

## Marjory Dale's Recipe Page

## TASTY MENUS FOR JUNE

By MARJORY DALE

JUNE is an in between month, in Canada, for fruits and vegetables.

Dining well on small means is an art only to be acquired through experience and study. In the following menus, the way is made easy for the young housewife, the directions are exact, and if followed out will be found absolutely reliable.

## Sardines on Toast

Cut bread one inch thick and fry in butter or olive oil. Place sardines on toast, cover, let heat. Serve at once.

## Omelet, Egg Fluff (Individual)

Separate yolk and white; beat white to stiff froth, beat yolk; thoroughly mix together; turn into a small frying pan in which butter has been melted; fry slowly on one side. Double, turn on plate or platter.

## Veal Souffles

Take left-over veal and run through mincer; pound to a paste, and moisten with two tablespoons of cream or milk and butter; add the beaten yolks of one or two eggs according to the amount of veal and season with parsley, salt and pepper; add the froth white of the egg; put quickly and lightly into a buttered mould and set, either in a hot oven for a few minutes, or in a saucepan of boiling water. Cook only long enough to set the egg. Too much cooking will toughen the egg, and spoil soufflé. Serve at once, with thinned and reheated veal gravy.

## Baked Salmon

Two pounds salmon steak or one small fish, butter, salt, pepper, and bread crumbs. Prepare fish, and open flat. Butter baking pan well; thoroughly season fish with salt and pepper, cover with bread crumbs and add lumps of butter. Bake until golden brown, about twenty-five minutes, basting often.

## Spinach

Put spinach in a pan of cold water for several hours. Pick over each leaf carefully, wash in several waters to get out all the sand; when perfectly clean, there will not be any sand on the bottom of pan. Cook in 3 pints of boiling water, to which a teaspoon of salt has been added, for twenty-five minutes; drain, add salt and pepper, a little thickening, and a generous piece of butter. Arrange on platter garnished with slices of hard boiled eggs.

## Chocolate Pudding

Heat  $2\frac{1}{2}$  cups of milk with 1 square of chocolate, stirring constantly until chocolate is dissolved; then add four level tablespoons of corn starch mixed with  $\frac{1}{2}$  cup of cold milk or water. Boil for fifteen or twenty minutes in a double boiler; add the yolks of 2 eggs beaten with a tablespoon of sugar and a pinch of salt. Beat well, cook two minutes, flavour with a teaspoon of vanilla. Turn into a mould and serve ice cold with the following sauce:

## Sauce

Froth the egg white and whip into 1 cup of boiling milk, sweeten with a tablespoon of sugar, add a few grains of salt, and flavour with a teaspoon of vanilla and a dust of nutmeg. Set on ice.

## Tuna Fish Salad

One can Tuna fish, 2 hard boiled eggs, 1 green pepper, lettuce, salad dressing. Remove Tuna fish and break with a fork. Cut in hard boiled eggs and green pepper finely chopped. Mix with the following dressing:

Yolk of 1 egg, 1 cup olive oil, salt, paprika, juice of 1 lemon. Have plate, fork, and olive oil, ice cold; beat egg, drop oil, drop by drop, it will become quite firm like jelly, add salt and paprika to taste, and beat in lemon juice.

## Creamed Celery on Toast

Wash, string and dice celery, about  $2\frac{1}{2}$  cups, put on to boil in cold salt water to just cover; when tender, and water has boiled down considerably, add  $1\frac{1}{2}$  cups of milk, butter, salt and pepper to taste, and thickening; bring to boiling point. Serve on toast.

## Jellied Veal

Line a pint bowl with slices of hard boiled eggs, fill with chopped veal, seasoned with salt, pepper and a little melted butter; pour over 1 cup of cold water in which  $1\frac{1}{2}$  tablespoons of gelatine has been dissolved. Set on ice.

## Potato and Green Pepper Salad

One and one-half cups of cold diced potatoes, 2 hard boiled eggs, 1 spray of parsley finely chopped, juice of 2 onions, 3 minced green peppers, salt and pepper. Mix all together and add a mayonnaise. Serve on shredded lettuce.

