three-quarters of a pound of cold roast lamb in neat inch pieces, put these in the bowl; chop up a dozen capers, sprinkle them over the salad; pour over all a rémoulade sauce, or add a plain dressing with minced hard-boiled eggs. If the meat is very dry let it stand in a plain dressing an hour.

Lamb's Lettuce.—See "Corn Salad."

Lavender is sometimes used as a salad-herb, but it is more esteemed for the distilled water which is made from it. "The oil of lavender is obtained in the ratio of an ounce to sixty ounces of dried flowers."

Leek Salad.—Cut into inch pieces the white part of three young, tender leeks; scald one large tomato to remove the skin; when cold, slice it; put into a salad-bowl the leaves of one head of romaine lettuce, add the tomato, then add the leeks; pour over the salad a plain dressing, and sprinkle over all a few tarragon-leaves and send to table. The leek was at one time so much cultivated in England that the name of a garden was leac-ton, and the name of the gardener was leac-ward.

Lemon-Juice, Camp.—Before starting to camp out, and when there is a probability of fresh lemons spoiling, the

following recipe may be used with advantage: Strain one quart of lemon-juice through muslin, mix with it an ounce of powdered charcoal, let it remain until the next day, then run it through a filtering-paper, being careful to pour it off gently so as not to disturb the sediment; bottle the filtered juice, cork and seal, and keep it in a cool place.

Lettuce.—There are many varieties of lettuce; the cabbage-headed varieties are best for mixing with other ingredients in a salad, but the loose-leaved varieties are at their best served plain, with a plain dressing and a few fresh herbs. Lettuce is excellent for nervousness and sleeplessness, as its properties are narcotic; the milky juice which abounds greatly in the wild species (*L. virosa*) resembles opium in its properties.

Soyer, in his "Pantropheon" (p. 75), says that Musa, first physician to the Roman Emperor Augustus, saved the life of the latter when attacked with disease by the use of lettuce; but Alexander Adam, in his "Roman Antiquities" (p. 443, fourth edition, 1797), says: "The cold bath was in great repute after Musa recovered Augustus from a dangerous disease by the use of it." Was it the lettuce or the bath that prolonged the emperor's life? Kettner says most of the salad-plants have an exhilarating effect, a distinct action upon the nervous system, and through the nerves upon the spiritual part of us, till at last people exalt the preparation of a salad into a religion and become fanatical about its rites and ceremonies; a statement which the writer firmly believes to be true.

Lettuce Salad.—In my “Valuable Cooking Receipts” a recipe for lettuce salad may be found, and as I cannot improve on it I also insert it in this work: “Take a good-sized head of lettuce, pull the leaves apart, wash them, then shake off the water and dry them thoroughly in a napkin or towel; now examine the leaves again and wipe off all remaining grit, reject all bruised leaves, place them in a salad-bowl large enough to dress them in nicely without scattering part of them over the table. Put into a tablespoon two even saltspoonfuls of salt, one saltspoonful of fresh-ground pepper; now fill the tablespoon with oil, mix and pour over the salad; add three more tablespoonfuls of oil, toss the salad lightly with a salad-spoon and fork; lastly, add a tablespoonful of the best wine or tarragon-vinegar; toss the salad gently once more, add a few minced salad-herbs, and serve. *To be eaten at once.*”

Never cut lettuce. Should you wish to divide the leaves, tear them gently apart; but it is not always necessary to tear the leaves; should they appear to be too large to eat gracefully, with the assistance of your piece of bread you can quickly wrap each leaf round the end of your fork, so as to make a small ball of it, and you can then eat it with becoming grace. At one time almost every New England housewife dressed lettuce with vinegar and sugar; but this practice is fast dying out. I dined at the Astor House one day with an old New England hotel-keeper who insisted on my eating lettuce-salad with this dressing; need I say that I ate it under protest? Thomas Walker says, in his “Art of Dining,” “I forgot to protest against the vulgar practice

of chopping lettuce small, more like food for turkeys than human beings."

Lettuce.—The varieties of lettuce are exceedingly numerous, and their many names confusing to the amateur gardener. However, if one will stop a moment to think how the lettuce is to be used—should they succeed in raising a crop—there will be no difficulty in deciding on the proper seed to purchase, and if you will explain to the seedman what you intend doing with your crop there will be no possibility of a mistake. If your lettuce is for use in salads of fish, poultry, etc., you will find that the cabbage varieties, such as Tennis-Ball, Brou-Dutch, black-seeded Gotte, and the Palatine are the best. If most of your lettuce will find its way into the stock-pot as a soup-herb, or boiled as a vegetable, the brown Silesian or Marseilles cabbage, the perennial lettuce, and a few of the coarse varieties of Cos lettuce will answer your purpose. If it is to be eaten with a mixture of sugar and vinegar, the coarser and more ill-favored and bitter Cos lettuce you can procure the better, for one who can treat lettuce so, cannot appreciate the more delicate varieties. If your salad is to be served with a sauce pure and simple, made only of oil, vinegar, pepper, and salt, then procure the seed of the early Simpson, the endive-leaved, the green, curled-leaved, the best species of the Gotte, and blanched Paris Cos lettuces. Nearly all of the Cos lettuces are at their best when mixed with sliced tomatoes or cucumbers, sweet peppers, onion, chives, and similar combinations. Cos lettuces are quite distinct from the cabbage-lettuces. The heads are long, erect,

largest at the top and tapering toward the root, the outer leaves clasping or covering over and around the head in the manner of a hood; as a class they are remarkable for hardiness and vigor, but the midribs and nerves of the leaves are comparatively coarse and hard, and, with few exceptions, are inferior to the cabbage-lettuces. They, like all other varieties, are ill-adapted for cultivation in dry and hot weather, and attain their greatest perfection when grown in spring or autumn, or in cool and humid seasons. The richer the soil may be and the higher its state of cultivation the larger and finer will be the heads produced, and the more rapidly the plants are grown the more tender and brittle will be their quality.

Lettuce is always sown from seeds which are small and light, half an ounce being sufficient to sow a nursery-bed of nearly a hundred square feet. It is necessary that the ground should be well pulverized and made smooth before it is sown, and the seeds should not be covered more than a fourth of an inch deep.

Some recommend sowing where the plants are to remain in drills from ten to fifteen inches apart, and thinning the plants to nearly the same distance in the lines, adapting the space between the drills as well as between the plants in the drills to the habit and size of the variety in cultivation; others recommend sowing in a small nursery-bed and transplanting. Burr and Thompson are unquestionably of the opinion that the process of transplanting lessens liability of the plants to run to seed and produces the largest and finest heads.

The first sowing in the open ground may be made as soon in March or April as the frost leaves the ground, and if a continued supply is desired sowings should afterwards be made at intervals of about four weeks until September.

Salt and lettuce, the two principal ingredients in a salad, point back to its Roman origin, *sal* and *latus*; the latter covers any broad-leaved vegetable which salad-mixers may substitute for lettuce.

Lobster Salad.—There is no more of a mystery about lobster salad than about chicken salad, but the man who does not claim that he can make a better lobster salad than any one else is as scarce as hens' teeth.

Take two live hen-lobsters, boil them slowly thirty minutes, drain, and pour cold water over them; break them apart and crack the claws, and if the under-tail fins are covered with eggs, remove them carefully; remove the sand-pouch found in the body and the black entrail in the tail. Adhering to the body-shell may be found a quantity of creamy fat; save this, and also the green fat and coral found in the body of the lobster. If celery is used tear the lobster into shreds with two forks; if lettuce is used the lobster may be cut into inch or half-inch pieces; but shredding the meat is preferred, as it can be more easily digested. Line a salad-bowl with lettuce or celery; add the lobster and the green fat; pour over the salad a Mayonnaise; garnish with hard-boiled or stuffed eggs and lobster-claws. If a rich salad is required mix a part of the dressing with the lobster before putting it in the bowl.

The lobster-eggs may be used as a garnish; they should be separated and sprinkled over the dressing; the coral of the lobster should be dried a little and chopped up fine, and used for coloring butter or Mayonnaise, or it may be used in the same manner as the eggs.

A custom of the so-called French kitchen in America is to cut up a large quantity of lobster and keep it soaked in a pickle until wanted; it is then mixed with a quantity of wet lettuce, chopped fine, masked with Mayonnaise. Should we dare to complain, we are politely told that we are no judges of good wholesome food, and must either submit or find another boarding-place.

Lobster salad in the country hotel is enough to drive one who appreciates lobster crazy. It is generally prepared by mixing chopped lettuce and lobster together, and is seasoned with a liberal bath of vinegar; it is then pressed into balls; a spiteful-looking leaf of lettuce is put upon a diminutive side-dish; the ball is placed upon this, a sauce is poured over it; it is then placed in the ice-box, where it remains until some innocent countryman orders it, when it will emerge, the most bilious-looking compound imaginable. In the name of Lucullus, why is this? Have you some personal spite against the lobster, and know no other way of "getting even" with his majesty? As Southern would say, "he always spoke well of you, and why abuse him?" I hold the stewards of our American hotels personally responsible for the contempt shown the lobster by the renegade French who crowd into many of our best kitchens. Is it to be wondered at that English

writers ridicule American food? One of them more bold than the rest, and who evidently had never tasted a lobster salad made at one of our strictly first-class restaurants, remarks in "Palatable Essays" (Remington & Co., London), p. 250, vol. i. : "They (Americans) are making great progress in the art of gastronomy, as in all other arts; not that as yet they have attained that of making a successful lobster salad, nor indeed do they justly estimate the precaution necessary for the concoction of a Mayonnaise. My final chapter will, however, sufficiently instruct them, and the sooner they put the art they will here learn into practice the sooner shall I have the pleasure of dining with them." A more egotistical mess of rubbish could not be imagined. Americans need no instructions from one who recommends "cream (p. 227, vol. i.) instead of oil," hot Old Tom gin (p. 177) as the drink with lobster salad, and sugar as an ingredient in Mayonnaise (p. 29, vol. ii.); a writer on culinary matters who recommends "cutting lettuce" instead of tearing it to pieces is not the proper person to teach us the art of salad-making.

I received a recipe for lobster salad from Mexico, which reads as follows: Take one pound of canned lobster, put it in a salad-bowl with one sliced apple, one minced Spanish pepper, and a few leaves of lettuce; arrange neatly and pour over it a plain dressing. Germans add a very heavy garnish of beet, capers, olives, and all kinds of odds and ends to lobster salad; they sometimes add onion—but, then, the Germans add onion to everything.

Lobster Salad, Christie's.—Members of the United States

Senate who have stopped at the Boar's Head Hotel, Hampton Beach, N. H., during their vacations will recall to mind the excellent lobster salads prepared by "Jim Christie," so long connected with the office of sergeant-at-arms.

The lobsters were caught fresh every morning, and were then prepared by Mr. Christie about as follows: Boil the lobsters half an hour and cool them in cold water; if eggs adhere to the under fins remove them and set them one side; break the shells and claws and tear up the meat, and place it in a sieve to drain. He then made a *rémoulade* (see *rémoulade*) which was the very best I have ever tasted. He would then mix a little of the dressing with the meat, and arrange it on a dish with plenty of torn lettuce mixed through it, pour on the dressing, garnish with lobster-claws and head, and sprinkle the coral and eggs over the dressing. The salad was sometimes garnished with fresh-caught shrimps, properly boiled and shelled.

"Like a lobster boiled this morn,
From black to red begins to turn."

—Anon.

Lotos.—According to Herodotus, the Greek historian, the seeds of the lotos, which resemble the poppy, were dried and moulded into a paste and baked as bread, and eaten by ancient Egyptians; the tuberous root was also eaten by them.

Lychosa.—This tropical fruit much resembles a muskmelon; it is occasionally seen on the fruit-stands near

Fulton Market. Mr. James Connelly, of the *New York Sun*, prepared a lychosa salad for the members of the Brotherhood Club as follows: Cut the fruit into quarters; remove the skin and cut the remainder into small squares; arrange in a salad-bowl, dust powdered sugar over it, and a wineglassful of port wine; sprinkle the seeds over the salad, and serve with water-crackers toasted on the inside half of the cracker.

Mr. Tody Hamilton improved the crackers by mixing a quantity of old Roquefort cheese with fresh butter and a little chopped chervil; these were mixed to a paste and spread over the toasted side of the cracker.

Macaroni Salad.—Cover four ounces of macaroni with boiling water, season with salt and six whole peppers; boil twenty minutes, drain, but do not break the stems. Take two bleached heads of endive, clean them nicely, and dress them with a plain dressing; put the endive in the centre of an oval dish; when the macaroni is cold arrange the stems gracefully round the endive, pour over the stems a rémoulade sauce; garnish with hard-boiled eggs, slices of raw tomato, and small bits of boiled ham; when about to serve cut the macaroni into two-inch pieces; mix lightly and serve. The ham may be omitted and long, narrow strips of cold meat substituted.

Mackerel Salad.—The prepared mackerel offered for sale by our leading grocers is really worth the consideration of the epicure and the housekeeper. They make excellent salads mixed with lettuce or cress or boiled vege-

tables; plain salad-dressing is the best to serve with this salad.

Soused mackerel and herring should be mixed with boiled potatoes and celery, one-third of each.

Mackerel Salad.—Boil a fresh mackerel slowly twenty-five minutes; drain, let it cool, remove all skin and bone, and break the flesh up into pieces. Put in a salad-bowl the leaves of two hearts of lettuce; add the fish, pour over it a rémoulade sauce and serve. Hard-boiled eggs, anchovies, spiced mussels, or shrimps may be used as a garnish.

Mahwah (*Bassia latifolia*).—A timber tree, forty to fifty feet high, native of Bengal and other parts of India. The seed yields a semi-solid oil, which thickens and becomes like lard; it is used for culinary purposes and as butter. The flowers are eaten raw by the poor of India. During the season of scarcity which prevailed at Bohar, 1873-74, the mahwah crop, which was unusually abundant, kept thousands of poor people from starving.

No. 330 in the gallery of Miss North's paintings of plants, Royal Gardens, Kew, is an excellent painting of the foliage and fruit of this plant.

Mallery's Yale Salad.—Read at the annual dinner of the Yale Alumni Association of Washington, January 30, 1878, by Colonel Garrick Mallery, U. S. Army:

When on our annual Yalensian nights,
And past the formal and scholastic rites,

The growing hours (and treasury) will spy
Each prompt alumnus hungry and adry.
Con and, 'tis hoped, digest the menu well :
The mollusk bivalve on the demi-shell ;
The salmon, soup royale or callipée ;
Hors-d'œuvre, dessert, game, rôti, and entrée ;
A haunch, a saddle, fillet, or a steak,
The fowl of prairie, mountain, farm, or lake—
All classic souls with just, æsthetic goût
Will pay the SALAD's sway their fealty due.
Its birth and claims the loving bard must sing,
The palate's prince, the condimental king !
See how the yolky stratum slowly gains
The ripening spring of aromatic rains,
Till Flora's tender gifts their shoots imbue
In summer gleaming of Firezine dew !
No rebel flavor in presumptuous pride
Breaks from the ranks and shoves its mates aside,
Nor anarch Time the golden current drags
Through acid sawyers and stearic snags—
But fresh, united, lively, smooth, piquant,
With thee we know no further mortal want
Till when—too late the fond, regretful wish—
We sadly scrape the retrospective dish !
Yet memory still recalls the savors o'er
Of those blest triumphs of commixing lore,
When taste, exulting, all the soul pervades,
Mazy in myriad evanescent shades,
And odes and idyls, never said nor sung,
Melt whispering round the titillated tongue !
So when on lazy summer afternoons,
'Mid sylvan shadows and æolian tunes,
The dreamy spirit floats on fancy's wing
And sky-born visions dance their fairy ring—

Each filmy thought in truant coyness flies,
 Changing at every breath its iris dyes,
 Till melting, blending, in their airy roll,
 All form a mellow, soft, voluptuous whole.
 Of each most dainty fantasy combined,
 The day-dream's but the salad of the mind!

We form a salad. Our collegiate club,
 Of minds and manners with recurrent rub,
 Boasts such admixture when alumni meet
 That well may challenge all the world to beat.
 The mordant mustard of satiric play
 Join to the honest yolk of reason's sway,
 With lively acid of burlesquing hit,
 A little salt thrown in of attic wit;
 The crispy lettuce of a cracking jest,
 The tender romance of a partridge breast,
 Mix in the pepper of disputive pass—
 True oil of courtesy will smooth the mass,
 And, if our union e'er seem growing stale,
 Stir round the mighty "wooden spoon" of Yale.

Ingredients rich! Not mine th' Icarean deed
 To judge what flavor is each brother's need—
 To say if Clarké stands forth the genial soul
 Whose mustard potence permeates the bowl,
 Or whether Miller's reparteeing ken
 Savors not somewhat more of sharp cayenne;
 If gamy fowl with no superfluous bones
 May show its analogue in Colonel Jones,
 Or if all tender babes of feathered flocks
 Are claimed in mythic parentage by Cox.

Far less my right to strike with vandal hand
 The lyre that sings our less familiar band,

To tell what welcome essence have we now
 When the chief-justice makes his festal bow;
 Or paint how rich our lucky minglings grow
 When Evarts brings allspice and ravagôt.
 All racy viands in the compound pour
 Now OC-anic Marsh presents his store.
 From poultry still more varied gusto draws
 When adding to our dish whole flights of Dawes,
 While Gallic tastes for trög-consuming grow
 When juicy thought flows freely from Crapo.

But if for selfish place *I* fain might beg,
 Please give me credit as a goodish egg.

Marinade.—The liquor or sauce in which meat and fish is steeped, the object being to impregnate the flesh with the flavor of the ingredients used.

Marsh Marigold.—The buds are preserved in vinegar and a little salt, and are used as a substitute for capers.

Marigold (*Calendula officinalis*).—This is a hardy plant, a native of France. Aside from its value for culinary purposes its large, deep, orange-yellow flowers are showy and attractive, and it is frequently cultivated as an ornamental plant. The fresh leaves are used as a garnish for salads, and are often eaten in France; the dried flowers are used in soups and stews.

Marshall's Salad, The.—Boil in salt water separately two quarts potatoes, one head of cauliflower, one quart of string-beans, and two beets; when done drain and slice the potatoes and beets, separate the sprigs of the cauli-

flower, and cut the beans slantwise. Cut up three small pickles, three anchovies, tablespoonful capers, and three small pickled white onions; mince the four last-named ingredients; arrange the vegetables in alternate layers or in the shape of a star, sprinkle the minced relishes over the salad, and set the dish in the ice-box until wanted.

A tablespoonful of minced Spanish pepper is often added to this salad. If the salad is too dry add a little Rhine wine.

Martynia Salad.—The martynia, or unicorn plant, produces a seed-pod which, when half grown, is considered superior to the cucumber. When the pods are matured they are useless as food. Rub the downy covering off the young pods with a towel; cut them in slices, put them into a dish, add a little salt, and moisten the salt with a little vinegar; let them stand an hour. Line a salad-bowl with bleached chicory; add to it a sliced tomato; next add the martynia-pods; chop up one spring onion and sprinkle it over the salad. Mix a plain dressing, pour it over the salad, and serve.

Martynia (*Martynia proboscidea*).—A hardy annual plant with a strong branching stem two feet and a half to three feet high. The leaves are large, heart-shaped, entire or undulated, downy, viscous, and of a peculiar musk-like odor when bruised or roughly handled; the flowers are large, bell-shaped, somewhat two-lipped, dull white, tinged or spotted with yellow and purple, and produced in long, leafless racemes or clusters; the seed-pods are green,

very downy or hairy, fleshy, oval, an inch and a half in their greatest diameter, and taper to a long, comparatively-slender incurved horn or beak. The fleshy, succulent character of the pods is of short duration; they soon become fibrous—the elongated beak splits at the point; the two parts diverge—the outer green covering falls off, and the pods become black, shrivelled, hard, and woody. It is of easy cultivation. The young pods are the part of the plant used; they should be gathered when half grown. They are principally used for pickling.

Maxixe Salad.—This new Brazilian vegetable has found its way to America, and is destined to become popular. It looks very much like a cucumber, covered with thorny warts. Peel off the rough skin, and cut the vegetable cross-wise into very thin slices; put them in a salad-bowl with a spring onion sliced; add a plain dressing; toss lightly and serve. They may be cut lengthwise, covered with batter, and fried like egg-plant.

Mayonnaise, Kettner on.—We need lay no stress on the fact, to begin with, that the word Mayonnaise is more often used as a noun than as an adjective. Rightly or wrongly, it is used sometimes as an adjective, for we say sauce Mayonnaise just as people sometimes say sauce Bechamel. Rightly or wrongly, too, the word is still more often used as a substantive, as when we say a Mayonnaise; and there is no other name of a sauce so frequently thus used save those which, like Bechamel, are substantives confessed. This, however, is so deceptive that at starting we

must not rely upon it. Many a time it happens that an adjective is, for shortness, turned into a substantive. But if it can be proved independently that the word is a noun, the name for a lady, and not an adjective, then here we have an important corroborative fact to return to: that, whereas, most other French sauces have names indicated by adjectives—sauce Italienne, Espagnole—this one has a name which is much more often used as a substantive. The name is a great puzzle to the French themselves. Why Mayonnaise? What can be the meaning of it? The last syllable (nearly always in French representing the Latin termination—ensis) would seem to imply that it is an adjective of place, as Français or Française, from France, etc. But there is no such place as Mayonne, and there lies the difficulty. In the beginning of this century Grimod de la Reynière suggested that there was some corruption in the word, and that it ought to be Bayonnaise, after the town of Bayonne on the Spanish frontier. His suggestion was deemed so important that the sauce is so named in a number of approved dictionaries, and there are purists to this day who always mention it as Bayonnaise. Grimod, however, also pointed out another solution. The word might be Mahonnaise, in honor of Marshal Richelieu's achievement in capturing the great stronghold of Mahon in the island of Minorca. It was in attempting to relieve this fort, it may be remembered, that the English admiral Byng made the failure for which he was shot—"Pour encourager les autres," as Voltaire says in "Candide." But, on the whole, it was considered that this ex-

planation was not so good as the other, and for the moment it was discarded. Then came Carême, a great cook, but not much of a linguist, and a very conceited man, with an egotistical, arrogant style. He was very angry with Grimod for daring to say that the language of the kitchen is not remarkable for its purity. It is in the great kitchens he said: "C'est laque les puristes résident"—a very startling statement to those who were aware that no set of terms in either French or English language are so corrupt and obscure as those connected with food.

