

Lemco dishes for all seasons : containing 208 recipes for articles in season each month, together with invalid dishes, breakfast dishes and sweets, and 75 menus for breakfasts, lunches, and dinners / Eva Tuite.

Contributors

Tuite, Eva.
University of Leeds. Library

Publication/Creation

London : Lemco, [1905?]

Persistent URL

<https://wellcomecollection.org/works/zrmzupen>

Provider

Leeds University Archive

License and attribution

This material has been provided by This material has been provided by The University of Leeds Library. The original may be consulted at The University of Leeds Library. where the originals may be consulted.

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

LEMCO DISHES FOR ALL SEASONS



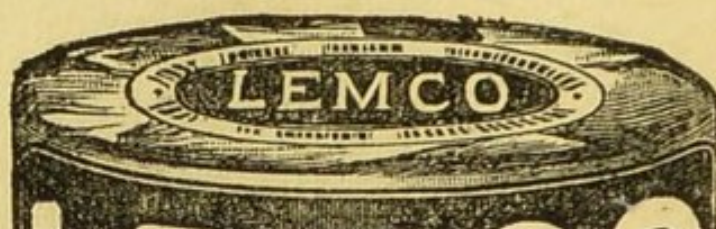
EVA TUIITE

Presented.

"The soul of cookery is the stock pot,
the finest stock is LEMCO."

FRANCATELLI

[Chef for many years to the late Queen Victoria.]



**THE
UNIVERSITY LIBRARY
LEEDS**

LEEDS UNIVERSITY LIBRARY

Classmark:

COOKERY

A TWI



3 0106 01104 6181

guine

has
ay.

other
name

LEMCO DISHES FOR ALL SEASONS

CONTAINING 208 RECIPES FOR ARTICLES
IN SEASON EACH MONTH, TOGETHER
WITH INVALID DISHES, BREAKFAST
DISHES AND SWEETS, AND 75 MENUS FOR
BREAKFASTS, LUNCHESES, AND DINNERS

EVA TUIE

LEMCO

4, LLOYD'S AVENUE, LONDON, E.C.

COPYRIGHT.

[Entered at Stationers' Hall]

PREFACE

IN writing this little book, my object has been to provide a complete list of "Lemco Dishes for all Seasons," and to show how, by using Lemco, it is possible to provide a goodly number of light, nourishing, digestible dishes of equal, if not greater, sustaining power than the ordinary routine of heavy beef and mutton dishes. I have borne in mind that the dishes when prepared should please the eye, gratify the taste—above all, nourish the body, and also be within the reach of a limited income.

The recipes have not been arrived at without careful consideration and practical test, and I would therefore impress upon those who use them that the directions, both in mode and ingredients, should be carried out strictly. So many cooks are apt to think a spoonful more or less of this or the other is of no consequence, that this little hint may prove useful.

It cannot be too emphatically stated that the recipes could not possibly be prepared so cheaply, in so savoury a manner, and prove so absolutely wholesome and nourishing, without the addition of Lemco. Lemco, it must be remembered, is prime beef in its most concentrated form, a fact that will be better realised when it is pointed out that a small jar contains the essence of several pounds of beef.

The value of Lemco in cooking cannot be praised too highly, and although space will not permit me to enter into any lengthy details, the following are some points that are well worthy of note:—

It ensures that recooked and tinned meat is rendered as nourishing as that which has just come from the butcher.

It keeps for any length of time in any climate.

It is handy to use and therefore saves much trouble.

Its cost in comparison with butcher's meat is trifling.

In invalid cookery it is practically impossible to do without Lemco, as it tempts the most delicate appetite, is easily

assimilated, and acts as a nourishing stimulant in cases of exhaustion. Lemco is the greatest exciter of the gastric juices of the stomach which we possess; its use in invalid dishes, besides creating a desire for food on the part of the patient, enables the weakened stomach to effectively digest it. Moreover, Lemco makes variety in sickroom cookery easy—a most important consideration.

All authorities agree that highly seasoned dishes destroy the palate and deaden the taste for good things, but the addition of Lemco to the simplest dishes renders them as delicious as expensive ones, without the indigestible properties so often to be found when only the palate is appealed to.

The menus for breakfasts (pages 109 to 111), lunches (pages 111 to 113), and dinners (pages 114 to 116) are a feature of this book, and it is hoped will save house-keepers some trouble and thought. The recipes of dishes named in the menus are nearly all to be found in "Lemco Dishes for all Seasons," most of which appear for the first time.

The cost price of the dishes must be taken as approximate; it will naturally vary in different localities.

Although the dishes are arranged in monthly chapters, many of them are suitable all the year round.

EVA TUI TE.

Why Liebig Company's Extract of Beef is now called LEMCO.

The Liebig Company's Extract is the only meat extract ever prepared under the control of Baron Justus von Liebig. The Liebig Company was formed in 1865, and Justus von Liebig was in charge of its Scientific Department until his death. He allowed the Liebig Company to use his name, on the strict understanding that every parcel of extract produced by them was analysed, examined, and approved by him or his successors. This control is still in force.

Owing to a decision of the Courts prior to the passing of the Trade Marks Registration Act in 1875, inferior meat extracts, in no way connected with Justus von Liebig, or the Liebig Company, were allowed to be called Liebig's Extract, and are sometimes still so sold.

In order fully to protect the public, and render confusion impossible, the Liebig Company now affix their initials L E M C O to every jar.

Every jar labelled LEMCO is the genuine Liebig Company's Extract.

Every jar not bearing the word LEMCO has no connection with the Liebig Company.

The Trade Mark LEMCO is only used in the British Empire: In other countries of Europe the Liebig Company's exclusive right to the name "Liebig's Extract of Meat" is fully recognised.

POINTS ON "LEMCO"

The original and only genuine
LIEBIG COMPANY'S EXTRACT

Cheaper than Beef

For all culinary and dietetic purposes Lemco is cheaper than beef. It makes beef go further: by its aid the thrifty housewife can work up cold sundries into delicious nourishing dishes. It is the most concentrated form of beef known. A two-ounce jar contains the essence of about four pounds of lean beef.

Flavouring

Lemco added to soups, sauces, gravies, etc., not only increases their nourishment and digestibility, but in a moment imparts body and a delicious flavour.

Keeping Properties

Lemco will keep for any time in any climate. It contains no added preservative whatever, and keeps well merely by virtue of its high concentration and quality.

Purity

The purity of every ounce of Lemco is guaranteed. It passes three independent analyses before being sold to the public. The beef from which Lemco is made is the finest the world produces.

Invalid Dishes

Lemco makes variety in sick-room cookery easy—a most important consideration in the nourishment of invalids.

Medicinal Properties

Recent scientific experiments show that Lemco is the most powerful exciter of gastric secretion in the stomach which we possess; its use not only rouses appetite, but actually aids the digestion of other food.

Hospital Uses

Lemco has almost entirely replaced the home-made beef tea in hospitals and public institutions where its dietetic properties and greater economy have been recognised after very severe tests.

POINTS ON "LEMCO"

The original and only genuine
LIEBIG COMPANY'S EXTRACT

Breezy Cattle Farms

The Lemco Cattle Farms exceed 1,100 square miles of the finest pastures in the world. The territory covers as much space as would make a roadway about three miles wide all the way from the English Channel to Berwick-on-Tweed.

The finest prize cattle which England produces are sent out at regular intervals to keep up the strain of the Lemco herds. This season a magnificent Hereford Bull, bred by His Majesty the King, at the Royal Farms, Windsor, was included in the stock of England's best Prize cattle sent out.

Note

Full particulars about the unique Lemco cattle farms in illustrated booklet, entitled "Home of Lemco," obtainable, post free, from LEMCO, 4, Lloyd's Avenue, London, E.C.

What Cooks say

Thousands of cooks have written on the virtues of Lemco. The following from Mrs. G. Beaty Pownall, the Cookery Editress of the *Queen* newspaper, sums up the praise of many cooks and chefs:—"I am pleased to say that the more I use Lemco, the better I like it. For dainty cooking I think it simply invaluable, decreasing both the expense and labour hitherto indispensable. I consider it one of the most important factors in bringing really good cookery within the reach of the average housekeeper, whilst in the sick-room I believe it to be invaluable, both as a stimulant and an appetiser."

Every jar of the genuine Liebig Company's
Extract is labelled with the manufacturers'
initials, "L E M C O."

Seasonable for
JANUARY

MEATS

Beef, Mutton, House Lamb, Pork.

POULTRY AND GAME

Fowls, Geese, Hares, Larks, Partridges, Pheasants, Pigeons, Plover (golden and grey), Quails, Rabbits, Turkeys, Snipe, Woodcock, Widgeon.

FISH

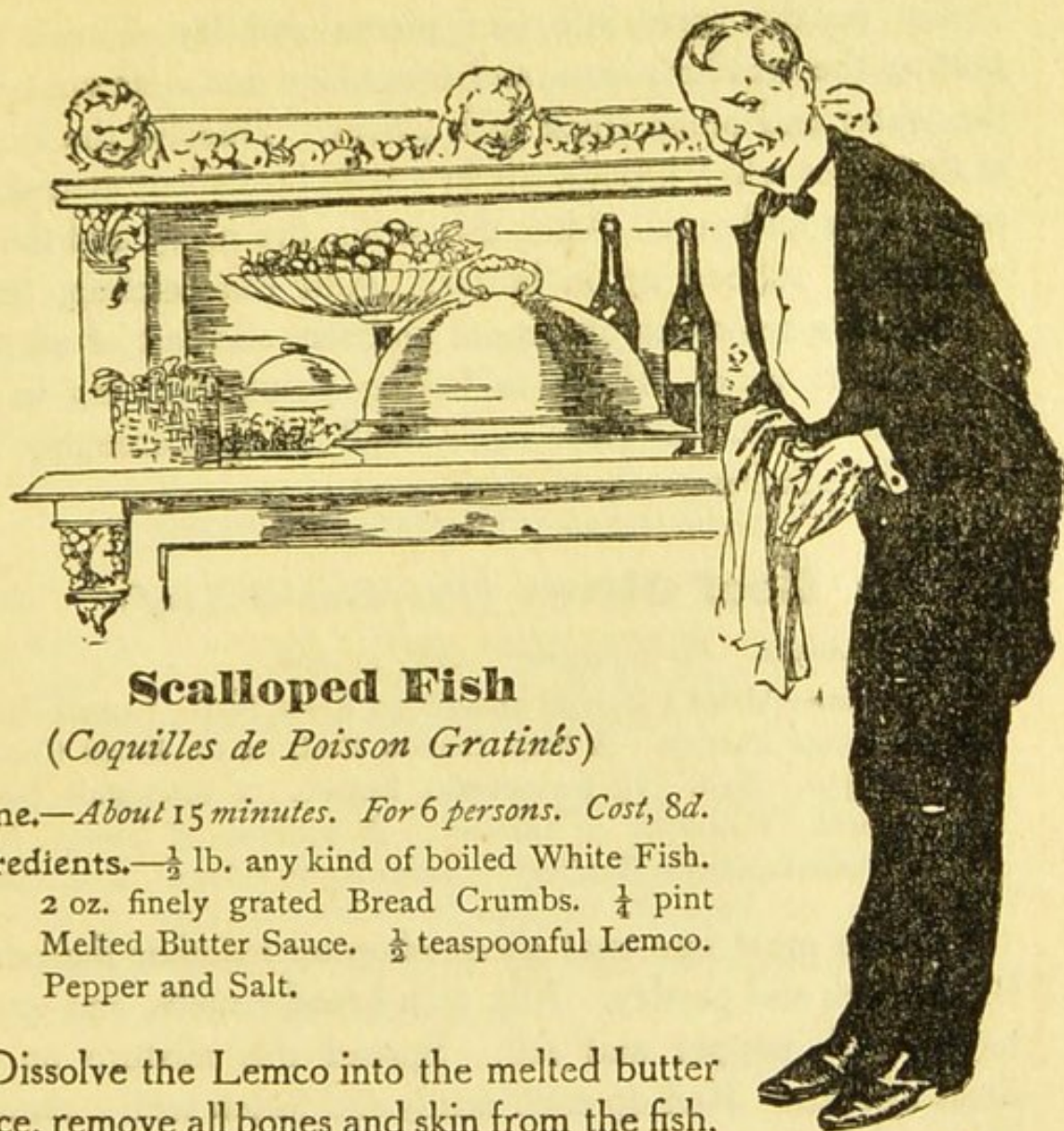
Cod, Eels, Halibut, Herrings, Perch, Pike, Soles, Sprats, Sturgeon, Turbot, Whiting, Crabs, Lobsters, Oysters.

