

on both sides, with crusts off, and then cut in strips and served in between the folds of a fresh doily, will appeal to the most fastidious.

Parsley is always used to garnish meats. Meats should be skewered into shapely pieces before being cooked, and served on dishes to display them well.

Steaks and chops should be trimmed before cooking, then broiled evenly on all sides—never burned.

Rib chops should be garnished with chop frills.

Slices of lemon, hard-cooked eggs cut in strips, chopped pickles and parsley are used for garnishing fish.

Cold sweet dishes are garnished mostly with jellies cut in cubes, and candied fruits, red cherries and angelica being the most popular. Nuts and raisins are also used. Ice creams are garnished with meringues and spun sugar. Cakes are garnished with nuts and plain and fancy frostings put through a pastry bag and tube. Whatever garnishing is used avoid overdoing the matter; the simplest is always the most attractive.

### FIRST COURSE DISHES

#### Canapes

Canapes are made from white, Graham and brown bread, sliced very thin and cut in various shapes. They may be dipped in melted butter, toasted or fried. The slices may be covered with any of the following mixtures. Served hot or cold.

#### Anchovy Canapes

Cut bread in slices one-quarter inch thick, cut in circles, dip in melted butter, sprinkle with salt and cayenne, spread with anchovy paste, and sprinkle with a few drops of lemon juice.

#### Cheese Canapes

Cut bread in quarter-inch slices, spread lightly with French mustard, sprinkle with grated cheese and finely chopped olives. Or brown in oven before sprinkling with olives.

#### Crab Canapes

Cut bread in slices one-quarter inch thick, three inches long, and one and one-half inches wide. Spread with butter and brown in oven. Mix one cup chopped crab meat, one teaspoon lemon juice, two drops tabasco, one-half teaspoon salt, a few drops of onion juice, and two tablespoons olive oil. Mark the bread diagonally in four sections and spread them alternately with melted cheese and crab mixture. Separate sections with finely chopped pimento.

#### Sardine Canapes

Cut brown bread in circles, spread with butter, and heat in the oven. Pound sardines to a paste, add an equal amount of finely chopped, hard-cooked eggs, season with lemon juice and Worcester sauce. Spread on brown bread. Garnish each canape in the centre with a circle of hard-cooked white of egg, capped with a teaspoonful hard-cooked yolk.