Be this as it may, Carême declared loudly that, with regard to this particular word, it was the men of letters squabbling over the comparative merits of Mayonnaise, Bayonnaise, and Mahonnaise who were very corrupt and ignorant; that the cooks knew better—they were the true guides to pronunciation, and with them the genuine word was Magnonnaise. He maintained that any one could see at a glance that the name was intended to suggest the difficult process of manipulating the sauce. It came from the verb *manier*, and referred to the continual *maniement* which is needed to produce it. Carême was not always of this opinion, for he has in one curious passage, in which he enumerates the list of dishes named after French localities, mentioned Magnonnaise among them, as if this sauce, too, was taken from the name of a place. There is no such place as Magnon, however, and no one with the instincts of a philologist could derive Magnonnaise from the verb *manier*, which, to say no more, does not account for the introduction of the *n* at the commencement of the third syl-

lable. The grammarians could only deride Carême's attempt at etymology, and they dismissed his theory on the spot as not worthy of notice. These are discussions which belong to the first quarter of the century, and now that we have come to the last quarter it will be asked: What are the final opinions of French philologists after fifty years of research which have thrown a flood of light on the sources of the French language? The leading dictionaries of the present day have no clear opinion to express upon the subject; they resort to conjecture, and their conjecture is that the explanation which was least regarded in the beginning of the century may, after all, be right—Mahonnaise, in honor of the siege of Mahon. Littré and others give this now as the probable but not certain origin of the word. There is a great difficulty, however, in the way of accepting it—a difficulty which the lexicographers would have seen clearly if they had not thought it beneath them to pay much attention to the very curious literature of the French kitchen. The capture of Mahon was effected in 1726, and there is no other known instance at that period, or for long after it, of a dish or dainty being named after a victory. Dishes were named after the places where they were invented, the races who partook of them, or the great nobles who patronized them. It was not till the battle of Marengo—seventy-four years after the fall of Mahon—that the field of a great victory gave its name by a mere accident to a dish—the chicken à la Marengo. To guess, therefore, that Mahonnaise comes from the siege of Mahon is to antedate enormously a modern phantasy; and, further-

more, to assume an exceptional phraseology, when the analogy of à la Marengo would lead one to expect à la Mahon as the name for a sauce which does not properly belong to Mahon, and has only an honorary connection with it. What, then, is the true word—Mayonnaise, Bayonnaise, Magnonnaise, or Mahonnaise? I am about to maintain that the last of these spellings, now adopted by the chief authorities, is the most correct—that is, nearest to the original. But to suggest a different explanation for it: the fact is that, though Carême made a great mistake in working out his explanation, he is entitled to more attention than he has received in his statement as to the tradition of the kitchen. He does not say absolutely, but he leaves it to be understood, that in his culinary circle the name of the sauce was everywhere supposed to bear special reference to the mode of its manipulation. This is an important fact, and it gives a clue to the mystery if we follow it up. Carême, we have seen, fixes upon the verb *manier* not only as indicating the meaning of the word, but also as indicating its root. This is clearly wrong. But may there not be some other word? In the old Provençal tongue—the dead language of the Troubadours, which contains the earliest literature of modern Europe, which seemed at one time as if it would be the dominant speech of France, and then, though finally displaced by the dialect of the North, by French, the language of the Trouvères, yet contributed to it very many words and forms of words; many that we know, but not a few, doubtless, that we never suspect—in this ancient tongue, which spread over Southern France

and gave its name to Languedoc, there was a verb one of the forms of which was *mahonner*, and one of the meanings of which was to *fatigue*. The verb was spelt in many and extremely diverse ways—not only *mahonner* and *majhonner*, but *mechaigner*, *mehagner*, *maganhar*, *mehenier*, and others. It had also many and extremely diverse meanings—to strike, to kill, to wound, to mutilate, to box, to maltreat, as well as to worry and fatigue. If the reader is inclined to allow that the verb *mahonner*—still more *majhonner*, from its spelling—has a fair surface claim to be deemed the original of Mahonnaise and Mayonnaise, he may still kick at its meaning, and ask, How are we to get a salad-mixture out of a verb meaning to fatigue? The process is very simple. One of the most common French phrases for mixing a salad is to fatigue it; and this phrase is so old that in connection with it a tradition has always been preserved, and is known to most persons of any information that it is of Provençal origin. The verb *mahonner*, as applied to the mixing of a salad, conveyed an image of that exaggerated and picturesque kind which we associate with slang or cant. I do not mean anything coarse or vulgar—in this case quite the contrary; I mean only words which are lifted out of their natural sense into a special figurative and technical meaning, and which have a peculiar currency on the lips of the initiated. Springing up in the dialect of the South, it would always be strange and sometimes incomprehensible to those who spoke the dialect of the North. For them—for the French—it would be translated into *fatiguer*, and the two verbs *mahonner* and *fatiguer* would exist concurrently in

French. The former at length dropped out of sight altogether, surviving only in the derivative Mahonnaise or Mayonnaise, with a vague tradition preserved in the kitchen down to the time of Carême that the name had reference to the manner of mixing or fatiguing the sauce.

The explanation, however, is not yet complete; there is a flaw in the evidence. How are we to account for the final syllable of Mahonnaise, which usually belongs to adjectives connected with place? And how are we to construct any likely adjective from the active verb mahonner? In this case we must be prepared to accept any word which could by license be twisted into anything like Mahonnaise, for the Provençal spelling is so loose and takes so wide a range (as will have been seen above in the second syllable of mahonner, mechaigner, mehagner, maganhar, mehenier) that even a distant resemblance might satisfy us. But from an active verb, *mahonner*, there is no such adjective possible. The nearest thing we can create is a participle adjective, *mahonnant*, or *mahonnante*, or such a word as *mahonnable*, and these are nothing like what we want. The fact is that the word Mahonnaise is not an adjective at all, but a feminine substantive applied to woman. According to the laws of modern French spelling, it ought to be Mahonneur for the masculine and Mahonneuse for the feminine—one who fatigues. So we have danseuse from danser, charmeuse from charmer, and the old word gouverneuse from gouverner. About the spelling we need not trouble—because of its extreme laxity, the Mahonnaise in the old corrupt and diversified Provençal pronunciation; it will

not confound any one who catches the analogy in *Trouveur* and *Trouvère*. The real difficulty is in the sense. Unable to make a likely adjective from the verb, we have made a feminine noun; and what have we gained? We have gained a noun which curiously and unexpectedly fits into what is more than tradition, like *Carême's* tradition of the kitchen—it is a historical fact. We have gained a sudden and undesigned coincidence which is one of the tests of truth. In the olden times salad was mixed by pretty women, and they did it with their hands. This was so well understood that down at least to the time of *Rousseau* (*Littré* gives a quotation from the "*Nouvelle Héloïse*," vi. 2) the phrase *retourner la salade avec les doigts* was used to describe a woman as being still young and beautiful. "*Dans le siècle dernier*," are *Littré's* own words—"les jeunes femmes retournaient la salade avec les doigts: cette locution a disparu avec l'usage lui-même." And this is the meaning of the feminine noun. A feminine adjective, if such could be found, would present no difficulties; it would necessarily be *sauce Mahonnaise*. But if a likely adjective from the verb *mahonner* is impossible, and we have only a noun to fall back upon, why not *Mahonneur*—a man who fatigues the salad? It is *Mahonneuse* or *Mahonnaise*—a woman—because it was she in her youth and beauty who fatigued the sauce; it was she who with her fingers fatigued the salad.

If these considerations be well founded, the proper name of the sauce is not *sauce Mayonnaise*, but *sauce à la Mayonnaise*, or still more simply *La Mayonnaise*;

and we can now see why the word is more often used as a noun than as an adjective.—*Kettner's Book of the Table*. (An excellent book, and no epicure's library is complete without it.—ED.)

McCarty's Vinegar.—Mr. McCarty, of the Hotel Brunswick, prepares a vinegar, which is quite popular, as follows: Put into a pint bottle one teaspoonful of tobasco pepper-sauce, one tablespoonful of Worcestershire sauce, and fill the bottle with tarragon-vinegar; shake it up well, and run a quill through the cork, and use in same manner as pepper-sauce. It is very good in sauces and salads and on broiled fish.

Meadow-Sweet (*Spiraea Ulmania*) and **Dropwort** (*S. filipenadula*).—Herbaceous species of the rose family. Their young shoots are used in salads, and the tubers of the latter are dried, ground, and made into bread in Sweden.

Melon Salad.—The best way to eat a melon is unquestionably with a very little salt. They should be kept overnight in an ice-box, and served as first course at breakfast next day. But melons are very deceptive; they may look delicious, but from growing in the same field with squashes and pumpkins, and from other causes, they often taste as insipid as these vegetables. They may be made quite palatable by cutting the edible part into pieces and serving them with a plain salad-dressing.

Milkweed Salad.—Gather the young milkweed shoots, wash them in cold water, break off the few leaves that

have started, or if preferred they may be cooked with the shoots ; tie the shoots in small bunches and boil them twenty minutes in water slightly salted, drain, and serve with a plain salad-dressing ; if not to be had, a melted-butter sauce may be substituted. This is one of the best of spring vegetables, and only costs the trouble of gathering them. When the plant is fully developed the small top leaves should be gathered and boiled as greens ; they may be boiled in ham-water or a ham-bone boiled with them. Serve as spinach. I am surprised that this plant is not more extensively used as a vegetable.

“ Excellent salads are to be found in every field,
As Peter said to Parson Adams.”

“ The cream-white silk of the milkweed
Floats from its sea-green pod ;
From out the mossy rock-seams
Floats the golden-rod.”

Milk for Camp.—Pour the milk into bottles ; place the bottles up to their necks in a saucepanful of cold water ; allow the water to come to a boil ; remove the bottles and cork them air-tight. Milk so treated will keep a long time, and is much better to take to a hunting-camp than condensed milk.

Mint-Vinegar.—Pick the young leaves from the stalks of fresh mint ; pinch them slightly and put them into a bottle with warm vinegar ; let it infuse until wanted ; if too strong, add a few drops of it to plain vinegar. It is very

good in spring salads, and may also form the basis of mint-sauce for spring lamb.

Mint Salad.—A mint salad is an ordinary egg salad, with a few mint-leaves added; arrange nicely and serve with a plain dressing. Send this salad to table with cold roast lamb.

Monstera, the name of a genus of the arum family. *Monstera deliciosa* is an epiphytal climber, native of Mexico. Its stems are about an inch in diameter, extending to a great length, and furnished with large, cordate, lobed leaves perforated with holes. The fruit is about the size of a small pineapple, pulpy, of a pink color, and most delicious flavor. It makes a most delightful salad dressed with mild liqueurs.

Mulberry Salad.—The mulberry is quite acceptable as a fruit salad, being wholesome, cooling, subacid, and having a high aromatic flavor. Arrange the fruit neatly in a compot and dust powdered sugar over them. Mix in a bowl together one tablespoonful of ginger syrup, one wineglassful of chartreuse, and the juice of one orange; pour this over the fruit, toss, and serve.

Mushroom Catsup.—Take as many fresh mushrooms as you please (peel off the skin or not), wipe them clean, cover the bottom of a deep dish with a layer of mushrooms, sprinkle salt over them, then add another layer of mushrooms and salt until the dish is full; let them stand twelve hours; mash them up and strain off the juice; to each pint add half an ounce of black pepper and twenty cloves. Put

the whole in a stone jar, cover, and place it in a pan of water; let it boil slowly until one-half of it has evaporated; set one side to cool, then strain off clear into bottles; add to each pint bottle a tablespoonful of brandy.

Mussel Salad.—Mussels are cheaper than oysters or clams; this may be the reason why the average American does not particularly care for them; nevertheless they are excellent. Wash and boil them fifteen minutes, drain, remove the shells, throw the hot mussels into melted butter seasoned with salt, pepper, lemon-juice, and very little Worcestershire sauce. Eat them while hot with Boston brown bread.

I have often gathered mussels at low tide in the spring when tired of snipe-shooting, roasted them in hot ashes, and eaten them with salt, pepper, lemon-juice, dandelions, and crackers.

Reyniere, author of *Almanach des Gourmands*, calls mussels the "oysters of the poor." Spiced mussels may be purchased at Washington and Fulton markets.

Mustard Salad.—The young seed-leaves of the mustard-plant mixed with young beet-tops or dandelions make a very good spring salad. Serve with a plain salad-dressing. Bacon-dressing is very often served with this salad.

Mustard-Shrub (*Capparis ferruginea*).—A shrub of the caper family. Its berries are pungent, like mustard, and on that account it is called mustard-shrub.

Mustard-Tree.—The name of a tree thus described in the words of the New Testament, "A grain of mustard-

seed, the least of all seeds; but when it is grown it is the greatest among herbs, and becometh a tree, so that the birds of the air come and lodge in the branches thereof" (St. Matthew xiii. 31, 32, etc.) Bible commentators differ greatly as to what was the plant here spoken of; for, although the translation from the Hebrew and Greek has been rendered into the English word mustard, there is, nevertheless, no evidence in proof that it is the plant we call mustard (*Brassica alba or nigra*), which is an annual, weedy plant, seldom exceeding two feet in height; nevertheless, judging from the accounts of travellers, there is every reason to believe that it was the common mustard-plant, which in Palestine attains, it is said, the height of a horse and his rider, and even the height of ten or fifteen feet, thus verifying the words, "greatest of herbs." Although only an annual, like most other Cruciferous plants, in autumn its branches become hard and rigid, and of sufficient strength to bear small birds which feed upon its seeds, and with spreading, rigid, naked branches may well be called a tree.—*Smith's History of Bible Plants.*

Mustard, Black.—In some localities grows naturally and in great abundance. It is regarded a troublesome weed, though its seed furnishes the common table-mustard. The seed-leaves are used in spring as a salad. It is easily cultivated in the window-garden.

Mustard Weld or Charlock (*Brassica sina pistrum*—better known as *Sinapis arvensis*).—A weedy annual, enlivening corn-fields with its bright yellow flowers. Its presence,

however, is a sign of unskilful cultivation. The young leaves are used as a salad-herb, and are often boiled and served as greens.

Mustard is noted for the rapidity of its growth, and on this account is frequently sown in the ground as a small salad-herb together with cress. The seeds strewn on wet flannel, and placed in a warm situation, even by the fire-side, frequently shoot out their seed-leaves in a day or two, sometimes even in a few hours, a circumstance which is frequently taken advantage of in long voyages. Ships going to the East Indies used to have boxes placed on deck wherein mustard and cress were sown for the purpose of getting salad-herbs on the voyage, and the number of crops thus raised was surprising.

Nasturtium (*Indian Cress*).—When cultivated for its flowers or seeds it should be planted in poor, light soil; but when foliage and luxuriant growth are desired for the covering of arbors and trellises the soil can hardly be made too rich. The planting should be made in April or May; the seeds should be covered two inches deep; when planted in drills they are made three feet apart, and the young plants thinned to six inches apart in the drills. The growing crop may be supported by staking or bushing, as practised with peas.

The unexpanded flower-buds and the seeds while young have a warm, aromatic taste, and are pickled and used as capers; the blossoms are often used as a garnish for salads; they may be mixed with the salads and eaten. The leaves when young are also used in salads.

"Nebuchadnezzar, King of Babylon (a great name in the chronology of the table), is supposed to be the inventor of salads. He was accused of eating grass, and, like most originals, was considered what we would call a 'crank.' Shakspeare refers to the king in 'All's Well that Ends Well': 'I am no great Nebuchadnezzar, sir; I have not much skill in grass.'"

Nautese Salad.—Peel off the skin from three small Spanish onions; take out the cores and put in their place a little butter, season with salt and pepper, and bake the onions brown; let them get cold, cut them in quarters, put them in a salad-bowl, and add to them six sardines with skin and bone removed; slice four hard-boiled eggs, place them on the fish, and strew over the salad a tablespoonful each of chopped parsley, tarragon, and chervil. Take half a pint of Mayonnaise, add to it a teaspoonful of curry powder, thin the sauce with a tablespoonful of tarragon-vinegar, pour the sauce over the salad, and serve.

Nettle, Common or Stinging (*Urtica dioica*).—The common nettle is a hardy herbaceous perennial, growing naturally by waysides and in waste places. The stem is erect, branching, four-sided, and from three to five feet in height; the leaves are opposite—heart-shaped at the base, toothed on the borders, and thickly set with small, stinging, hair-like bristles. The flowers are produced in July and August, and are small, green, and without beauty. In Scotland, Poland, and Germany they are gathered and used as a pot-herb, and prepared in the same manner as spinach. Its peculiar taste is highly esteemed by many. No plant is better adapted for forcing, and in winter or

spring it may be made to form an excellent substitute for coleworts, spinach, etc. Collect the creeping roots and plant them either in a hot-bed or in pots to be placed in the forcing-house, and they will soon send up an abundance of tender tops; these, if desired, may be blanched by covering with pots. If planted close to a flue in the vinery, this will produce excellent nettle-kale or nettle-spinach in January and February. Lawson says that, "like many other common plants, the superior merits of this generally accounted troublesome weed have been very much overlooked."

U. gigas is a tree of New South Wales, which attains a height of from seventy to eighty feet. It has large, heart-shaped leaves, the effects of which, when touched, are not easily forgotten. Cattle coming in contact with them become furious.

Nightshade, Black Felon-wort—(*Morelle Fr. Solanum nigrum*).—An unattractive annual plant, growing spontaneously as a weed among rubbish in rich, waste places. Its stem is from two to three feet high, hairy and branching; the leaves are oval, angular, pinnate, and bluntly toothed; the flowers are white, in drooping clusters, and are succeeded by black, spherical berries of the size of a small pea; the seeds are small, lens-shaped, pale yellow, and retain their vitality five years.

The French, according to Vilmorin, eat the leaves in the manner of spinach; while Dr. Bigelow asserts that "it has the aspect and reputation of a poisonous plant."

Thorough boiling in two or three waters will remove all danger, if any exists.

Nightshade, White, Malabar, or Climbing (*Basella alba*).—A biennial plant from the West Indies; stem, five feet and upwards in length, slender, climbing; leaves alternate, oval, entire on the borders, green, and fleshy; flowers in clusters, small, greenish; seeds round, with portions of the pulp usually adhering to them. The large-leaved Chinese Malabar Nightshade is a species more vigorous and much stronger in its general habit than the red or white varieties. The leaves are as large as those of lettuce, green, round, thick, and fleshy. Serve same as spinach; and the young leaves, when tender, may be used in salads.

Nightshade, Red, Malabar (*Basella rubra*).—A biennial plant from China. It is distinguished from the last-named by its color, the whole plant being stained or tinted with purplish red. In the size and color of the seeds and general habit of the plant there are no marks of distinction when compared with the white. All are comparatively tender, and thrive best and yield most in the summer months.

The leaves of the red are put forth in great profusion, and are used as spinach. The young shoots are served as a salad.

Nordenskjold, Salad a la.—Mr. Harry Macdona, a correspondent of the New York *Herald*, and an amateur at salad-making, while in the Arctic in search of the *Jeannette*

was taxed in ingenuity to provide for himself and his companions while on the barren shores of Spitzbergen a salad to mitigate the awful monotony of pemican and walrus-blubber. "He used sour-grass for a time, but, for some obscure chemical reason, it failed in association with the fat foods to digest, and a gastric fermentation ensued which for hours after the food had been taken reminded all hands with unpleasant frequency of the blubber dinner. Some substitute had to be devised, and remembering that Nordenskjöld when cast away on this very coast several years before had mixed the hardy rock lichens with the hay for his reindeer, and finally when the party had eaten the deer he gave his companions the lichens to eat, the correspondent turned his attention to these lichens. Pungent as tannin, they were quite unfit for use unless in deep disguise, and so he used them as the Icelanders do the moss that grows on Hecla's rock-ribbed slopes when greens are wanting. Hard-boiled eider-duck eggs were relieved of their shells and allowed to dry in the perpetual sunlight until they could be pulverized like chalk. The whole egg was thus treated, and gave a powder of pale mustard color. To this powder were added dry salt and pepper—the latter in quantities it would be improper to speak of in these low latitudes—and the whole mixed together. The lichens were washed and thoroughly dried, and a liberal dressing of olive-oil, in which they were allowed to remain for half an hour, was given them. Then the powder was added, until the whole resembled a Mayonnaise, with stray truffles scattered through it. It was known as *Salad à la*

Nordenskjöld, and as long as the snow left the rocks bare the explorers enjoyed it. That *Salad à la Nordenskjöld* will never become popular with us it is unnecessary to state, but it serves as a curious instance of what necessity may develop in the way of curious salads."

Okra Salad.—Boil a dozen okra-pods in slightly-salted water; when done drain and cool them in cold water; quarter them lengthwise, place them in a salad-bowl on a bed of chicory; add a plain dressing and a teaspoonful of chopped herbs. Okra may be procured at all seasons; the hot-house cultivators furnish the New York markets with it in winter at reasonable prices.

"In the composure of a salad every plant should come to bear its part like notes in music," says John Evelyn."

Onion.—It may be taken for granted that, of all the flavoring substances used in cookery, the onion is, after salt, the most valuable; when cunningly concealed it yields enjoyment to those who would not eat it if they saw it.

Onion Salad.—The large Spanish onions make a very good salad. If the flavor requires to be reduced soak them in two or three waters; put them in a salad-bowl with a plain dressing, add a tablespoonful of chopped parsley, and serve with toasted crackers. During the rest of the day make it convenient to keep away from the ladies, unless they also have partaken of the salad.

Oosung.—A lettuce-like plant from Shanghai. The stem is the part used; it is divested of its outer rind and boiled with a little salt in the water, and served with

melted or drawn butter, or a dressing of soy, salt, and pepper, and a little melted butter.

Orach, or French Spinach, is rarely found in the vegetable gardens of this country. The leaves have a pleasant taste, slightly acid. The tender stalks and leaves are used boiled in the same manner as spinach or sorrel, and are often mixed with the latter to reduce the acidity. There are seven or eight varieties.

Orach, or Mountain Spinach, when young is used in salads, and also served as spinach; when old the leaves are stringy. It is also called Notch-weed.

Orange Salad.—Peel and slice three oranges that have been on ice an hour, remove the seeds, arrange the slices neatly in a compot, dust powdered sugar over them, and add two tablespoonfuls each of maraschino, Chartreuse, and brandy; let the dish stand in the ice-box an hour before serving.

Divide two oranges into sections, remove seeds and skin, arrange neatly in a dish, and dust a little sugar over them; on top of the fruit place four or five pieces of cut-sugar, moisten them with a little spirits, set them afire, and send to table flaming.

Arrange in a dish a neat border of cold-boiled rice. Peel and divide into sections three Florida oranges; put the oranges in the centre of the dish, dust a little sugar over all, and set the dish in the ice-box to get cold; just before serving pour over the salad two wineglassfuls of arrack.

Peel, core, and slice a fine apple; peel and slice two oranges, remove pith and seeds; arrange in alternate layers; make a sauce of two ounces of sugar, saltspoonful of cinnamon, and a glass of sherry; let stand half an hour before serving.

Oxalis, Tuberous-Rooted Wood Sorrel (*oxalis crenata*).

—The white-rooted oxalis is thus described: "Stems two feet in length, branching, prostrate, or trailing; the ends of the shoots erect; leaves trifoliolate, yellowish green; the leaflets inversely heart-shaped; flowers rather large and yellow, the petals crenate or notched on the borders and striped at their base with purple. The tubers form late in the season, are white, roundish or oblong, pointed at the union with the plant, and vary in size according to soil, locality, and season, seldom, however, exceeding an inch in diameter or weighing above four ounces; when cooked the flesh is yellow, dry, and mealy, of the flavor of the potato, with a slight acidity. The tender stalks and foliage are used as a salad; when the taste for it has been acquired it is a pleasant accompaniment to veal, etc. It is much better to mix the leaves with other salad herbs than to serve them plain.

For dressing use salt, pepper, oil, and a few capers. Serve the tubers boiled with butter, pepper, and salt.

The red-rooted oxalis is similar in habit to the white-rooted, but the branches, as well as the under-surface of the leaves, are more or less stained with red; the tubers are larger than those of the last named, roundish, tapering towards the connection with the plant, and furnished

with numerous eyes, in the manner of the common potato; skin purplish red; flesh often three-colored—the outer portion carmine red, the centre marbled, and the intermediate portion yellow—the colors when the root is divided transversely appearing in concentric zones or rings.

The flesh contains but little farinaceous matter, and possesses a certain degree of acidity which to many palates is not agreeable.

According to a statement from the London Horticultural Society *Journal*, the acidity may be converted into a sugary flavor by exposing the tubers to the action of the sun for eight or ten days; a phenomenon which is analogous to what takes place in the ripening of most fruits. When treated in this manner the tubers lose all acidity and become as floury as the best description of potato. If the action of the sun is continued for a long period the tubers become of the consistence and sweet taste of figs.

Mr. Thompson states that the disagreeable acid taste may also be removed by changing the water when they are three-quarters boiled. The tubers are called oca.

Ox-Tongue (*Picris hieracoides*).—A weed, common in pastures and waste places, used as chickweed. It should be blanched or immersed in hot water a few minutes before using as a salad-herb.

Oxoleon—John Evelyn's.—“Your herbs, being handsomely parcell'd and spread on a clean napkin before you,

are to be mingled together in one of the earthen glaz'd dishes. Then for the Oxoleon ; take of clear and perfectly good oyl-olive three parts, of sharpest vinegar (sweet of all condiments), limon, or juice of orange one part, and therein let steep some slices of horse-radish with a little salt. Some in a separate vinegar gently bruise a pod of *Ginny-pepper*, straining both the vinegars apart, to make use of either or one alone, or of both, as they best like ; then add as much Tewkesbury or other dry mustard grated as will lie upon an half-crown piece. Beat and mingle all these very well together, but pour not on the oyl and vinegar till immediately before the sallet is ready to be eaten, and then with the yolks of two new-laid eggs (boyl'd and prepar'd as before is taught) squash and bruise them all into mash with a spoon till they are well and thoroughly imbibed, not forgetting the sprinkling of aromatics and such flowers as we have already mentioned, if you think fit, and garnishing the dish with the thin slices of horse-redish, red beet, berberries, etc." In another part of the discourse of sallets he says : "The *super-curious* insist that the knife with which sallet herb is cut must be of silver ; some who are husbands of their oyl pour at first the oyl alone, as more apt to communicate and diffuse its slipperiness than when it is mingled and beaten with the acids, which they pour on last of all ; and it is incredible how small a quantity of oyl thus applied is sufficient to imbue a very plentiful assembly of sallet herbs."—*Evelyn's Acetaria: A Discourse of Sallets*, London, 1699.

“ If leekes you like, but do their smell dis-leek,
 Eat onyons, and you shall not smell the leeke ;
 If you of onyons would the scent expell,
 Eat garlicke, that shall drown the onyon's smell.”

—*Old Ballad* (?)

Oyster Salad.—Boil two dozen small oysters five minutes ; let them be covered with water ; add a little salt and a tablespoonful of vinegar ; when done drain them and let them cool. Put into a salad-bowl the crisp, dry leaves of a head of cabbage-lettuce ; add the oysters, whole, pour over them a Mayonnaise, garnish with oyster-crabs, hard-boiled eggs, and, if desired, a few oil anchovies.

