

Menus and Recipes for May Days

The Art of Utilizing Left Overs to Good Advantage is Demonstrated in These Hints

By MARJORIE DALE



May brings with it anticipation of tempting greens, delicious fruits and consequent nourishing menus. The busy, thrifty housewife who has listened to exhortations to "Economize!", "Save!" will soon find solace in her own back-yard garden. She will find co-operation also in the following recipes prepared specially for May diet.

Coffee Cream

ONE cupful coffee, 4 small sponge cakes, $\frac{1}{2}$ pint sweetened cream, 1 pint boiled custard, whole almonds. Slice cakes, place in glass dish. Pour over coffee sweetened to taste, let stand 15 minutes, pour over custard flavored with vanilla and let stand till ready to serve. Garnish with whipped cream and almonds. Stale cake may be used in this way.

Allen Potato Salad

ONE and half cupfuls cold cubed potatoes, one and a half tablespoonfuls pimentos, 3 chopped hard boiled eggs, $\frac{1}{2}$ tablespoonfuls chopped onions, lettuce leaves, cream salad dressing. Cube potatoes, add chopped egg, mix thoroughly. Add onion and pimentos. Moisten with salad dressing. Season to taste and serve in nest of lettuce leaves.

Fish Croquettes

ONE half tablespoonful shallot, $\frac{1}{3}$ cupful flour, 2 teaspoonfuls red pepper, $\frac{3}{4}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful paprika, $\frac{1}{2}$ cupful milk, $\frac{1}{2}$ cupful cream, $\frac{3}{4}$ cupful flaked haddock, 3 tablespoonfuls butter, breadcrumbs. Cook shallot and red pepper, each finely chopped with the butter for 5 minutes, add flour, salt and paprika; stir till well blended, then pour on milk and cream. Bring to boiling point, add cooked haddock, spread on plate to cool. Shape, dip in crumbs and egg and crumbs again. Fry in deep fat.

Custard Souffle

THREE tablespoonfuls butter, $\frac{1}{4}$ cupful flour, 1 cupful milk, 4 eggs, $\frac{1}{4}$ cupful sugar. Melt butter, add flour, gradually the milk. Bring to boiling point; pour on to the yolks of eggs, beaten till thick and lemon colored, mix with sugar, then cut in egg whites beaten stiff and dry. Turn into buttered pudding dish and bake from thirty to thirty-five minutes in slow oven. Serve immediately.

Egg Cutlet, Tomato Sauce

FOUR hard boiled eggs, 1 cupful milk, 1 tablespoonful butter, 1 teaspoonful onion juice, 2 tablespoonfuls flour, dash of white pepper, 1 tablespoonful parsley, dash paprika, $\frac{1}{2}$ teaspoonful salt. First chop the egg white very fine and add to cream sauce. Add seasonings and mashed yolks. Spread on a platter and cool. When firm take up 1 tablespoonful in floured hands and shape into oblongs two inches by two inches and one inch thick—making the ends round. Dip in egg beaten with 1 tablespoonful cold milk and then in bread crumbs. Fry in deep fat. Serve with tomato sauce.

Quick Biscuit

ONE and a half cupfuls flour, $2\frac{1}{2}$ teaspoonfuls baking powder, $\frac{3}{4}$ teaspoonful salt, 3 tablespoonfuls lard, $\frac{1}{3}$ cupful milk, $\frac{1}{3}$ cupful water. Mix and sift flour, baking powder and salt. Work in lard using tips of fingers. Then add milk and water, mix quickly. Drop by spoonfuls into buttered, hot iron gem pans and bake in a hot oven 15 minutes.

Strawberry Rice

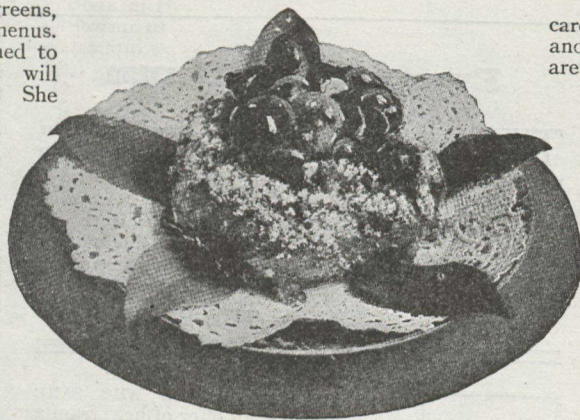
TWO cupfuls fresh or canned crushed strawberries, $\frac{3}{4}$ cupful rice, $\frac{1}{2}$ teaspoonful salt, juice of one lemon, 1 cupful powdered sugar, 4 tablespoonfuls butter, 1 egg white, beaten stiff. Boil rice, seasoned with salt and lemon juice, in two quarts water. Drain in colander, set in oven to dry. In meantime cream together the sugar and butter until fluffy, beat in the strawberries and then add egg white. Whip hard, and serve on the hot rice.