## Liver Surprise

Make usual Patti de Forqu and form in croquettes, roll in egg and bread crumbs, and fry in oil.

## Strawberry Shortcake

Sift together  $\frac{1}{2}$  cup flour,  $\frac{1}{2}$  even teaspoon baking powder, and a large pinch of salt; cut into this butter size of  $\frac{1}{2}$  an egg; add  $\frac{1}{4}$  cup milk. Spread this paste in a jelly cake pan, and bake fifteen or twenty minutes in a hot oven.

Pick over 1 box of berries, mash with a cup of sugar, cut open cake and spread berries between, put on top. Serve with cream. Canned strawberries may be used.

## Strawberry Whip

Mash to a pulp  $1\frac{1}{2}$  to 2 cups of ripe strawberries and sweeten to taste, add 2 tablespoons of gelatine soaked in a tablespoon of cold water and then melted; add the beaten whites of 2 eggs. Set on ice and serve ice cold in sherbet glasses, with a little whipped cream.

## Cream of Lettuce Soup

Wash four heads of leaf lettuce or one of head lettuce; simmer slowly three quarters of an hour, covered with water; run through colander to rub out all liquid. To the liquid add  $1\frac{1}{2}$  cups of milk, generous piece of butter, salt and pepper to taste, and a little dissolved corn starch for thickening. Serve hot with croutons.

## Ivory Cream with Berries

Heat in a double boiler 1 pint of milk,  $\frac{3}{4}$  cup of sugar,  $1\frac{1}{2}$  tablespoons gelatine soaked in  $\frac{1}{4}$  cup cold water, cool and add 1 teaspoon of vanilla; as it begins to stiffen fold in 1 cup of whipped cream. Mould and serve on platter, surrounded with berries. Blend together flour, milk and seasoning, beat the egg very light and combine the mixtures. Melt the butter in a frying pan and when very hot turn in the mixtures. Place in the lower part of a very hot oven, and when it is puffed up and browned on the bottom, set it on the upper grate to finish cooking, and brown slightly. When this is done spread cheese over and when it melts, fold, turn on a hot platter and serve at once.

flour in  $1\frac{1}{2}$  tablespoons of butter or dripping; add the giblets and liquid to this, season with salt and pepper.

## Rice Muffins

Two and one-quarter cups flour,  $\frac{3}{4}$  cup hot cooked rice, 2 tablespoons melted butter, 1 cup milk,  $\frac{1}{2}$  teaspoon salt, 5 teaspoons baking powder, 2 tablespoons sugar. Mix and sift the flour, baking powder, sugar and salt together. Add milk to the dry ingredients. Mix thoroughly, add butter, and fold in the rice. It will take a scant  $\frac{1}{4}$  cup of raw rice to make  $\frac{3}{4}$  of a cup of boiled rice. Turn into buttered gem pans and bake in a quick oven, twenty to thirty minutes.

## Beets in Jelly

Four small beets, 5 tablespoons sugar,  $\frac{1}{2}$  cup vinegar, 3 teaspoons arrowroot or corn starch,  $\frac{1}{4}$  cup boiling water. Boil beets, cool and set in small moulds. Make a jelly by mixing together the sugar, corn starch, vinegar, and boiling water. Cook until clear, about five minutes. Pour mixture around beets, set away to cool. Serve on lettuce with mayonnaise.

## Baked Cheese

Buttered bread, 1 egg,  $1\frac{1}{2}$  cups dried cheese,  $\frac{3}{4}$  cup milk, salt and pepper to taste. Butter a baking dish or casserole and line it with buttered bread. Put in cheese; beat egg, add to it the milk and seasoning. Pour over cheese and bake in a moderate oven until the cheese is melted and brown.  $1\frac{1}{2}$  to 2 pounds round steak chopped, a little nutmeg, tablespoon Worcestershire sauce, tablespoon salt, pinch pepper, 1 beaten egg,  $\frac{1}{2}$  cup bread crumbs soaked, strained, and wrung dry in a cloth. Mix thoroughly and shape into rolls. Bake about thirty-five minutes, basting every five minutes with bacon or salt pork. Serve with tomato sauce.