Put into a salad-bowl one dozen spiced oysters ; add to them half a pound of cold-baked halibut. Cut up four hard-boiled eggs, and a dozen capers, add to the bowl, pour over the salad a plain salad-dressing, send to table with a bowl of lettuce-leaves. When about to serve put a leaf of lettuce on a small plate, toss the salad lightly, and put a spoonful of it on each leaf of lettuce.

Cut up two stalks of celery into inch pieces, put them in a salad-bowl ; add one dozen small raw oysters and a few shrimps ; pour over the salad a rémoulade sauce.

Marion Harland recommends minced oysters, celery, and a plain dressing for oyster salad.

“ It is unseasonable and unwholesome in all months that have not an R in their name to eat an oyster.”—*Butler*, 1599.

Oysters, the Rock, of California.—On the coast of San Luis Obispo are found great numbers of the rock oyster ; although Rev. R. W. Summers, our local scientist, says it is

not an oyster at all, but such is its common name. We will say, then, that the *Parapholas Californicus* invites the curious to study its habitat, and the epicure to feast upon its juicy body when they find it. When the tide is low this mollusk may be found almost anywhere where the rocks project into the sea, but it requires some knowledge of its peculiar characteristics to know where to look. The parapholas, when a spat, swims in the sea until it strikes a rock, when it fastens and locates that spot for its home. Apparently without shell or hard substance to bite, scratch, or bore with, the little fellow makes its way into stone and there imprisons itself for life, taking on a shell, growing, and enlarging its little cavern with its growth. How the rock oyster bores into the stone and afterward enlarges his chamber is a puzzle to scientists. When grown it is about four inches in length, is a bivalve, and in form resembles a pear, the small end toward the opening in the rock, through which it thrusts its tube or siphon to draw in and eject water in which it finds its nourishment. In its prison home it keeps up a continual rocking motion, by which it enlarges the room in which to grow. The oyster is found by discovering the little holes in the rock and breaking it open with a pick or hammer. They are found all along the Pacific coast from Cape Flattery to Cape St. Lucas, and are plentiful along the coast of San Luis Obispo. As an edible they are considered the best of their class, and one knowing their locality and with means and industry to quarry them out can supply himself with a feast.

Oyster Powder.—Simmer three dozen oysters a few minutes, drain, and cut them into slices, dry them thoroughly in an oven, and pound them to a powder; season with a little salt and cayenne, bottle and seal. A little of this powder is an excellent addition to soups and sauces.

Oyster-Plant Salad.—Cut off the ends of half a dozen salsify-roots; scrape off the outer part; cover them with cold water; add a wineglassful of vinegar; let them remain in this an hour; then boil them slowly one hour, drain, and quarter them lengthwise; put them on a flat dish and serve with a plain dressing.

Boil half a dozen roots as directed; cut them into thin slices crosswise; put them in a salad-bowl; add two boiled potatoes sliced, a few leaves of chicory, one sliced beet, and one pickled lamb's tongue sliced; arrange neatly; pour over the salad a plain dressing.

The young roots may be used as a pickle. The roots left in the ground over winter produce a very good dish of greens, which, when banked up with earth and properly bleached, are used as a salad. Roots that have been stored in the cellar will sometimes start out a crop of shoots. Do not throw them away, but add them to a mixed salad. The flower-stalks of the salsify, gathered just before the buds expand, may be served as asparagus.

Oyster-Plant (*Pulmonaria maritima*).—A creeping-rooted herb of the borage family found growing on the stones and sand just beyond the reach of the tide. It has ovate, glaucous leaves and blue flowers, produced in one-

sided panicles on a decumbent flower-stalk. Its fresh leaves have a strong flavor of oysters, hence its name. By modern botanists it has been separated from *Pulmonaria* as a distinct genus under the name of *Steenhammaria*.

Scalymus, or Spanish Oyster-Plant, is cultivated extensively for its roots ; it is served in the same manner as common oyster-plant. They have a pleasant, delicate flavor, and are considered to be not only healthful, but remarkably nutritious.

Oyster-Plant, Black, is also cultivated exclusively for its roots. The flesh is white, tender, sugary, and well-flavored. Before cooking the outer, coarse rind should be scraped off and the roots soaked for a few hours in cold water for the purpose of extracting their bitter flavor. Both of the above-named vegetables may be used in salads when variety is the object sought after.

Papyrus.—According to ancient writers the Egyptians ate the lower part of the stem of the papyrus, at any rate the pith of it by preference, when it had been dried in the oven.

George Ebers says in "Uarda": "For weeks he has had nothing but papyrus-pith and lotus-bread, and now he brings me the cake which grandmother gave old Hekt yesterday."

Papyrus is supposed to be the bulrush of the Nile, of which the ark of the child Moses, as also the vessels spoken of in Isaiah, were made.

Parsley is a biennial of the carrot family ; it is found

growing wild in old gardens and neglected places. Its finely-cut leaves are well known to every one, being extensively used in nearly all branches of cookery. To preserve parsley for winter use, scald it and dry it in the oven, then pack it in air-tight tins; when wanted soak it in warm water a few moments to freshen it. Parsley should be sown about the middle of April, in drills an inch deep and one foot apart. After the plants are up let them be kept free from weeds by frequent hoeing. In order to have parsley green through the winter the old leaves should be picked off in September. If the roots are taken up in the early part of November and replanted in a frame or boxes, and kept in the kitchen or a moderately light cellar, they will grow and produce rapidly.

The reputed poisonous properties of "fool's parsley" have recently been proved by Dr. Harley, of England, to be fallacious. He carefully prepared a quantity of juice from the plants, and took from two to four ounces at a time without experiencing any ill effect from it. He says it is not only absolutely free from the noxious properties attributed to it, but that it is pleasant to sight, smell, and taste, and, in the absence of more fragrant and succulent plants, might well be used as a pot and salad herb.

"Parsley is the crown of cookery. It once crowned man: it now crowns his food."

Parsnip Salad.—Parsnips are disliked by some on account of their sweetish taste; they are best served as a salad. Rub off the skin with a coarse towel, dig out any

little imperfections, quarter them, and boil in salt water until a fork can pierce them easily; drain, cut them in narrow strips, place them on a flat dish, and serve with a plain dressing. A few chopped herbs added to the salad is an improvement. Or,

Scrape the skin from three raw parsnips; cut them in thin slices; dredge them in flour and fry brown; let them cool; put them in the centre of a dish; arrange a border of cress around them; mince a quarter of a pound of boiled ham; arrange it in little mounds round the cress; put between these quarters of hard-boiled eggs, and pour over the parsnips a rémoulade sauce.

“ And so he took the well-greased lead
And rubbed it o'er a box of earth
That stood on deck—a parsnip-bed—
And then he sought the skipper's berth.”

—*Jas. T. Fields.*

Partridge Salad.—Cut up a cold roast partridge into neat pieces; pour over it a plain salad-dressing; add one minced pickle and a teaspoonful of chopped parsley; let stand one hour. Put into a salad-bowl the leaves of a large head of cabbage-lettuce; add the partridge, garnish with hard-boiled eggs, and serve.

Another way of making the salad is to cut up three stalks of celery; place in the salad-bowl; drain the partridge well from the plain dressing, add to the celery; pour over the salad a Mayonnaise; garnish neatly and serve.

Patience (*Rumex patientia*)—called Patience Dock, Gar-

den Patience, and many similar names.—It is a hardy perennial; the leaves are large, long, pointed; the leaf-stems are red; the flowers are numerous, small, axillary, and of whitish-green color. It was at one time cultivated to some extent, but is now rarely found in gardens except as a weed. It is found growing spontaneously by roadsides and waste places. It is an excellent vegetable prepared as dandelions or spinach. The young leaves mixed with sorrel and served with a bacon-dressing afford a very good country salad.

“Our ancestors,” says an authority, “served salads with roasted meat, roasted poultry, etc. They had a great many which are no longer in vogue. They ate leeks cooked in the wood-ashes and seasoned with salt and honey; borage, mint, and parsley, with salt and oil; lettuce, fennel, mint, chervil, parsley, and elderflowers mixed together. They also classed among their salads an agglomeration of feet, heads, cocks' combs, and fowls' livers, cooked, and seasoned with parsley, mint, vinegar, pepper, and cinnamon. Nettles and the twigs of rosemary formed delicious salads for our forefathers, and to these they sometimes added pickled gherkins.”

Pea-Fowl Salad.—The pea-fowl was at one time extensively used in salads in Europe; but I do not think Americans will appreciate the peculiar flavor of this bird, nor is it liable to ever become popular with us who have so many other resources to choose a salad from. The flesh is rather dry, and it requires a marinade bath of many hours to make it acceptable. It is, nevertheless, good eating.

Pea Salad.—Put a pint of green peas into a saucepan

with a piece of butter as large as a hen's egg and add a very little water; simmer them over the fire until tender, stirring them constantly; remove and let them cool. Put into a salad-bowl a few crisp leaves of lettuce; cut up nearly half a pound of roast spring lamb, add to the lettuce, then add the peas; pour over the dish a liberal quantity of plain salad-dressing. Chop up a few tarragon-leaves and three leaves of mint, sprinkle them over the salad, toss lightly, and serve. Canned French peas may be used instead of fresh peas; they only require heating, and when cold are added to the salad.

Pea, Sugar, Salad.—The edible, podded pea is very good served as a salad. Pick them when they are an inch long; put them into a salad-bowl with the same quantity of garden cress; send to table with a plain salad-dressing. Sometimes sliced tomatoes are added.

Pear Salad.—Peel, quarter, core, and slice four fine Bartlett pears; put them into a compot, dust sugar over them, and add a wineglassful of maraschino.

Pepper Essence.—Take a few perfectly ripe bird's-eye chillies, dry them, and pound them fine; to each half-ounce add half a pint of wine or brandy; let stand for three weeks, shake occasionally, let settle finally, and pour off clear.

Pepper-Sauce (Mrs. General Hunter).—Take one and a half pecks of large red bell-peppers, one gobletful of salt, one tablespoonful each of ground allspice and cloves. Put in a porcelain-lined kettle, and just cover the peppers with

the very best vinegar; boil three and a half hours, rub them through a sieve, discard the skins and seeds, and bottle the sauce in small bottles; seal the corks and keep in a cool, dry closet. Used by permission of Lieut. Geo. M. Totten, U.S.N.

This is an excellent sauce.—THE AUTHOR.

Pepper, Cayenne Salt.—Cayenne salt is a very useful condiment. Take two ounces of powdered chillies and mix well in a mortar with two tablespoonfuls of dry salt; add a glass of white wine and two of water; put it into bottles, cork, and keep in a warm place one week; then strain the whole through fine muslin, pour the liquor into plates, and evaporate it either by the hot sun or stove-heat; you will then have soluble crystals of cayenne and salt.

Pepper.—Of the capsicum there are many species, both annual and perennial, some of the latter being of a shrubby or woody character, and from four to six feet in height. As they are mostly tropical, and consequently tender, none but the annual species can be successfully grown in open culture in the Middle States or New England.

The common garden-pepper (*capsicum annuum*) is a native of India; the pods differ in a remarkable degree in size, form, color, and acridness. The plants are always propagated from seeds. Early in April sow in a hot-bed in shallow drills six inches apart, and transplant to the open ground when summer weather has commenced. The plants should be set in warm, mellow soil in rows sixteen

inches apart and about the same distance apart in the rows, or in ordinary seasons the following simple method may be adopted for a small garden, and will afford an abundant supply of peppers for family use :

When all danger from frost is past, and the soil is warm and settled, sow the seeds in the open ground in drills three-fourths of an inch deep and fourteen inches apart; while young thin out the plants to ten inches apart in the rows, cultivate in the usual manner, and the crop will be fit for use early in September.

The pods of the *Bell, or Bull-Nose*, pepper are remarkably large, and often measure nearly four inches deep and three inches in diameter, are pendent, broadest at the stem, slightly tapering, and generally terminate in four obtuse, cone-like points. At maturity the fruit changes to brilliant, glossy, coral red. The bell-pepper is early, sweet, and pleasant to the taste, and much less acrid or pungent than most of the other sorts.

When used in salads they are cut in two, the seeds removed, and are cut up into long, narrow strips. They are excellent sautéed, and served with steaks, chops, etc. They are excellent as a pickle, and may be introduced into mixed vegetable salads.

The Bird-Pepper is a late variety. If sown in the open ground some of the pods, if the season be favorable, will be fit for use before the plants are destroyed by frost, but few will be fully perfected unless the plants are started under glass. The bird-pepper is one of the most piquant of all varieties. The pods are erect, sharply conical, an

inch and three-quarters long, about half an inch in diameter, and of a brilliant coral red when ripe.

Cayenne-Pepper (*Capsicum frutescens*).—The pods of this variety are small, cone-shaped, coral red when ripe, intensely acrid, and furnish the cayenne-pepper of commerce. Like the other species of the family, it is tropical, and, being a perennial and of a shrubby character, it does not generally succeed in open culture in the North.

There are two "bushes" of this variety in a private garden in Worcester, Mass., that produce fully-developed pods, very little care being taken of them; a high board fence is built on the north, east, and west sides of each shrub to protect them from cold winds.

The red pepper made from the *capsicum baccatum*, or bird-pepper (so called on account of hens and turkeys being extremely partial to it), is the best. It is cut up and pounded by the natives of Natal, mixed with a little saltpetre, then packed in air-tight tins of thirty pounds each and shipped to Europe.

The process of preparing cayenne-pepper is as follows: The pods are gathered when fully ripe. In tropical climates they are dried in the sun, but in cooler climates they should be dried on a slow hot-plate or in a moderately-heated oven; they are then pulverized and sifted through a fine sieve, mixed with salt, and when dried put into close-corked, air-tight bottles. This article is subject to great adulteration; the foreign ingredients used are too numerous to mention.

McIntosh says: "A better method is to dry the pods in

a slow oven, split them open, extract the seeds, and then pulverize the pods to a fine powder, sifting the powder through a thin muslin sieve, and pulverizing the parts that do not pass through and sifting again, until the whole is reduced to the finest possible state. Place the powder in air-tight, dark-glass bottles holding about four ounces each; add no salt or other foreign ingredient."

The pods of either of the long-fruited sorts or those of the cherry-pepper prepared as above will furnish a quality of cayenne greatly superior to any sold by grocers or druggists. The larger and milder varieties of peppers powdered in the same manner make a wholesome and pleasant grade of pepper of sufficient pungency for the majority of palates.

The Hungarian *paprika* is made from the sweet Spanish pepper.

Cherry-Pepper (*capsicum cerasiforme*).—Stem twelve to fifteen inches high, strong and branching; leaves comparatively small, long, narrow, and sharp pointed; flowers white, three-fourths of an inch in diameter; pod or fruit erect, nearly globular or cherry-form, and at maturity of a deep, rich, glossy scarlet color. It is remarkable for its intense piquancy, exceeding in this respect nearly all the annual varieties.

When in perfection the plants are very ornamental, the glossy coral red of the numerous pods presenting a fine contrast with the deep-green foliage surrounding them.

The Yellow-Fruited Pepper is a variety of the red cherry,

there being little difference between the sorts, with the exception of the color of the fruit.

To preserve either of these varieties for use in the dry state all that is necessary is to cut off the plants close to the roots when the fruit is ripe, and hang them with the fruit attached in any warm and dry situation. They will retain their piquancy for years.

Chilli-Pepper.—Pods pendent, sharply conical, nearly two inches in length, half an inch in diameter, of a brilliant scarlet when ripe, and exceedingly piquant. Sow in a hot-bed in April and transplant to the open ground in May about fourteen inches apart in each direction.

Guinea-Pepper (*Xylophia aromatica*).—A tall tree of the Custard-Apple family. It has pointed, egg-shaped leaves, woolly underneath. The fruit consists of a number of dry carpels about two inches in length, which are aromatic and used as pepper; sometimes called "negro pepper," and by old authors "*Piper Æthiopicum*."

Long Red Pepper.—Pods or fruit brilliant coral red, generally pendulous, sometimes erect, conical, often curved towards the end; nearly four inches in length, and from an inch to an inch and a half in diameter; stalk about two feet high; foliage of medium size, blistered and wrinkled; flowers an inch in diameter, white. The plants when ripe are very ornamental.

The Long Yellow Pepper, like the last-named, is very piquant; its pods are three to four inches in length and about an inch in their greatest diameter. At maturity they

assume a lively, rich, glossy yellow, and the plants are then showy and ornamental.

The ripe pods of both varieties, properly dried and pulverized as directed for cayenne-pepper, are often preferred to that article.

Purple or Blue Poddled Pepper is a rare, richly-colored, and beautiful pepper, but not much cultivated nor of much value as an esculent. Fruit erect, on long stems, bluntly cone-shaped, two inches and a half in length, and a half or three-fourths of an inch in diameter at the broadest part. Before maturity the skin is green or reddish green, clouded or stained with black or purplish brown, but when ripe changes to rich, deep, indigo-blue.

Plant two feet or upwards in height, more erect and less branched than other varieties, and much stained with purple at the intersection of the branches and at the insertion of the leaf-stems; leaves of medium size, long, and sharply pointed; flowers white, tipped with purple, about three-fourths of an inch in diameter; flower-stems long, purple; leaf-stems long, deep green.

Quince-Pepper is similar to the sweet Spanish pepper, but the fruit is rather longer, and its season of maturity somewhat later. Its flavor is comparatively mild and pleasant, but, like the sweet Spanish, it is not generally thick-fleshed. At maturity the fruit is a brilliant coral red.

The Round or Large Cherry-Pepper is a sub-variety of the common red cherry-pepper, differing only in its larger size. It is quite late and should be started in a hot-bed.

The Squash or Tomato-shaped Pepper is extensively

grown for the market, and is generally used pickled. Fruit compressed, more or less ribbed, about two inches and three-quarters in diameter and two inches in depth, skin smooth and glossy; when ripe of a brilliant coral red, flesh thick, mild and pleasant to the taste, though possessing more piquancy than the large bell or sweet Spanish.

The Sweet Mountain Pepper resembles the large bell, if it is not identical. It may be somewhat larger than the latter, but aside from this there is no perceptible difference in the varieties.

The Sweet Spanish Pepper succeeds well if sown in the open ground in May. Make the rows sixteen inches apart, and thin the plants to a foot apart in the rows. Though one of the largest varieties, the sweet Spanish is also one of the earliest. The flesh is sweet, mild, and pleasant, and the variety is much esteemed by those to whom the more pungent kinds are objectionable. Dried and pulverized it makes one of the most palatable of condiments. It is used in Hungary as we use curry. It has the reputation of greatly assisting digestion and curing dyspepsia. I prefer it in fish salads to any other pepper.

The Yellow Squash or Tomato-shaped Pepper is not very productive, and will not repay the trouble of cultivation.

Periwinkle Salad.—When these shell-fish are quite small they are “passable,” provided you are hungry; but when they are well grown they are the toughest things I ever tried to eat. Boil them slowly two hours in water slightly salted; add a wineglassful of vinegar and four

cloves, pick them out of the shells, cut them in two, cover them with a plain dressing, and let them stand an hour. Put into a salad-bowl a quantity of cress; add the shell-fish and three anchovies cut up; pour over the dish the remainder of the dressing, garnish with hard-boiled eggs.

Pickles have done much towards depreciating salads in the eyes of young Americans. No New England table was ever considered properly set without one or two jars of pickles, and no school-girl's lunch was ever complete without a large cucumber-pickle in one corner of it. Our working-girls also have a mania for this particular relish; their midday lunch generally consists of bread and butter, a cup of tea, and two or three of the largest, greenest, briniest cucumber-pickles that can be procured from the corner grocery. This, in a measure, accounts for the pale faces and haggard looks of many of these young girls. Home-made pickles are generally good, but even these should be used in moderation. Would it not be far better to send to table a simple but well-made salad instead of this stereotyped dish of withered pickles? Foreign writers call us a nation of pie-eaters, but should they call us a nation of pickle-eaters they would come nearer the truth. This is one of the customs brought over in the *Mayflower* which still clings to us.

A prominent Ohio lady, suffering from an aggravated case of dyspepsia, recently came East for medical advice. Medicines seemed to have no effect. I discovered that she was in the habit of eating pickles at every meal, and told her physician, who persuaded her to stop eating

them. In a very short time she had completely recovered; but it was as hard for her to give up pickles as it would be for an inveterate smoker to give up cigars.

Imported pickles are put up in distilled vinegar, which is excellent in salads. Do not throw away the liquid in the bottle of pickled walnuts, but use a little of it in vegetable and mixed salads; it is excellent in fish sauces.

Pickling-Salt.—Two pounds each of brown sugar and rock-salt, eight ounces saltpetre, water according to strength of brine desired. This renders meat of fine flavor and red in color.

Pigeon Salad.—Wild pigeons and squab make an excellent salad. Roast them; when cold cut the meat on the breast into long strips, put it in a bowl, and cover it with a plain dressing. Cut up a few stalks of celery, put them in a salad-bowl; prepare a Mayonnaise; drain the meat, add it to the celery, pour over all the Mayonnaise, garnish neatly, and serve.

Domestic pigeons make a very good salad. Cut the meat into neat pieces, and put them in a salad-bowl with lettuce-leaves; arrange neatly, garnish with hard-boiled eggs, beet-root, and add a *rémoulade* sauce.

Pig's Feet Salad.—Boil four pig's feet until tender; when cold remove all bone and cut the meat into medium-sized pieces, pour over them a plain salad-dressing; let stand in the ice-box two hours. Put into a salad-bowl the bleached leaves of two heads of chicory; chop up together a few leaves of tarragon, chervil, and chives; now

add the meat and the dressing to the chicory, strew over the dish the minced herbs, and serve. This salad is sometimes made of lettuce, pig's feet, and a rémoulade sauce.

Pilewort (*Ranunculus ficaria*).—A perennial of the buttercup family; a pretty, yellow, early spring-flowering plant, having heart-shaped leaves, not exceeding three inches in height, growing abundantly in moist, shady places; after flowering its leaves soon wither, and it remains dormant until the following spring. The young leaves are used as greens and as a salad-herb. The roots are sometimes washed bare by heavy rains, so that the little tuberous roots appear above ground like grains of wheat; these are gathered and used as food, being very mealy, and not unwholesome when boiled.

Pimprenelle.—It is a pity that the pimprenelle is not more extensively cultivated in this country; it is an excellent addition to a salad. The leaves are very fragrant and pleasing to the taste. It is extensively used in salads in Germany.

Pineapple Salad.—Peel and dig out the eyes of two very ripe pineapples. Take hold of the crown of the pine with the left hand, take a fork in the right hand, and with it tear the pine into shreds until there is nothing left but the core; throw this away. Arrange the shredded fruit lightly in a compot. Take a half-pint of white sugar syrup, add to it a wineglassful of arrack, a tablespoonful of brandy, and one of Curaçoa; mix and pour over the fruit. Or,

Peel and slice two pines ; put a layer of slices in a com-pot, cover them with fine sugar, add another layer of fruit and another layer of sugar, and so on until all is used ; pour over the dish a wineglassful of water and one of brandy, add a tablespoonful of maraschino, and set the dish in the ice-box an hour before serving.

The name pineapple is given on account of the fruit resembling the cones of the pine or fir tree.

Plantain (*Plantago coronopus*), or Star of the Earth, was at one time cultivated as a salad plant, but it is now neglected. It is a common weed, found everywhere. The root-leaves are put forth horizontally and spread regularly about a common centre, somewhat in the form of a rosette ; the flower-stem is leafless. The young leaves are used in salads ; they may be bleached in the same manner as dandelions.

Platter Salad-Garden.—Procure a large platter that is no longer used for the table, owing to the many nicks in its edge. Cut a piece of thick flannel the same size as the platter, and then fill the platter with water. Scatter a three-inch border of mustard-seed on the flannel and fill the centre with water-cress seeds. Set away in a closet and in a few days the seeds will sprout ; then set the dish in a warm place and replenish with water two or three times a week by means of a tablespoon inserted under the edge of flannel. I recommend the use of small pieces of charcoal placed in the dish to keep the water clean and sweet. After the seeds have started the water may be removed

and the platter filled with sand, which should be kept moist; arrange the flannel carefully on top of the sand.

Poke (*Phytolacca decandra*).—The young shoots when boiled or blanched lose their acidity and are then used in salads. They are also eaten in the early spring as a substitute for asparagus, and when treated in the manner of sea-kale the flavor of the sprouts can scarcely be distinguished from that of asparagus; when full-grown it has bunches of dark-purple berries, the juice of which resembles red ink. The root has important medicinal properties. When a case of poisoning occurs in the woods from eating anything, it may be given as a tea; it acts as a violent emetic.

