

THE MEAL-MAKER

is designed to help you answer the thrice-a-day question, "What shall we have to eat?" and to prevent your bills of fare from falling into monotony. By holding the pages together and opening the covers you can consult the Cooking Time-Table and Proportions in connections with the Meal-Maker.

SOUPS

With meat stock:

Barley
Bean, Pea, Lentil
Beef, Oxtail
Chicken, Rice, Noodles
Consomme
Tomato

BROTHS: CREAMED

Brown Celery
Chicken Clam
Mutton Corn
Pea
Clam Ch'der Spinach
Oyster Stew Tomato Bisque

BREADS

(See pages 8, 9, 10.)

FISH

(Baked, boiled, broiled, plank-
ed, escalloped.)

Bass
Butter
Cod
Flounder
Halibut
Mackerel
Salmon
Shad
Smelt
White
Shell Fish:
Clams
Crabs
Lobsters
Oysters

SALADS

Aspic
Brains
Cabbage
Cauliflower
Celery
Chicken
Chicory
Cucumber
Egg
Lettuce
Lobster
Macedoine
Oyster
Pea
Potato
Sweetbread
Tomato
Waldorf
Water cress

MEATS

(Baked, boiled, broiled, escalloped,
fried, stewed, braised, in pie.)
—(See page 26.)

Bacon
Beef
Brains
Game
Ham
Heart
Kidneys
Sweetbreads, creamed.
Lamb
Liver
Mutton
Poultry
Pork
Tongue
Veal

VEGETABLES

(Boiled, creamed, escalloped
mashed.)—(See page 27.)

Asparagus
Beans: lima, string, wax
Beets
Carrots
Cauliflower
Celery
Corn
Cucumber
Kohlrabi
Onions
Parsnips
Peas
Peppers
Potatoes: hashed, brown Sara-
toga, stuffed, French fried, with
cheese.
Spinach
Squash
Succotash
Tomatoes
Turnips

EGGS

Baked in tomatoes
Boiled
Coddled
Creamed on Toast
Curried
Fried, with Bacon
Omelet, with peas, ham, jelly, jam
Poached
Scrambled
Shirred

DESSERTS

(See pages 21 and 22.)

INSIST UPON HAVING COW BRAND BAKING SODA