

# A NEW YEAR'S LUNCHEON

PREPARED BY  
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THE January hostess is offered unusual facilities in the way of entertaining, for at this season of the year the markets abound in delectable goodies, and the matter of providing a suitable and appetizing menu is, in consequence, easily solved. The luncheon is the popular form of diversion, as it is the simplest and most informal. It requires but little thought in arrangement, after the menu has been satisfactorily thought out, save as regards table adornment—a feature, by the way, that is one of the luncheon's most important assets, though not always given careful attention.

A prettily decorated table adds much to the quality of any luncheon course, and the little time spent in its arrangement is amply repaid by the pleasure given. Simple, dainty effects should be striven for, rather than elaborate or ornate ones, with the abundance of lovely greenery, obtainable for the gathering in any woodland tract, the securing of this desired result should not be difficult. A large basket filled with small sprays of pine or evergreen, with clusters of red berries tucked here and there, or a birch bark receptacle, placed on a mat of hemlock, and filled with crimson pinks interspersed with pine or evergreen, or any like effect, is all that is needed, and the completed result will be wholly artistic, and a distinct addition not only to the table, but to the luncheon as well.

The suggestion of New Year's may be appropriately introduced in the favors or place cards, and included in the novelties for these uses are clock-shaped candy boxes, with the face sketched upon the cover; leaf-shaped booklets, hinting of the adage about turning over new leaves, dainty calendars, and bell-shaped receptacles with the figure of the New Year or Old Father Time seated upon it.

Of course the all-important consideration is the meal itself. Even with such an array of tempting goodies as the January markets show, it is not always an easy matter to determine which will afford the most suitable and pleasing concoctions, and it is with the idea of aiding in this respect that the following simple suggestions are made.

Compote of Pineapple  
Tomato Bisque  
Fried Croutons  
Olives  
Lamb Circles with Peas  
Baked Beets with Butter Sauce  
Shrimp Salad  
Banana Buns  
Coffee  
Mints

COMPOTE OF PINEAPPLE—Pare, core and quarter one tart apple of medium size for each guest. Cook until tender in as little water as possible, adding enough fresh lemon peel to give a decided flavor. When done, remove from the fire, and add a tablespoonful of diced pineapple for each person. Chill very thoroughly, and serve very cold, with or without whipped cream.

TOMATO BISQUE—To one quart of strained tomato puree, add an equal quantity of rich milk. Heat these two ingredients separately, and when the puree reaches the boiling point, stir in one-fourth teaspoonful of saleratus. Do not put the parts together until ready to serve. Season with salt, pepper, and a dash of clove. Serve with croutons that have been fried in deep fat. The

LAMB CIRCLES—Make a well-seasoned croquette mixture of lean cold lamb put through the meat chopper, and an equal quantity of bread or cracker crumbs. Moisten with good meat stock or with rich milk. Make into small flat cakes, no larger than a silver dollar, and fry light brown in deep fat. Serve with hot buttered peas.

BAKED BEANS WITH BUTTER SAUCE—Parboil rather small beets of uniform size until they are fairly tender. Set them into the oven in a buttered pan for half an hour.

SHRIMP SALAD—Open a can of shrimps and allow them to soak in ice water for thirty minutes. Drain and wipe dry on a clean napkin. Break in small pieces and

arrange in a lettuce-lined salad bowl. Mask with mayonnaise dressing, and garnish with whole shrimps and small sweet gherkins.

BANANA BUNS—Mould good bread into tiny balls, sprinkle with sugar, and when they have risen sufficiently bake a delicate brown. While they are still hot, cut a circle from the bottom of each and remove the soft inside; fill the crusts with diced bananas, to which a few chopped maraschino cherries have been added. Place each bun upon a generous spoonful of whipped cream, garnish with slices of banana and cherries, and serve immediately.

## DISHES OF MANY LANDS

PERHAPS no State in the Union can boast of as much variety and as many surprises in its cuisine as California, says a writer in the *Epicure*. Ships from every port pass the Golden Gate, and their crews bring to many of the little restaurants new ideas in cookery. The Spanish and Mexican cuisines are most prominent, but with the great numbers of Chinese and Japanese the cooking of Oriental lands has also come to be known and adopted by Californians.