Potato Salad.—Cut up two quarts of boiled potatoes *while hot*; add to them a teaspoonful each of chopped onion and parsley; pour over the dish a liberal quantity of plain salad-dressing; if the potatoes appear too dry add a little hot water or broth, toss lightly so as not to mash the slices, and set the salad on ice to get cold. Serve by placing a leaf of lettuce on a side-dish, and put two spoonfuls of the salad upon the lettuce.

Most cookery-books recommend cold-boiled potatoes, but they do not make a perfect salad; they absorb a quantity of water while boiling, which becomes sour when the potato is cold. A potato that is sliced while hot will absorb the dressing and remain sweet a number of days. Potato salad made of cold-boiled potatoes is invariably of a purple color, and all the condiments on the table will not make it palatable to the epicure.

Equal quantities of boiled potato and celeriac, with capers and minced herbs, served with a bacon-dressing, are quite acceptable. Equal quantities of potato and feticus make a very good salad.

One-third each of potato, beet, and celery, with a plain dressing, is excellent. A fresh-baked potato served at breakfast, dressed with a few drops of vinegar, a tablespoonful of oil, salt, and pepper, is a very nice way of serving them instead of with butter.

Potato is occasionally used as a basis of a sauce improperly called Mayonnaise. Mash the potato to a smooth paste, thin it down with rich cream, a little vinegar, salt, and pepper.

Six fresh-baked potatoes, half an onion, a glass of red wine, tablespoonful chopped chervil, quarter of a pound of smoked salmon, with a plain salad-dressing, is an excellent salad.

Potato Salad, Penn Club, Philadelphia.—The Penn Club is famous for its potato salad. The following recipe was sent to me by Mr. Benj. Hayllar, the club caterer: "Select potatoes of medium size; boil them; when done slice them, not too thin, spread the slices on a flat dish, sprinkle with vinegar and salt, and pour over them a Mayonnaise; garnish with lettuce or celery tops; spot the dressing with black pepper."

Prairie Turnip (*Psonalea esculenta*).—A tuberous-rooted herb, attaining a height of two feet, having winged leaves; it is found in the Western States and Territories. Its roots

form an article of food to the Indians and hunters, who roast it in hot ashes.

Army officers stationed on the frontier will find its insipid taste quite palatable by preparing it as a salad. Boil or roast them, cut them into slices, and add an equal quantity of jerked buffalo or canned meats of any kind; add a plain salad-dressing or bacon-dressing, mix, and serve.

Prawn Salad.—Boil three dozen prawns twenty-five minutes in water slightly salted; when cold break the shells apart and remove the flesh from the shell. Divide two heads of cabbage-lettuce, put them in a salad-bowl, add the prawns, sprinkle a little salt and cayenne over them, pour over all a good *rémoulade* sauce; garnish with prawn-shells and tufts of parsley.

Prickly-Pear Salad.—The prickly-pear, or Indian fig, is common throughout the tropical and sub-tropical countries of America. They are the fruit of the cactus; from the latter part of September until the first part of November they are for sale on the fruit-stands, and at times are so plentiful that they are hawked about the streets in push-carts and sold at two for five cents. They are egg-shaped, with clusters of small spines on the skin which enclose a fleshy pulp of a red or purple color, full of seeds, but of an agreeable flavor. To prepare the fruit as a salad remove the skin by cutting a slice off both ends, then make an incision lengthwise through the skin and peel it off with one quick motion; cut the fruit into slices, dust sugar over it,

add the juice of an orange and a wineglassful of brandy. In Mexico a drink called Colinche is prepared from the fruit.

Primrose, Evening (*Eurothera biennis*)—The evening primrose, or German rampion, is common in this country in gravelly pastures and roadsides. It is a hardy biennial plant, and in full perfection measures three or four feet in height, leaves long, flat, pointed, with large, fragrant, yellow flowers. The seed-pods are oblong, four-sided; the seeds are small, angular, and of a brown color. If grown in a dry, sunny exposure the plants are inclined to run to flower, which renders the roots worthless, for they become hard and fibrous. The root when full-grown is generally from ten to twelve inches long, fusiform occasionally, with a few strong fibres, whitish on the outside and white within. The thick outer covering separates readily, and should be removed when the root is eaten in its crude state. It possesses a nutty flavor, and when young may be eaten with a little salt and crackers and cheese. Or, mixed with dandelion and a little sorrel, and dressed with a bacon-dressing, it makes an excellent field salad. When the roots have attained their full size the coarse rind should be scraped off, then soak them in cold water slightly salted for a few hours. They are at their best boiled and served with sauce vinaigrette.

Primrose Salad.—Gather the young shoots before the leaves develop, tie them in bunches, soak in salt water half an hour, drain, and boil in slightly salted water fifteen minutes; when done, cool, and serve with a plain dressing.

This is a popular dish with Germans, who invariably add a little onion to this salad.

Primrose Vinegar.—Boil six pounds of moist sugar in sixteen quarts of water ten minutes, and carefully remove the scum; then shake into it a peck of primroses and, before it is quite cold, a little yeast; let it ferment in a warm place all night, then put it in a barrel and keep it in a warm part of the kitchen till it has done working. There should be an air-hole in the top of the barrel. It will take several weeks before the fermentation is at an end and the vinegar quite fit for bottling.

Prince's Salad Sauce.—Take one branch of mint, six blades of chives, two branches of tarragon, half a bunch of cress, and a few branches of chervil; remove the stems and throw the leaves into a pint of hot water for three minutes; then pour off the water and squeeze the herbs dry in a napkin; put them in a mortar with the fillets of three salted anchovies, the yolks of three hard-boiled eggs, two teaspoonfuls dry English mustard, and one teaspoonful of small French capers; pound these ingredients together to as near a smooth paste as possible; add gradually the yolks of two raw eggs, one cupful of oil, one wineglassful of tarragon-vinegar, and a tablespoonful of walnut catsup. Rub the sauce through a fine sieve and keep it in ice-box until wanted.

Prize Salad of "John Boldin."—Mr. Labouchere and other English experts decided that the following salad recipe should receive the *Truth* prize: "By degrees sink-

ing personal fads, and being guided by what I may call the broad principles of salad-making, we reduced the number of recipes to some half a dozen or so. Of these the two preferred were included in the published 'Specimens,' being those of 'Morgane' and 'John Boldin.' The former, however, on reconsideration and tasting, was adjudged a little too sour, and the final decision of the jury of judges empanelled awarded the prize unanimously to John Boldin, there being a rider to the judgment to the effect that to the ordinary English taste the oil used might seem somewhat excessive.

"From six or eight coss (or cabbage) lettuces remove outer and coarse leaves, and strip from remaining ones the good part. The pieces should be two and a half to three inches long, and may be broken up, but not cut; then wash them and let them remain about half an hour in water. Rinse in second water, place in napkin, and swing till dry. For dressing, take the yolks of two hard-boiled eggs, crush them to paste in bowl, adding one half-tablespoonful French vinegar, three mustardspoons mustard, one salt-spoon salt, and beat up well together; then add, by degrees, six to eight tablespoons of Lucca or Provence oil, one of vinegar, and, when thoroughly mixed, a little tarragon finely chopped, a dessertspoon coarse white pepper, as pepper in powder irritates the palate. When all is well mixed place the salad in it and turn over and over, thoroughly and patiently, till there remains not one drop of liquid at bottom of bowl. Put the white of the eggs in slices on the top and serve after it is mixed."

“Pussly.”—This plant is known botanically as *Portulaca oleracea*, and is a near relative of the beautiful portulaca of the flower-garden. The range of this weed is a large one, as the following names which it bears in different countries show. In Germany it is known as *portzelkraut*; in France, *porcellaine* and *pourpier*; in Italy, *porcellaria*. The spelling of the English name has varied some; as, for example, the old English writers have *purcellaine* and *porcelayne*; but with us, while a few say *purslane*, the name is generally shortened down to simply “pussly.” Whatever the name, or the spelling of the name, of the plant may be, it remains the same rapid-growing, plump, and low-spreading weed that it was centuries ago, when it was called *porcella*, the diminutive of *porcus*, a pig, probably on account of its greedy feeding and quick growth. Still it is not all bad. As a table vegetable it is not to be despised. The plump, succulent stems with their leaves are boiled tender and dressed with butter the same as spinach. The French market-gardeners cultivate it regularly, and have different varieties. The young plants are used as a salad, and are very good when served with a bacon-dressing and one or two hard-boiled eggs chopped fine and sprinkled over the salad.

Pussly flowers are sometimes called wax pinks.

Quail Salad.—Quail make a very dainty salad; the flesh being dry, it should be allowed to stand in a marinade of plain salad-dressing at least an hour before using. Cut up the flesh of two roast quails; let it stand in the dressing an hour. Tear up the leaves of the hearts of two cabbage-lettuces, put them in a salad-bowl; drain the meat and

add to the lettuce ; pour over the salad a Mayonnaise ; garnish with hard-boiled eggs, rings of lemon-peel, and the small leaves of lettuce.

Quamash (*Camassia esculenta*).—A bulbous plant of the hyacinth section of the lily family, with blue or white flowers. It is a native of North America, and is very abundant. Its bulbous roots form a large portion of the vegetable food of the Indians. An army officer stationed at Fort Lincoln, D. T., told me that, after roasting the root and cutting it into slices, he mixed it with cold wild goose, salt, pepper, and wood-sorrel, and in that way prepared a very palatable camp salad.

Quince Salad.—The quince is about the only top fruit that I recommend served with a plain salad-dressing. Peel and slice two ripe quinces ; arrange the slices neatly in a salad-bowl, strew over them a few minced herbs, add plain dressing, and serve.

Quinoa (*Chenopodium quinoa*).—**Goosefoot**.—Though originally from Mexico or Peru, this plant is found in rich, waste places. The stem is from four to six feet in height, erect, and branching ; the leaves are triangular, obtusely toothed on the borders, pale green, mealy while young, and comparatively smooth when old ; the flowers are whitish, very small, and produced in compact clusters ; the seeds are small, yellowish-white, round, a little flattened, and might be mistaken for millet-seeds.

The young shoots and stems, stripped of their tender leaves, are boiled and served as asparagus, and are very

nice; the young leaves are used in salads, while the older leaves are boiled and served as greens. There are two other varieties, the black-seeded and the red-seeded quinoa.

Before the conquest of Peru by the Spaniards, quinoa, or goosefoot, seeds formed the principal meal food of the Peruvians.

Rabbit Salad.—Rabbits are very plentiful at certain seasons of the year, and when they are cheap should be patronized by the poor as well as the rich. They make a very palatable salad. Cut up the flesh of two roasted rabbits into neat pieces; pour over them a plain dressing; add one slice of onion, a few bruised tarragon-leaves, and a little cayenne; let stand two hours. Take the hearts of three heads of lettuce, tear the large leaves apart, put them in the salad-bowl; drain the meat from the marinade, arrange neatly, and pour a rémoulade sauce over it; garnish neatly. Should you wish to use the dressing left after draining the meat, it may be used with the salad and a minced hard-boiled egg strewn over all; the onion should be removed before the meat is drained from the marinade.

Radishes.—The best way to eat radishes is to peel off the skin, dip them in salt, and eat from one's fingers; but we soon tire of sameness, and for a change we serve radishes as a salad. Scrape off the skin from six long rat-tail radishes, quarter them lengthwise, place them on a flat dish, pour over them a plain salad-dressing, and serve. They are also mixed with vegetable salads. The small,

round radishes are sliced very thin and mixed with cucumber salad. They are cut into flowers and used as a garnish by our chefs. Kettner does not approve of radishes in salads.

Radish-Pods, Salad of.—Gather a dozen pods of the rat-tail radish when they are half-grown; cut them slantwise and soak them in strong salt water half an hour; drain. Put into a salad-bowl four boiled potatoes sliced; add the radish-pods; chop up one shallot clove with one pickle and a few capers together, strew over the salad; over all pour a plain salad-dressing.

The pods may be gathered and used as an ingredient in mixed pickles, or they may be boiled and served with drawn butter.

A favorite German way of eating the black radish is to cut it two-thirds across into very thin slices and put a little salt between them; care should be taken not to cut through, as the radish should be served apparently whole; let it stand fifteen minutes and eat by pulling off one or two slices at a time.

Radish, Black, Salad.—Scrape the skin off three black radishes; cut them in slices; put them into a salad-bowl and add one sliced cucumber; pour over the dish a plain dressing; add a few capers and a teaspoonful of chopped herbs.

Radish-Leaves, Salad of.—The young radishes grown in a box or hot-bed must be thinned out to allow part of them to mature; those that are pulled are generally thrown

away, which is a mistake, as they make a very good salad served with a plain dressing and a few leaves of chopped chives.

Radishes are generally eaten raw, but boiled radishes are not to be despised; boil them fifteen minutes, drain, and serve hot with melted butter or serve cold with sauce vinaigrette.

The Madras radish is generally cultivated for its pods, which sometimes measure twelve inches in length. When young they are used for salads and for pickling.

"What consummate elegance, though the result was to be nothing (as we call it) but a radish or an onion!"—*Leigh Hunt*.

Rampion (*Campanula rapunculus*).—Rampion grows wild in many parts of this country. The roots are white, fusiform, fleshy, and, in common with other parts of the plant, abound in a milky juice. The lower or root leaves are oval, lanceolate, and waved on the borders; the upper leaves are long, narrow, and pointed. Stem nearly two feet in length, branching; flowers blue, sometimes white, disposed in small, loose clusters about the top of the plant, on the end of the branches. The plant flowers in July. When in seed the roots become fibrous, strong flavored, and unfit for use. It is cultivated in France for the sake of its roots and young leaves. One authority says: "Its young roots are far more delicate than radishes." A salad made of the young roots and tender leaves mixed with a little cold veal, a plain dressing, and a few minced capers, is delicious.

The roots boiled, cut into quarters lengthwise, and placed

on a bed of the leaves, and served with a piquant dressing, are very palatable.

Ranhofer's Salads. (Chef de cuisine at Delmonico's, New York.)

Mayonnaise Dressing.—Put the yolks of two eggs in a deep dish with a little salt and white pepper; into these stir briskly some olive-oil, which must be added very gradually, and alternated every little while with a few spoonfuls of vinegar. This dressing should have an agreeable flavor and a rather stiff consistency.

Lobster Salad.—Plunge into boiling water two live lobsters, and allow them to boil, say, at least thirty minutes, according to their size. Take the hearts of six heads of lettuce; boil three eggs hard; stone twenty-four olives; cut some beets into nice, even shapes. Break off the shells of the lobsters, take out the solid flesh, and cut into cubes; place in a deep dish and season with salt, pepper, oil, and vinegar; wash your lettuce well, put it into a salad-bowl, turn in your lobster, covering it with Mayonnaise dressing, as directed for chicken salad.

Maréchal Salad.—Boil two heads of lettuce, then cut each in eight pieces, add some minced potatoes, sprigs of cauliflower, string-beans, and coldslaw, all boiled in salt water. Strain and mix in some chopped gherkins, beets, anchovies, capers, and small white pickled onions. Roast some little bread-balls crisp, dip them in olive-oil, and add to the foregoing. Serve in a salad-bowl garnished with hard-boiled eggs, anchovies, and herbs.

Chicken Mayonnaise.—Take as many chickens as are

wanted for the bulk of your salad; boil them in bouillon-broth until sufficiently cooked, then take them out and remove all the flesh, being careful to reject all bones and skin. Cut into sizable cubes and put them into a deep dish; season with salt, pepper, oil, and vinegar, and let it remain some hours in the pickle. Put into a salad-bowl about three times as much lettuce as you have chicken, which latter put into the centre of the lettuce, covering it with Mayonnaise, garnished with bits of lettuce, hard-boiled eggs, olives, capers, beets, etc., cut in symmetrical shapes.

Raspberry Salad.—Squeeze out the juice of half a pint of red currants, add sugar to taste, a saltspoonful of fresh-ground cinnamon, and half a wineglassful of brandy; arrange in a compot a quart of ripe raspberries, and pour over them the sauce. Or,

Arrange the raspberries neatly in the dish, dust powdered sugar over them; squeeze out the juice of an orange, add to it a wineglassful of maraschino, and pour over the fruit.

Raspberry Salad.—Place in the centre of a compot a mound of raspberries, and put round them a border of white currants; garnish the border of the dish with fruit, leaves, or flowers; prepare a gill of sugar-syrup; add to it a few spoonfuls of brandy or liqueurs, and place on top of the fruit a layer of sweetened whipped cream. In serving pour a little of the syrup on each portion.

Ravigote Butter (*à la Gouffé*).—This butter is composed of the following ingredients pounded together in a

mortar : first, blanch in boiling water for two minutes one pound of herbs—tarragon, mixed chervil, burnet, chives, and cress—then press out the water by squeezing them in a cloth. Put them, with half a dozen well-washed anchovies and the same of hard-boiled eggs, into a mortar ; add a piece of garlic (about the size of a pea), a seasoning of salt and pepper, two ounces of gherkins, and two ounces of capers ; these last should be well squeezed from the vinegar. When well pounded and smoothed through a sieve they are to be mixed with two pounds of butter, two tablespoonfuls of oil, and one of tarragon-vinegar, and again pounded and mixed for use.

Rayfish Salad.—The wings of the rayfish are excellent served as a salad. Cut the fish into strips, wash them well in salt water, then cover them with more salt water, and let them stand over-night. Next day boil them slowly till tender, drain, remove the skin, break the fish into neat pieces, place them in a salad-bowl and cover them with a plain dressing ; let stand two hours. Cut up half a bowlful of celery, drain the fish and add to the celery ; pour over this a rémoulade ; garnish with spiced oysters, hard-boiled eggs, and shrimps.

Beets cut bowl-shaped instead of into plain slices, and filled with the hard-boiled white of eggs, and the space usually occupied by the yolk filled with shrimps, look very pretty, and are much used by professional salad-makers as a garnish for fish salads.

Rocambole (*Allium scorodoprasum*).—This plant is a

half-hardy perennial from Denmark, partaking of the character of both the leek and the garlic. The bulbs or cloves are similar to those of the common garlic; leaves large, flower-stalk about two feet high, contorted or coiled toward the top, and producing at its extremity a group of bulbs or rocamboles intermixed with flowers. The bulbs have a milder and better flavor than the common garlic, and are used as the shallot and garlic. A few cloves of rocambole added to a potato salad is appreciated by many.

Rockfish Salad, Major Bailey's.—Boil a medium-sized rockfish; when done, drain and cool, remove skin and bone, and break the fish into flakes; put them in a salad-bowl, and add enough plain salad-dressing to cover the fish; let it stand five hours; prepare a Mayonnaise in the meantime. Take half a can of shrimps, boil them three minutes; drain and cool. Put into a salad-bowl the hearts of two heads of lettuce, arrange neatly; add the fish; around it arrange the shrimps neatly; garnish with little heaps of shrimps, hard-boiled eggs, and white lettuce-leaves; pour over the salad the Mayonnaise.

The yolk of the hard-boiled egg may be removed and the space filled with shrimps. Chilli-Colorado is used in the Mayonnaise instead of black pepper, which is furnished to the army through the Subsistence Department, U.S.A.

Rock-Tripe, a name given by Arctic navigators to *Umbilicaria* and *Gyrophora* genera of the lichen family

growing on rocks. In consequence of their mucilaginous character, of the nature of Iceland moss, they have been of great utility to Polar navigators.

Romaine Salad.—Wash quickly and dry two heads of romaine lettuce; break each leaf in two, put them in a salad-bowl; chop up fine a few leaves of tarragon, chervil, and chives, sprinkle over the salad; add a plain salad-dressing, toss lightly, and serve.

This kind of lettuce is seldom bleached, and, having an agreeable bitter taste, is greatly appreciated by the epicure. It is at its best served with a plain dressing, but some prefer a Mayonnaise with it, which I do not recommend. Romaine lettuce is not as good as the cabbage-headed varieties to mingle with meat or fish salads.

An old English friend of mine eats this lettuce every morning with no other condiment than a little salt.

The ancient Roman salads consisted of this lettuce generally eaten with salt, sometimes with meat or fish gravy, to which was added oil, vinegar, honey, onions, or garlic.

Roman Peasant's Salad.—

With hasty steps his garden-ground he sought;
There, delving with his hands, he first displaced
Four plants of garlic, large, and rooted fast;
The tender tops of parsley next he culls,
Then the old rue-bush shudders as he pulls,
And coriander last to these succeeds,
That hangs on slightest threads her trembling seeds.

Placed near his sprightly fire, he now demands
The mortar at his sable servant's hand ;
When, stripping all his garlic first, he tore
Th' exterior coats and cast them on the floor,
Then cast away with like contempt the skin,
Flimsier concealment of the cloves within.
These search'd, and perfect found, he, one by one,
Rins'd and disposed within the hollow stone.
Salt added, and a lump of salted cheese,
With his injected herbs he cover'd these,
And tucking with his left his tunic tight,
And seizing fast the pestle with his right,
The garlic bruising first he soon expressed,
And mix'd the various juices of the rest.
He grinds, and by degrees his herbs below,
Lost in each other, their own pow'rs forego,
And, with the cheese in compound, to the sight
Nor wholly green appear, nor wholly white.
The work proceeds ; not roughly turns he now
The pestle, but in circles smooth and slow,
With cautious hand that grudges where it spills,
Some drops of olive-oil he next instills.
Then vinegar with caution scarcely less,
And gathering to a ball the medley mess,
Last, with two fingers frugally applied,
Sweeps the small remnant from the mortar's side,
And thus, complete in figure and in kind,
Obtains at length the salad he designed.

—*Cowper's translation of Virgil.*

Rape is generally cultivated like mustard for its seeds. It is sometimes grown for salads, the seeds being sown in April, and for a succession once in three or four weeks till August or September. Sow thickly in drills ten or twelve inches apart, and cover half an inch deep. The soil should be rich and moist, in order to induce a rapid growth, and thus to give a tender, succulent character to the young leaves, which are the parts used in salads.

There are four or five species.

Roselle (*Hibiscus sabdariffa*).—A biennial of the mallow family, native of India; recorded to have been cultivated by Gerard in 1596; it is now common in most warm countries. The calyces of the flowers when ripe are pleasantly acid and used for flavoring tarts and jellies; they also make a cool, refreshing drink, called sorrel drink. The young leaves are used in salads.

Royan Salad.—Royans are small fish, not unlike sardines, but are smaller, more delicate in taste, and less oily. "Royans à la Vatel" are for sale at all first-class groceries. A very dainty salad is prepared thus: take one box of Royans, drain the oil from them, and split them in two. Put into a salad-bowl the leaves of one head of lettuce; add the fish; take a two-ounce bottle of oyster-crabs, arrange them round the fish; pour over all a plain salad-dressing, toss lightly, and serve.

A few fresh herbs added is an improvement.

Salads in England.—A correspondent of the London

Standard plainly puts the condition of the salad question in England in 1880 in the following lines :

"SALADS.—At the period when I first made acquaintance with the Continent—France, namely—although the art of salad-making was infinitely better understood there than here, it was nevertheless quite a usual thing to see in England the salad brought to table dressed. This is almost no longer the case. Instead of dressed salad, lettuce plants, and almost always the cos variety, longitudinally cut, are presented. They are generally served on a flat dish, whereon it would not be possible to dress them if inclination prompted the attempt. When a salad-bowl does figure the probability is that the salad stuff will be found lying at the bottom, undressed, but finely chopped and sodden in its own escaped juice, mingled with a quantity of water, which, after the washing, had not been shaken off.

"Of late curious crescentic plates are put by the side of each cover at table, which, as it seems, are intended to receive the lettuce sections. Thus, so far as concerns salad, the only visible pretence at improvement has been made by the potter. But he has gone in the wrong direction. It was the bowl for making the salad, rather than the plate to eat it from, that required his attention. For your British potter salad-bowls are all of one size, or nearly so, whether for the service of one, two, or a dozen people; whereas in France a complete dinner service comprises several sizes of salad-bowls. French salad-bowls are, moreover, always round in form, as ought to be vessels wherein stirring or mixing has to be done; but the British article has, by some foolish conceit, come of late to be oval. As for the actual salad materials, if something more than lettuce and mustard and cress be coming into use, progress in that direction is uncommonly slow, and is almost confined to the neighborhood of Leicester Square.

"But, such as it is, that progress has hitherto avoided the line in which it was most wanted; for that wherein English salad,

even when fairly well made, is chiefly defective is what the French call *fourniture*—that is, flavoring *finer herbes*, such as chervil, tarragon, and chives, without which every salad is insipid. This, however, was perfectly well known in England two hundred years ago. To have arrived, in the year 1880, to the all but total disuse of those herbs implies no inconsiderable progress backward. I have in my possession a copy, one of the fourteenth edition, of John Evelyn's 'Acetaria, or Book of Salets,' the contents of which make it evident that at the time of that publication the management of salads was not more of a mystery in England than in France. The falling off which has taken place therein is no solitary event. Cookery and the art of the table in general have, no doubt, undergone the same process of decay; for it can hardly be doubted that in past ages, when English cooking vessels were made of copper, like those of most foreign countries in the present day, and charcoal was the ordinary kitchen fuel, this country had much the same style of victuals as the rest of the civilized world. The introduction of iron pots and pit-coal firing has largely to answer for the sorry pass to which the culinary art has come here."

