

HOUSEHOLD SUGGESTIONS

SUPERVISED BY THE CHEF OF THE MARRIAGGI, WINNIPEG

Pea Soup.
Cod Steaks, Portuguese.
Stewed Breast of Mutton, Green Peas.
Cold Chicken.
Lettuce Mayonnaise.
Cocoanut Pie.
Crackers and Cheese.

Of course, this time of the year salads are the go. All vegetable salads and fruit salads are the best. Lettuce, tomato, egg, combination, Macedoine, jardiniere, fish salads, such as salmon, lobster, sardine, brook trout, smelts, anchovy, etc. Fruit salads: Orange, pear, cherry, apple and celery, apple, apple and walnut, strawberry, mixed fruit, etc., and I consider that for a nice cold luncheon salads are: Potato, Queen, Rachel and Jockey Club. Of course you must be careful with your dressings, such as French, vinaigrette, Hollandaise, cream, and the queen of all, mayonnaise.

French Dressing.—Grate one onion, mix it with four parts of Wesson's oil to one part of tarragon vinegar; add some chopped parsley, black pepper and salt.
English salad dressing same as above only adding a small portion of made mustard to it.

A Few Simple Breakfast Menus.

Shredded Wheat Biscuits, with Strawberries.
Angels on Horseback.
or
Oyster Kromeski.
Broiled Sausages and Bacon.
Bread and Butter.
Fig Marmalade.
Tea and Coffee.
Cream of Wheat.
Soused Mackerel.
Grilled Ham a la Diable.
Graham Bread Toast and Honey.
Cocoa and Coffee.

Two Simple Luncheon Menus.

Beef Broth, with Rice.
Fried Salmon, Maitre d'Hotel.
Macaroni a la Creole.
Veal and Ham Pie.
Potato Salad.
Pears a la Reine.
Cheese.
Iced Tea.

Combination Salad.

A nice one can be made of all kinds of vegetables; also one like this:
Sliced radishes, potatoes, beets, boiled carrots, sliced cucumbers, shredded lettuce, and string beans; you can either use a French dressing, cream, or a thin mayonnaise.

Vienna Pot Roast.

Take a thick part of a flank of beef or a piece of the shoulder; place some sliced vegetables, a few cloves, bayleaves, pepper-corns and a little parsley and a few slices of bacon in a roast pan. Place on your beef; baste with a little beef dripping; put it in the oven and roast till nice and brown all over; turn occasionally. Then place it into a saucepan, with its juice and vegetables, season with salt and pepper; cover it up tight; let it simmer till tender. Then take up your beef, strain off and skim off all the fat, thicken the gravy with a flour and water thickening. Cut your beef into neat slices, place on your serving dish, pour around your gravy and garnish with either noodles or potato pancakes.

Melba Sauce.

ED. NOTE.—Through an error in the copy of last month's "Household Suggestions" the recipe for Melba Sauce was wrongly printed, so, for the convenience of our readers, it appears below.

Mince finely two onions; place them in a saucepan with one cup of sauterne, reduce to half its quantity, then place onto it two pints of tomato sauce; let it come to a boil. In the meantime procure six egg yolks, add to them a little cold tomato sauce, beat them well, then stir them into the above boiling mixture; stir till it thickens, then work in four ounces of sweet butter, little by little. Do not let it boil any more after adding the eggs, etc.

Tomato Sauce.

Line a saucepan with a few pieces of rind of bacon, two onions, three carrots, a little celery and parsley, thyme and marjoram, if green (if not green and in a dry state, tie it up in a little bit of cheesecloth, but do not add it till you add the liquid), about fifteen peppercorns, crushed, five cloves and three bay-leaves; pour on a little of Wesson's cooking oil, fry the ingredients till a light brown, then put in some flour to form a roux, pour on about half a gallon of good beef stock, stir well to make it smooth, then place in about three cans of tomatoes (if fresh ones are used, take about six pounds cut into dice), let it boil one hour, then strain off. If color is not red enough add a few drops of carmine (obtainable at Hudson's Bay Co. drug store), season with salt and pepper and a pinch of salt.

Breakfast Rolls.

Together a quart of flour and a teaspoonful of salt, and rub into the flour a teaspoonful of butter. Dissolve a third of a cup of sugar in warm water, and stir it into a cup of fresh blood-warm water. Add a cup of fresh blood-warm water, and pour

all into the flour. Mix to a sponge and set to rise for six hours. Stir thoroughly and set for two hours longer, then add just enough flour to allow you to knead it, turn upon a floured board and knead for three minutes. Cut into rounds, butter these lightly and fold over upon themselves, making a half-circle. Set to rise for two hours and bake in a hot oven.

A Nice Omelette

Can be made out of remains of cold meat by chopping up the meat fine, together with some onions, parsley and thyme. Beat up well 6 eggs, a pinch of salt and 1 tablespoon of milk or water. Add this to your meat, etc., stir well together, put into a nice omelette shape, and fry to a nice brown. Garnish neatly with parsley and serve at once.

Wrinkles.

Soak one pint of stale bread over night. Drain thoroughly in morning. Add two eggs, one-fourth teaspoon salt, one tablespoonful of lard and butter mixed, flour to make a stiff batter, and one teaspoon baking powder. Drop on a well buttered pan far enough apart so they will not touch. Bake in a quick oven. Eat with syrup.

Remnant of Beef, Pork, Mutton or Veal.

Put remains of cold meat into neat squares, fry in a little grease with some sliced onions, and when somewhat brown add a little flour, stir well together for a few minutes, then pour over it some boiling stock or water. Then add some sliced canned or fresh mushrooms and a little sauterne or chablis wine and salt and pepper. Let it stand for twenty minutes, keeping well skimmed. Prepare some nice mashed potatoes, form a border of them, and dish up the meat in the centre of the border.

Meat Pie, Turkish Style.

Roll out some nice short paste, say one-eighth of an inch thick, cut into squares; brush over with some beaten eggs and some broth; spread over it some nice mince of cold meats; fold over sides and ends so as to form an oblong; then drop into boiling lard. When nicely browned, dish up neatly on a folded paper or linen napkin and serve with fried parsley.

Scrambled Eggs a la Lyonnaise.

Saute a few minced onions for a few minutes without browning; add to them some finely chopped parsley and some beaten eggs and a little milk; stir over the range till set; place on triangular slices of buttered toast. Quantities, 1 onion, 1 teaspoon of chopped parsley, pinch of salt and pepper, 1 oz. of butter, 6 eggs, 1 pint of milk.

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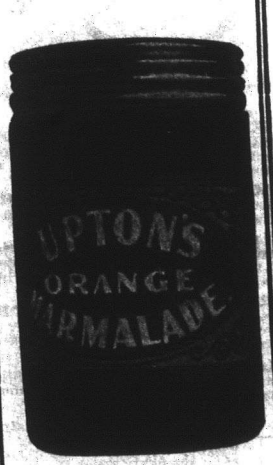
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