Cheese Croutons

STALE bread, butter, cheese. Cut stale bread in $\frac{1}{3}$ inch slices, remove crust and spread sparingly with butter. Cut into $\frac{1}{3}$ inch cubes. Put in dripping pan, sprinkle with soft mild cheese, bake in a slow oven until delicately browned, stirring frequently in order that cubes may brown evenly.

Hongroise Potatoes

THREE cupfuls cubed potatoes, $\frac{1}{3}$ cupful butter few drops of onion juice, 2 tablespoonfuls flour, 1 cupful hot milk, salt, paprika, 1 egg yolk, chopped parsley. Wash, pare and cut potatoes in $\frac{1}{3}$ inch cubes. Parboil 3 minutes and drain, add butter and cook very slowly till potatoes are soft and slightly browned; melt $\frac{1}{2}$



Cherry Tart

carefully into their places and season. Place spinach cooked and seasoned around the edge of the platter. Bake until eggs are as firm as you like them.

Corn Toast

ONE quarter tablespoon onion, 1 cupful canned corn, $1\frac{1}{2}$ tablespoon butter, 1 pint milk, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ teaspoon paprika, 6 slices toasted bread. Cook onion finely chopped with butter, 2 minutes, stirring constantly. Add canned corn and milk, salt and paprika, bring to boiling point. Let simmer 5 minutes. Pour over slices of toasted bread; garnish with toast points. Serve at once.

Omelet Flavored with Dried Beef

FOUR eggs, 2 tablespoonfuls dried beef 1 teaspoonful dripping, 4 tablespoonfuls cold water, a little onion juice, pinch of salt. Beat the eggs in water until light. Add onion juice and salt. Heat dripping, add eggs, shake pan while frying. When set add dried beef, which has been broken into fine pieces and heated. Double the omelet and serve.

Sweetbread Mousse

TWO sweetbreads or 1 pair, $\frac{1}{2}$ cupful chopped walnuts, 1 tablespoonful gelatine, $\frac{1}{4}$ cupful sweetbread liquor, 3 egg yolks beaten light, $\frac{1}{2}$ cupful whipped cream, $\frac{3}{4}$ teaspoonful salt, $\frac{1}{8}$ teaspoonful cayenne pepper.

Clean sweetbreads and simmer till tender in salted water. Remove from the liquor and strain it. There should be $1\frac{1}{4}$ cupful liquor. Add the $\frac{1}{4}$ cupful to the gelatine, combine egg yolks, salt, cayenne and the remaining liquor in a double boiler top, and cook over hot water until mixture coats a spoon. Add the gelatine and just before mixture begins to set add nuts and cream. Put sweetbreads in a mould, pour over mixture and let stand in a cold place till solid, slice and serve on lettuce leaves with a garnish of mayonnaise and walnuts.

Cocoanut Buns

ONE compressed yeast cake, 1 egg, 1 cupful scalded milk, $\frac{1}{2}$ teaspoonful vanilla, $\frac{1}{4}$ cupful tepid water, 1 cupful cocoanut, 5 tablespoonfuls sugar, 4 cupfuls flour, 3 tablespoonfuls butter, 1 teaspoonful salt.

Dissolve the yeast and 1 tablespoonful sugar in warm liquid. Then beat in $1\frac{1}{2}$ cupfuls of the flour to make an ordinary sponge. Cover in a warm place till light—about one hour. Then cream together the remaining sugar and butter and add to sponge with the beaten egg, cocoanut and vanilla. Work in the rest of the flour and salt and knead till elastic. Set to rise in a buttered bowl till double in bulk, about $1\frac{1}{4}$ hours. Then shape into small round buns and set one inch apart on well oiled tins. Let rise till light, and bake 15 minutes in a moderate oven. When done sprinkle with plain icing and cocoanut.

Savory Omelet

SIX eggs, 2 tablespoonfuls onion juice, 3 tablespoonfuls butter, 4 tablespoonfuls chopped parsley, 1 teaspoonful salt, pinch pepper. Separate eggs, beat the whites till light, then beat the yolks with $\frac{1}{4}$ cupful cold water, salt, pepper. Add juice and parsley add yolks to the whites, stir, pour into hot pan in which butter has been melted, keep over slow fire till bottom is set. If oven is hot, put omelet in for three to five minutes to dry top; fold, garnish and serve.