Salad Pickle.—Fill a stone jar two-thirds full with equal quantities of sliced Spanish onion, cucumber, sour apples, and Jerusalem artichokes; arrange the sliced ingredients in alternate layers; mix a tablespoonful of salt and a teaspoonful of cayenne together, and sprinkle a little on each layer; add two wineglasses of soy, and fill up the jar with vinegar; cover air-tight. If the pickle is to be kept a long time reduce the vinegar one-third by boiling.

Salad Vinegar.—Dry salad-herbs may now be had at nearly all first-class groceries. Put four ounces tarragon, two ounces chervil, two ounces summer savory, half an

ounce of mint, and three bruised shallots into a two-quart stone jar; pour over them a quart of hot vinegar, cover, and at the end of two weeks strain and put into small bottles.

The green herbs may be used when they can be procured.

Salmon Salad.—Broil two salmon steaks; when done remove skin and bone, break the fish into flakes, put it into a salad-bowl with salt, pepper, vinegar or lemon-juice, and a very little oil, as the fish is naturally oily; let it stand an hour. Put into a salad-bowl a quantity of crisp lettuce, add the salmon, pour over it a Mayonnaise, garnish with olives, hard-boiled eggs, and anchovies.

Put into a salad-bowl three stalks of celery cut up; add to it half a pound of canned salmon; arrange neatly, pour over it a *rémoulade* sauce; garnish with spiced oysters, shrimps, and celery-tops.

Boil a salmon whole; when done, cool, arrange it on a fish-dish; prepare a green Mayonnaise, fill a paper cornucopia with the sauce, and squeeze it through the small end of the cornucopia over the fish in waves representing scales; garnish with the hearts of lettuce, hard-boiled eggs, and crayfish or shrimps. The Mayonnaise may be colored red instead of green by using lobster coral pounded to a paste and mixed with the sauce.

Salmon Salad a la Russe.—Decorate a timbal-mould with tails of crayfish, truffles cut into fancy shape, white of eggs, and vegetables all cut into neat shapes and dipped

into a strong, clear jelly. Spread a layer of gelatine Mayonnaise all round the mould; when cold and set fill the mould with pieces of cold boiled salmon mixed with macédoine and Mayonnaise; lastly, add a layer of jelly; when cold and set dip the mould in a little hot water a moment, turn the salad out on a dish, garnish with tufts of jelly, crayfish, parsley, and hard-boiled egg. Send sauce rémoulade in sauce-boat with it to table.—*Richard Butler, Jr.*

Salmon Salad.—Take the remains of broiled salmon, or broil some slices specially for the purpose. Divide these into neat pieces two inches square and half an inch thick. Season the pieces separately with oil, vinegar, pepper, and salt. Make a little clear aspic-jelly, seasoned with pepper, salt, vinegar, and chopped herbs; wash some lettuce and dry it perfectly; divide the hearts into halves, and with them make a border round a dish; decorate this border with prawns, hard-boiled eggs, beet-root, etc.; put a layer of salmon in the centre of the dish, and pour over it a little of the aspic; when it is set put another layer, and let this set again, and repeat the layers, diminishing the circles each time, until at last they come to a point; pour a little more jelly over all, place half a hard-boiled egg on this, and fasten in it the heart of a cabbage-lettuce. Keep it in a cool place till wanted.

Salmon Salad.—This is an entremet which is resorted to on economical principles when there is any salmon left. Let the salmon cool, and cut it nicely into hearts or square lozenges. Decorate these hearts with fillets of anchovies,

pickled cucumbers, fine capers, and chopped eggs, to which add a few hearts of lettuce. Then make the sauce as follows: If you have some jelly, make a kind of Mayonnaise. Put three spoonfuls of oil, one spoonful of vinegar, with an equal quantity of jelly, seasoned with pepper, salt, and chopped herbs. Beat all these over ice till they are a white color, and decorate your salad with this Mayonnaise and a few lumps of jelly cut in different shapes. Make no decorations that are liable to tumble down. A plain, good salad will be eaten in preference to any other. Grand decorations are merely intended to ornament the centre of the table; what is to be eaten must be plain and good. Above all things, avoid introducing artificial colors. Nature has supplied you with nasturtium, red and white beet-root, beans of two colors (white and green), chervil, tarragon, burnet, etc.; besides, you have white or yellow omelettes. Never put any fish into a salad of fowl, for if the fowl tastes of fish, what will you have your salads maigres taste of?—*Ude.*

Salmon Salad with Jelly.—Take a piece of cold boiled salmon, weighing about two pounds; trim away the bones and skin and divide the flesh into squares; place these squares in a dish, season, and baste with oil and vinegar. Have ready a plain border-mould embedded in ice; ornament the sides and bottom with gherkins, whites of egg, fillets of anchovy, and capers, always dipping the details in half-set aspic-jelly. Fill the mould by degrees with cold jelly. Twenty minutes before serving turn the mould out on to a cold dish, fill half the centre with chopped aspic-

jelly, and on it place the squares of salmon in layers, alternated with Mayonnaise. Serve with Mayonnaise in a sauce-boat.

Samphire, Sea-Fennel (*Crithmum maritimum*).—This is a half-hardy perennial plant common to rocky localities on the sea-coast; stalk from one to two feet in height, tender and succulent; leaves half an inch long, somewhat linear, glaucous green, fleshy; flowers in terminal umbels, small, white or yellowish white; the seeds are oblong, yellowish, and, though somewhat larger, resemble those of fennel. The plant blossoms in July or August, and the seeds ripen in September and October. It may be propagated by dividing the roots, but the better method is to sow the seeds in autumn, as soon as they ripen. The leaves have a warm, pleasant, aromatic flavor, and when pickled in vinegar are used in salads and seasoning. This plant is just the thing for summer clubs and fish-houses located on or near salt water, where salad-herbs are scarce.

The golden samphire, growing like the preceding, naturally, on the marshes and sea-coast, is an inferior species. The plant has none of the pleasant flavor of the true samphire. The fleshy leaves and young branches may be pickled and used as a relish.

Sardine Salad.—Wash the oil from six sardines; then remove skin and bone and pour a little lemon-juice over them. Put into a salad-bowl a head of crisp lettuce-leaves; chop up two hard-boiled eggs; add the sardines to the lettuce, strew over them the eggs, and pour over

all a plain dressing. Some do not approve of washing the oil from the fish; but one of the reasons why Americans dislike oil is the fact that they first tasted oil from a sardine-box, which is generally a poor fish-oil instead of a good olive-oil. Or,

Put into a salad-bowl five stalks of cut-up celery; add to it two tablespoonfuls of canned shrimps; prepare a dozen sardines as directed above; garnish with shrimps, hard-boiled eggs, and celery-tops; pour over the centre of the dish a Mayonnaise.

Sauce Robert.—Kettner says "Mr. Hayward is wrong in saying that this sauce was invented by Mr. Robert," one of the leading cooks under the first Empire. "These cooks never invented anything so simple as Sauce Robert," which is so ancient that Rabelais describes it as necessary for all kinds of foods, and it is nearly three hundred years older than Rabelais, being mentioned by the French cook, Taillevent, in the middle of the thirteenth century. It is older even than Taillevent, and nobody can tell now how old it is, for the fact is that Robert is a myth. It is the corruption of an English name which the French did not understand. There was then a very free interchange of French and English. Half of France belonged to England, and as there were French names of dishes in England which the English did not understand, so there were English names for dishes in France which the French did not understand; the French had their *brout de chevreuil*, and the English had their *Roebroth* and *Roebrevet*, for which there were a number of varying recipes; one of these re-

cipes the French picked up, and, with that glorious faculty of altering names which has never failed them since their appearance in history, they concluded the name must be the same as that of their famous Norman duke, and they called it Robert. In its original idea Robert was Roebrevet—that is, Roebuck sauce. In the present day there is to be found in cookery-books a recipe for Roebuck or chevreuril sauce, as well as sauce for Robert.

Sauce Robert—Beauvilliers'.—Cut six large onions into dice, dredge them with flour, and pass (to fry lightly) them in butter till they are of a fine brown tint; moisten them with a very little broth and let them cook; add salt, whole white peppers, and last of all French mustard, after which it ought not to go on the fire, as to cook mustard spoils it. In lieu of French mustard use English mixed with tarragon-vinegar.

Sauer-Kraut.—Kettner claims that there are few more wholesome things than the salted cabbage called sauer-kraut. It may be used in a salad in this way: Boil the sauer-kraut twenty minutes to half an hour, drain, put it in the centre of a salad-bowl, arrange round it a circle of boiled ham cut up fine, pour over it a bacon-dressing, and strew over all a chopped hard-boiled egg.

Sausage Salad.—All our leading grocers have an endless variety of truffled and other imported sausages, which may be introduced into salads, either served with lettuce and Mayonnaise or mixed with vegetable salads and a plain dressing.

Cut the sausage into neat, thin slices, arrange them round the edge of an oval platter; spread on each slice a little Mayonnaise, put another slice on top of these, and add more Mayonnaise; add to each four capers; put in the centre of the dish a mound of chicory, add to it a plain dressing, strew over it the yolks of two hard-boiled eggs and a few minced herbs.

Scallops, Salad of.—Soak the scallops in salt water half an hour, rinse them in cold water, and boil slowly twenty-five minutes; plunge them into cold water, drain, and cut them into thin slices. Put into a salad-bowl a few stalks of celery, cut up, add the scallops, and pour over the salad a Mayonnaise.

“Salads have this superiority over every other product of culinary art, to wit: it is suitable to all seasons, as well as all sorts of persons, being a delectable conglomerate of good things.”—*Frederick Saunders.*

Sea-Holly (*Eryngium*).—A strong-growing perennial of the carrot family found on the sandy sea-shores. It has stiff stems bearing spiny leaves and spiny, compact umbels of blue flowers; the whole plant has a bluish-white appearance. The roots are thick and fleshy, and on account of their peculiar flavor are preserved in sugar and sold by English confectioners as candied eryngo. When boiled and roasted they resemble chestnuts, and are very palatable.

Sea-water in Cookery.—It was stated at a meeting in 1871 of the Academy of Sciences at Paris that while excellent bread can be made with sea-water, forming, by the way, a good tonic, soup or broth made with sea-water is

entirely uneatable. It would appear that the chloride of magnesium in the sea-water is raised to a temperature, during the process of baking, sufficiently high to effect its destruction, and thereby cause its peculiar taste to disappear, which is not the case when merely boiled as for soup. If, however, cane-sugar be added to the soup a compound is said to be formed of the sugar with the chlorides, which has not the disagreeable taste of the latter.

Sea-weeds.—

“ I am as a weed

Flung from the rock, on ocean's foam to sail
Where'er the surge may sweep, the tempest's breath prevail.”

—*Byron.*

Having had excellent opportunities for experimenting with the large varieties of sea-plants that are found along our coast, I am fully convinced that a number of very nutritious plants have been heretofore sadly neglected. I have convinced a number of my friends also that even the common tough, leathery fucus, familiarly known as rock-weed, is an excellent article of food; the many dishes prepared from this weed were pronounced very acceptable by them. There is certainly no good and valid reason why these weeds should not be eaten by people in moderate circumstances if they would but throw prejudice aside and learn to realize the fact that everything on earth has its purpose, even sea-weeds.

The young fronds may be eaten raw, but are not very digestible served this way. They are very good when cooked and served as greens.

Wash them well in fresh water to remove all sand ; pick them over carefully and put nearly a peck into a large iron pot ; cover them with cold water ; add a teaspoonful of cooking-soda, an onion, and a ham-bone ; boil nearly four hours ; drain well. Now place "the greens" in a wooden tray and chop them fine ; season with pepper and a little salt ; it may be served at once, but it is more palatable if set one side to become cold. When wanted prepare it as follows :

Fry out a small quantity of bacon, pork, or ham fat in an ordinary frying-pan, or what our New England people call a spider ; add the desired quantity of the cold-boiled "greens" ; keep stirring to prevent burning ; when quite hot serve.

A very good soup may be prepared from dried rock-weed that has been soaked in water containing a liberal quantity of bi-carbonate of soda, and afterward dried in the oven ; if improperly dried the oil in them emits a disagreeable smell.

The fresh weed chopped fine and boiled with vegetables and a scrap of meat makes a very fair quality of soup. The vegetables may be omitted if they are not plentiful.

An excellent pickle is made as follows : Select a quantity of well-shaped fronds, trim them in equal lengths, and boil them one hour ; to every quart add one bay-leaf, six bruised pepper-corns, three cloves, one button-onion, and a pea of soda ; drain carefully. Arrange them neatly in wide-mouth bottles ; add to each bottle one fox-tail pepper and half a button-onion ; fill each bottle with hot

vinegar; when cool cork and seal. In three weeks they will be ready. It may be salted away in barrels covered with brine and afterwards treated as common pickles.

Tomatoes and peppers stuffed with parboiled rock-weed are really excellent. Chop up the seeds of the peppers with the weeds; add a few celery and mustard seeds, a clove or two, and a few tarragon-leaves if obtainable; stuff, tie, and pickle in the usual manner.

Many similar dishes may be prepared from this neglected plant, but a lengthy description might appear labored; suffice to say that not only is the plant excellent served in the manner described, but prepared as a purée and served with boiled beef, mutton, and salt meats it is very acceptable.

The following is an analysis of the rock-weed kindly furnished me by Clifford Richardson, of the Agricultural Department, Smithsonian Institute, Washington:

ANALYSIS OF A MIXTURE OF FUCUS NODOSUS AND VESICULOSUS.

Water	15.55
Ash	16.27
Oil	7.36
Thallochlor.....	.46
Brown color, etc	1.18
Phlobaphen-like substance.....	7.69
Mamute and organic acids	11.90
Mucilage (Gum).....	14.80
Acid extract	10.00
Alkali extract.....	7.19
Fibre.....	4 10
Albumen.....	3.50

 100.00

CLIFFORD RICHARDSON.

Prof. Farlow, of Harvard College, writes: "I believe you are the person of whom Mr. Richardson, of Washington, told me that you were able to prepare a dish from the common rock-weed. If so, you must be a genius, for no one else has as yet succeeded in doing so."

The sea-weeds used as food in foreign countries are the more tender and delicate varieties; the natives of Ireland consume great quantities of sea-weeds of the dulse family, but their constant diet of raw sea-weeds is very injurious.

Perhaps a brief description of the plants of the genus fucus may be appreciated by a few of my readers.

They are popularly known as "rock-weed," and constitute more than one-half of the algæ on the Atlantic coast. *F. vesiculosus* is the fucus with little bladders or air-vessels, and is the most plentiful. The frond varies from a quarter of an inch to one and one-half inches in width. It is tough and leathery in substance, with an evident midrib throughout the main stem and branches.

Each frond is commonly provided with from one to several pairs of oval air-bladders.

F. nodosus is the knotty fucus, so called from the knots or swellings which the interior air-vessels make in the frond. This species differs from the last in several important respects—first, by having a very narrow frond of the same width throughout; second, by its method of branching, which is not in regular forks; third, by the presence also with the branches of short branchlets, whose wider ends thicken and produce the seed-vessels; and fourth, by

the prominent swellings or knots in the stem and branches, which give the species its name. Its color is a rich olive in water, but quite black when dry.

F. furcatus resembles *F. vesiculosus* in its general habit of growth, but differs from it in several particulars—namely, in having a somewhat wider, shorter, and more constantly typical frond, having no air-bladders, and in the terminal forks which bear the seed much longer, more pointed, and less swollen.

For a more detailed description of these and other seaweeds I refer the reader to A. B. Hervey's excellent work on sea-mosses.

Alaria Esculenta.—The edible alaria grows upon submerged rocks just below tide; it is a plant whose peculiar aspect makes it very easy of recognition, and quite impossible to confound with any other. It has a stout midrib running the whole length of the plant; this, together with the little cluster of ribless leaflets or wings borne on each side of the stem, just below the blade, makes the plant quite distinct from any of the other kelps.

The blade consists of a thin bony or ruffled olive-colored membrane from one to four inches wide, developed on each side of the thick midrib, and is of a delicate, tender texture, which easily tears, and then always in the same definite oblique direction toward the midrib. The young plants are of a delicate green color.

Soak the freshly-gathered plants in cold water; wash them well, and dry them in a napkin; arrange them in the centre of a dish; pour over them a plain salad-dressing,

the juice of half a lemon, and serve with cold mutton or veal.

They are excellent when introduced into combination or vegetable salads; arrange neatly in the centre of a dish; add the other ingredients round them in tufts or circles; bacon-dressing is very appropriate.

The plant dried has many uses. It may be used in soups; it makes an excellent confiture; or it may be soaked and boiled, and chopped up very fine, seasoned properly, and served with roast meats. The midrib stripped of the membrane and the thickened fruit-laden leaflets are excellent boiled in sugar and then allowed to dry.

Agarum Turneri.—A sea-weed popularly known as sea-colander. It grows in deep water; holds to the rocks by a number of root-fibres; has a stem one-fourth of an inch in diameter and three to twelve inches long, which expands somewhat as it enters the blade. This blade is usually a foot wide, often more, and from one to three yards long, perforated throughout with holes of various sizes. Wash it thoroughly in fresh water and dry slightly in the sun; tear it apart and put into a saucepan with half a green pepper, three slices of bacon, and water enough to prevent burning; boil three hours, strain, and allow it to get cold, and chop up fine; when wanted put into a frying-pan with an ounce of butter and a little more seasoning of pepper and salt if necessary. When thoroughly heated arrange on a flat dish, garnish with hard-boiled egg, and serve.

Carageen Moss (Chondrus crispus).—A sea-plant of the

dulse family. Common on the rocky coast, and extensively collected as an article of food. It contains a considerable quantity of gelatine. In Ireland it has long been of economical value. "The fronds are from three to six inches high, thick, tough, and leathery. At first it is a flattened stem; this at the height of an inch or more, when it is from one-eighth to one-half an inch broad, forks widely. Thence, at varying distances, the parts divide and sub-divide in the same way five or six times. The frond exhibits all the possible variations between the long and narrow and the short and wide, and all shades of color between an olive-green and very dark purple or jet black. The purple and other dark shades are apt to be sheeny or iridescent in the water, and are sometimes the most beautiful plants to be found growing in the tide-pools, especially when the sun shines upon them. Its geographical range is from the Carolinas north on the East coast. It is not found on the Pacific side of the continent."

Carageen is generally used for making blanc-mange, puddings, and other sweet dishes. It is soaked in water and boiled, the liquor is strained, and milk, sugar, and flavoring extracts added, after which it is allowed to boil at once, then poured into moulds, which are placed on ice to cool. When cold it is served plain or with a sauce made of cream, sugar, and egg, flavored with a little nutmeg.

An excellent soup is made of the legs and wings of chicken, cupful of rice, four tomatoes, and a handful of carageen moss. It is quite palatable boiled and served

with butter, pepper, and lemon-juice, or mixed with other sea-mosses it may be served as a vegetable.

Eucheuma isiforme, *Gigartina mammillosa*, and species of *Gracilaria* are quite as useful for culinary purposes as *Chondrus crispus*, and would have been made famous had they been known when French cookery took form.

Ceylon Moss (*Plocaria lichenoides*).—A plant of the sea-weed family; a delicate white sea-weed found growing upon rocks in the Indian and Malayan Seas. It is largely collected and made into a jelly, and forms an extensive article of trade at Singapore and in Borneo, constituting part of the cargo of the Chinese junks on their return voyages. When boiled with sugar it forms a sweet jelly, much resembling that made from calves' feet, and is highly esteemed both by Europeans and natives for the delicacy of its flavor. It may be used in mixed salads and soups on ship-board.

Another species of *Plocaria* (*P. tenax*) is also of great importance as a food-plant to the Chinese. It is closely allied to the preceding, and native of the same seas. In the Bay of Siam are caves and precipitous rocks, on which the sea-swallows build their glutinous nests, which are made from the fronds of the latter species, and highly prized by the Chinese. The nests are collected at regular seasons of the year, and form an extensive article of commerce with China, and are largely used as food in the preparation of soups, jellies, etc. In collecting these nests the natives are exposed to many perils in mounting and descending the rocks, and lives are occasionally lost. These nests are

offered for sale by Chinese merchants both in New York and California.

Dulse (*Rhodymenia palmata*).—A sea-plant growing abundantly on the rocky shores, and found at the lowest ebb of the tide. Hervey describes it as having a very short, round stem, one-fourth of an inch in diameter, spreading out into a broad, thin, fan-shaped membrane, three to twelve inches or more high, destitute of midrib and veins. The whole plant somewhat resembles a hand with the fingers spread out. The old fronds are generally much thicker than the young ones. The plant is of a dark red or wine color.

As an article of food dulse should rank with many of our best vegetables, and I am surprised that it is not more commonly used.

Equal quantities of smoked fish, pilot-bread, and dulse with bacon-dressing is a dish that no hungry man should despise. Potatoes and dulse with a little salt pork is quite acceptable, or it may be boiled as greens with a strip of bacon or a ham-bone; chop it fine, season with salt, pepper, a little fresh butter, and lemon-juice. I have made a very palatable sandwich by placing dulse between slices of buttered bread.

Gigartina.—This genus of sea-tangle has several large and showy species, common on the Pacific coast; they are inclined to be thick, fleshy, and bulky, and all the species show in some form the presence of the papillose or tuberculose processes, which characterize and give the genus its name. The plants are of a decidedly gelatinous substance.

G. exasperata grows two or three feet long and six to ten inches wide, of a livid red color. The heavy, thick, simple, flat frond will serve to distinguish it.

G. mammillosa grows near low tide in Massachusetts Bay and northward, upon the rocks, among the *Chondrus crispus*, which it much resembles in appearance; the color is a very dark purple—black and rigid when dry.

All these species may be used in soups, salads, sauces, purées, and as greens.

Laminaria.—The plants of this genus bear collectively several popular names, such as “kelp,” “oarweed,” “devil’s aprons,” etc. They are the largest algæ belonging to the flora of the Atlantic coast. They are used as food by the inhabitants of nearly every quarter of the globe; it forms the second export in point of quality and value from the island of Yezo, whence it goes to more southern Japan, but chiefly to China, in which latter country it is in great demand, both as a food proper and on account of the saline matter it retains.

Laver.—A name for ribbon-like sea-weeds, of which there are different kinds; they are extensively used as food in Ireland and Scotland, China and Japan.

The *Porphyra vulgaris* is common everywhere; it is known by its frond of dark purple, thin and somewhat elastic membrane, which has a peculiar sheen like that of satin. This quality of it is retained somewhat even when dry, but is very striking and beautiful when the plant is in the water; it is found near low tide growing attached to boulders. The North Adams Colony imported it by bar-

rels from China at one time. It may be used as food either fresh or dry; it makes a very fair salad mixed with cold boiled or smoked fish, canned meats, etc. I have made a very acceptable salad of roasted mussels, laver, and wood-sorrel, with a little tried-out bacon-fat.

When dry it may be used in soups, and boiled, seasoned well, and served with boiled or roast meats; a little lemon-juice improves its flavor. If very dry it should be soaked in water some time before using.

Ulva Latissima.—The widest ulva; it is extremely variable in size and shape. The substance of the frond is thin and soft, and very smooth and glossy, like silk; the color is a brilliant green, being darker the deeper the water it grows in. It is often found pierced with holes, the result either of the attacks of snails or of age. It is an annual, and often found in winter. It grows in pools and below low-tide mark; it is common everywhere. It may be used as salad or as greens.

“More delicate than forms that frost doth weave
On window-panes are oceans filmy brood.”

—T. G. Appleton.

Scurvy Grass (*Cochlearia officinalis*).—This is a hardy, annual, maritime plant common to the sea-coast. The root-leaves spread regularly from a common centre, are heart-shaped, fleshy, smooth, and glossy; those of the stem sessile, oblong, and toothed on the margin; the stalks are numerous, and from six inches to a foot in height; the flowers are small, white, and produced in compact groups and clusters. The radical leaves are used as a salad or

mixed with other salad-herbs; when bruised the old leaves emit an unpleasant odor, and have an acrid, bitter taste when eaten.

Shad Salad.—The bones in shad are very troublesome, but a bath of lemon-juice is very beneficial, and tends to soften the small bones that cannot be removed. Take half a shad, remove the back-bone; put the shad on a flat dish and pour over it a liberal quantity of lemon-juice; let it stand over night, drain, and broil; tear it into pieces, put them in a salad-bowl with a quantity of lettuce, and pour over it a remouladé sauce.

Geo. M. Totten, U.S.N., prepares a fish salad by covering the fish with lime-juice for twelve hours, then tearing it into pieces and mixing it with shredded cabbage-palm; over all he pours a plain salad-dressing; no other cooking is required than the action of the lime-juice. Mr. Totten tells me that this is a favorite salad in many parts of South America.