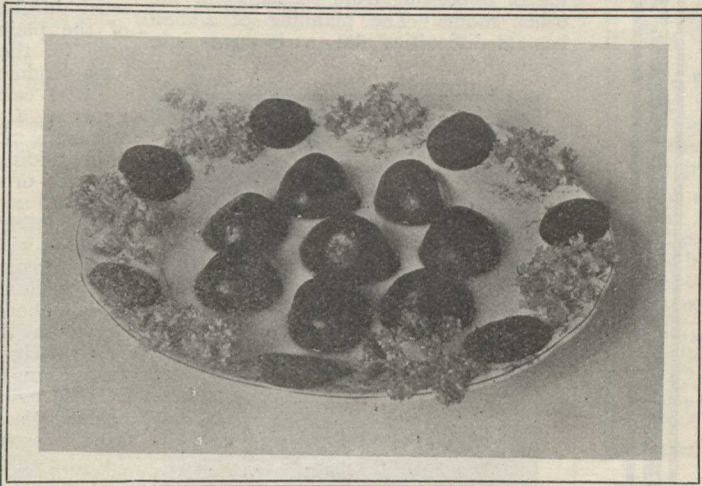
From Australia and New Zealand, from the Philippines and the Hawaiian Islands, from India with the new invasion of East Indians into the state, and from many another faraway land have come new dishes that have found their way into California menus, and with the dash of Creole cookery and the New England dishes that are clung to by the '49ers and easterners who have migrated to this sunny clime, one has much to choose from.

If, perchance, he strays into a California restaurant and has a keen-edged appetite, as likely as not he will glory in the possibilities of a California crab, which he may elect to follow with Boston baked beans and Virginia waffles with Vermont maple syrup, then end his repast with some wonderful strange fruits from Hawaii and wash it all down with a glass of native or Mexican wine.

San Francisco was a city of restaurants before the great calamity which befell it, and wiped out the temporary existence of such famous restaurants as Zink and's the Techau Tavern with its Hawaiian dishes, its velvet-voiced Hawaiian singers and sadly beautiful native music; Tait's mammoth underground palace, the Palace of Art with its collection of paintings, including a Rosa Bonheur, the old and new Poodle Dog—the latter one of the show places of the coast—and the Oyster Grotto, where nothing save shell fish was served, and where mammoth specimens of the California crab served four persons each.

Bohemians will recall the Italian cafe of one Coppa on Montgomery Street that had been decorated by the famous San Francisco artists, and where painters, writers and musicians met to drink Chianti and eat spaghetti, ravioli, and frittura, and admire, through their wreaths of smoke, the wonderfully clever and suggestive frescoes and mural decorations recalling Gelett Burgess and his "Goops," Jack London and other celebrities. The restaurants of the Flowery Kingdom and the Celestial Empire passed by: there was the famous Mexican restaurant of one Matia, which was unique of all dining places in the Golden West.

Passing through the Barbary Coast to the Telegraph Hill region, one found Matia's place, where the little Austrian presided proudly and served his patrons in two clean, shabby little rooms. They smelled of garlic and were decorated with colored prints imported from Spain, which showed bull fights in every stage, from portraits of handsome matadors awaiting calmly the onslaught of Taurus to the gory finish with rivers of blood.



BAKED BEETS WITH BUTTER SAUCE



SHRIMP SALAD



BANANA BUNS

## Add to Strength STRENGTH

### TO THE STRONG:

During the Season of Festivities, appetite usually overruns reason, and some special care is needed to rid the system of the surplus.

## Grape Juice

is not only a pleasant beverage, but is also helpful to the system as a body builder.

### TO THE WEAK:

During the Winter, one in every five persons is in need of some special nourishment to ward off and to overcome the attacks of Grip and other winter ills.

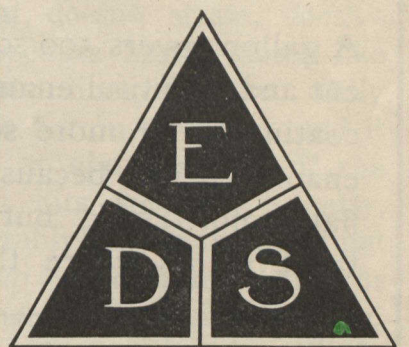
The choice of nourishment is all-important, many articles of diet contain much waste matter which tends to clog the whole body.

Nearly every drop of **PURE GRAPE JUICE** is nourishment, and does help to build up.

### TO BOTH:

Try this three times a day

**E.D.S. Grape Juice** Wineglassful  
**Sugar (Powdered)** Teaspoonful  
**Lemon Juice** Teaspoonful  
**Water** - Tumblerful



Be sure that the above mark is on the label.

Let the holiday season remind you that this is very acceptable to invalids.

A case of E.D.S. Grape Juice would be an acceptable present to invalids.

The same care and quality is used in all the E.D.S. lines, which include Jams, Preserves, Marmalade and other table delicacies.

From the kitchens of

**E. D. SMITH**  
**WINONA,**  
**ONT.**