Combination Rarebit

THREE-QUARTERS cupful grated cheese, 1 cupful milk, $\frac{1}{2}$ pound cooked spaghetti, $\frac{3}{4}$ teaspoonful salt, 1 cupful minced boiled ham, $\frac{1}{8}$ teaspoonful pepper, 2 tablespoonfuls butter, $\frac{1}{2}$ cupful dried bread crumbs (mixed with 2 tablespoons butter or melted ham fat). Butter casserole, melt the butter in a sauce pan, gradually add the flour, allowing the latter to melt. Put a layer of spaghetti in the casserole, sprinkle over a little ham and then the sauce. Continue this till all is used up. Top with the crumbs and bake 15 minutes in a hot oven. The proportions of ham, cheese and spaghetti may be varied as may seem advisable if left overs are being utilized.

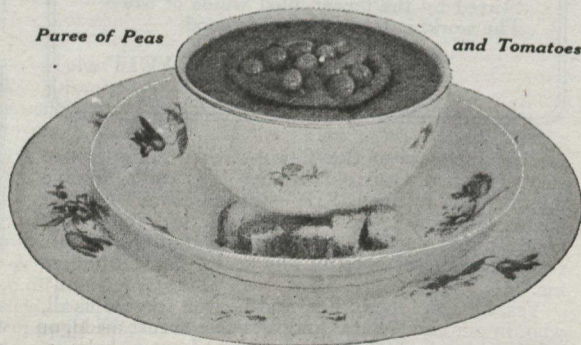
Puree of Pea and Tomato Soup

ONE pint tomatoes, $\frac{1}{2}$ pound dried peas, 1 onion, celery-tops. Use the yellow split peas and soak overnight. Cook the peas in one pint of water, one pint of tomatoes with onion and one or two celery-tops until the peas are tender, then mash through a sieve and strain. Season with salt and pepper. A spoonful of sherry to each bowl is a pleasing addition. Garnish with a thin slice of tomato and a few canned or fresh peas. Serve with bread croutons made from crust and pieces of left-over bread.

IN the June issue, in addition to the regular page, Marjorie Dale will supply elsewhere in the magazine a number of reliable recipes for canning and other uses of strawberries.