VEGETABLES

Jerusalem Artichokes, Brussels Sprouts, Celery, Greens, Broccoli, Cabbages, Horse Radish, Leeks, Parsnips, Seakale, Watercress.

FRUITS

Apples, Oranges, Grapes, Bananas, Nuts, Forced Rhubarb, and all kinds of Dried Fruits.



I. **Scalloped Fish** (*Coquilles de Poisson Gratinés*)

Time.—About 15 minutes. For 6 persons. Cost, 8d.

Ingredients.— $\frac{1}{2}$ lb. any kind of boiled White Fish.
2 oz. finely grated Bread Crumbs. $\frac{1}{4}$ pint
Melted Butter Sauce. $\frac{1}{2}$ teaspoonful Lemco.
Pepper and Salt.

Dissolve the Lemco into the melted butter sauce, remove all bones and skin from the fish, break into pieces and mix with the crumbs, season with pepper and salt and stir into the sauce, which should be at boiling point. Well butter six scallop shells or tea saucers, fill with the mixture, sprinkle over each a few bread crumbs and a small piece of butter on the top. Bake in a hot oven until slightly brown. Serve very hot in their shells with brown bread and butter and cut lemon.

2. **Salmi of Game** (*Salmi de Gibier*)

Time.— $1\frac{1}{2}$ hour. For 6 persons. Cost, 2s.

Ingredients.—The remains of any cold Game. 1 small Onion. 4 Cloves. A strip Lemon Rind. 1 large teaspoonful Lemco. Pepper. Salt. Browning. Flour to thicken. 1 pint Water. 1 dessertspoonful strained Lemon Juice. 1 tablespoonful Ketchup. 1 oz. Butter. A wineglassful Port Wine.

Cut up the game into nice pieces and lay on one side, putting the smaller pieces and trimmings into a stewpan with the water and onion stuck with cloves. Dissolve the Lemco in the water when it boils, stir in a little browning, then slowly simmer for an hour. After this strain the gravy and thicken with flour rubbed up in butter. Add the ketchup, lemon juice, and a seasoning of pepper and salt, and last of all pour in the port wine. Bring to boiling point, then lay in the pieces of game. Simmer again until all is thoroughly hot, when the salmi is ready to serve.

3. **Beef Olives** (*Paupiettes de Bœuf*)

Time.—2 hours. *For 6 persons. Cost, 1s. 10d.*

Ingredients.—About 1 lb. cold underdone Roast Beef. 1 small Onion. 3 sprigs Parsley. A little Lemon Peel. 2 oz. Bread Crumbs. Pepper. Salt. $1\frac{1}{2}$ teaspoonful Lemco. 2 teacupfuls boiling Water. Cornflour to thicken. A squeeze of Lemon Juice. 1 dessertspoonful Ketchup. Browning to colour. 2 oz. Butter.

Cut the meat into neat slices, chop up together the onion, lemon peel, and parsley. Mix with bread crumbs, and season highly with pepper and salt. Spread this mixture on the slices of meat. Roll up each neatly and fasten with a skewer. Fry in butter to a nice brown. Make a rich stock of the Lemco dissolved in the water, thickened with cornflour, coloured with browning, and seasoned with pepper, salt, ketchup, and lemon juice. Stir all together, and when ready place the beef olives in it. Serve, arranged on a hot dish, with mashed potatoes in the middle and the gravy poured round.

4. **Curried Eggs** (*Œufs en Kari*)

Time.—1 hour. *For 4 persons. Cost, 1s. 3d.*

Ingredients.—4 Eggs. 1 large Onion. 1 Apple. 1 heaped table-spoonful Curry Powder. 1 dessertspoonful Chutney. $1\frac{1}{2}$ oz. Butter. 1 oz. Flour. $\frac{1}{2}$ pint Water. 1 teaspoonful Lemco. Salt. A squeeze of Lemon Juice.

Boil the eggs hard, shell and cut them in halves lengthways.

Peel the onion and apple, chop and fry them in butter; when brown, sprinkle over the curry powder and fry again. Stir in the flour, dissolve the Lemco in the water, season with salt, and add to the contents of the pan. Squeeze in the lemon juice and boil for 10 minutes, then put in the eggs and chutney, which must be minced, and let all thoroughly heat. Arrange the eggs high in the middle of a hot dish, pour over the gravy, and serve with a wall of nicely boiled rice round.

5. **Mock Crab** (*Fondu au Crabe*)

Time.— $\frac{1}{2}$ hour. For 5 or 6 persons. Cost, 8d.

Ingredients.— $\frac{3}{4}$ lb. good Cheese, rather strongly made. Mustard. Salt. Pepper. A few drops of Vinegar. 1 teaspoonful Yorkshire Relish. $\frac{1}{2}$ teaspoonful Lemco.

Mash the cheese, mix with it enough made mustard to taste, add the Lemco, relish, and vinegar, and pound all well together to the consistency of butter. Spread on squares of hot buttered toast, or, if this is too rich, on brown bread and butter, and serve with watercress.

6 **Lemco Gravy** (*Jus au Lemco*)

Time.— $\frac{1}{2}$ hour. For a large hash, etc. Cost, 3 $\frac{1}{2}$ d.

Ingredients.—1 large teaspoonful Lemco. $\frac{1}{2}$ pint Water. 1 small Onion. 1 teaspoonful Worcester Sauce. 1 teaspoonful Cornflour. Pepper. Salt. A few drops of Lemon Juice.



Dissolve the Lemco in the water in a saucepan. Add the onion, sauce, and lemon juice. When the onion begins to get soft remove it. Mix the cornflour with a little cold water and stir into the gravy. Season with salt and pepper. Simmer, stirring all the time, until the gravy is of the desired consistency, when it is ready for use.

7. Savoury Sausage (*Saucisses Savoureux*)

Time.—3 hours. For 6 persons. Cost, 1s. 6d.

Ingredients.—1 lb. lean Beef. $\frac{1}{2}$ lb. fat Bacon or Ham. 2 teacupfuls sifted Bread Crumbs. 1 dessertspoonful of any sauce liked. 1 teaspoonful Lemco. 1 Egg. Salt and Pepper.

Mince the beef and bacon finely, add the bread crumbs, and season with pepper, salt, and sauce. Melt the Lemco in a little boiling water, and thoroughly mix in with the other ingredients. Bind all together with a well-beaten egg, form into a roll, tie in a floured cloth, and boil for $2\frac{1}{2}$ hours, then cover with raspings, garnish with parsley, and serve.

8. Baked Tripe (*Tripes Cuite au Four*)

Time.—2 hours. For 3 persons. Cost, 1s.

Ingredients.—1 lb. Tripe. 1 cupful Bread Crumbs. 2 Eggs. $\frac{1}{2}$ teaspoonful Lemco. Pepper. Salt. $1\frac{1}{2}$ oz. Butter. 1 breakfast-cupful of the liquid in which Tripe has boiled.

Well boil the tripe and cut it into strips, line the bottom of a well-greased pie dish with these strips, and sprinkle over some bread crumbs; season with salt and pepper. Repeat this process until the dish is full. Dissolve the Lemco in the liquor, which must be boiling, beat up the eggs and mix together, pour slowly over the contents of the dish. Dot little lumps of butter on the top and bake in a moderate oven until a nice brown. Send to table very hot.

9. Chestnuts stewed and mashed as a Vegetable (*Compote et Purée de Marrons*)

Time.—3 hours. For 4 persons. Cost, 7d.

Ingredients.—1 lb. Chestnuts. $\frac{1}{2}$ pint boiling Water. 1 teaspoonful Lemco. 1 small teaspoonful Flour. $\frac{1}{2}$ teacupful Milk. $\frac{1}{2}$ oz. Butter.

Remove the shells from the nuts and toss them into boiling

water, which will make the inner skin easier to remove. Dissolve the Lemco in $\frac{1}{2}$ pint of boiling water. Add the flour and boil the nuts in this stock until quite soft, then mash them as you would turnips, with butter and milk, and serve very hot with roast meat.

10. Stuffed Tomatoes (*Tomates Farcies*)

Time.— $\frac{1}{2}$ hour. For 6 persons. Cost, 1s. 10d.

Ingredients.—6 Tomatoes. 3 tablespoonfuls chopped Meat. 2 tablespoonfuls Bread Crumbs. 1 oz. Butter. Pepper. Salt. 6 squares Fried Bread. $\frac{1}{2}$ teaspoonful Lemco. Teaspoonful minced Parsley.

Scoop out very carefully the insides of the tomatoes and strain the juice thus obtained into the meat and bread crumbs, add the Lemco, dissolved in a very little boiling water; stir well and cook until the bread crumbs swell. Fill the cases carefully with this, sprinkle over with minced parsley, and put a lump of butter on each, bake in a moderate oven for 15 minutes. Serve very hot, either with or without gravy as liked.

11. Findon Haddock with Cheese

(*Merluche Fumé au Fromage*)

Time.—1 hour. For 4 or 5 persons. Cost, 1s. 6d.

Ingredients.—1 nice large Haddock. 2 oz. grated Cheese. 1 tablespoonful Cream. A little Mustard and Cayenne. 1 teaspoonful Lemco. 1 Egg.

Boil the fish till tender in water in which the Lemco has been dissolved, then pick the meat from all bones and skin and mix with it the cheese, mustard, and seasoning; drop and stir in the cream. Cook this mixture for a few minutes in a lined saucepan, then add an egg well beaten, and boil all together for a $\frac{1}{4}$ of an hour. Serve on squares of buttered toast garnished with parsley.

12. Kidney Omelet (*Omelette aux Rognons*)

Time.—20 minutes. For 2 persons. Cost, 6d.

Ingredients.—1 Sheep's Kidney. 2 Eggs. $\frac{1}{2}$ teaspoonful chopped Parsley. $\frac{1}{2}$ oz. Butter. $\frac{1}{2}$ teaspoonful Lemco. Pepper. Salt.