## Macaroni Jambalaya

Four ounces elbow macaroni or 1 cupful broken into 1-inch lengths, 1 green pepper, 3 hard cooked eggs, 2 tablespoons butter, 1 onion, 1 cup canned tomatoes, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon paprika, cheese. Boil macaroni  $\frac{1}{2}$  hour, drain, rinse with cold water. Chop the pepper and onion, and cook with the tomatoes, butter and seasoning for fifteen minutes. Then add macaroni and the egg whites chopped fine. Heat through, and serve on a rather flat dish, sprinkling the cheese mixed with the egg yolks, which have been pressed through a sieve.

## Creamed Tuna Fish

One can Tuna fish, 1 hard boiled egg, 1 green pepper, white sauce. Remove Tuna fish from can and break with fork. Make a white sauce of 1 cup milk, 1 cup water, butter size of an egg, salt and pepper, 2 tablespoons flour for thickening. Wash green pepper, remove membrane and chop fine, cook till tender in water. Then add fish, green pepper, hard boiled egg finely chopped, to the white sauce. Bring to boiling point, and serve.

## Coffee Ice Cream

Dissolve  $\frac{1}{2}$  cup sugar in  $\frac{1}{2}$  cup strong coffee; whip  $\frac{3}{4}$  of a pint of ice cold thick cream, whip the coffee and sugar thoroughly into this. Pour into vessel, and pack quickly in ice freezer.

## Orange Jelly Salad

The prepared jelly may be used, or make a jelly of 1 pint of boiling water, juice of 3 oranges, 1 teaspoon of orange flavour, and  $2\frac{1}{2}$  tablespoons or  $\frac{1}{2}$  package of gelatine; set away to cool and jell. When ready to serve, cut in cubes. Pile on lettuce leaves with a little chopped nut meats, mayonnaise dressing mixed with cream or milk.

## Chicken Fricassee

Prepare a nice fat boiling chicken, wash thoroughly, and put on to boil with a little onion, salt, some celery, and a carrot, in a pot. Cover with water and let simmer until tender; the liquid can be used for soup. Chop fine 2 cloves of garlic and fry a golden brown in butter. Then add 3 to 4 tablespoons flour. Stir until brown; season with salt and pepper; stir in 2 cups of chicken liquor, bring to boiling point. Disjoint chicken, place in the pan and heat thoroughly. Serve on platter with gravy thrown over it.

## Lettuce and Egg Salad

Four hard boiled eggs, remove shell. Chop the white and lay on shredded lettuce leaves; sprinkle with a little onion juice, salt, and a little chopped green pepper. Rub egg yolk through a sieve and mix with mayonnaise. Place on top of salad. Serve.

## Potato Savoury No. 1

Cut an onion, add 1 cup tomato pulp, and put in a well buttered pie dish. Make the next layer of potatoes sliced, put a layer of chopped peppers next, sprinkle with small sago. Make the top layer of sliced potatoes, season with salt and cayenne, and dot well with butter. Fill the dish with boiling water and bake in a slow oven for three hours.

## Potato Savoury No. 2

Three medium sized potatoes,  $\frac{1}{2}$  small onion, 1 tablespoon butter, 1 cup water,  $1\frac{1}{2}$  teaspoons salt. Peel and slice the onion in the bottom of a buttered pan. Then slice the potato. There should be 1 pint of sliced potatoes. Sprinkle with salt and pour over the hot water. Bake in a slow oven for two hours.

