

**Boiled Dressing.**—This will keep indefinitely if kept in cool place and in covered jelly glasses. Can be used hot or cold, and be always ready for use:—

$\frac{1}{2}$ teaspoonful salt,	$\frac{1}{2}$ cup of vinegar,
1 teaspoonful mustard,	A little cayenne,
$\frac{1}{2}$ teaspoonful sugar,	1 egg or 2 yolks,
$\frac{1}{2}$ teaspoonful flour,	$\frac{1}{2}$ tablespoonful melted butter.
$\frac{3}{4}$ cup of milk,	

Mix dry ingredients, add beaten egg, melted butter, milk and vinegar, slowly. Cook over boiling water till it thickens.

**French Mustard.**—French Mustard is also good to have on hand. Grate one or two small onions, add several tablespoonfuls of vinegar, pepper, salt, cayenne, tablespoonful of sugar, and a little mustard. Boil in double boiler until thick.

**Potato Salad.**—Is a rival to Russian Salad and is a general favourite. Cut several firm cooked potatoes into  $\frac{1}{2}$ -inch squares, season well with salt, pepper, onion and parsley, and a bit of green pepper, or an olive or two (which improves any salad). Dress with a little mustard, dampened with boiling water, stirred into enough vinegar to season the potatoes. Mix well. Any other dressing can be used.

**Cabbage Salad.**—Shred finely the tender outer edge of cabbage leaves, crisped on ice or in the cold; season well, serve with just a little vinegar. Or the boiled dressing, poured quite hot on the cold cabbage.

Olives, olive oil, and butter in salads are not an extravagance, for they make a plain meal so much more interesting and palatable, and thus save more expensive things, and should reconcile a sensible family to having a little less to eat than they have been accustomed to. Nuts of any kind greatly improve all salads.