Beat up the yolks of the eggs with parsley, pepper, and salt. Mince the kidney (which has been previously stewed until tender) in water in which the Lemco has first been dissolved. Whip the whites of the eggs to a stiff froth, and stir all the ingredients lightly together. Melt the butter in a pan, put in the mixture for a few minutes, fold over the sides, and serve very hot.

13. Savoury Sheep's Trotters

(*Ragoût de Pieds de Mouton*)

Time.—2 hours. For 5 or 6 persons. Cost, 1s. 3d.

Ingredients.—6 Trotters. 2 oz. Dripping. $\frac{1}{2}$ Onion. 1 sprig Parsley. Pepper. Salt. $\frac{1}{2}$ pint Stock. 1 teaspoonful Lemco. Bread Crumbs. 4 oz. Force meat. 1 teaspoonful Vinegar. $1\frac{1}{2}$ oz. grated Cheese.

Boil the trotters until tender and remove the bones. Melt the dripping over a fire in a stewpan, fry the onion in it, cut in slices, add the parsley. Season highly, pour over the stock to which the Lemco has been added, and cook slowly for half an hour. Place a little of the forcemeat in the inside of each trotter (when the bone has been removed) and lay on a dish, cover with bread crumbs and pour round the gravy to which the vinegar has been added. Sprinkle again with crumbs and dust the cheese over the whole; brown and serve in the dish it is cooked in.

Always order Liebig as LEMCO

Seasonable for
FEBRUARY

MEATS

The same as in January. Mutton is always at its best during the cold months, as it can be well hung to become tender.

POULTRY AND GAME

Goslings come in this month, also Guinea Fowls. Ducks are not so good. Partridges go out of season on the 1st, but may be purchased until the 12th. Foreign birds can be got until April. Pheasants may also be obtained until the 12th, but not after. All other game and poultry mentioned in the January list is seasonable this month.

FISH

Bloaters are seasonable all the year round. Cod is at its best now. Halibut goes out, but Salmon takes its place. Fresh Haddocks and Flounders are plentiful. Plaice is still in the market. Herrings are good until the end of the month. Trout can be obtained, and all other fish mentioned in last month's list.

VEGETABLES

These are much the same as last month. Chervil can be had all the year round. Celery goes out at the end of the month. Endive and Garlic are best in winter. In towns French Lettuces and all kinds of forced vegetables may be bought, as well as cultivated Mushrooms. Parsnips, Carrots, and Turnips, are always with us. New Foreign Potatoes begin to arrive, and Tomatoes can always be obtained.

FRUITS

Almonds, Apples, Bananas. Nuts and Hothouse Grapes are plentiful. Oranges and Lemons are exceedingly good now, while Seville Oranges are at their best. Home-grown Pears may still be obtained, and there is no lack of Foreign Fruits. Forced Rhubarb becomes cheaper.



14. Endive and Eggs (*Endives aux Œufs*)

Time.— $1\frac{1}{2}$ hour. For 4 or 5 persons. Cost, 1s. 6d.

Ingredients.—1 large White Endive. 1 teaspoonful Lemco. $\frac{1}{2}$ pint boiling Water. Pepper. Salt. Ketchup. 1 oz. Butter. 6 Eggs.

Pick and wash the endive carefully, then pour boiling water over it to remove the bitter taste, and place in cold water for 10 minutes. Squeeze vegetable very dry and chop finely. Put in a stewpan and pour over it the water in which the Lemco has been dissolved. Season with pepper, salt, and ketchup. Boil till tender, then drain, and beat up the vegetable with butter. Arrange on a flat mound on a hot dish, and serve with 6 nicely poached eggs on the top.

15. Fricassée of Rabbit (*Fricassée de Lapin*)

Time.— $1\frac{1}{2}$ hour. For 5 or 6 persons. Cost, 2s.

Ingredients.—2 young Rabbits. Flour. Pepper. Salt. $1\frac{1}{2}$ teaspoonful Lemco. 4 oz. Beef Dripping. A small bunch Sweet Herbs. 1 dessertspoonful Ketchup. 1 small Onion. The juice of half small Lemon. 1 oz. Butter.

Cut up the rabbits into neat pieces, slit the heads in two, dredge with flour, and season highly with pepper and salt; fry to a rich brown in dripping. Pour away the fat from the stewpan, and add the stock made from the Lemco and water; put in the sweet herbs and onion. Stir in the ketchup, and stew gently for a full half-hour. Skim carefully, squeeze in the lemon juice, remove herbs, and thicken with butter rolled in flour. Boil to the desired consistency, and until quite smooth. Arrange nicely on a hot dish, garnish with parsley and cut lemon, and serve.

16. Savoury Minced Mutton

(*Émincé de Mouton*)

Time.— $1\frac{1}{2}$ hour. For 4 or 5 persons. Cost, 1s.

Ingredients.—1 lb. cold Roast Mutton. $\frac{1}{4}$ teaspoonful minced Onion, $\frac{3}{4}$ teaspoonful Lemco. 1 tablespoonful Ketchup. $\frac{1}{2}$ oz. Butter. Flour. Pepper. Salt.

Remove all fat and gristle from the meat; mince it finely. Make $\frac{1}{2}$ pint of stock with boiling water and Lemco, seasoned with pepper, salt, and ketchup, and thicken with flour rolled in butter. Boil all together slowly for about 6 minutes. Add a little browning if necessary, stir in the onion and mutton, thoroughly heat, and serve on a hot dish garnished with sippets of toast.



17. Roast Pigeons

(*Pigeons Rôtis*)

Time.— $\frac{3}{4}$ hour. For 2 persons. Cost, 2s. 6d.

Ingredients.—2 Pigeons. 1 oz. Butter. Pepper. Salt. Clarified Dripping. $1\frac{1}{2}$ teaspoonful Lemco. $\frac{1}{2}$ pint boiling Water.

Well flour the pigeons and put a piece of butter into each bird's body, with a seasoning of pepper and salt. Roast in a

good oven for about 25 minutes, well basting with the dripping. Dissolve the Lemco in the boiling water, season, thicken slightly with the butter rolled in flour, lay each bird on a square of toast, and pour the gravy round it. Send to table with bread sauce and chipped potatoes.

18. Salmon Rissoles (*Rissoles de Saumon*)

Time.—1 hour. For 6 persons. Cost, 1s. 6d.

Ingredients.— $\frac{1}{2}$ lb. cold cooked Salmon. $\frac{1}{2}$ pint Melted Butter. 2 oz. fresh Bread Crumbs. $\frac{1}{2}$ teaspoonful Lemco. 3 Eggs. Fat for frying.

Dissolve the Lemco in the sauce, pick the fish free from all bones, and skin and break with a fork into flakes. Stir it and the bread crumbs into the sauce and mix well. Beat up the yolks of 2 eggs and stir well into the mixture, but do not allow it to boil. When slightly thickened, set aside to cool. When cold, form into rissoles on a well-floured board. Dip each into the beaten eggs, and cover thickly with fine bread crumbs. Put in a frying basket, and fry in boiling fat to a golden brown. Garnish with parsley and cut lemon. Serve very hot.

19. Vegetarian Hotch Potch

(*Ragoût de Légume à l'Anglaise*)

Time.—2 hours. For 2 or 3 persons. Cost, 1s.

Ingredients.—2 lb. Potatoes. 1 lb. Onions. A few Mushrooms, fresh or bottled. $1\frac{1}{2}$ oz. fine Sago. Pepper. Salt. $1\frac{1}{2}$ teaspoonful Lemco.

Peel and cut the potatoes and onions into slices. Place them in a large pot in layers, with a few mushrooms between each layer, and a sprinkling of sago; season with pepper and salt, pour over enough boiling water (in which the Lemco has first been dissolved) to cover, and bake slowly in the oven for 2 hours. Turn on to a hot dish and serve.

20. A Homely but Tasty Dish*(Un Plat Ménagère)*

Time.— $1\frac{1}{2}$ hour. For 4 persons. Cost, 1s.

Ingredients.—1 lb. Calf's Liver. $\frac{1}{2}$ lb. fat Bacon. 2 Onions. $\frac{1}{2}$ tea-spoonful Lemco. Flour. Butter. Ketchup. Pepper. Salt. $\frac{1}{2}$ pint boiling Water. A squeeze of Lemon Juice.

Cut the liver into fairly thick slices and dredge with flour. Fry the bacon and keep it hot while the liver is fried in the fat that has come from it. When a delicate brown on each side, arrange on a dish with the bacon and keep hot. Cut the onions into rings and fry. Place them in the middle of the dish, and make a rich gravy by dissolving the Lemco in boiling water, adding seasonings and thickening. Stir and boil up all together in the pan in which the other ingredients have been cooked. Strain over liver, and send to table garnished with parsley and cut lemon.

21. Lamb Cutlets (*Côtelettes d'Agneau*)

Time.— $\frac{3}{4}$ hour. For 3 persons. Cost, 2s.

Ingredients.—6 Lamb Cutlets from the neck. Butter. 1 small bottle Green Peas. Mashed Potatoes. $\frac{1}{2}$ pint Lemco Gravy made from Recipe No. 6. 2 Eggs. Bread Crumbs.

Trim the cutlets, neatly brush over with the well-beaten yolks of the eggs, and cover with fine crumbs. Make the butter smoking hot in a frying pan, and fry the cutlets to a delicate brown in it. Drain on paper, and arrange on an entrée dish round a small mound of mashed potatoes; place in the middle of the potatoes a few of the peas, which must be previously cooked, and arrange the cutlets, round the small ends of which should be cutlet frills, upwards; pour round the Lemco gravy, and serve very hot.

22. A Tasty Supper Dish (*Un Plat de Souper*)

Time.—1 hour. For 2 persons. Cost, 1s.

Ingredients.—4 Eggs. 1 oz. Butter. Flour. $\frac{1}{4}$ lb. finely chopped

Meat. Pepper. Salt. Bread Crumbs. $\frac{1}{2}$ teaspoonful Lemco. 1 teacupful weak Stock or Water. Fat for frying.

Boil the eggs hard, shell and dip in flour, cover with a mixture made of butter, flour, cold minced meat, bread crumbs, and salt, all boiled together in a teacupful of stock made of boiling water and Lemco. This mixture should not be rolled round the eggs until cold. Dip each egg into bread crumbs and fry in boiling fat. Garnish with parsley, and serve hot with gravy.

23. Sardine Sandwiches (*Tartines de Sardines*)

Time.— $\frac{1}{2}$ hour. For 12 or 14 sandwiches. Cost, 1s.

Ingredients.—Thin Bread and Butter. 10 Sardines. 2 Eggs. $\frac{1}{2}$ teaspoonful Lemco. Pepper. Salt. $1\frac{1}{2}$ oz. Butter.

Bone and pound the sardines in a mortar with the yolks of the eggs, Lemco, butter, pepper, and salt. Make into sandwiches and garnish with parsley. Serve on a napkin.

24. Beef Stew (*Ragoût de Bœuf*)

Time.— $2\frac{1}{2}$ hours. For 6 or 7 persons. Cost, 2s. 6d.

Ingredients.—3 lb. Rump of Beef. Pepper. Salt. 2 teaspoonfuls Lemco. Lemon Peel. 1 teaspoonful Worcester Sauce. $\frac{1}{2}$ teaspoonful Lemon Juice.