## MENU CALENDAR FOR JUNE

Fri., June 1st	Sat., June 2nd	Sun., June 3rd	Mon., June 4th
<b>BREAKFAST</b> Oranges Top Milk Cream of Wheat Toast Coffee	<b>BREAKFAST</b> Prunes Egg Fluff Toast Tea	<b>BREAKFAST</b> Banana Uncooked Cereal Top Milk Toast Bacon Curls Coffee	<b>BREAKFAST</b> Stewed Apricots Shredded Wheat Whole Milk Poached Eggs on Toast Cereal Beverage
<b>LUNCHEON</b> Sardines on Toast Lettuce Salad Cake Iced Tea	<b>LUNCHEON</b> Veal Souffle Iced Milk Graham Bread Butter Rice Pudding	<b>DINNER</b> Clear Veal Broth Roast Beef Lettuce Browned Potatoes Watercress Salad Lemon Pie Coffee	<b>LUNCHEON</b> Creamed Boiled Celery on Toast Watercress Iced Milk Gingerbread
<b>DINNER</b> Roast Veal Boiled Rice New Buttered Carrots Strawberries Cream Coffee	<b>DINNER</b> Baked Salmon Spinach Bread and Butter Baked Potatoes Chocolate Pudding Coffee	<b>SUPPER</b> Tuna Fish Salad on Lettuce Brown Bread & Butter Fingers Jelly Crackers Tea	<b>DINNER</b> Jellied Veal (made from the soup meat) Potato and Green Pepper Salad Strawberry Whip Tea
Tues., June 5th	Wed., June 6th	Thur., June 7th	Fri., June 8th
<b>BREAKFAST</b> Oranges Toast Scrambled Eggs Coffee	<b>BREAKFAST</b> Boiled Eggs Fruit Toast Cocoa	<b>BREAKFAST</b> Prunes Curried Eggs Toast Coffee	<b>BREAKFAST</b> Swedish Omelet Coffee Rice Muffins
<b>LUNCHEON</b> Liver Surprise Crackers Mashed Potatoes Brown Bread Butter Jelly Tea	<b>LUNCHEON</b> Reheated Lamb Curry Baked Green Apple Butterscotch Sauce Iced Tea	<b>LUNCHEON</b> Left-over Cold Boiled White Fish with Parsley Sauce Toast Fingers Tea	<b>LUNCHEON</b> Brown Bread Butter Tuna Fish Salad Tea
<b>DINNER</b> Cream of Lettuce Soup Curry with Rice Toast Pudding Coffee	<b>DINNER</b> Boiled White Fish Parsley Sauce Baked Stuffed Potatoes Lettuce Salad Strawberry Short Cake Tea	<b>DINNER</b> Stock Soup Roast Lamb Mint Sauce Rice Lettuce Salad Prune Fluff	<b>DINNER</b> Clear Soup with Spaghetti Cold Roast Lamb Beets in Jelly Coffee Strawberries
Sat., June 9th	Sun., June 10th	Mon., June 11th	Tues., June 12th
<b>BREAKFAST</b> Boiled Rice with Dates Top Milk Toast Coffee	<b>BREAKFAST</b> Oranges Omelet Rolls Coffee	<b>BREAKFAST</b> Uncooked Cereal Whole Milk Toast Coffee	<b>BREAKFAST</b> Cereal with Bananas Top Milk Toast Coffee
<b>LUNCHEON</b> Panned Tomatoes on Toast Cream Sauce Cake Iced Tea	<b>LUNCHEON</b> Brown Sauce Corn Baked Potatoes Fruit Salad Coffee Canned Berry Pie	<b>LUNCHEON</b> Sardines on Lettuce Baking Powder Biscuits Tea	<b>LUNCHEON</b> Corn Pudding Whole Wheat Bread Tea Jelly
<b>DINNER</b> Casserole Steak Potatoes Spinach Ivory Cream Berries Coffee	<b>SUPPER</b> Celery stuffed with Home-made Pimento Cheese Lettuce and Cress Crackers Jelly Iced Tea	<b>DINNER</b> Cold Roast Beef Brown Bread Butter Beet Salad Strawberries	<b>DINNER</b> Beef Pie Lettuce Salad Custard Cake Tea
Wed., June 13th	Thurs., June 14th	Fri., June 15th	Sat., June 16th
<b>BREAKFAST</b> Boiled Rice Top Milk Toast Coffee	<b>BREAKFAST</b> Stewed Cherries Toast Omelet Coffee	<b>BREAKFAST</b> Poached Eggs Coffee Whole Wheat Gems	<b>BREAKFAST</b> Boiled Rice with raisins Top Milk Toast Coffee
<b>LUNCHEON</b> Tomatoes heated and served on Toast Baking Powder Biscuits Tea	<b>LUNCHEON</b> Cream Spaghetti Pimento Cheese Brown Bread	<b>LUNCHEON</b> Puree of Lima Beans Brown Bread Butter Strawberry Short Cake	<b>LUNCHEON</b> Poached Eggs on Toast Tomato Sauce Tea
<b>DINNER</b> Cream of Pea Soup Stuffed Breast of Veal Brown Sauce Boiled Rice Buttered Carrots Cherry Pie	<b>DINNER</b> Tomato Soup Veal Croquettes Peas Lettuce Mayonnaise Prune Pie	<b>DINNER</b> Normandy Soup (veal bones) Casserole Steak with Potatoes Spinach Fruit	<b>DINNER</b> Stock Soup Suet Dumplings Boiled Leg of Mutton Caper Sauce Rice Pudding Coffee