Shad-roë is excellent in a salad. Boil the roë twenty minutes, drain, and cool. Put into a salad-bowl a head of lettuce-leaves; break the roë into small pieces; add a plain salad-dressing; garnish with little mounds of shrimps.

Shaddock Salad.—Shaddocks resemble an overgrown orange. Peel and separate the sections carefully. Cut through the white pith on the outer side of each section and force the pulp out on a dish; dust powdered sugar over it; add a wine-glass of light sherry and half a wine-

glass of Curaçoa. Should you allow any of the pith to mix with the salad it will spoil your dish, as it is bitter and indigestible.

Shallot—Rocamboles.—Having been asked by people whom I thought should know what these vegetables are, and taking it for granted that if they did not know the young housewife certainly would not, I herewith give a brief description of them. The shallot (*Allium Ascalonicum*) and rocambol (*A. scorodosprasum*) are biennial plants of the lily family. They have bulbs similar to garlic, but much milder; these bulbs are called cloves. They are used for seasoning soups, made dishes, and for flavoring sauces and salads. They do not possess so strong an odor as the onion, and for this reason are more desirable than the onion in salads. They may be had from all first-class vegetable dealers.

Shallot.—The shallot is a native of Palestine, the specific term, "Ascalonicum," being derived from Ascalon, a town in Syria. The root of the plant is composed of numerous small bulbs united at their base, the whole being enclosed in a thin skin, varying in color in the different varieties.

The roots are readily increased by offsets. The ripening of the crop will be indicated by the decay of the leaves in harvest-time.

It is extensively used in French and German salads. The young shallots will prove an agreeable addition to all spring salads.

Shallot Vinegar is extensively used in salads in Europe;

a few drops are sufficient to give the salad a delicious flavor. Put a few of the bruised cloves in a bottle and pour over them a quart of strong vinegar; in ten days it will be ready for use. Shallot wine is made in the same manner, using wine instead of vinegar; this wine is extensively used in cookery, and imparts an agreeable flavor without the acidity.

Shark Salad.—The second annual dinner of the Ichthyophagous Club was served by me at Starin's Glen Island, May 27, 1881. One of the grand entrées was "sauté of shark, Chinese style." Many of the guests could hardly believe that the palatable dish they had eaten was really shark until the Reception Committee assured them of the fact. The committee, composed of men of excellent gastronomic tastes and judgment, pronounced the dish equal to salmon. Their names are John Foord, E. G. Blackford, Barnet Phillips, and Fred. Mather.

On the following day I made a salad of shark steak as follows, that was delicious. Cut the steak an inch thick across the fish and boil it slowly one hour; change the water twice; when done put the steak in a saucepan with a little oil, and season with salt, pepper, a tablespoonful of vinegar, and quarter of an onion; simmer until both sides are brown, and set it one side to cool; when cold break the fish into flakes; put it in a salad-bowl; cover it with a highly-seasoned marinade; let it stand two hours. Put into a salad-bowl the hearts of two heads of lettuce; drain the fish, add to the lettuce, and pour over all a Mayonnaise.

Sheepshead Salad. — Take cold boiled sheepshead, broken into flakes; sprinkle over it a dozen minced capers and a teaspoonful of Worcestershire sauce. Put into a salad-bowl the crisp leaves of a cabbage-lettuce; add the fish; pour over all a Mayonnaise; garnish neatly and serve. Equal quantities of sheepshead and boiled lobster, with lettuce and a rémoulade dressing, make an excellent salad.

Shepherd's-Purse (*Capsella bursa pastoris*).—A hardy annual plant growing naturally and abundantly about gardens, roadsides, and in waste places. The root-leaves spread out from a common centre, are somewhat recumbent, pinnatifid, toothed, and in good soil attain a length of eight or ten inches; the stem-leaves are oval, arrow-shaped at the base, and rest closely upon the stalk; when in blossom the plant is from twelve to fifteen inches in height; the flowers are small, white, and four-petaled; the seeds are small, of a reddish-brown color, and retain their vitality five years. The plant is used as spinach, the young leaves as salad. Blanched and served as endive it makes an agreeable early salad. In April and May it may be gathered growing spontaneously about cultivated lands, and, though not so excellent as the cultivated plants, will yet be found of good quality.

Shrimp Salad —Put into a salad-bowl the hearts of two heads of lettuce; tear the leaves apart; take a can of New Orleans shrimps; pick them over; reject all bruised shrimps; add the remainder to the lettuce; pour over

them a *rémoulade* sauce; garnish with lettuce-leaves, hard-boiled eggs, and a few little mounds of shrimps.

To make this salad perfect care must be taken to have the shrimps and lettuce as free from moisture as possible.

Boil a quart of fresh shrimps fifteen minutes; drain, remove the shell, and cover them with a plain dressing. Put into a salad-bowl the selected leaves of a bunch of cress; add to it the heads of a dozen asparagus-points; now add the shrimps and the dressing; chop up a small pickle, strew over the salad, toss lightly, and serve. Or,

Boil a quart of fresh shrimps; remove the shells; put them in the centre of a dish, mound fashion; chop up four hard-boiled eggs, white and yolk separately; put the minced yolks in a border round the shrimps; round the yolks put a border of lettuce torn up fine, and round the lettuce the whites of eggs; send to table with an English plain salad-dressing.

Shrimp Salad (*Capt. T. C. Miles*).—One can of shrimps and four ripe tomatoes; throw the shrimps into cold water a few moments; pick them over carefully, drain, and dry thoroughly. Put the tomatoes into boiling water to loosen their skins; put them on ice to cool; then slice and drain them as dry as possible; arrange them neatly on a dish; add the shrimps, and over all pour a good Mayonnaise. A garnish of crisp lettuce-leaves is not out of place with this salad.

The Chinese on the Pacific coast make a regular business of gathering shrimps and shipping them to China.

The shrimp-shells are also shipped to China, where they are used for ornamental and industrial purposes.

Nearly ten thousand packages of shrimp-shells were shipped from California in 1882.

Skirret—Crummock of the Scotch (*Sium sisarum*).—Skirret has much the taste and flavor of parsnip; the root is composed of several fleshy tubers as large as a man's finger, and joined together at the crown or neck of the plant; boil and serve with a plain dressing or drawn-butter. Mixed with potato and celery it makes an excellent salad. They are the whitest and sweetest of esculent roots, and contain a large amount of nutriment.

Smelt Salad.—Smelts have a peculiar flavor, which is disliked by some. A salad of smelts will find favor with this class. Boil ten medium-sized smelts fifteen minutes; when cold split them in two lengthwise, remove the bone, and cut the fish into inch pieces. Put into a salad-bowl the crisp leaves of two heads of lettuce; add the fish and two salted anchovies chopped fine; pour over the fish a rémoulade sauce; garnish appropriately and serve.

Smoked Meats.—Smoked and dried meats, such as beef, venison, buffalo, mutton, goose, etc., are used in salads; they should be cut or sliced small and thin. Chip up half a pound of smoked beef; put into a salad-bowl the leaves of a head of cabbage-lettuce; add the beef; chop up two hard-boiled eggs, strew them over the salad; add a plain dressing and serve. If the beef is too salty

soak it in cold water some time and dry it near the range, or omit salt from the dressing. Or,

Cut up four stalks of celery; put them in a salad-bowl; add three sliced boiled potatoes; chip up quarter of a pound of smoked beef, add to the bowl; mince a few herbs, strew them over the salad, and pour over all a ré-moulade sauce.

Snails.—The common garden snail is very good eating. Wash them in salt water, and boil them slowly twenty-five minutes; pick them out of the shell; put them in a bowl; pour over them a plain dressing, and let them stand in it at least one hour. Put into a salad-bowl a few crisp lettuce-leaves; add the snails, and pour over them a ré-moulade sauce; a very little onion or shallot may be added, if desired.

Solomon's Seal (*Polygonatum multiflorum*).—A perennial herb of the lily family, growing wild, and frequently cultivated in gardens; its young shoots are edible. Its creeping roots or rhizomes are in great repute, as they quickly remove bruises and discolorations of the flesh. Why not call it the "pugilist's panacea."

Sorrel Salad.—The cultivated sorrel is much used in salads; being too acid to be eaten alone, it is necessary to add other plants to it, and vinegar should be omitted in the preparation of the dressing. Do not cut the leaves, but break them in two if they are large; if small, serve them whole. The common field-sorrel is excellent in vegetable salads; mixed with dandelions and a bacon-

dressing one has a very good field or camp salad. The wood-sorrel has been used for culinary purposes for ages. A few of its leaves placed between the slices of a dry sandwich will be found very acceptable. When boiled in hot water or in soups its leaves partially dissolve. New England school-boys called it ladies' sorrel.

That this trefoil is the shamrock which excited the devotional feelings of St. Patrick when he landed in Ireland is shown by the fact that one of the names for it throughout the western part of Europe is Allelujah.

I received a salad recipe from a German friend, which was as follows: Six young leeks cut into strips, four black radishes sliced, half a pound of smoked, dried sausage, and a quart of sorrel, with a plain salad-dressing.

The French eat a great deal of sorrel, not merely because it is pleasant to the taste, but they think it must be good for the health; more than any other people they have preserved among them the ancient habit of looking to the medicinal value of their food. Most of us eat nowadays to satisfy hunger or to tickle the palate, whereas our fathers saw medicinal virtue in every beast of the field and in every herb that grows.

Sorrel (*Rumex acetosa*).—Sorrel is a hardy perennial. The species as well as varieties differ to a considerable extent in height and general habit, yet their uses and culture are nearly alike. All of the varieties thrive best in rich, moist soil, but may be grown in almost any soil or situation; the seeds are sown in April or May, in drills fifteen inches apart, and covered half an inch in depth. The

young plants should be thinned out to twelve inches apart, and in July or August the leaves will be sufficiently large for gathering. All of the varieties, whether produced from seeds or by parting the roots, will send up a flower-stalk in summer, and this it is necessary to cut out when first developed in order to render the leaves larger and more tender. The plants will require no special protection or care during winter; though a slight covering of strawy stable litter may be applied after the forking over of the bed, in the autumn, just before the closing up of the ground. Sorrel is extensively used in French cookery. It forms a prominent article in the markets of Paris as does spinach in those of this country, and it has been asserted that, amongst all the recent additions to our lists of esculent plants, we have not one so wholesome, so easy of cultivation, or one that would add so much to the sanitary condition of the community, particularly of that class who live much upon salt provisions.

It would be a very wise edict if an order was issued by the War Department ordering commanders of military stations to see to it that a sorrel-garden was cultivated at their posts whenever it is practicable. An army friend of mine once said that a fruit and vegetable garden established at Fort Riley would in a few years yield a bountiful supply of nutritious products. The trouble is in getting any one to devote their time to it.

Soy, Japanese.—Thomas B. Van Buren, U. S. Consul-General at Yokohama, writing on the food of the Japanese people (see Consular Report No. 9, July, 1881), says:

"Sauce enters so largely into the preparation of Japanese food for the table that it may be interesting to know how that mostly used is made. 'Shoyn,' known to us as 'Soy,' the one most extensively employed, is made from wheat and the shoyn-bean (ground) in equal proportions of one 'sho' each (a sho is about one quart, one pint, and half a gill). The materials are mixed and boiled, after which the mass is steamed in a basket or box for the purpose with a perforated bottom; when the steaming process is finished it is put into a cask and left until a green yeast is produced. The compost is then taken out and dried in the sunlight; when dry it is put in a cask with salt water. After standing a good length of time the liquid is strained and the sauce is ready for use. It has a rather pleasant flavor, and is said to be the basis of most of the renowned sauces prepared in England."

A teaspoonful of soy to each quart of terrapin is an immense improvement.

Spanish Mode of dressing Salad.—"It is a Spanish proverb that four persons are necessary to the proper preparation of a salad—a spendthrift for oil, a miser for vinegar, a counsellor for salt, and a madman to stir it all up. Take lettuce, or whatever salad is to be got; do not cut it with a steel knife, but tear the leaves from the stem, which throw away; wash the mass in many waters, and rinse it in napkins till dry; prepare in a small bowl equal quantities of vinegar and water, a teaspoonful of pepper and salt, and four times as much oil as vinegar and water; mix the same well together; prepare in a plate whatever fine herbs

can be got, especially tarragon and chervil, which must be chopped small. Since salad is often spoiled from making it long before it is to be eaten, destroying the crisp freshness of the plants, do not mix the sauce with the herbs, etc., until the instant that you are ready to transfer the result to your plate. Then pour the sauce over the salad, powder it with these herbs, and lose no time in eating."—*Ford's Spaniards and their Country.*

Almost every cook-book alludes to this well-worn Spanish proverb. It naturally occurs to me that a madman, or, in fact, any one devoid of common sense, should have as little as possible to do with preparing a salad.

Spanish Salad.—Arrange a mound of bleached endive in the centre of a dish; peel four ripe tomatoes, cut them into sections instead of slices, and arrange them round the endive; quarter four hard-boiled eggs lengthwise, remove the yolk, fill the space with minced shrimps or lobster; put the whites round the tomatoes, chop the yolk up fine and strew over the endive; chop up one sweet pepper and two shallot cloves together, strew over the yolk; pour over the salad a liberal quantity of plain salad-dressing and serve.

Cut up into dice a quart of boiled string-beans; put round them sections of tomato as above directed; strew over these one sweet pepper, cut into strips; chop up two stalks of celery, add to the salad; pour over all a plain dressing.

Spiced Fish, Salad of.—Cut up a five-pound fresh cod into pieces two inches long and an inch wide; rub these

with a little mixed spice and fry them a light brown; when cold put them in a jar and add a few bay-leaves, cloves, one minced shallot, a teaspoonful crushed peppercorns, salt, and pour over all hot vinegar enough to cover the fish; when cold add half a pint of oil, so as to remain on top; cover the jar air-tight; this will keep fresh and good a long time; when wanted serve it with crisp lettuce.

Spiced Vinegar.—Pound three cloves of garlic in a mortar with two tablespoonfuls of coriander-seed, a teaspoonful of celery-seed, teaspoonful of salt, a saltspoonful of ground ginger, a saltspoonful of cayenne, and the grated rind of one lemon; pour over the mixture a pint and a half of hot vinegar; when cold put into small bottles.

Spinach Salad.—Spinach was at one time a favorite salad-herb, but it is not much used now, except when other plants are scarce; yet young spinach makes a very good salad. Put into a bowl a quart of the young, tender leaves; cut up three spring onions, add them to the spinach; pour over all a plain dressing. Miss Corson recommends the addition of a few mint-leaves to this salad. I also consider it an improvement.

Spinach is so well known that a description of it is hardly necessary.

It is of Asiatic origin. When the leaves are two or three inches broad they are fit for gathering. This is done either by cutting them up with a knife wholly to the bottom, drawing and clearing them out by the roots, or only

cropping the larger outer leaves, the root and heart remaining to shoot out again; either method can be adopted, according to the season and other circumstances.

“A Frenchman thinks he cannot eat his dinner without his salad.’ It would be well if every one had the same appreciation of this most wholesome, refreshing, and at the same time most economical dish.”

Sponge Garden.—Place a wet sponge in a saucer, and sprinkle over it a quantity of mustard, cress, or pepper-grass seed, and it will soon be covered with a growth of fresh bright green. It must be judiciously watered (lukewarm water is the best); if kept too dry it will wither away; if too wet it may drop off.

Sportsman's Salad.—Gather a quantity of watercress and sorrel-leaves; arrange them in a pan or dish, and add to them a box of sardines—the fish should have the skin and backbone removed.

Dandelions and canned meats make a good sportsman's salad.

When sorrel or vinegar cannot be obtained an accommodating farmer may sell you a few stalks of rhubarb, which may be cut up and added to the salad.

Spring Salad.—Wash and dry two quarts of dandelions; put them in a salad-bowl with a handful of mustard-leaves, three spring onions, six leaves of mint, and a few tarragon-leaves; chop up the yolks of three hard-boiled eggs, strew over the salad; cut the white of the eggs into half-circles, arrange them round the border, and pour a plain salad-dressing over all.

Watercress, young onion, and boiled potato with bacon-dressing makes a very good spring salad.

Spring Salad, English.—Take young and freshly-cut spring vegetables, such as radishes, mustard, cress, etc., and add to them a few spring onions and a plain dressing. Look over the plants carefully; wipe them dry, or, if necessary, wash them by plunging them into cold water, then drain and dry them in a towel; arrange in a salad-bowl and pour the dressing over them; ground mustard may be added to the dressing, and minced herbs are usually acceptable.

Spring Salad Recipe of 1682.—“There is a sort of salad commonly gathered in the spring, consisting of divers young herbs and sprouts of both trees and herbs, which, being gathered discreetly, with nothing but what is very young and tender, and so that no one thing exceed the other, but there may be a fine agreement in their relishing, so it will be very acceptable to many. Violets, small sprouts of burnet, young leaves of primroses, and flowers, mint sorrel, buds of gooseberries, roses, barberries, flowers of borage, bugloss, cowpables, and archangel.”

“In early spring the heart of man, by natural instinct, lightly turns to thoughts of salad. Before the days of forcing-frames and canned tomatoes this instinct became a passion; people aspired after green food with a sort of thirst, watched for the first leaf eagerly as Noah, and when it came, like the little bride of the Holly-Tree Inn, ‘abandoned themselves to it with a perfect looseness.’ Even now, despite modern improvements, which give us green peas (slightly flavored with tin) in January and

hot-house strawberries at Christmas, the first crisp bouquet of real garden lettuce is an event—significant as a violet—fore-runner of a long, delightful vegetable train. There is poetry in salad. It has its literature—its history. The sage Evelyn did not disdain to discourse of Salletts, nor Sydney Smith to sing its praise in rhyme. Reputation has been won by a Mayonnaise, and place and ribbon not thought too good for the lucky inventor. The variety is infinite. From simple vinegar and sugar to Vivian Grey's cucumber, which, when complete, was thrown out of the window, every note of the gamut of taste is sounded. There is a kind and degree to suit each various fancy, and a bard for every sauce."—*Scribner's Monthly*.

Star-Fish Delicious Food.—*How to stop the extermination of the oyster. The discovery made by an ichthyophagan experimentalist. His tempting recipe for a star-fish bisque.*—From year to year the complaints of oyster-growers concerning the star-fish seem to increase. The damage done by these foes of the mollusk in the present year in the Sound is estimated at many hundreds of thousands of dollars, and practical men gloomily presage that if some remedy is not speedily found the time is not far distant when the oyster interests of New York and Connecticut will be destroyed, and oysters will become too scarce and costly a luxury to be enjoyed by anybody but the rich. I'm no alarmist, but I'd just beg leave to suggest that people who save oyster-shells now may find them curiosities for museums one of these days.

"A happy thought occurred to the reporter. Perhaps the star-fish might be utilized as a food, and if he could once be forced into that new position the popular demand for

him might do much toward restraining the threatening multiplication of his kind. Manifestly the authority to be consulted on such a possibility was Mr. Thomas J. Murrey, whose boldness as an experimenter in application of the culinary art to all manner of strange denizens of the sea has been so well demonstrated to the Ichthyophagous Club. Personal application demonstrated that his knowledge upon the unique and hazardous branches of his art was readily on tap and all that could be desired.

"There is too much talk and not enough action about this star-fish," said Mr. Murrey. "I have had very serious thoughts of going up along the Sound and giving lectures, with practical illustrations, at my own expense and *pro bono publico*, in the several cities and towns most interested on this very question, which I regard as one of the greatest importance. Lack of time is all that has prevented my doing so before now, but if the knowledge I would like to distribute to the public regarding the value of the star-fish as a food—yes, as a delicacy—can be given through the *Times* it will undoubtedly reach many more persons, and so do much more good than my lectures could. If people can only be made to know how good the star-fish is and taught how to cook him, the demand for him will soon become so great that modes of catching him in quantity will be devised, and the problem of abating his depredations on the oyster-beds will speedily be settled.

"Why shouldn't the star-fish be good? He is as clean as anything that grows in the water—cleaner than most other things. He is fattened on the oyster, the live oyster,

choicest and most delicate food. There is nothing against him but his queer shape, his myriad of feelers that make his under-side look like an opened, fresh fig, and his rough shell that seems a sort of limestony gristle. That was the way I looked at him when I threw an eye in his direction with reference to a banquet of the ichthyophagans. I tried him, as I would love to try everything that lives.

“First, I made a *bisque*—or thick soup—of him. It was the most delicious compound imaginable, enough to fire with enthusiasm any true gustatory artist. I had hard work at first to get anybody to taste it, so deeply are absurd prejudices sometimes rooted even in ichthyophagans, who should dare all that comes from the sea. But I got it to the palates of a number of them by not letting them know what it was until after they had eaten it. Of course they were delighted with it, and then I had difficulty in making them believe that so exquisite a dish was made from the despised star-fish. I tell you that, after many and varied experiments, I am satisfied that the star-fish is really the king of all shell-fish, so far as flavor is concerned. Now, let me tell you how to make that *bisque*. It is very easy.

“You put six or eight good large star-fish in cold, fresh water over-night. In the morning chop them up and pound them to a paste in a mortar. Cut off nothing and take out nothing, but pound them altogether. Add to this paste a little butter, pepper, and salt. If you have handy a gallon of hot soup-stock add that to the paste; but if you have not you can use hot water instead. Season it with

a bouquet of fresh herbs, an onion with cloves stuck in it, a few bay-leaves and whole pepper-corns, and a little bit of mace. These are to be added as it stands heating on the range. Let it boil two and a half hours and then strain off the liquid into another saucepan. Beat an egg up very thoroughly, add a half pint of milk to it, and while the soup is hot—not boiling—stir it in well. If you use hot water instead of soup-stock take cream instead of milk and add another egg or two. If the bisque is not thick enough to suit the taste, dissolve a little flour in cold water and add that. Stir up the whole thoroughly, pour it into your soup-tureen, and serve. You will find it simply immense. It is better than crab or lobster or shrimp soup; it is even more delicate than oyster-crab. Oh! it is awfully nice. And, if you want to, you can make a charming variation on it by using a fish-stock made of heads of cod or haddock, or tails and bones of fish, which will make it cost almost nothing; or, you can pound up more star-fish and use them for stock, which will make it of a still richer flavor, which would perhaps be best, as one of the objects in view is the destruction of star-fish."

"In what other ways than as a bisque will you find use for the star-fish?"

"Well, here is another thing to do with him: separate his fingers, scrape off the little feelers or suckers underneath, cover the clean fingers with lemon-juice, and let them stand in it over-night. In the morning drain them, season them with a little salt and pepper, toss them in flour for a moment, and drop them into hot, boiling fat. When

nically browned pile them up on a napkin, garnish with parsley, and send to table. Don't tell what they are, and, while nobody will guess, everybody will be delighted with them."—*New York Times*, December 9, 1883.

Stonecrop, or Orpine.—The leaves are used as a salad ingredient, and are highly esteemed by the French.

Strawberry Salad.—One would imagine that rich cream and sugar were the only proper accompaniments to serve with strawberries. But many cannot use cream; to this class a strawberry salad will be acceptable. Arrange the fruit neatly in a compot; dust over them powdered sugar, and sprinkle over the sugar a very little nutmeg; add one wineglassful of maraschino and one of white Curaçoa; just before serving mix the fruit lightly with the liqueurs. The berries should be examined carefully, and if covered with particles of grit they should be rinsed in cold water and dried, a few at a time, in a napkin. Or,

Put into a compot two sliced oranges; arrange on top of them a mound of strawberries, dust powdered sugar over the fruit, and add one wineglassful each of water and brandy; let stand in ice-box half an hour to get quite cold.

Strawberries may be served with sugar and the juice of an orange.

Take equal quantities of strawberries, black raspberries, and white currants; put the strawberries in the centre of a dish, mound-shaped; put round them the raspberries, and round them arrange the currants; garnish the dish with leaves and flowers and send to table with a sauce made as

follows: dissolve half a pound of sugar in water enough to make a thick syrup; add to it one wineglassful Chartreuse, half a wineglassful of brandy, and a saltspoonful of ground nutmeg; mix and send to table with the fruit.

Sturgeon Salad.—Sturgeon is supposed by many who have not tasted it to be a coarse and cheap fish, and only fit for slaves; but I can assure my readers that its veal-like flesh is very good eating. It was so highly esteemed in ancient times that it was crowned before being brought to table, and a band of music marched before it to the banquet-hall.

It makes an excellent salad. Boil one pound of sturgeon-steak in water enough to cover it; add a little salt and a tablespoonful of tarragon-vinegar; boil slowly twenty-five minutes, drain, and while still warm break it into flakes and pour over it a plain salad-dressing—a little onion may be added if liked; let it stand an hour and a half. Put into a salad-bowl the hearts of two heads of crisp cabbage-lettuce; tear the large leaves apart; drain the fish and add to the lettuce; pour over the salad a Mayonnaise.