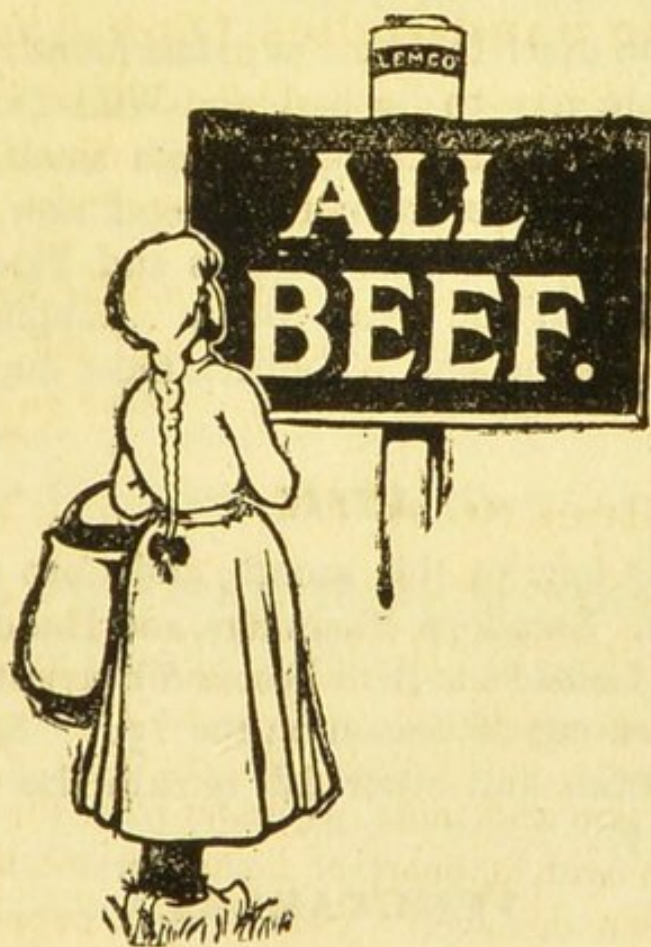
Remove all skin and most of the fat from the meat, put it into a stewpan with a quart of boiling water in which the Lemco has been dissolved. Season with pepper, salt, and sauce. Shred the lemon peel and add it to the stock, and simmer gently for $2\frac{1}{2}$ hours. Thicken the gravy. Flavour with sauce and pour over the meat.

25. Braised Carrots (*Carottes Braisées*)

Time.— $2\frac{1}{2}$ hours. For 4 persons. Cost, 7d.

Ingredients.— $1\frac{1}{2}$ lb. Carrots. 1 teaspoonful Lemco. 1 teaspoonful Castor Sugar. Pepper. Salt. $1\frac{1}{2}$ oz. Butter. $\frac{1}{2}$ pint Brown Gravy made from Recipe No. 6.

Scrape and cut the carrots into pieces about an inch long, and boil in plenty of boiling water until tender ; drain off the water, and add a cup of boiling water in which the Lemco has been dissolved. Stir in the sugar and season with pepper and salt ; cook quickly until the stock is nearly all gone, then add the butter. Shake the pan so that the liquid remaining will form a coating all over the carrots. Pile on a dish and pour round the gravy.



There is more beef concentrated in a pound of LEMCO than in a pound of any other food in the world

Seasonable for
MARCH

MEATS

Beef, Mutton, Grass Lamb, Pork are seasonable ; Veal appears in the market, and is in good condition.

POULTRY AND GAME

Remain much the same as in last month ; Spring Chickens are now to be had, and Wild Duck until the 15th. Young Ducklings, though small, are delicious, while Geese are not so good now. Larks are also out on the 15th. Quails and Pigeons can be obtained all the year round. Rabbits are at their best. Snipe and Woodcock must vanish from the menu.

FISH

Brill is inferior this month, and Carp goes out on the 15th. Escallops, Flounders, and Haddocks are excellent. Lobsters at their best and heaviest. Perch and Pike are out of season on the 15th. Salmon is more plentiful, and other fish remain the same as in February.

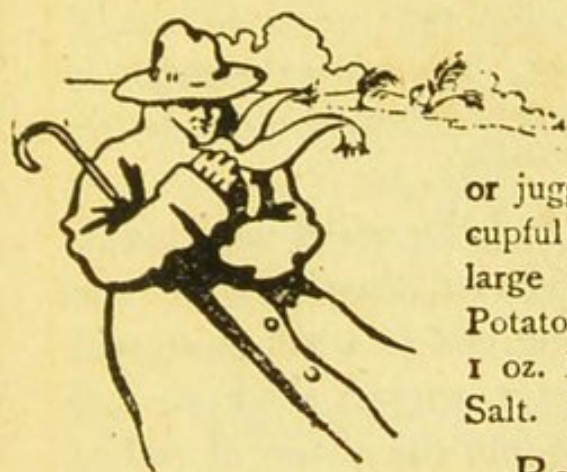
VEGETABLES

Asparagus comes in, but is scarce and dear. Brussels Sprouts and new French Carrots are in the market, also Jersey new Potatoes ; other vegetables are the same as in the previous month's list.

FRUITS

Tangerine and Seville Oranges, Bananas, Foreign fruits. Apples, Nuts, and all kinds of Dried Fruits.

26. Hare and Potato Pie (*Pâté de Lièvre*)



Time.— $1\frac{1}{2}$ hours. For 5 or 6 persons. Cost, 2s.

Ingredients.—The remains of a roast or jugged Hare. $\frac{1}{2}$ lb. fat Bacon. A tea-cupful Stock. 1 teaspoonful Lemco. 2 large cupfuls Bread Crumbs. 4 mashed Potatoes. A few small Force meat Balls. 1 oz. Butter. A squeeze of Lemon Juice. Salt. Pepper.

Remove all bones from the hare and chop, fry the bacon, put a layer of bacon in a deep pie dish with a sprinkling of bread crumbs, and a layer of hare mixed with potato. Dot the forcemeat balls about, and pour over enough of the stock in which the Lemco has been dissolved to prevent its becoming dry. Proceed in the same manner until all the ingredients are used up and the dish is full, let the last layer be of potatoes nicely smoothed, put some little lumps of butter on the top of all, and bake in a good oven for 20 minutes. Serve with red currant jelly.

27. Veal and Ham Mould

(*Timbale de Veau et Jambon*)

Time.—Make the day before required. For 4 persons. Cost, 1s.

Ingredients.—5 slices cold roast Veal. 5 slices cold boiled Ham. 2 Eggs. 3 dessertspoonfuls minced Parsley. Pepper. Salt. $\frac{1}{2}$ oz. Leaf Gelatine. 1 teaspoonful Lemco. Lemon Juice. 1 dessertspoonful Ketchup.

Free the meat from all bone and gristle, boil the eggs hard, shell and cut into rings. Lay veal, ham, and egg alternately in a mould with parsley, pepper, and salt sprinkled between each layer. When the mould is nearly full, fill up with a strong gravy made with the Lemco and Gelatine dissolved in $\frac{1}{2}$ pint of boiling water, highly flavoured and seasoned with salt, lemon juice, and ketchup. Place the mould in the oven and bake for about $\frac{3}{4}$ of an hour; when cold turn out on a dish and garnish with parsley and cut lemon.

28. **Rice Cutlets** (*Côtelettes de Riz*)

Time.— $1\frac{1}{2}$ hour. For 4 or 5 persons. Cost, 10d.

Ingredients.— $\frac{1}{4}$ lb. Rice. 1 small Onion. $\frac{1}{2}$ lb. minced cooked Meat. $\frac{1}{4}$ lb. Suet. Salt. Pepper. Cayenne. 1 teaspoonful Lemco. 1 Egg. Bread Crumbs. Fat for frying.

Wash, boil, and strain the rice, boil the onion until tender and mince finely with the meat and suet, then add the rice, season with salt, pepper, and cayenne, mix to a stiff paste with the Lemco dissolved in boiling water, spread about an inch thick on a plate. When cold cut into the shape of cutlets, dip each into egg and bread crumbs and fry a golden brown in boiling fat. Garnish with fried parsley and serve with hot tomato sauce.

29. **Cod au Gratin** (*Cabillaud au Gratin*)

Time.—1 hour. For 4 or 5 persons. Cost, 2s.

Ingredients.—2 lb. Cod. 2 small Mushrooms. $\frac{1}{2}$ Onion. Bunch of Parsley. $\frac{1}{2}$ teaspoonful Salt. $\frac{1}{4}$ teaspoonful Pepper. Juice of $\frac{1}{2}$ Lemon. 1 oz. Butter. Brown Bread Crumbs. $1\frac{1}{2}$ teaspoonful Lemco. $\frac{1}{2}$ pint weak Stock. 1 oz. grated Cheese.

Cut the cod into thick slices, grease a pie dish and sprinkle the bottom with half the mixture made with the onion, minced parsley, mushrooms, and a seasoning of pepper and salt. Lay the slices of cod on this, and sprinkle the rest of the seasoning and grated cheese on top. Cover the whole with brown bread crumbs, and dot little pieces of butter on top of all. Bake for $\frac{1}{2}$ an hour in a moderate oven, and just before serving pour over the gravy made with the Lemco and stock, nicely seasoned and flavoured, and very slightly thickened. Fold a serviette round the dish and send to table very hot.

30. **Tomato and Rice Soup** (*Potage de Tomate et Riz*)

Time.—2 hours. For 5 or 6 persons. Cost, 1s.

Ingredients.—1 dozen Tomatoes. $\frac{1}{2}$ lb. Rice. 1 oz. Butter. 1 teaspoonful Sugar. 1 small Onion. 3 pints Stock. $2\frac{1}{2}$ teaspoonfuls Lemco. Salt. Pepper

Wash the rice and boil until tender in half the stock in which the Lemco has been dissolved. Chop the onion finely, cut up the tomatoes and stew in a little water. When cooked rub through a sieve. Put the purée back into the saucepan with the rest of the stock ; butter, sugar, and seasoning to taste. Thoroughly beat, stir in the rice, and serve with little slices of fried bread.

31. Chicken Fingers (*Bâtons de Volaille*)

Time.— $2\frac{1}{2}$ hours. For 4 or 5 persons. Cost, 1s. 6d.

Ingredients.—6 oz. cold Chicken. 2 oz. cooked Ham. $\frac{1}{2}$ teacupful Bread Sauce. $\frac{1}{4}$ oz. Gelatine dissolved in a little Milk. Pepper, Salt, and grate of Nutmeg. Lemon Juice. $\frac{1}{2}$ teaspoonful Lemco. A small bottle Aspic Jelly.

Mince the chicken and ham, and mix with the bread sauce, dissolve the Lemco in a very little boiling water and stir it in, add the gelatine and milk, season highly and mix thoroughly, spread evenly on a large flat dish ; when quite cold cut into fingers with a sharp knife, lay these on another dish and pour enough aspic jelly over and round to set them. When this is stiff cut out the fingers, leaving round each a border of jelly. Arrange on a dish with French lettuce, watercress, and sliced tomato.

32. Stewed Kidneys (Very good) (*Rognons sautés*)

Time.—1 hour. For 2 or 3 persons. Cost, 1s. 3d.

Ingredients.—4 Sheep's Kidneys. 1 oz. Butter. $1\frac{1}{2}$ teaspoonfuls Lemco. $\frac{1}{4}$ pint weak Stock. Browning to colour. $\frac{1}{4}$ pint Sherry. $\frac{1}{2}$ small Onion. Bunch Sweet Herbs. $\frac{1}{2}$ teaspoonful Cornflour. 1 tablespoonful Ketchup. 8 bottled Mushrooms. Pepper. Salt. Flour. A squeeze of Lemon Juice.