## Lamb Curry with Rice

Two pounds of lamb (clear meat), 1 large onion, 1 clove of garlic, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, 1 teaspoon curry powder, 2 tablespoons shredded coconut, 1 teaspoon ground cloves, 1 teaspoon ground allspice,  $1\frac{1}{2}$  tablespoons butter, juice of 1 small lemon.

Boil lamb in salted water till almost tender, then cut in small pieces. Melt the butter, add the garlic and onion, mince and cook slowly until onion is soft, then turn in salt, pepper, curry, coconut, and spices. Add to meat. There should not be more than 2 cups of broth; return the meat and curry mixture to the broth and thicken with a tablespoon of flour to each cup of liquid. Cook for thirty minutes more; add lemon juice, and serve in a border of rice.

## Toast Pudding

Six pieces of stale toast, no butter; butter baking dish and lay in the toast; beat 2 eggs with 3 tablespoons sugar, and nutmeg to taste, add pint of milk; pour over bread. Bake in a very slow oven until custard is set.

## Prune Fluff

One pound dried prunes,  $\frac{1}{4}$  cup whipping cream. Wash prunes, put into boiling water for a few minutes. Drain and soak for twenty-four hours in sufficient cold water to cover. Drain off liquid, remove stones, pass the prunes through a colander, whip the cream, and fold in the prune pulp. Serve in sherbet glasses.

## Curried Eggs

Three hard boiled eggs,  $1\frac{1}{2}$  tablespoon melted butter,  $1\frac{1}{2}$  tablespoons flour, salt, curry to season, a dash of pepper, and a cup of hot milk; slice eggs, placing all together, and warm in a saucepan, then serve.

## Swedish Omelet

Three eggs,  $\frac{3}{4}$  cup milk,  $\frac{3}{4}$  teaspoon salt, dash of pepper,  $\frac{3}{4}$  tablespoon flour,  $\frac{3}{4}$  tablespoon butter, little over  $\frac{1}{4}$  cup of thinly sliced cheese, 3 teaspoons corn starch,  $\frac{1}{4}$  cup boiling water. Boil beets (or use canned), make a jelly by mixing together corn starch, vinegar, and boiling water; cook until clear, which will be in about five minutes, pour mixture round the beets and cool. Turn out on lettuce leaves and serve with mayonnaise.

## Puree of Lima Beans

Soak over night 1 cup of dried beans in 2 quarts of cold water. In the morning throw away the water, add a slice of lightly browned salt pork, cover with a quart of fresh cold water, add a couple of slices of onions,  $\frac{1}{2}$  teaspoon salt, and cook until beans are mushy; strain; add to the liquid one teaspoon of butter rubbed with the same of flour, boil up, and add boiling milk enough to make like soup of an agreeable consistency, with salt and pepper to taste.

## Giblet Sauce

Wash and cut giblets, put on to boil, covered in water until tender; brown 3 tablespoons of