Take a sturgeon-steak and proceed as above directed; break it into flakes; put it in a salad-bowl; add to it three boiled potatoes, sliced, and a few endive-leaves; pour over the salad a plain salad-dressing.

Smoked sturgeon is called "Albany beef." But whatever name it is known by, it is good eating, and should be patronized by us. If the fish is very salty simmer it half an hour, drain, and dry; tear it into flakes; put it in a salad-bowl with equal quantities of potato and a little celery;

pour over it a plain dressing; add a few anchovy fillets and a few capers; garnish neatly and serve.

Sucking Pig, Salad of.—An excellent fall and winter salad is made of roast young pig. Cut up a quantity of celery; put it into a salad-bowl, strew over it a teaspoonful of chopped chives; add the lean part of the pig; pour over it a rémoulade sauce and garnish with roasted lady-apples, hard-boiled eggs, and celery-tops.

Sugar-Vinegar.—The following recipe is often used when other ingredients are not at hand: put a gallon of water into a stew-pan with seven pounds of dark, moist sugar; stir it a few minutes and boil half an hour; remove all scum as it arises; set it aside; when milk-warm put into it a thick piece of toast well covered with fresh yeast; let it stand thirty-six hours, stirring frequently, then put it into a cask; paste a piece of writing-paper over the bung-hole and set the cask in a warm, dry place; let it stand four months until ready, then bottle.

Sweet-breads, Salad of.—Soak two large sweet-breads in cold water two hours; boil them ten minutes; when cold remove all sinews, cut them into thin slices, dredge flour over them, and fry them a light brown; when cold cut each slice in two, arrange them neatly in the centre of a dish, put round them a border of lettuce, pour over the sweet-breads a Mayonnaise, and garnish neatly. They are very palatable fried and served hot with tartar sauce.

Sweet Marjoram.—Although classed as a pot-herb, it has been used in salads in olden times; a number of old

salad recipes in my possession recommend its use, but in such large quantities that I imagine the average American palate would reject the first mouthful.

In many old salad recipes we find mentioned rosemary, peppermint, green sage, summer and winter savory, rue, spearmint, tansy, thyme, hyssop, and many other herbs that are now but seldom used or heard of. The great secret of using any and all pot-herbs in salads is not to allow their characteristic flavor to predominate.

"She was the sweet marjoram of the salad, or rather the herb of grace."—*All's Well that Ends Well.*

Swiss Chard Salad.—Trim off the leaves of the chard neatly, without cutting the midrib; wash them well and boil and serve them as spinach. Trim the midrib into equal lengths, tie them in small bunches, and boil fifteen minutes, drain, remove the strings, and serve hot or cold with a plain salad-dressing.

Addison asks: "Should we not think a man mad who at one meal will devour fowl and fish, swallow oil and vinegar, salt, wines, and spices, and throw down 'salads' of twenty different herbs?"

We certainly consider him very indiscreet.

Sydney Smith's Salad Poem:

"Two large potatoes, passed through a kitchen sieve,
Unwonted softness to the salad give.
Of mordant mustard add a single spoon—
Distrust the condiment which bites too soon
But deem it not, thou man of herbs, a fault
To add a double quantity of salt.

Three times the spoon with oil of Lucca crown,
 And once with vinegar procured from town ;
 True flavor needs it, and your poet begs
 The pounded yellow of two well-boiled eggs.
 Let onion atoms lurk within the bowl,
 And, scarce suspected, animate the whole ;
 And, lastly, in the flavored compound toss
 A magic teaspoonful of anchovy sauce.
 Then, though green turtle fail, though venison's tough,
 And ham and turkey are not boiled enough,
 Serenely full, the epicure may say,
 Fate cannot harm me—I have dined to-day."

This appears to have been the recipe which he finally sanctioned. But in his "Memoirs" there is a different edition, which contains four lines that ought not to be forgotten:

"O green and glorious ! O herbaceous treat !
 'Twould tempt the dying anchorite to eat ;
 Back to the world he'd turn his fleeting soul
 And plunge his fingers in the salad-bowl."

"It is quite certain that a majority of epicures agree with Sydney Smith that a really good salad will glorify any dinner and make up for the lack of other dainties."—*Kettner*.

The above is an old-fashioned English salad-dressing, and not by any means a salad.

Tamarisk Salt-Tree.—A native of Northwest India. It is a most remarkable tree, and of rapid growth. Trees six or seven years old measure five feet in girth, and will fall in twenty years from old age. It contains much salt, with which the tree becomes encrusted, and this is used by the natives to season their food.

Tarragon.—This plant has been for over three hundred years the greatest of all salad-herbs. Without it or chervil, a Frenchman will tell you a salad is imperfect. Nor can we blame them much; and I am pleased to note that Americans are beginning to appreciate it quite as much as the French.

Tarragon-Vinegar.—I am positive that if our American house-wives would give tarragon a fair trial they never would be without it. It gives to a salad that zest so much appreciated by not only the French, but by all who love a perfect salad. Our grocers sell an imported tarragon-vinegar, charging about seventy-five cents per quart for it. But why pay this price when you can make it yourself? Purchase a bunch of fresh tarragon, which will cost from ten to twenty-five cents, according to the season; divide it into four small bunches; put these into four quart champagne-bottles; fill the bottles with warm vinegar; set them one side to cool; cork and keep them in a kitchen-cup-board. It will be ready for use in ten days.

Tarragon (*Artemisia dracunculus*).—A hardy perennial plant, said to be a native of Siberia. Stalk herbaceous, about three feet in height; the leaves are long, narrow, pointed, smooth, and highly aromatic; the flowers are small and somewhat globular, greenish, and generally infertile. There is but one variety. As the plant seldom produces seed, it is usually propagated by dividing the roots. Select a warm and comparatively dry situation, stir the ground deeply and thoroughly, and in April set the roots in

rows fifteen inches apart, ten or twelve inches apart in the rows, and cover two or three inches deep. They will soon send up vigorous shoots, which may be cut for use the first season. It is sometimes increased by cuttings set three or four inches deep in moist earth. If seeds can be obtained they should be sown in April or May in a nursery-bed or in a common frame. Sow in shallow drills six or eight inches apart, and when the plants are three or four inches high set them out as directed for the roots. They will early become strong and stocky, and may be used in August or September. The plants are more healthy, yield more abundantly, and are of finer quality when not allowed to run to flower. Tarragon is cultivated for its leaves and the points of its young shoots, both of which are used in salads, soups, stews, pickles, and other compounds. Tarragon-vinegar, so much esteemed as a fish sauce, is made by infusion of the leaves in vinegar; it is also added to most salads to correct their coldness. Three or four plants will be sufficient for a family.—*McIntosh*.

Miss Leslie advises to plant a tarragon-bush even in a small city garden, as it is as useful for seasoning as the parsley, and almost as much so as the bay-leaf. The cheapest meat, it cannot be too often said, is so improved by a dish of flavoring that all good housekeepers should keep plenty of savory herbs on hand. Tarragon-leaves are in perfection in July and August, and are used fresh, as you would parsley.

Teosinthe (*Euchlæna luxurians*).—A gigantic grass, which somewhat resembles Indian corn in aspect and

habit of growth, but the leaves are much longer and broader and the stalk filled with a sweeter sap. The plant is generally cultivated as a forage-plant, but with proper cultivation the young shoots make a very good salad-plant.

Tomato Salad.—Sir Henry Thompson calls the tomato the “prince of salads,” and most Americans will agree with him; but they are used so extensively by us the whole year round in one form or another that we do not appreciate them quite so much as they justly deserve. A perfect tomato salad is prepared thus: Take three medium-sized tomatoes that have grown out of doors; scald them a moment, remove the skin, and place them on ice to cool; slice or cut them into sections as fancy may dictate; put them in a salad-bowl; strew over them a few chopped tarragon-leaves, pour over them a plain salad-dressing, and serve.

A number of my readers may say that a Mayonnaise is better than a plain dressing, but this is a question of taste. Whichever dressing is used, do not spoil the salad with mustard or sugar, as is recommended by that well-meaning lady, Marion Harland, in the “Dinner Year-book.” An extensive variety of salads are prepared having tomatoes as the principal ingredient. The spring salad of tomatoes, cucumbers, and young onion is well known; tomatoes with a chopped sweet pepper is very popular in hot climates; tomatoes and celery are also very good; but one of the very best salads is made of lettuce and tomatoes. Put into a salad-bowl the hearts of two heads of crisp cabbage-lettuce; add the tomatoes and a few minced herbs; pour over the salad a plain dressing; chicory, cress, dande-

lions, and other salad-plants may be substituted for lettuce. I have before stated that I prefer a plain salad-dressing with tomatoes, but when they are served at lunch or supper with cold meats Mayonnaise may be served with them.

Tomato Salad, Major Baily's.—Peel one large tomato ; cut it in two crosswise ; add to each half a little salt and cayenne and a liberal quantity of celery-salt ; moisten the salt and other condiments with a little tarragon-vinegar ; with a fork prick the mixture into the tomato and allow it to stand fifteen minutes before serving.

Tomato Salad, Joe Manaldi's, Astor House.—Peel and slice two fine tomatoes ; put them into a salad-bowl and add a liberal quantity of grated Parmesan cheese, coffee-spoonful of salt, saltspoonful white pepper, tablespoonful of oil, and two of Rhine wine.

Tomato Sauce.—I found the following recipe in an old East Indian cook-book, entitled " Domestic Economy of India." The recipe is an excellent one ; but to please an American palate use half the quantity of garlic :

Skin and remove the seeds from three dozen fine, ripe tomatoes, work the pulp through a fine sieve, boil the watery particles away until you have reduced it about one-half, add three ounces powdered green ginger, fifteen cloves of garlic, bruised, two wineglassfuls tarragon-vinegar, two ounces of salt, quarter of an ounce of mild red pepper ; let the whole boil once, put it in wide-mouthed bottles, cork, and seal.

" Americans first discovered the excellent qualities of a tomato salad."

Tomato Catsup.—Cut one peck of ripe tomatoes into slices; between each layer sprinkle a layer of salt; let stand six hours; add an ounce of mustard-seed, eight cloves of garlic, bruised, two roots of green ginger, sliced, half an ounce sweet Chilli-pepper, three blades of mace, and two roots of horse-radish, sliced. Boil slowly but thoroughly, strain while hot, cover close, let stand a day, then bottle, cork, and seal. If not of a bright red color collect the skins, dry them, grind to a powder, mix, and add to catsup before bottling.

Tomato, The.—As the tomato is extensively used in salads, a few remarks on its cultivation are not inappropriate here. Sufficient plants for the garden of a small family may be started with little trouble by sowing a few seeds in a garden-pan or large flower-pot and placing it in a sunny window of the sitting-room or kitchen. If the seeds are sown in this manner about the middle of March the plants will be of good size for setting by the time the weather will be suitable for their removal. The plants may be set in the open ground, where they are to remain, and should be three feet apart in each direction; water freely at the time of transplanting, shelter from the sun for a few days, or until they are well established.

I find the following curious item in a Georgia newspaper of 1881:

“Fifty years ago young girls of Georgia ate young cotton-balls with as much avidity as they devour green plums to-day.”

Tongue Salad.—This is a favorite salad at Delmonico's

down-town restaurant. Cut up a cold boiled beef-tongue into thin strips two inches long and half an inch wide; put them in a salad-bowl and add half its quantity of boiled potato, and as much cut-up celery as potato; mix together, add a tablespoonful of chopped-up parsley, moisten the vegetables with a little beef-broth, over all pour a plain salad-dressing; place in the ice-box to cool, and serve each portion with a crisp leaf of lettuce. Veal, lamb, and pigs' tongues may be used in salads.

Tripe Salad.—Many object to tripe in any form, but properly prepared I consider it an excellent article of food. A very good salad is made of equal quantities of fresh-boiled tripe, boiled potatoes and endive, a few capers, and a plain salad-dressing.

Pickled tripe, celery, and Mayonnaise is a very good salad.

Trout Salad.—A four-pound fresh lake-trout makes one of the best of fish salads. Boil the fish in water slightly salted; add a bay-leaf, three cloves, and six peppercorns; drain the fish, remove all skin and bone, break the fish into flakes, cover it with a plain dressing, and let it stand an hour and a half. Put into a salad-bowl a quantity of crisp lettuce; drain the fish and add to the lettuce; pour over it a Mayonnaise; garnish with shrimps or anchovies and hard-boiled eggs.

Trout, Brook, Salad.—The markets are supplied with large quantities of cultivated brook trout from the 1st of April in each year; but they no more compare in flavor

with the brook-trout of the mountain-streams than a frozen bluefish compares with a fresh-caught bluefish. The best way to serve them as a salad is as follows: Take as many half-pound cultivated trout as you have guests, clean them, put them into a saucepan and cover them with half water and half cheap but good red wine; add a little salt, a few crushed peppercorns, and a piece of lemon-peel; boil slowly until tender; let them cool in the liquid they were boiled in, then drain carefully and do not break the fish; split each fish down the back, and remove the backbone without spoiling the shape of the fish; leave the heads on. Prepare a liberal quantity of crisp lettuce; tear the large leaves apart, put them in a salad-bowl, pour over them a plain salad-dressing, toss lightly. Now take as many side-dishes, a little longer than the fish, as you have guests, arrange on each a bed of the lettuce salad, on top of each put one of the trout, and pour over the fish only a Mayonnaise; garnish with hard-boiled eggs cut in two, the yolk removed and the space filled with little oyster-crabs; one on each side and end will be sufficient.

This is a most excellent salad, and will well repay one for the trouble of preparing it; but a good deal depends upon the lettuce and the length of time it has stood in the plain dressing before the salad is served. The salad-maker should have everything ready, and when notified that the guests are ready to receive the salad it should be arranged as rapidly as possible and sent to table.

Fry a few small brook-trout plain; put them on a towel to drain the fat; when cold break the fish into flakes, ar-

range it in a salad-bowl with lettuce, and over all pour a rémoulade.

Truffles—Truffles are used in salads by many cooks, but I consider this very extravagant, and do not recommend them for such purposes. On extra occasions they may be used as a garnish by people who have more money than they know what to do with, but not by ordinary mortals. There is no more delicately-flavored article of food than a fresh, ripe truffle; but two-thirds of the canned truffles that find their way to America are a delusion and a snare. The sooner we cease to patronize them the better. They are devoid of flavor, and are as useless as a burnt chestnut, which some say is used to imitate the genuine truffle. We need not expect full-flavored truffles in America until we discover them here, and the height of my ambition is to find an edible truffle in the United States. So far I have met with poor success, but I hope others will continue the search until they are found. Prof. Farlow, of Harvard College, writes me that he found an inferior kind of truffle in Massachusetts.

The truffle is a fleshy fungus of the mushroom alliance. It is found throughout temperate Europe and in many parts of England. It is of spherical shape, and seldom larger than an English walnut; of a gray color, which turns to black when fully developed; its outer skin is rough and of a warty appearance. It grows just below the surface of the ground in calcareous soils, generally under oak-trees; it emits a fleshy odor, which leads to its place of growth being found by dogs scenting it. A pig is also used in locating

truffles; a cord is attached to its hind leg, and when it begins to root up the earth the attendant pulls the pig away, and either finishes the digging himself, or has an attendant to do it for him. It is also discovered by observing a species of fly hovering over the spot, to which they are attracted by the flesh-like scent of the fungus. In France they are cultivated. Thousands of people who have eaten truffles have no idea of what they are. A young lady graduate of a private school on Fifth Avenue asked me whether they grew like tomatoes or were manufactured. At a private entertainment in Philadelphia one of the entrées was sweet-breads à la Périgord; the latter is a sauce prepared with a quantity of truffles. A member of the State Senate quietly informed me that the sweet-breads would have been excellent if they had not been covered with pieces of charcoal.

Turbot Salad.—Our English cousins consider a turbot salad delicious; and, having quite recently tasted the dish, I quite agree with them. Most of the turbot that comes to America is imported from England, and it occasionally comes from the Newfoundland fishing-banks; these are the best. It is a flat fish, somewhat resembling the flounder and halibut, but is black on both sides, while the fish named are white on the under part and black on the back.

Remove all skin and bone from the remains of a boiled turbot; divide the fish into flakes; put them into a salad-bowl and cover with a plain salad-dressing; let stand an hour. Put into a salad-bowl a liberal quantity of crisp lettuce;

drain the fish, add it to the lettuce; pour over the salad a rémoulade sauce, garnish neatly, and serve.

Turkey Salad.—A cold turkey cut up into neat pieces and mixed with lettuce and served with a rémoulade sauce makes a very good salad, but it does not compare with chicken.

Tumbler Garden.—Henry T. Williams, in his book on "Window Gardening," relates a story of a little girl who kept her invalid mother supplied all winter with watercresses, grown in what he calls a *tumbler garden*, constructed as follows: Fill a tumbler or goblet with water; cut out a round of cotton-batting or of soft, thick flannel of just the size to cover the surface and lay it gently upon the water; upon this scatter the seeds of mustard-grass or flax, or all mixed, and gently set the tumbler away in a dark place. In a few days the seeds will start; soon the roots will begin to penetrate the cotton or flannel, slowly sending down their white fibres to the bottom of the vessel, while the top will be covered with a little thicket of green; after the second day the vessel must be kept in a warm, light place, and two or three times a week carefully replenished with water by means of a teaspoon inserted beneath the edge of the flannel.

Turnip Salad.—Peel and slice very thin four small, young white turnips; cut up two spring onions, two boiled potatoes, and a few lettuce-leaves; arrange neatly in a salad-bowl; pour over it a plain salad-dressing.

Boil six young turnips ten minutes; peel and quarter

them; cut up half a pound of boiled beef and three boiled young carrots; mix; put into a salad-bowl a few dandelions, add the vegetables, pour over all a plain salad-dressing.

Peel and slice two old white turnips; rub a little melted butter or oil over each slice and broil them; when cool cut each slice in two, put them in the centre of a dish, arrange round them a border of cold boiled mutton cut into small pieces; round the mutton put a border of endive; pour over the turnips a Mayonnaise and sprinkle over the rest of the salad a little plain salad-dressing. The salad may be arranged by placing the endive in the centre of the dish and the mutton on top, with the turnip dipped in Mayonnaise and arranged as a border; over the balance of the salad pour a plain dressing.

Turnip-Tops.—When turnips placed in the cellar begin to sprout they are usually thrown away; but the house-keeper of experience will tell you that a bushel of turnips will furnish her family with a salad all winter, and a very good one, if properly prepared.

Place the bushel of turnips in a dark, warm cellar to sprout, and when the sprouts are three or four inches long cut them off, pick the leaves from the stems, and pour hot water over them; let them remain in the hot water a moment, then plunge them into cold water; place the sprouts in the colander to drain off all the water, and send to table with plain dressing or bacon-dressing poured over them.

Valeriana (*Fedia cornucopiæ*) (*V. cornucopiæ*).—An an-

nual plant with smooth, branching stem ; the leaves are oblong, stemless, thick, fleshy, and of a bright, glossy green color ; the flowers are numerous, large, rose-colored, showy, and ornamental. The young leaves are used in salads, and are superior to corn-salad. The plant deserves a place in the window-garden. When you tire of it as a salad it may be allowed to grow and produce flowers.

Vegetable Salad (Baron Brissé).—Boil in separate sauce-pans equal quantities of carrots, peas, asparagus-heads, French beans, potatoes, and half the quantity of turnips ; when done drain carefully and place in a salad-bowl in separate groups, with a fine head of boiled cauliflower in the centre. Cover with the following sauce : Take twelve tablespoonfuls of olive-oil, two of vinegar, half a teaspoonful anchovy sauce, salt, black pepper, a pinch of cayenne, and a head of garlic ; stir well and remove the garlic before pouring over the salad.

Vegetable Diet, Dr. Allinson's.—Dr. Allinson, whose vegetarian dinners and recipes have attracted so much attention in London, says that the Esquimaux live on fish and flesh from necessity. They eat as much as eight pounds of flesh-meat or twelve pounds of fish at a meal, says Dr. John Rae, and a man who lived among them twenty years says they usually die at from thirty-five to forty-five of scrofula, the women living about ten years more. He knew of only two men living to be seventy. The Esquimaux eat the green contents of the reindeer's stomach, and in spring eat scurvy-grass, wild turnips, wild

vetch, wild oats, wild rice, sorrel, docks, etc. In autumn they eat wild prunes, blackberries, blueberries, crowberries, cranberries, etc. The women who gather these berries eat more of them than the men, and live longer in consequence, while the two men who lived to be near seventy lived as much as possible on these green stuffs and fruits.

Venison Salad.—Venison is a dry meat and should be allowed to remain in a marinade for some time before it is used in a salad. Cut up one pound of roast venison into neat pieces; pour over it a plain salad-dressing, with a few herbs added; let stand an hour and a half. Put into a salad-bowl a quantity of endive, add to it the venison and the dressing, toss lightly, and serve; a few chives are sometimes added.

Marinate a pound of cold venison; put into a salad-bowl a quantity of crisp lettuce; drain the venison, add it to the lettuce; pour over it a Mayonnaise, garnish, and serve.

A camp salad may be made of venison, cress, or dandelions, and other edible weeds, with a bacon-dressing.

Smoked venison should be cut very thin when used as a salad; it is much better served with no other cooking than the smoke-house. Mix it with potatoes and lettuce, and serve with a plain salad-dressing.

Vinegar-Plant is the mycelium of a fungus of the nature of dry-rot, and can be generated in a mixture of sugar-treacle and water placed in a shallow vessel. After a certain period a filamentous mycelium appears on the surface of the water, which thickens, becoming, according to

age, a tough, leathery-like substance, the water becoming a good vinegar. This process is hastened by impregnating the new mixture with a small portion of the old.

Walnuts, Salad of.—Break two dozen English walnuts, pick out the meat or kernel, put them in a salad-bowl and soak in lemon-juice two hours; pick them out of the lemon-juice and put them into a salad-bowl half full of water-cress, pour a plain salad-dressing over them, toss lightly, and serve. Green English walnuts are used in salads in England. The pickled English walnuts put up by English purveyors are excellent served with hot or cold meats, either roasted or broiled.

Walrus Liver Salad.—Dr. Kane's Arctic reports contain the following: "The liver of the walrus, raw, with acids and condiments, makes a salad which an educated palate cannot help relishing."

Water-Cress.—Families residing in the country having a spring of running water upon their premises can have fresh water-cress daily at little trouble or expense. Still water or muddy bottoms are objectionable; the most suitable is clear-running water, with sand or gravel bottoms. Arrange the plants in rows parallel with the course of the stream, in water one to two inches deep. Loudon says: "It is absolutely necessary to have a constant current, as when there is any obstruction to the stream the plants cease to thrive. After they have been cut about three times they begin to stock, and then the oftener they are cut the better." Cress will grow in a window-box, and, being a peren-

nial, one can have a cress salad at all seasons. It requires plenty of water.

Watering Window-Plants.—The question is frequently asked, How often and how much should window-plants be watered? and scarcely any one, not even a florist, can tell you just what you want to know. Some plants require more water than others, and in rooms that are kept very warm more water is naturally required. In no pots, however, should the water be allowed to fill up the saucers, or decay or injury will be sure to ensue. Just when and how much water must be applied will come to be known by experience. We would ask, who is more successful in flower-raising in rooms than those who have been following it for some time? The knowledge comes naturally by witnessing the sprightliness of the growth of the plant. When anything is wrong in the attention bestowed, shown by drooping and languor, the remedy is not long being sought for. Hence, experience only will teach one how to raise window flowers or plants in the greatest perfection, and this mainly depends upon good, rich soil and careful watering, in a moderately warm room, always remembering that it is better to water too little than too much.

“Learn to what elements your plants belong,
What is their constitution, weak or strong.
Be their physician, careful of their lives,
And see that every species daily thrives.
These love much air, these on much heat rely,
These without genial moisture droop and die.
Supply the wants of each, and they will pay
For all your care through each succeeding day.”

Plants injured in overheated rooms may be restored or greatly benefited as follows: heat one or more bricks, take them to the plant-room, pour warm water over them, and the steam thus produced is very beneficial to the plants.

It is said that a few drops of carbolic acid—that is, ten drops in one pint of water—will, if poured over the earth in flower-pots, kill all living things except the plants.

Weed Salad.—Served at the 1881 dinner of the Ichthyophagous Club by the author: one peck of tender dandelions, one peck of young dock-leaves, half a pint of young mint, quart of wood-sorrel, half a pint of chopped chives, one pint of sassafras-buds. Wash the herbs in cold water, drain and dry, arrange in a large bowl, and add one bottle of oil, two tablespoonfuls of salt, two tablespoonfuls lemon-juice, a tablespoonful pepper; toss together; now arrange in salad-bowls; garnish with honeysuckles and other wild-flowers. The effect was very striking.