Wash and cut the kidneys into slices, remove the skin, dry, dredge with a little flour, fry brown in butter, and place in a stewpan with a gravy made of the stock, Lemco, sherry,

chopped onion, herbs, and seasonings, and stew gently until the kidneys are tender. Strain away the gravy, thicken, brown, and boil up. Arrange the kidneys on a hot dish and strain over the gravy, warm the mushrooms, and add them as a garnish. Little rolls of fried bacon add greatly to the taste and appearance of this dish.

33. Croûtes de Jambon

Time.— $\frac{1}{4}$ hour. *For 3 or 4 persons. Cost, 8d.*

Ingredients.—6 dainty rounds fried Bread. 4 oz. minced Ham. 2 chopped Mushrooms. $\frac{1}{2}$ teaspoonful Lemco. 1 small teacupful weak Stock or Water. 1 teaspoonful Ketchup. Pepper. $\frac{1}{2}$ teaspoonful minced Parsley.

Dissolve the Lemco in the stock or water, season with pepper and the parsley and mushroom minced. Add the ketchup and a sprinkling of pepper. Make very hot, stir in the ham and beat all together. Spread thickly on the fried bread and bake for 5 or 6 minutes in the oven. Serve garnished with sprigs of parsley.

34. Roast Quails (*Cailles rôties*)

Time.—25 minutes. *For 4 persons. Cost, 4s. 6d.*

Ingredients.—4 Quails. 1 slice Toast for each. Clarified Dripping. 1 pint Stock. 1 teaspoonful Lemco. Flour to thicken and froth.

Place each bird on a square of toast and roast in a good oven, basting often with dripping. Five minutes before serving, dredge with flour and baste until nicely frothed. Spread the quails over the toast and remove trussing skewers, make a nice gravy, seasoned and slightly thickened, with the Lemco dissolved in stock. Pour a little round the birds, and serve the rest in a sauce boat. Send to table with bread sauce and chipped potatoes.

35. Baked Smelts (*Éperlans au Gratin*)

Time.—15 minutes. *For 2 or 3 persons. Cost, 1s. per dozen.*

Ingredients.—1 oz. Bread Crumbs. 1 dozen Smelts. 1 oz. Butter.
1 Lemon. A small teacupful Stock or Water. $\frac{1}{4}$ teaspoonful
Lemco. $\frac{1}{2}$ oz. finely grated mild Cheese.

Wash and carefully dry the fish, and arrange them in a well-greased baking dish ; sprinkle bread crumbs over them, season with pepper, salt, and strained lemon juice, and scatter over the cheese. Dissolve the Lemco in the stock and pour over ; dot little lumps of butter on top of all, and bake for 15 minutes in a good oven. Send to table in the dish they are cooked in, with a folded serviette round.

36. Orange Gravy (For Wild Duck)

(*Jus d'Orange, pour Canard Sauvage*)

Time.—15 minutes. *For 4 or 5 persons. Cost, 6d.*

Ingredients.— $\frac{1}{2}$ pint Stock. 1 teaspoonful Lemco. 1 wineglassful
Port Wine. The rind of half a Seville Orange. A lump of
Sugar. Cayenne Pepper. $\frac{1}{4}$ teaspoonful Arrowroot.

Boil the stock, with the Lemco dissolved in it, for 5 minutes, with the orange peel ; mix the arrowroot and wine smoothly together, add to the gravy, stir in a dash of cayenne, and boil until slightly thickened. Strain, and serve very hot.

Every jar of the genuine Liebig Company's
Extract is labelled with the manufacturers'
initials, "LEMCO"

Seasonable for
APRIL

MEATS

Beef, Mutton, Lamb, Veal. Pork is past its best now; Ham and Bacon are always seasonable.

POULTRY AND GAME

Chickens, Ducklings, Fowls, Goslings, Guinea Fowls, Pigeons, Quails.

FISH

Cod has gone out of season now. Dorries, Eels, Flounders, Haddocks are all good, but Herrings are inferior. Mackerel is considered at its best from now till July. Oysters must not be bought after the end of this month. Prawns are delicious. Salmon becomes cheaper, and is excellent. Soles are considered unseasonable, though they may still be had. Whitebait comes in, and Sprats are still to the fore, but are not so good as in the previous month.

VEGETABLES

Are much the same as in the preceding month; Spring Salad now becomes more plentiful, also Foreign Potatoes.

FRUITS

There is very little fresh in this line, they remain the same as in last month. Oranges are excellent.

37. Fritters à la Villeroy*(Beignets à la Villeroi)***Time.**— $1\frac{1}{2}$ hour. For 6 persons. Cost, 2s. 6d.**Ingredients.**—1 small tin Paté de Foie Gras. $\frac{1}{4}$ lb. rolled Tongue cut in thin slices. $\frac{1}{2}$ lb. Mashed Potatoes. 1 Egg. 2 teaspoonfuls chopped Parsley. Pepper. Salt.

Stamp out the tongue into neat rounds with a cutter, and cut the paté into the same size rounds as the tongue, taking care to first of all remove the lard from the top of the jar; mix the raw yolk of egg with the potatoes and parsley, and season highly. Stir well over the fire till hot, turn on to a floured board, roll out flat, and stamp out more rounds. Place a round of potato



on each round of paté de foie gras, and cover again with tongue and potato. Make a savoury batter by the following recipe: Dip each little pile into the batter, fry in boiling fat until the fritters turn a delicate brown, drain and dish on a fancy dish paper, garnished with cut lemon and fried parsley, and serve with hot tomato sauce.

38. Savoury Batter (For Meat Fritters)*(Pâte à frire pour Beignets)***Time.**—20 minutes. For 6 or 7 fritters. Cost, 6d.**Ingredients.**—4 oz. Flour. 2 Eggs. 3 tablespoonfuls stale Beer. 1 teaspoonful Lemco (dissolved in a very little Water). 1 dessertspoonful Salad Oil.

Put the flour in a basin, make a hole in the centre, and drop in the yolks of 2 eggs. Stir the Lemco and stale beer into the salad oil, and pour this on to the yolks and flour; stir all gently in, taking care the mixture does not

become lumpy. Beat the white of an egg to a stiff froth, and stir lightly into the batter. Use at once, as when the white is added the froth quickly shrinks.

39. Stuffed and Braised Shoulder of Mutton (*Épaule de Mouton farcie et braisée*)

Time.—*Prepare the day before. For 7 or 8 persons. Cost, 5s. 6d.*

Ingredients.—1 small Shoulder Mutton. 3 tablespoonfuls Bread Crumbs. 3 oz. chopped raw Bacon. 1 tablespoonful chopped Parsley. 1 small chopped Onion. 1 teaspoonful chopped Herbs. 2 teaspoonfuls chopped Mushrooms. 1 Egg. Pepper. Salt. 1 large Carrot. 1 large whole Onion. 1 Turnip. 1 bush Sweet Herbs. 3 quarts Stock, in which 2 teaspoonfuls Lemco have been dissolved. A little Glaze. 1 tin Peas.

Get the butcher to bone the shoulder of mutton, make a stuffing with the bread crumbs, bacon, parsley, onion, herbs, and mushrooms, all chopped finely; season with pepper and salt, bind with well-beaten egg; fill up the parts where the bone has been removed, and press well in; roll the joint into a rather long shape, and tie up quite firmly. Cut up the carrot, onion, and turnip into large pieces; place them at the bottom of a pan large enough to hold the mutton. Add parsley and herbs, and pour over the Lemco stock; put the meat on the vegetables, cover tightly with well-greased paper; simmer gently for $2\frac{1}{2}$ hours; lift out and allow it to get cold; remove string, trim neatly, brush over with melted glaze, put a frill on the narrow end of the meat, and send to table garnished with little heaps of chopped cold carrots and peas.

40. Devilled Crab (*Crabe à la Diable*)

Time.— $\frac{1}{2}$ hour. *For 3 persons. Cost, 1s. 6d.*

Ingredients.—1 large Crab. 3 dessertspoonfuls Vinegar. $\frac{1}{2}$ teaspoonful Lemco. 2 teaspoonfuls made Mustard. Vinegar. Pepper. Salt. $1\frac{1}{2}$ oz. Butter. Squeeze of Lemon Juice. 2 tablespoonfuls Cream. 1 oz. Bread Crumbs.

Remove the meat from the shell and the claws, and chop; mix thoroughly with mustard, vinegar, Lemco, salt, pepper,

lemon juice, and 1 oz. of the butter, stir in the cream, put back into the shell ; cover with bread crumbs, lay small pieces of butter on the top, and brown in the oven. Serve very hot with Mayonnaise sauce.

41. Lambs' Sweetbreads (*Ris d'Agneau*)

Time.—About 1 hour. For 6 persons. Cost, 3s.

Ingredients.—2 Sweetbreads. 1 Egg. Bread Crumbs. 1 teaspoonful Lemco. $\frac{1}{2}$ pint Stock. 1 dessertspoonful Mushroom Ketchup. Pepper. Salt. Flour to thicken. A little Browning. A small lump of Butter. 1 wineglassful Sherry.

The sweetbreads require to be well cleaned and then soaked in water for an hour ; after this, toss them into boiling water for an hour to blanch them and make them firm. Put into a stewpan with a little water, and simmer slowly for $\frac{1}{4}$ of an hour. Dry well on a clean cloth, dip in the yolks of egg, and cover with bread crumbs. Brown in the oven. When nicely cooked, put in a hot dish, and pour over them $\frac{1}{2}$ pint of good brown gravy made in the following manner : Mix the Lemco with the stock, season with ketchup, pepper, and salt, and boil up with a little browning ; thicken with flour rolled in a little butter, and, last of all, pour in the sherry. Green peas form a pretty garnish to this savoury.

42. An Excellent Curry (*Un Kart par Excellence*)

Time.— $\frac{1}{2}$ hour. For 4 or 5 persons. Cost, 8a.

Ingredients.—1 small Onion. 1 small Apple. 2 oz. Butter. $\frac{1}{2}$ teaspoonful Lemco. 1 large tablespoonful Curry Powder. A little minced Chutney. The remains of any cold Meat finely minced.

Cut the onion and apple in slices, and fry to a nice brown colour in the butter ; dissolve the Lemco in a teacupful of boiling water, and pour it over the onion and apple. Sprinkle in the curry powder, stir in the chutney, and heat all together for $\frac{1}{4}$ of an hour over a quick fire. Serve with a border of nicely boiled rice round the dish.

43. Stuffed Olives (*Olives farcies*)

Time.— $\frac{1}{2}$ hour. For 6 persons. Cost, 8d.

Ingredients.—8 large Olives. Light small rounds of Bread about $\frac{1}{4}$ inch thick. 1 teaspoonful Anchovy Paste. $\frac{1}{2}$ teaspoonful Lemco. $1\frac{1}{2}$ oz. Butter.

Stone the olives carefully, and fill each with a mixture made of the anchovy, butter, and Lemco. Fry the bread in butter, spread with the mixture, place an olive on each, and serve garnished with parsley.

44. An Italian Way of Cooking Celery (*Cèleri à l'Italienne*)



Time.— $\frac{3}{4}$ hour. For 3 or 4 persons. Cost, 1s. 3d.