Menus for a Week

SUNDAY	BREAKFAST	DINNER	THURSDAY
Sliced Bananas with Lemon Juice	Steamed Dinner from Pot Roast	BREAKFAST	Hominy
Omelet Flavored with Dried Beef	Buttered new Carrots Mashed Potatoes	Dates and Figs	Shirred Eggs
Corn Bread	Coffee Cream	Tea	Top Milk
			Bran Muffins
			Coffee
			LUNCHEON
			Egg Cutlet
			Quick Biscuits
			Tomato Sauce
			French Dressing
			Tea
			DINNER
			Broiled Lamb Chops
			Potato Balls in Cream Sauce
			Buttered Asparagus
			Hard Sauce
			Bread Pudding
			FRIDAY
			BREAKFAST
			Sliced Oranges
			Steamed Eggs Flavored with Ham
			Toast
			Coffee
			LUNCHEON
			Allen Potato Salad
			Grape Fruit Jelly
			War Cake
			Crackers
			Tea
			DINNER
			Puree of Pea and Tomato
			Fish Croquettes
			Dinner Rolls
			Radishes
			Custard Souffle
			Creamy Sauce
			Crackers
			Cheese
			Café Noir
			SAURDAY
			BREAKFAST
			Stewed Rhubarb
			Cereal
			Creamed Eggs
			Top Milk
			Toast
			LUNCHEON
			Hot White Fish Canapes (Left Over)
			Corn Toast
			Tea
			DINNER
			Joplin Tomato Soup
			Spring Dish
			Jellied Vegetable Rings
			Mayonnaise
			Fruit Cream or Cherry Tart
			Tea
MONDAY	BREAKFAST	DINNER	FRIDAY
Savory Omelet	Steamed Dinner from Pot Roast	BREAKFAST	Hominy
	Buttered new Carrots Mashed Potatoes	Dates and Figs	Shirred Eggs
	Coffee Cream	Tea	Top Milk
			Bran Muffins
			Coffee
			LUNCHEON
			Egg Cutlet
			Quick Biscuits
			Tomato Sauce
			French Dressing
			Tea
			DINNER
			Broiled Lamb Chops
			Potato Balls in Cream Sauce
			Buttered Asparagus
			Hard Sauce
			Bread Pudding
			FRIDAY
			BREAKFAST
			Sliced Oranges
			Steamed Eggs Flavored with Ham
			Toast
			Coffee
			LUNCHEON
			Allen Potato Salad
			Grape Fruit Jelly
			War Cake
			Crackers
			Tea
			DINNER
			Puree of Pea and Tomato
			Fish Croquettes
			Dinner Rolls
			Radishes
			Custard Souffle
			Creamy Sauce
			Crackers
			Cheese
			Café Noir
			SAURDAY
			BREAKFAST
			Stewed Rhubarb
			Cereal
			Creamed Eggs
			Top Milk
			Toast
			LUNCHEON
			Hot White Fish Canapes (Left Over)
			Corn Toast
			Tea
			DINNER
			Joplin Tomato Soup
			Spring Dish
			Jellied Vegetable Rings
			Mayonnaise
			Fruit Cream or Cherry Tart
			Tea
TUESDAY	BREAKFAST	DINNER	FRIDAY
Fried Mush, Syrup or Melted Jelly	Steamed Dinner from Pot Roast	BREAKFAST	Hominy
Rolls	Buttered new Carrots Mashed Potatoes	Dates and Figs	Shirred Eggs
	Coffee Cream	Tea	Top Milk
			Bran Muffins
			Coffee
			LUNCHEON
			Egg Cutlet
			Quick Biscuits
			Tomato Sauce
			French Dressing
			Tea
			DINNER
			Broiled Lamb Chops
			Potato Balls in Cream Sauce
			Buttered Asparagus
			Hard Sauce
			Bread Pudding
			FRIDAY
			BREAKFAST
			Sliced Oranges
			Steamed Eggs Flavored with Ham
			Toast
			Coffee
			LUNCHEON
			Allen Potato Salad
			Grape Fruit Jelly
			War Cake
			Crackers
			Tea
			DINNER
			Puree of Pea and Tomato
			Fish Croquettes
			Dinner Rolls
			Radishes
			Custard Souffle
			Creamy Sauce
			Crackers
			Cheese
			Café Noir
			SAURDAY
			BREAKFAST
			Stewed Rhubarb
			Cereal
			Creamed Eggs
			Top Milk
			Toast
			LUNCHEON
			Hot White Fish Canapes (Left Over)
			Corn Toast
			Tea
			DINNER
			Joplin Tomato Soup
			Spring Dish
			Jellied Vegetable Rings
			Mayonnaise
			Fruit Cream or Cherry Tart
			Tea
WEDNESDAY	BREAKFAST	DINNER	FRIDAY
Farina	Steamed Dinner from Pot Roast	BREAKFAST	Hominy
Corn Meal Muffins	Buttered new Carrots Mashed Potatoes	Dates and Figs	Shirred Eggs
	Coffee Cream	Tea	Top Milk
			Bran Muffins
			Coffee
			LUNCHEON
			Egg Cutlet
			Quick Biscuits
			Tomato Sauce
			French Dressing
			Tea
			DINNER
			Broiled Lamb Chops
			Potato Balls in Cream Sauce
			Buttered Asparagus
			Hard Sauce
			Bread Pudding
			FRIDAY
			BREAKFAST
			Sliced Oranges
			Steamed Eggs Flavored with Ham
			Toast
			Coffee
			LUNCHEON
			Allen Potato Salad
			Grape Fruit Jelly
			War Cake
			Crackers
			Tea
			DINNER
			Puree of Pea and Tomato
			Fish Croquettes
			Dinner Rolls
			Radishes
			Custard Souffle
			Creamy Sauce
			Crackers
			Cheese
			Café Noir
			SAURDAY
			BREAKFAST
			Stewed Rhubarb
			Cereal
			Creamed Eggs
			Top Milk
			Toast
			LUNCHEON
			Hot White Fish Canapes (Left Over)
			Corn Toast
			Tea
			DINNER
			Joplin Tomato Soup
			Spring Dish
			Jellied Vegetable Rings
			Mayonnaise
			Fruit Cream or Cherry Tart
			Tea



tablespoonfuls butter, add onion juice, flour and pour on gradually the milk. Season and then add egg yolk. Pour sauce over potatoes and sprinkle with chopped parsley.

Lemon Cream Sherbet

ONE and a half cupfuls sugar, $\frac{3}{4}$ cupfuls lemon juice, 4 cupfuls milk, few grains salt. Mix sugar and lemon juice, add salt and gradually the milk. Freeze, using three parts finely crushed ice to one part rock salt. Serve in frappe glasses.

Spring Dish

EGGS, rice and spinach: 1 cupful rice, eggs, spinach. Boil and blanch rice, heap it on the centre of a platter with the back of a spoon make indentations for as many eggs as you wish to serve. Break the eggs