Whelk Salad.—Whelks are found on the sea-shore, and are edible only when they are small; when as large as a hen's egg they are tough as india-rubber. Boil them two hours, changing the water twice; when done, drain and cool, and pick them out of their shells; put them in a dish with a teaspoonful of Worcestershire and cover with a plain dressing; let them stand an hour. Put into a salad-bowl a liberal quantity of cress, add the whelks and the dressing, add a little onion or chives, and serve. Whelks make a very good soup.

Whitloef.—A vegetable of the chicory order. The

seeds are sown in June; the roots are planted from the end of October till February in a ditch about four feet wide by one foot deep, about an inch apart in rows, the rows about eight inches apart. Before planting the roots, cut the leaves two inches from the top. Cover the roots with about seven or eight inches of well-served, light soil, the whole to be covered with a layer of good stable-sweepings, in depth according to the severity of the winter or the impulse to be given to the vegetation; three weeks afterwards the roots will have produced very fine tender-leaved heads of a pale yellow coloring, resembling lettuce. This is a very fine salad plant.

Whitebait Salad.—Millions of shad, smelt, and herring-fry are caught annually and sold as whitebait; and while I admit that they are excellent, I cannot help thinking that a law should be passed to prevent the sale of these young fish.

Clean them well, dredge them with flour, throw them into a kettle of boiling fat; take them out when brown, put them on a towel or blotting-paper to drain all surplus fat; fold a napkin neatly on a hot dish, place the fish on it; garnish with cress and slices of lemon, and send them to table hot; the latter part of these instructions should be done as quickly as possible. Tartar sauce is excellent with them.

For salad, proceed as above directed; allow them to cool, put them in the centre of a dish and arrange a border of lettuce round them; send a Mayonnaise to table with them, but in a separate dish.

Willow-Herb.—The leaves are used as greens, and the tender shoots are served as asparagus.

Winter Salad.—Take a baked beet and a baked Spanish onion and slice them; cut up four stalks of celery, a quarter of a pound of lean ham, and add half a can of French string-beans; add a few minced herbs and mix all together lightly; set the salad aside an hour, or until wanted; just before serving pour over it a plain salad-dressing, and toss lightly. The celery may be omitted and chicory used instead, in which case do not mix it with the salad until a few minutes before serving.

Cut up four boiled potatoes, put them in the centre of a dish, and strew over them a quarter of a pound of minced smoked beef; shred half a red cabbage, arrange it round the potatoes; garnish with hard-boiled eggs and slices of beet; pour over the salad a plain dressing.

Worcester Sauce.—Mince two shallot cloves, put them into a quart bottle, and pour over them a pint of red-wine vinegar; add three tablespoonfuls each of anchovy essence and walnut catsup, two tablespoonfuls of soy, and a coffeespoonful of tobasco-pepper sauce; cork, and shake the bottle daily for two weeks; strain and put into small bottles. A little of this sauce is very pleasant in fish salads and sauces.

Ysano (*Tuberous-rooted Tropæolum*).—This is a perennial plant from Peru, and, according to Robert Thompson, deserves mention as a recently-introduced esculent. It

produces an abundance of handsome yellow and red tubers about the size of small pears, the taste of which is not, however, very agreeable. On this account a particular mode of treatment has been adopted in Bolivia, where, according to Mr. Decaisne, they are treated in the following manner: "The tubers designated 'Ysano' at La Paz require to be prepared before they are edible; indeed, when prepared like potatoes, and immediately after being taken up, their taste is very disagreeable; but a mode of making them palatable was discovered in Bolivia, and the 'Ysano' has there become, if not a common vegetable, at least one which is quite edible. The means of making them so consists in freezing them after they have been cooked, and they are eaten when frozen. In this state it is said that they constitute an agreeable dish, and that scarcely a day passes at La Paz without two lines of dealers being engaged in selling the 'Ysano,' which they protect from the action of the sun by enveloping in a woollen cloth and straw. Large quantities are eaten, sopped in treacle, and taken as refreshment during the heat of the day."

The plant may be propagated by pieces of the tubers in the same manner as potatoes, an eye being preserved on each piece. The sets should be planted in April or May, about four feet apart, and taken up in October.

"The introduction of salad into England is claimed for the Dutch, and dates as far back as the year 1509. Up to that time so little were vegetables cultivated or gardening understood that in that year Queen Catherine could not procure a salad in

London until Henry sent to the Netherlands and engaged a gardener to go over and raise the proper plants."

WINES WITH SALADS.

The proper wines to serve with salads have been the subject of much dispute among gastronomic writers. I have always held that red wines are the most appropriate; they may be either Bordeaux, Burgundy, Madeira, or Port.

Some authorities contend that champagne is the proper wine to serve with a salad; but it must be a dry, fruity wine, such as Goulet. My advice to the salad-eaters is to drink as little as possible of either wines or water at table, if they wish to enjoy good health.

INDIGESTION.

To those who are troubled with indigestion after eating heavy dinners I recommend the following:

Theo. Lappe, of Neudietendorf, Germany, prepares a tonic which he pleases to call "Aromatique." A wine-glassful after a heavy meal will produce wonders, and make one quite forget he had ever felt a twinge of dyspepsia. It certainly is an excellent tonic for weakness of the digestive organs and stomach.

Wine-drinkers may be pleased to know that Piper-Heidsieck has the reputation of leaving less ill effect than any other sparkling wine.

AFTER-DINNER COFFEE.

“ Mocha’s berry from Arabia pure
In small, fine China cups came in at last.”

—BYRON.

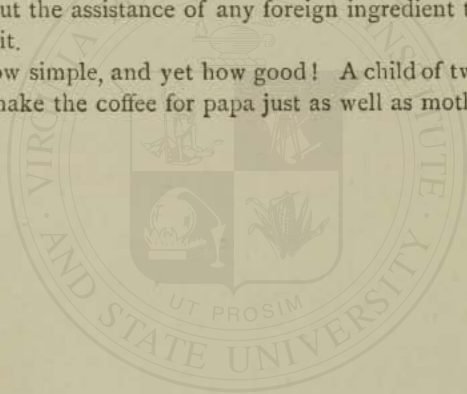
A FEW remarks on coffee will not be out of place in a book of this kind ; in fact, the more we promulgate the subject the more good we do to others.

Nothing is more appreciated after a hearty dinner than a good cup of clear, black coffee ; but why is it we so seldom find it in private families. They will tell you that their coffee and coffee-pot are the best ; yet they utterly fail to produce the after-dinner coffee.

There is no use blaming the servants. The question arises : Did madam buy the best coffee and coffee-pot, and, if so, does she make her coffee by a simple process, or by one of the many misleading formulas found in the average cook-book under the head of “ a good cup of coffee ” ? Let us imagine that her coffee is the coarse-ground article and the pot one of the complicated sort accompanied by instructions that tell how many eggs, etc., should be used to settle the coffee, and we do not wonder at her bad coffee and consequent fault-finding. For her benefit the author proposes to give a few points about coffee, and if she will only follow them she can always have pure, clear coffee :

First, buy a New York Textile Filter Coffee-pot; scald it thoroughly before using. Take four tablespoonfuls of fine-ground coffee, put it in the pot, and pour one pint of boiling water upon it; when this has passed through the filter pour on another pint of boiling water; after this has passed through pour out a pint of the coffee and pour it through the filter a second time. Now allow the pot to stand on the range until it commences to boil, and you have a most delicious cup of coffee, made in three minutes, without the assistance of any foreign ingredient to settle or clear it.

How simple, and yet how good! A child of twelve years can make the coffee for papa just as well as mother.



SANDWICHES.

SANDWICHES would become more popular if a little more attention was paid to the making of them. They are not only excellent for five-o'clock teas, luncheons, and suppers, but are very appropriate at wedding-parties and all elegant entertainments, both public and private.

The bread used is what is known as the home-made loaf, or American bread. It should be two or three days old, the slices cut thin and even, and the crust trimmed off. Care should be used that no bread-crumbs adhere to the sandwich when completed.

The meat for sandwiches should be well cooked, tender, and as juicy as possible, and cut in small, thin slices. Three or four of these small slices should be used in the composition of a sandwich instead of one large slice, as is the general custom. All skin, fat, and gristle should be removed.

To serve sandwiches neatly fold a napkin, lay it on a dish or plate; pile them on this as neatly as possible. Do not pile them very high, or they are apt to fall on the table. All vacant places fill up with tufts of cress.

If the sandwiches are apt to become dry before they are wanted wet a napkin in cold water, wring it out, and

spread it over them. Sandwiches made with but one slice of bread should be piled up lapping one another, so as not to disarrange the ingredients upon them.

Apple Sandwich.—Spread a layer of apple-sauce on a neat slice of bread; add a very little nutmeg, and add a layer of whipped cream. They may be placed in the oven a moment to set the cream, if this is desired.

Stewed quince is excellent served in this manner. Jellies, preserves of all kinds, and fruit-sauces are also served as a sandwich. Sliced cake may be used instead of bread.

Anchovy Sandwich.—Soak six anchovies two hours; drain, scale, and remove the bone. Butter four slices of bread, place three split fish each on two of them; strew over them a little minced celery; add the other slices of bread, press gently, cut each in two, and serve.

Anchovies salted or those preserved in oil may be minced with celery or hard-boiled eggs and served as a sandwich; add a little cayenne.

Anchovy-paste should be mixed with butter, and a thin layer spread on one slice of bread only, with the other slice added plain. While on the subject I take the liberty to state that the anchovy-toast served at most of our restaurants is too strong for American palates. A more delicate anchovy-toast is made as follows: Prepare a dip as for cream-toast; when ready, toast the bread; moisten it a very little with hot water; spread over the toast a thin layer of anchovy-paste; put the toast in a hot dish, pour

over it the prepared cream, and serve. This is an excellent breakfast-dish.

Beef, Raw, Sandwich.—A few like raw beef chopped up and properly seasoned; others are obliged to eat it from various causes. Many of this class object to the appearance of raw meat on their plate, and do not relish it. Medical men will find it very convenient to serve the beef in the form of a sandwich. The bread should be at least four days old; no butter or mustard should be allowed. The meat should be free from fat and sinews, minced fine, and seasoned with salt and cayenne only.

Brie Sandwich.—The cheese known as Fromage de Brie is excellent as a sandwich. Take the necessary amount of butter required to butter the slices of bread; chop up a few sprigs of parsley and chives together, work them into the butter and spread over the bread; cut the cheese into thin strips, put it between the slices of bread, and serve.

Caviare Sandwich.—Caviare is the roe of the sturgeon prepared under many formulas, the Russian being the best. Take a teaspoonful of caviare, put it in a soup-plate; add to it a saltspoonful of chopped onion, a walnut of butter, and the juice of half a lemon; work well together, spread on thin slices of rye-bread, press them together, cut the sandwich in two, and serve. Americans as a class do not like caviare.

Clam Sandwich.—A very great favorite with people who are in the habit of eating late suppers is a bowl of clam-broth the next morning. Chop up one or two dozen Little

Neck clams, stew them in a little water or clam-juice fifteen minutes; season with a little butter and pepper; strain the liquid and serve; leave the minced clams in the sauce-pan; add a walnut of butter, a drop or two of Worcestershire, and a pinch of cayenne; add the yolk of one egg; stir over the fire until the egg is almost cooked, and remove the sauce-pan from the range; toast a few slices of bread on one side; butter this side, and add a layer of the mixture; squeeze a little lemon-juice over each, and serve with or without the top slice of bread. They should be served hot, but are very good cold.

Curry Sandwich.—Some are very fond of curry in any form. To this class a curry sandwich will be acceptable. Pound together the yolks of three hard-boiled eggs, a piece of butter the size of an egg, a coffeespoonful of salt, a teaspoonful of anchovy essence, a teaspoonful of curry powder (or more if liked), and a tablespoonful of bread-crumbs; pound to a smooth paste, and moisten with a little tarragon-vinegar; spread a little of the mixture on slices of bread, press them together, and serve.

Dandelion Sandwich.—Sandwiches are generally very nice at home, but when taken into the country exposed to the air they become dry and unpalatable; should this occur gather a few dandelion-leaves that have grown under trees, put them between the sandwich, and your sandwich immediately becomes very palatable; a few sorrel-leaves may be also added.

Duck Sandwich.—Take the remains of one or two roast-

ed wild ducks ; remove the skin and chop the meat fine ; put it into a warm sauce-pan with a lump of butter and a little salt and pepper ; stir over the fire a moment, and when the butter has melted remove the pan from the fire and add the white of one egg ; keep stirring until nearly cool ; press the meat into a mould, put the mould in the ice-box ; when cold take it out of the mould, cut it into thin slices, put them between thin slices of bread, and serve. Game of all kinds may be treated in this manner.

Egg Sandwich.—Boil four eggs quite hard ; when cold remove shell and cut them into thin slices ; season with salt and pepper ; butter a few slices of bread, put four slices of egg into each sandwich, and serve.

Chop up four hard-boiled eggs ; season with salt and pepper ; spread a layer of the minced egg upon a buttered slice of bread, press upon it another slice of buttered bread, and serve.

Fowl Sandwich.—Cut the meat from the breast of a cold boiled fowl into small, thin slices ; mince a few stalks of celery ; place one or two slices of the fowl on a slice of plain bread, strew over it a quantity of the celery, and pour over the celery a little Mayonnaise.

Goose-Ham Sandwich.—In many parts of Europe the breasts of geese are smoked, and in this condition are imported into the United States. Cut the goose-ham as thin as possible ; place it on a slice of bread, squeeze over it a little lemon-juice, add a few thin slices of hard-boiled egg,

and serve. The egg should be seasoned with salt and pepper.

The eggs may be omitted and a slice of bread used instead.

Goose-Liver, or Pate de Foie Gras, is extensively used in sandwiches. Cut it into thin slices; place them between slices of buttered bread, add a little French mustard, a drop or two of lemon-juice, and serve.

Ham Sandwich.—One would imagine that any one could make a ham sandwich without instructions from books, but such is not the case. We find more poor and ill-made ham sandwiches at restaurants and private parties than any other article of food; the only reason I can give for it is carelessness. The fat should be trimmed off and the meat cut into thin, even slices, instead of wedge-shape. It should contain three or four small pieces of meat instead of one large slice that leaves the sandwich the moment the first mouthful is taken.

Mustard may be used, but at all large gatherings a few sandwiches should be made without either butter or mustard. The most satisfactory way to serve them is to butter nearly all and let the guests decide for themselves whether they will eat mustard on their sandwich or not.

Take a well-boiled ham, cut it into large, thin slices, trim off all fat, measure a slice with the slice of bread, then cut it into strips large enough to place four of them in each sandwich; press the whole together gently when completed and serve.

Ham Sandwich.—Chop up a half pound of boiled, lean ham very fine ; add one minced pickle, tablespoonful made mustard ; put four ounces of butter in a saucepan, stir it over the fire until it creams ; add the ham and the yolk of one raw egg, salt, and pepper ; remove the pan from the fire and stir all together thoroughly ; pour it out on a cold plate, pile it neatly on slices of toast or bread, and serve.

“ Sandwiches were invented by the Earl of Sandwich.”

The French sandwich is made by mincing the meat. Chop up a quantity of lean ham very fine ; add to it butter enough to make it spread nicely on the bread ; season it with a very little tarragon-vinegar and white pepper ; work all together thoroughly ; spread it on slices of bread, add a top slice, press gently, cut the sandwich in two, and serve.

Westphalia ham is served by cutting it into thin, narrow strips. The only cooking it receives is in the smoke-house.

Equal parts of minced ham and hard-boiled egg make a very good sandwich.

Potted ham is excellent served as a sandwich.

Herring Sandwich.—Remove skin, head, and fins of a smoked herring ; split the fish in two and remove as many bones as possible ; cut each half of the fish into neat pieces and squeeze over them the juice of a lemon ; let stand half an hour. Butter a few slices of bread, arrange the fish upon them, add a drop of Worcestershire to each, press a top slice gently on the fish, and serve.

To prevent sandwiches from crumbling while in transit toast the outsides a very little before preparing them.

Lenten Sandwich.—Chop the yolks of three hard-boiled eggs and two tablespoonfuls of cress-leaves together; remove bone and skin of five salted anchovies, chop them up fine, season with salt, pepper, very little of oil, and vinegar; work all together and make a paste of it; take a thin slice of Boston brown bread, spread a layer of the mixture upon it, add one more slice of bread, press gently, cut the sandwich in quarters, and serve on a napkin.

A very dainty Lenten sandwich is thus prepared: Pound the coral of two lobsters with half its weight of butter—if lobster-eggs can be procured use them also—add two or three salt anchovies, according to the quantity of coral; season the paste with salt, cayenne, and a little tarragon-vinegar to moisten the paste; spread a layer of the paste upon both slices of bread, and sandwich a leaf of crisp lettuce between them; when complete cut them in two and serve on a napkin.

Liebig Sandwich.—Toast two slices of bread, and while hot spread over them a thin layer of extract of beef; add a very little celery-salt; press them together, cut them in two, and serve.

Matron's Sandwich.—Mince the dark meat of a cold roast turkey; season it with salt and pepper and a little minced celery; warm the turkey a very little; add to it a soft-boiled egg, mix, and let it cool. Toast a few slices of bread that are half an inch thick; split them in two, butter

the sides that are not toasted; spread a layer of the turkey upon one of them, add the other slice, press them together gently, cut them in two, and serve.

The turkey may be served warm on slices of hot, buttered Boston brown bread.

Oyster Sandwich.—Chop up a dozen oysters; put them in a sauce-pan, add salt, pepper, a teaspoonful of cracker-dust, a walnut of butter, and two tablespoonfuls of cream; simmer a few minutes, pour it on slices of bread, and serve. They may be served cold as follows: After they have simmered long enough add to them half a yolk of raw egg, or, if preferred, a very little of the white of egg; remove from the fire to prevent the egg coagulating and pour the mixture into a mould; when cold turn it out, and serve it cut into slices and placed between two slices of bread. It may be sent to table whole, with three-cornered slices of buttered bread round it as a garnish.

Olive Sandwich.—Stone ten olives; chop them up fine; add one ounce of sweet butter and a little cayenne; mix thoroughly and spread over the slices of bread; trim neatly.

Pickle Sandwich.—Slice a pickle lengthwise very thin; place them on a slice of bread, and on the pickles place a very thin slice of cold roast veal; add a slice of bread last, press them together gently, and serve.

Roquefort-Cheese Sandwich.—Mix two ounces of the cheese with a pat of butter; this may be done at table

with a fork or spoon; spread it on a thin slice of bread; add one more slice of bread, press them together gently, cut each sandwich in four pieces, and serve as a course after salad.

The mixture may be spread on dessert crackers instead of bread. If no objection is made, a little chopped parsley or chives, or both, may be mixed with the cheese.

Salad Sandwiches.—One of the most popular dishes I have ever served at a private entertainment was a salad sandwich, known in Philadelphia as a "Murrey Sandwich." They are troublesome to make, but the amount of satisfaction well repays for all trouble.

Cut up four ounces of breast of boiled chicken and four ounces of cold boiled tongue; put them in a mortar and pound to a paste; if very dry moisten with a few drops of vinegar; add a coffeespoonful of celery-salt, half a salt-spoonful of cayenne, and four or five tablespoonfuls of Mayonnaise; place the mixture on a cold dish and set it in the ice-box; when cold spread a layer of it on both slices of bread; dip a crisp leaf of lettuce in a little tarragon-vinegar, shake it, and place it between two of the prepared slices of bread; press them together gently, trim neatly, cut each sandwich in two, and fold each piece in confectionery or waxed paper, such as is used for caramels.

The paper may be omitted, but it is the best way to serve them, as it keeps them in shape and prevents drying.

Sometimes I arrange the sandwich as follows: Take a slice of bread and place a leaf of lettuce upon it; now add the mixture; on top of it place a leaf of lettuce, and on top

of the lettuce a slice of bread; press all together, cut each sandwich into quarters, and serve.

Ham and veal mixed make a very nice salad sandwich.

Pick off the leaves from the stems of half a bunch of cress; chop up a few leaves each of tarragon and chives, add to the cress; add two tablespoonfuls of Mayonnaise; mix, spread on a slice of bread, add a top slice, cut the sandwich in two, and serve.

Pick over the leaves of a head of bleached endive; cut them the same length as a slice of bread; put them in a salad-bowl and pour over them a plain salad-dressing; take a slice of bread and arrange a layer of the endive-leaves upon it lengthwise; add another slice of bread, cut the sandwich in two, and serve.

The top slice of bread may be omitted and a few sardines split in two added.

Sardelle Sandwich.—These little fish resemble anchovies, and are imported in small kegs preserved in brine. Germans consider them excellent for jaded appetites. Split four of the fish in two (if very small serve whole); place the fillets on a piece of bread; chop up a hard-boiled egg, strew over the fish, season with salt, pepper, and a little lemon-juice.

Cut two thin slices of rye-bread; put a very thin slice of Swiss cheese on one of them; on the cheese place the fillets of three sardelles; strew over the first a few capers, minced; spread a layer of German mustard on the other slice of bread, press gently together, and serve with hard-boiled eggs.

Sardine Sandwich.—Remove the skin of three sardines; split them in two down the back; remove the bone. Butter slightly two slices of bread, place upon each three halves of the fish, squeeze a little lemon-juice over them; add a crisp leaf of lettuce to each; take two slices of bread, spread a very little French mustard over each, add them to the lettuce, press, and cut them in two and serve.

Proceed as above directed in every respect, except butter—instead spread a layer of shrimp-paste. This is excellent for a change.

Scrape off the skin from six sardines; put them in a mortar and pound to a paste; add two teaspoonfuls of Worcestershire, a dozen minced capers, and a little celery-salt; spread the paste on two slices of bread, press them together gently, quarter them, and serve on a napkin.

Sardine Fingers.—Wipe the oil from three sardines; scrape off the skin, split them in two, and remove bone; dip each half into a rémoulade sauce; place three of them on a slice of bread, add the top slice plain, and cut the sandwich into three fingers, lengthwise with the fish; wrap each in wax-paper, pile them on a napkin, and serve.

Shrimp Sandwich.—Take half a pint of prepared shrimps, put them in a mortar with two ounces of butter, a little salt, and cayenne, and pound to a paste; moisten with a very little tarragon-vinegar; spread the paste upon both slices of bread, press them together, cut them in two, and serve. Lettuce or endive may be placed between the slices if desired.

Many add a very few blades of chives, minced, to the paste.

Smoked Salmon may be served as a sandwich; pull the fish into flakes and simmer in hot water half an hour; let it cool; chop it fine, season with a little cayenne, and mix with very little Mayonnaise; spread upon a slice of bread, add the top slice, press gently, quarter, and serve.

Tongue Sandwich.—Cut up half a pound of cold boiled beef tongue; put it in a mortar with the yolks of two hard-boiled eggs, a tablespoonful of made mustard, salt, and a little cayenne; pound to a paste; moisten with very little cream; spread the paste on slices of bread, press them together, cut them in two, and serve. The seasoning may be changed as fancy dictates.

Turkey Sandwich.—Cut slices of cold turkey as thin as possible; prepare a plain salad-dressing, dip the turkey into the dressing, place it between two slices of bread, press them together, cut them in two, and serve. Lettuce may be used if desired.

Mince a quantity of cold roast turkey, remove all skin, season with salt and pepper and a little chopped green herbs; moisten with a little of the sauce left from the day before; put all into a saucepan and heat it through; add the yolk of one raw egg, mix, and set aside to cool; spread the mixture on a slice of buttered bread, add the top slice, cut each sandwich in two, and serve on a napkin. Cold fowl of all kinds may be served in the same manner.

Turkey Fingers.—Cut thin slices of breast of Turkey ; cut each slice into strips, half an inch wide, and as long as the slice of bread ; dip each strip into a thick rémoulade sauce, place four of them on a slice of bread, add a top slice, and cut the sandwich into four fingers, lengthwise with the strips of turkey ; fold each finger in wax-paper, pile them neatly on a napkin, and serve ; the paper not only prevents them from drying, but will keep them fresh a whole day. Fish, flesh, and fowl of all kinds may be served as fingers ; a leaf of lettuce may also be added to the fingers.

Veal Sandwich.—Mince half a pound of cold roast veal ; season it with salt and pepper, and moisten with a very little tarragon-vinegar ; cut a hard-boiled egg into slices, remove the yolk, place four rings on a slice of bread, fill them with the minced veal ; spread a very little made mustard on a slice of bread, add to the egg, press gently, and serve. The yolks may be worked to a paste seasoned with oil and vinegar, pepper and salt, and mixed with the veal.

Welsh Sandwich.—Pound in a mortar one-fourth pound mild cheese with one-eighth pound sweet butter, teaspoonful English mustard ; moisten with herb vinegar and spread upon slices of bread in the usual manner.

Potted meats and fish of all kinds can be utilized in sandwich-making.

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
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
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
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
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