Ingredients.—2 large heads Celery. 3 slices fat Ham. $\frac{1}{2}$ pint Stock. 1 teaspoonful Lemco. 1 Egg. Bread Crumbs. Pepper. Salt. A grate of Nutmeg.

Wash the celery very carefully, remove the leaves, and cut into pieces about 3 in. long; put them into a stewpan with the bacon and the stock in which the Lemco has been dissolved, and simmer gently. Season with pepper and salt. Grate over a little nutmeg, and cook all together for $\frac{1}{4}$ of an hour. Allow the celery to cook. Take it out of the stock, dip in beaten egg and bread crumbs, and fry in butter. Serve on toast in a hot dish, with tomato sauce.

45. Mock Goose (*Oie à la Paysanne*)

Time.— $2\frac{1}{2}$ hours. For 7 or 8 persons. Cost, 3s. 6d. to 4s. 6d.

Ingredients.—4 or 5 lb. Breast of Veal. $\frac{1}{2}$ lb. Sage and Onion Stuffing, in which has been mixed $\frac{1}{4}$ lb. minced fat Bacon. $\frac{3}{4}$ pint Sauce, made from Recipe No. 6. Dripping. Weak Stock or Water.

Bone the breast of veal ; trim neatly, and lay on a board. Cover thickly with the sage, onion, and bacon stuffing ; roll up, and bind lightly with tape to keep a nice shape. Tie in a well-floured cloth, and stew in weak stock or water for an hour and a half. Remove the cloth, and set the meat in a baking pan in the oven ; cook to a nice brown, basting often with dripping to prevent its becoming dry. Serve very hot with the $\frac{3}{4}$ of a pint of brown gravy, and send to table with apple sauce in a tureen.

46. **Savoury Potatoes**

(Pommes de Terre à la Lemco)

Time.—1 hour. For 4 or 5 persons. Cost, 6d.

Ingredients.—6 large Potatoes. $\frac{1}{2}$ lb. minced Meat. $\frac{1}{4}$ teaspoonful Lemco. 1 teaspoonful minced Parsley. Dripping.

Carefully pare the potatoes and scoop out a large hole through each. Fill these with minced meat in which the Lemco has been stirred. Lay the potatoes in a deep baking dish with some hot dripping and bake for an hour. Sprinkle with chopped parsley and serve very hot.

47. **Halibut and French Sauce**

(Flaiton, Sauce Française)

Time.—1 hour or rather more. For 4 or 5 persons. Cost, 1s. 10d.

Ingredients.—1 $\frac{1}{2}$ lb. Halibut. 2 oz. Butter. 1 dessertspoonful Flour. 1 gill Stock. $\frac{1}{2}$ teaspoonful Lemco. 2 tablespoonfuls Mushroom Ketchup. 1 dessertspoonful Chili Vinegar. The same quantity of Anchovy Sauce. 1 teaspoonful minced Capers. 1 gill Sherry. 1 teaspoonful White Sugar.

Boil and drain the fish carefully and serve with the following sauce poured round. Melt the butter in a small saucepan, and when melted stir in the stock in which the Lemco is dissolved, thicken with the flour and continue to stir over the fire until it begins to brown, pour in the ketchup, vinegar, anchovy sauce, and white sugar. Stir slowly till all is blended and quite smooth, when it is ready to serve.

Seasonable for
MAY

MEATS

Beef, Mutton, Grass Lamb, Veal.

POULTRY AND GAME

Spring Chickens, Ducklings, Fowls, Goslings, Turkey Foults and Leverets now come in.

FISH

Salmon, Brill, Halibut, Mackerel, Prawns. Smelts are still in. Trout become scarce. Turbot are at their best, and Whiting are excellent. Other fish remain much the same as last month.

VEGETABLES

English Carrots now take the place of the French ones. Cucumbers are now excellent, as are all kinds of early salads. French Beans and early English Potatoes begin to arrive. Seakale goes out. Other vegetables remain the same as in the earlier months.

FRUITS

Apples are not particularly good now. Green Gooseberries come in and last about six weeks. Other fruits are practically the same as in the beginning of the year.

48. Ox Tongue and Tomato Sauce*(Langue de Bœuf à la Tomate)*

Time.—5 hours. For 7 or 8 persons. Cost, 5s. 6d. to 6s. 6d.

Ingredients.—1 fresh Ox Tongue. 1 Carrot. A bunch of Parsley. 6 Cloves. A bunch of Sweet Herbs. 1 teaspoonful Salt. 1 teaspoonful Lemco. Meat Glaze. 1 tin Tomatoes. 8 rashers of Bacon. 1 small Cauliflower. 1 blade Mace. 1 teaspoonful Peppercorns.

Trim the root of the tongue and soak in salt and water for a full hour, or rather more if time allows ; put into a stewpan with the onion, carrot, herbs, peppercorns, mace, and enough cold water to cover. Skim as the scum rises, and simmer very slowly for 4 hours ; put on a board, remove the skin, and place on a hot dish ; brush over quickly with glaze. Have the tomatoes hot and dissolve the Lemco with them. Pour this sauce round the tongue, garnish with rolled rashers of bacon and sprigs of boiled cauliflower.

49. Cheese Squares *(Dartois de Fromage)*

Time.— $\frac{1}{2}$ hour. For 6 persons. Cost, 1s. 2d.

Ingredients.—6 oz. grated Cheese. 1 tablespoonful Cornflour. Salt. Cayenne. A grate of Nutmeg. 2 Eggs. $\frac{1}{2}$ teaspoonful Lemco. 1 tablespoonful Cream. 1 oz. Butter. $\frac{1}{2}$ lb. Puff Paste.

Put the cheese, cornflour, and seasonings into a basin and mix well, stir in the yolks of the eggs and the Lemco, which must be dissolved in very little boiling water, and work together, drop in the cream and butter (warmed) and make into a smooth paste. Roll out the puff paste, cut in half, spread one half thickly with the mixture, put the other half on the top, press down the edges, brush over with beaten egg, cut into squares with a floured knife, and bake for about $\frac{1}{4}$ of an hour in a hot oven. Garnish with parsley and serve on a serviette.

50. Kromesnies (*Cromesquis*)

Time.—1 hour. For 6 or 7 persons. Cost, 1s. 2d.

Ingredients.— $\frac{3}{4}$ lb. minced cold Meat. 1 dessertspoonful minced Parsley. $\frac{1}{4}$ teaspoonful minced Onion. 1 teaspoonful Lemco dissolved in a breakfastcupful weak Stock or boiling Water. Salt. Pepper. 2 tablespoonfuls Tomato Sauce. $1\frac{1}{2}$ dessertspoonfuls Cornflour. A little Browning. 2 Eggs. Vermicelli. Dripping. $\frac{3}{4}$ lb. short Pastry.

Mix the meat, onion, parsley, pepper, and salt, and moisten with the Lemco dissolved in stock or water. Add the sauce, mix the cornflour with a little water. Colour to a rich brown, and when just about to boil stir in the meat, salt, and set aside to cool. Roll out and cut the pastry into rounds, lay some of the meat on one side, turn over, and press down and trim; dip each into beaten egg and then into vermicelli. Fry a light brown in boiling fat; serve garnished with fried parsley.

51. Asparagus Pudding (*Pouding aux Asperges*)

Time.—2 hours. For 4 or 5 persons. Cost from 1s. 6d. to 4s. 6d.

Ingredients.—25 heads Asparagus. 3 Eggs. $\frac{1}{4}$ lb. Flour. 3 oz. Ham. $2\frac{1}{2}$ oz. Butter. 2 tablespoonfuls Milk. $\frac{1}{2}$ teaspoonful Lemco dissolved in a little Water. Seasoning of Pepper, Salt, and Nutmeg.

Break off the heads of asparagus in pieces $\frac{1}{2}$ in. long, beat and strain the eggs, sift in the flour slowly, mince the ham finely, and stir in with the asparagus heads, which must be chopped, melt the butter and stir in by degrees, then the Lemco and milk, season and grate in a dust of nutmeg. Well butter a mould, pour in the mixture, tie in a floured cloth, put into a pan of boiling water, and keep boiling for nearly 2 hours. When the pudding is done serve with roast meat.

52. Ragoût of Fowl (*Navarin de Volaille*)

Time.— $1\frac{1}{4}$ hours. For 3 or 4 persons. Cost, 1s. 6d.

Ingredients.—Remains of Cold Roast Fowls for 3 or 4 persons. 3 slices of lean Ham. 1 small Onion. $\frac{1}{2}$ teaspoonful savoury

Herbs. Pepper. Salt. Squeeze of a Lemon. 1 teaspoonful Lemco. 1 pint weak Stock. 1 dessertspoonful Flour. Browning if necessary. 1 oz. of Butter.

Cut up the remains of fowl into neat pieces, melt the butter in a small saucepan, stir in the flour and slightly brown, dissolve the Lemco in the stock, which should be warmed, chop the ham and onion, and stir into the butter and flour. Cook for 2 or 3 minutes, pour in the stock, season and simmer for an hour very slowly, strain the liquor, add the browning if needed, put in the fowl, and slowly but thoroughly heat. Arrange on a hot dish when done and pour over the gravy.

53. Spinach and Poached Eggs

(Épinards aux Œufs pochés)

Time.— $\frac{3}{4}$ hour. For 4 or 5 persons. Cost, 1s. 6d.

Ingredients.—3 lb. Spinach. $1\frac{1}{2}$ oz. Butter. $\frac{1}{4}$ pint Stock, in which $\frac{1}{2}$ teaspoonful Lemco has been dissolved. Pepper. Salt. 6 Eggs.

Wash the spinach in several waters, and boil with a very little water until tender. Wring very dry and chop. Put it into a saucepan with the Lemco, butter, and seasoning, stir till nearly dry over the fire, and arrange in a mould on a hot dish; place 6 nicely poached eggs on top.

54. Lamb Pie (*Pâté d'Agneau*)

Time.—2 hours. For 5 or 6 persons. Cost, 2s. 6d.

Ingredients.—2 lb. neck of Lamb. 1 lb. new Potatoes. $\frac{1}{2}$ pint Stock, with 1 teaspoonful Lemco dissolved in it. 1 dessertspoonful chopped Parsley. Salt. Pepper. A little minced Onion. Some nice short Pastry. A little Vinegar.

Cut up the lamb into chops and remove the bones. Sprinkle a little vinegar over the meat. Scrape and cut the potatoes into slices, not too thin, and sprinkle over the parsley and onion a seasoning of salt and pepper; lay some of the lamb at the bottom of a pie dish, and then a layer of the seasoned

potatoes. Add the lamb and potatoes in alternate layers until the dish is full, then pour over the Lemco gravy. Line the edge of the pie dish with strips of pastry, cover, mark nicely, and brush once with beaten egg; bake in a good oven for $1\frac{1}{2}$ hour, taking care the crust does not burn.



55. Meat Rolls

(Roulettes de Viande)

Time.—1 hour. For 4 or 5 persons.

Cost, 10d.

Ingredients.— $\frac{1}{2}$ lb. scraps of cold Meat. 6 cold Potatoes. 2 oz. Dripping. Pepper. Salt. Minced Parsley. 1 teaspoonful Lemco dissolved in a little weak Stock. 1 tablespoonful Flour. 1 dessertspoonful Worcester Sauce. 1 teaspoonful minced Parsley.

Mash the potatoes with dripping, and mix with as much flour as they will take up. Moisten with the dissolved Lemco, roll out into a smooth paste, cut up the meat very small, season highly, cut the potato paste into squares, roll up some of the seasoned meat in each, and bake in a moderate oven. Serve garnished with fried parsley.

56. Baked Tomato Pudding

(Pouding de Tomate)

Time.—1 hour. For 2 or 3 persons. **Cost,** 1s.

Ingredients.—1 lb. ripe Tomatoes. $\frac{3}{4}$ lb. Bread Crumbs. 1 large Onion. 1 tablespoonful chopped Parsley. 1 teaspoonful minced Herbs. Pepper. Salt. 1 teaspoonful Lemco dissolved in a little Water. 3 Eggs. 1 oz. chopped Ham.

Peel the tomatoes and mash them to a pulp, mix them with the crumbs, chop the onion, herbs, and ham finely, and stir into tomatoes and crumbs. Season with pepper, beat the eggs and add them, with the Lemco, to the other ingredients, thoroughly mix, bake for $\frac{3}{4}$ of an hour, serve in a dish with a folded serviette round.

57. A Savoury Dish of Mutton and Spinach (*Mouton à l'Épinards*)

Time.— $1\frac{1}{4}$ hour. For 6 persons. Cost, 2s. 6d.

Ingredients.—6 best end Neck Chops. $2\frac{1}{2}$ oz. Butter. Pepper. Salt. 2 lb. Spinach. 1 tablespoonful Flour. 1 gill Water. $\frac{1}{2}$ teaspoonful Lemco. 1 dessertspoonful Lemon Juice. Browning. 8 large Mushrooms.

Season the chops highly, and fry in a little butter until well done. Boil the spinach, squeeze dry, mash with butter, and season with pepper and salt and a dash of cayenne. Make into a mound on a hot dish, arrange the chops round it, and pour round a sauce made as follows: pour away most of the fat in the frying-pan, stir in the flour and allow it to brown, pour into this the Lemco dissolved in the water, and add a lump of fresh butter as big as a walnut, strain in the lemon juice, stir well, and colour with a little browning. Fry the mushrooms in butter, and arrange on the top of the mound of spinach as a garnish.

58. Onion Dumpling (*Boudins aux Oignons*)

Time.— $2\frac{1}{2}$ hours. For 1 or 2 persons. Cost, 6d.

Ingredients.—1 large Spanish Onion. 3 oz. chopped Ham. $\frac{1}{2}$ lb. Suet Crust. $\frac{1}{2}$ teaspoonful Lemco. 2 tablespoonfuls Salt. Pepper.

Peel and cut the onion in two, and remove enough of the heart to make room for the ham which has been mixed with pepper, salt, and stock, in which the Lemco has been dissolved. Put the onion together again, and cover with the suet crust. Tie in a floured cloth, and boil for $2\frac{1}{2}$ hours.



59. Savoury Rice Toast*(Canapés de Riz savoureux)*

Time.—1 hour. For 2 or 3 persons. Cost, 1s.

Ingredients.—2 large cupfuls boiled Rice. $1\frac{1}{2}$ oz. Butter. 2 table-spoonfuls of any Sauce liked. 1 teaspoonful Lemco. 2 Tomatoes. 4 oz. grated Cheese. Pepper. Salt. Buttered Toast.

Beat up the rice and butter well together, add the sauce and Lemco and thoroughly mix, cut the tomatoes into slices, make all thoroughly hot in a pan over fire; now add the cheese, mix and heat again, serve quickly with a sprinkling of salt and pepper, piled high on buttered toast. A few mushrooms added to this mixture are excellent.

60. Stewed Lettuce *(Laitue braisée)*

Time.— $\frac{3}{4}$ hour. For 3 or 4 persons. Cost, 6d.

Ingredients.—1 large Lettuce. 1 oz. Butter. Pepper. Salt. $1\frac{1}{2}$ teaspoonful Flour. $\frac{1}{2}$ teaspoonful Lemco. A squeeze of Lemon Juice. 1 teacupful weak Stock.

Dissolve the Lemco in the stock. Trim off the outer leaves of the lettuce, and wash thoroughly in strong salt and water to remove all insects. Boil in salted water (with the lid off the pan) for 20 minutes, chop slightly, put into a stewpan with the stock, add a squeeze of lemon juice, and boil till rather dry. Serve with fried sippets of bread as a garnish.

A Lady writes:—

"I have found by careful calculation that by using LEMCO I have reduced my expenses by 18/- a month. Many little oddments which were formerly wasted, are now made into delicious little dishes with the addition of just a little LEMCO."

Seasonable for **JUNE**

MEATS

Beef, Mutton, Lamb, Veal.

POULTRY AND GAME

Same as last month. Venison is sometimes included in the Game list. Buck Venison is in season from June to September. Doe Venison from November to end of January.

FISH

Bream, Chub, Crabs, Crayfish, Dace, Eels, Plaice, Prawns, Salmon, Shad, Soles, Turbot, Whiting. Other fish remain much the same as in former months.

VEGETABLES

Artichokes, Asparagus, Cabbage, Peas, Beans, Cucumbers, Spinach, Tomatoes, Watercress, and all kinds of salads.

FRUITS

Strawberries, Raspberries, Cherries, Gooseberries, Black Grapes, Small Nuts, Bananas. Rhubarb is now very plentiful and cheap.

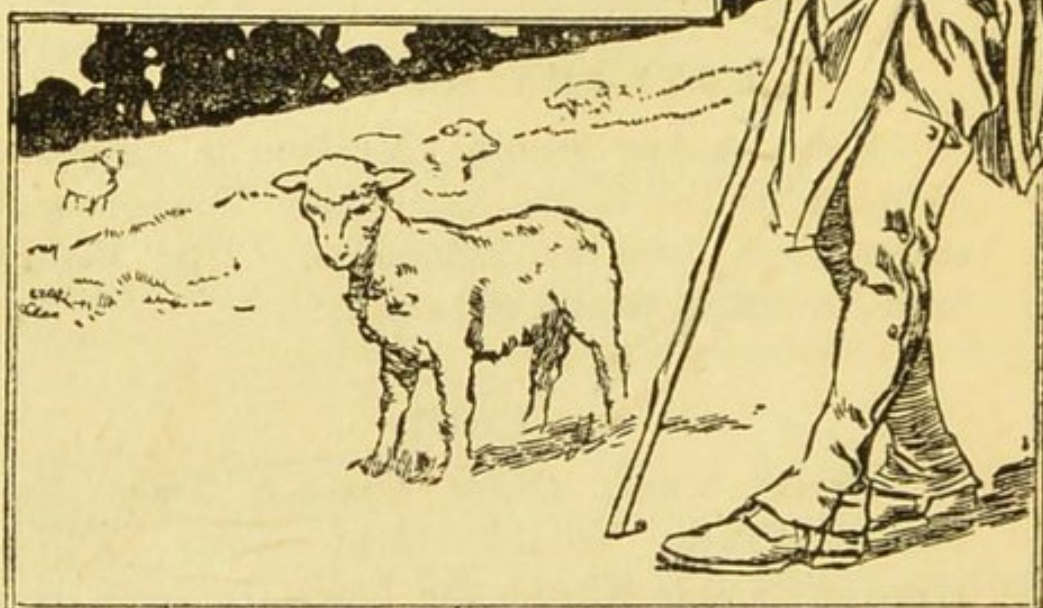
61. Shepherd's Pie

(*Pâté à la Berger*)

Time.—1 hour. For 3 or 4 persons. Cost, 10d.

Ingredients.— $\frac{3}{4}$ lb. chopped cold Meat. 1 Onion. Pepper. Salt. 1 teaspoonful Lemco. $\frac{3}{4}$ lb. mashed Potatoes.

Chop the onion finely, and mix it with the minced meat; season to taste; cover the mince with a stock made by dissolving the Lemco in a breakfastcupful of boiling



water, and seasonings. Fill up the pie dish with mashed potatoes, smooth neatly and mark with a fork. Bake in the oven to a nice brown; serve hot.

62. Merton of Beef (*Mirliton de Bœuf*)

Time.— $\frac{3}{4}$ hour. For 3 or 4 persons. Cost, 1s.

Ingredients.—2 oz. Dripping. 4 small Onions. A small bunch minced Herbs. Pepper. Salt. 1 tablespoonful French Vinegar. $1\frac{1}{2}$ teaspoonful Lemco. $\frac{1}{2}$ pint boiling Water. 8 slices cold roast Beef. 2 tablespoonfuls Tomato Sauce. Browned Bread Crumbs.

Melt the dripping in a frying pan. Peel and slice the onions, and put them, with the herbs and a seasoning of pepper and salt, into the fat. Fry to a rich brown, then

pour on the vinegar ; add the boiling water in which the Lemco has been dissolved. Boil all together for 20 minutes ; keep well skimmed, then carefully strain it. Cut the slices of meat thinly, have ready some heated tomato sauce, cover the bottom of a hot pie dish with it, then put in a layer of meat, then some of the strained gravy, then more meat till the dish is full. Sprinkle with a few browned crumbs. Bake in a hot oven for a $\frac{1}{4}$ of an hour ; stand the dish in a pan of boiling water in the oven, and serve very hot, garnished with green peas.

63. Mushroom Omelet

(Omelette aux Champignons)

Time.— $\frac{1}{2}$ hour. For 1 or 2 persons. Cost, 1s.

Ingredients.—2 Eggs. Pepper. Salt. A grate of Nutmeg. $\frac{1}{2}$ teaspoonful Lemco. $2\frac{1}{2}$ oz. Butter. 6 Mushrooms. 1 tablespoonful Milk.

Beat the eggs to a stiff froth, with pepper, salt, and a dust of nutmeg. Put 2 oz. of butter into a frying pan, with the Lemco dissolved in a very little boiling milk, and when all is thoroughly hot, turn the egg mixture into it, shake till of a creamy consistency, then put the mushrooms (which should first be fried in a little butter) into the centre. When the omelette is nicely browned underneath, turn at once on to a hot dish, and serve immediately.



64. Lobster Cutlets *(Côtelettes de Homard)*

Time.— $1\frac{1}{2}$ hour. For 8 or 9 persons. Cost, 2s.

Ingredients.—1 tin of Lobster. $1\frac{1}{2}$ oz. Butter. $1\frac{1}{2}$ oz. Flour. $\frac{1}{4}$ pint Milk. $\frac{1}{2}$ teaspoonful Lemco. 1 tablespoonful Lemon Juice. 1 tablespoonful Cream. 1 Egg. Cayenne. Salt. A grate of Nutmeg. 3 oz. Bread Crumbs. 1 teaspoonful Anchovy Sauce. Dripping for frying.

Always buy the best brand of lobster ; remove from tin and chop finely ; melt the butter in a saucepan, add flour, mix to a paste, dissolve the Lemco in a little boiling water and stir in, add milk and anchovy sauce, and stir over the fire till it just boils, then add the rest of the seasonings and chopped lobster. Spread on a floured plate to cool, then cut into 8 or 10 cutlets, dip in egg and bread crumbs, and fry a golden brown, drain, put a cutlet frill round the thin end of each, and pile on a dish garnished with parsley.

65. Eel Soup (*Purée d'Anguilles*)

Time.— $1\frac{1}{2}$ hour. For 7 or 8 persons. Cost, 10d. a quart.

Ingredients.—3 lb. Eels. 1 Onion. $2\frac{1}{2}$ oz. Butter. 2 blades Mace. 1 bunch Sweet Herbs. 1 teaspoonful Lemon Juice. 1 teaspoonful Lemco. 9 Peppercorns. Salt. 2 tablespoonfuls Flour. $\frac{1}{4}$ pint Cream. 2 quarts Water.

Wash and cut the fish up into thin slices, and simmer for a few minutes in the stewpan, with the butter ; dissolve the Lemco in the water, and pour over ; bring to a boil, put in the lemon juice and onion, cut in slices, add herbs and seasonings, simmer till the eels are perfectly tender, then carefully place them in a hot tureen. Mix the flour and cream to a batter, boil up in the soup, pour over the fish. Serve with fried dice of bread.

66. Baked Cucumbers (*Concombres farcies*)

Time.—1 hour. For 2 or 3 persons. Cost, 1s. 6d.

Ingredients.—1 large Cucumber. 3 oz. cold minced Mutton. 3 oz. minced lean Ham. 1 small Onion. 1 teaspoonful Chutney. 1 teaspoonful Lemco. Pepper. Salt. $\frac{1}{2}$ pint good Stock. Seasonings. Flour and Butter to thicken.

Pare the cucumber, cut off the ends, and scoop out the seeds carefully. Mince the onion, and mix it and the seeds with the mutton and ham ; season with pepper, salt, and herbs, stir in the chutney, fill the cucumber with the mince,

make a rich gravy with the stock, Lemco, and a thickening of flour rolled in butter, adding browning if necessary ; pour in a little of this, bake for $\frac{1}{2}$ an hour, basting often with the rest of the gravy. Serve very hot with the gravy poured round.

67. Anchovy Eggs (*Œufs à l'Anchois*)

Time.— $\frac{3}{4}$ hour. For 4 or 5 persons. Cost, 1s. 2d.

Ingredients.—6 Eggs. 4 oz. Butter. $\frac{1}{4}$ teaspoonful Lemon Juice. $\frac{1}{2}$ teaspoonful Lemco. $1\frac{1}{2}$ tablespoonful of Anchovy Sauce. Salt. Pepper.

Boil the eggs hard and cut them in halves lengthways ; remove the yolks and pound in a mortar with butter, lemon juice, pepper, Lemco, and anchovy sauce. When thoroughly blended return to the whites, and arrange on a bed of nice fresh salad, and garnish with tomatoes.

68. Beef à la Mode (*Bœuf à la Mode*)

Time.—5 hours. For 4 or 5 persons. Cost, 2s. 6d.

Ingredients.—2 lb. Shin of Beef. 1 lb. Cow Heel. 4 Onions. 2 Carrots. 1 small Turnip. 1 teaspoonful Lemco. Pepper. Salt. Dripping for frying.

Cut the beef into pieces about an inch square, fry brown in dripping, then roll in flour, cut the onion into slices and fry also. Put all into a stewpan with pepper, salt, and vegetables cut into slices, and the cow heel in slices. Dissolve the Lemco in a quart of water and pour over ; simmer slowly for $4\frac{1}{2}$ hours. This is a savoury and economical dish.

69. Chicken Puffs (*Souffles de Poulet*)

Time.— $1\frac{1}{4}$ hour. For 5 or 6 persons. Cost, 1s. 4d.

Ingredients.—The remains of a cold roast Chicken. 3 slices Ham. $\frac{1}{2}$ teaspoonful minced Parsley. The same quantity chopped Lemon Peel and Mushroom. $\frac{1}{2}$ teaspoonful Lemco. A little white Sauce. $\frac{3}{4}$ lb. nice short Crust. Fat for frying.

Mince the chicken, ham, parsley, mushroom, and lemon peel, season with pepper and salt. Stew for few minutes in a saucepan, stir in the Lemco, mix all ingredients thoroughly and bring to boiling point, when the mixture should be quite thick. Roll out the paste and cut into squares, place some of the mince on each, turn paste over, fasten and fry to a light brown in boiling fat. Serve garnished with fried parsley sprigs.

70. Mustard Sauce (For Fresh Herrings)

(*Sauce Moutarde, pour Harengs frais*)

Time.— $\frac{1}{2}$ hour. For 3 or 4 persons. Cost, 4d.

Ingredients.—1 oz. Butter. $\frac{1}{4}$ teaspoonful Lemco. 1 oz. Flour. 1 large dessertspoonful Mustard. $\frac{1}{2}$ pint Stock.

Melt butter in small saucepan and stir in flour by degrees, mix well and sprinkle in mustard by degrees, stir till smooth and thick, then dissolve the Lemco in the stock and stir all together over the fire until the sauce boils, simmer slowly for 3 or 4 minutes, pour into a hot sauceboat and serve. A few chopped capers may with advantage be added.

71. Hashed Venison (*Émincé de Venaison*)

Time.— $\frac{3}{4}$ hour. For 2 or 3 persons. Cost, 2s.

Ingredients.—1 lb. cold Venison. $\frac{1}{2}$ pint Stock. $\frac{1}{2}$ teaspoonful Lemco. 1 wineglassful Port Wine. $\frac{1}{2}$ teaspoonful Red Currant Jelly. 1 teaspoonful Cornflour.

Cut the venison into neat slices, carefully removing all skin and gristle and most of the fat; dissolve the Lemco in a small saucepan in the stock, mix the cornflour and port wine smoothly together and stir into the stock until nicely thickened, add jelly and stir until melted. Put in the slices of venison, heat gently, serve very hot, garnished with fried toast sippets.

A great variety of delicious cooling meat jellies for summer can easily be made with the aid of LEMCO

Seasonable for **JULY**

MEATS

Beef, Mutton, Lamb, Veal.

FISH

Fish remains much the same. Dace and Perch are at their best. Soles are not good after the end of the month, and Trout is out of season. Whiting is now at its best and cheapest.

POULTRY AND GAME

Chickens, Fowls, Ducklings, Green Geese, Pigeons. The Game season is ended; only Foreign Birds can be obtained.

VEGETABLES

Are plentiful and cheap. Artichokes, both Globe and Jerusalem, are in the market. Asparagus, Beans of all kinds, and Salads are excellent. Peas, Spinach, Cucumbers, Tomatoes, and Vegetable Marrows can be had.

FRUITS

Strawberries, Cherries, Gooseberries, Raspberries, Melons, Bananas, Grapes, Plums, Rhubarb, Apricots, and Currants, both red and black.



72. Broad Beans and Cream Sauce (*Fèves de Marais à la Crème*)

Time.—1 hour. For 4 or 5 persons.

Cost, 1s. 8d.

Ingredients.—2 lb. Broad Beans. 1 teaspoonful Lemco. Salt. Pepper. 1 egg. $\frac{1}{4}$ pint fresh Cream. 2 tablespoonfuls minced Parsley.

Shell the beans and boil for 10 minutes in plenty of water, drain and put them into a saucepan with $\frac{1}{2}$ pint of boiling water in which the Lemco has been dissolved, season with pepper and salt, boil slowly till quite tender. Strain the stock into a basin, and keep the beans hot near the fire. Beat well the yolk of the egg and mix with the cream. Add to the stock and return to the saucepan. Simmer gently, stirring all the time; when the sauce comes to boiling point stir in the parsley and pour over the beans. Serve very hot.

73. Barley Soup (*Potage à l'Orge perlé*)

Time.— $3\frac{1}{2}$ hours. For 7 or 8 persons. Cost, 1s. 3d.

Ingredients.—2 lb. Shin of Beef. $\frac{1}{4}$ lb. Pearl Barley. 1 large bunch Parsley. 4 Onions. 6 Potatoes. Pepper. Salt. $1\frac{1}{2}$ teaspoonful Lemco. 4 quarts Water.

Cut up the beef into pieces and put it into a large pot with $3\frac{1}{2}$ quarts of water, dissolve the Lemco in a cupful of boiling water, and add to the beef and water. Slice the onions and

put them and the parsley into the pot. Simmer all gently for fully $3\frac{1}{2}$ hours. Season with salt and pepper.

74. Dainty Veal Fillets (*Escaloppes de Veau*)

Time.— $1\frac{1}{2}$ hour. For 3 or 4 persons. Cost, 2s.

Ingredients.— $1\frac{1}{2}$ lb. Veal Cutlets. 1 small Onion. Pepper. Salt. 1 teaspoonful Lemco. Dried Herbs. 2 Eggs. Bread Crumbs. Dripping for frying. 6 rashers of Bacon. Flour and Butter to thicken. 1 Lemon.

Dissolve the Lemco in $\frac{1}{2}$ pint of boiling water in a stewpan, season with pepper, salt, pinch of herbs, and the onion cut in slices. Next cut the meat into about 8 little fillets, season, dip into beaten egg and bread crumbs, and fry in boiling fat to a rich brown. Dish up with the fried rashers of bacon made into neat little rolls. Thicken the gravy with butter rolled in flour; add a little browning and lemon juice. Boil up and pour round hot over the veal. Garnish with parsley and cut lemon.

75. Fish Chowder (*Poisson à l'Orientale*)

Time.—1 hour. For 2 or 3 persons. Cost, 1s.

Ingredients.—1 lb. Onions. 3 large Potatoes. 6 Water Biscuits, 2 slices of Pickled Pork. 1 Smoked Haddock. 1 teaspoonful Lemco.

Peel the onions and potatoes and boil them in unsalted water. Soak the biscuits in water for 10 minutes. Boil the fish and pick it free from skin and bones, fry the pork and dissolve the Lemco in a little of the fish stock, stir the fish into it, and pour in the water the potatoes and onions have been cooked in, stir in the onions and potatoes, having first rubbed them smooth with a fork, and last of all add the pork cut into slices. Simmer for $\frac{1}{2}$ an hour, and when nearly cooked lay the soaked biscuit on top. Make all thoroughly hot and serve.

76. Jugged Leg of Beef (*Civet de Bœuf*)

Time.— $4\frac{1}{2}$ hours. For 4 or 5 persons. Cost, 1s. 6d.

Ingredients.—2 lb. Leg of Beef. 2 Onions. 2 Carrots. $\frac{1}{2}$ cupful Pearl Barley. 1 teaspoonful Lemco. A thickening of Butter rolled in flour, and Browning to colour.

Cut up the meat and vegetables, put into a stewing jar, add the pearl barley and seasonings, dissolve the Lemco in $\frac{1}{2}$ pint of boiling water. Pour over meat, then add water enough to cover. Put on the jar lid and simmer in the oven for 4 hours, then place the meat and vegetables on a hot dish, thicken and colour the gravy, pour over meat and serve very hot.

77. Stuffed Cabbage (*Choux farcies*)

Time.— $1\frac{1}{2}$ hour. For 2 or 3 persons. Cost, 8d.

Ingredients.—1 nice White-hearted Cabbage. 2 slices cold Meat. 2 slices cold fat Ham. A little Onion, Pepper, and Salt. 1 teaspoonful Lemco.

Boil the cabbage until tender, mince the ham, cold meat, and onion together ; dissolve the Lemco in a little water, and season with lemon juice and Worcester sauce ; open the cabbage and remove a little of the heart, and fill with the mince. Thoroughly heat the gravy, pour over, and bake for a $\frac{1}{4}$ of an hour in a hot oven.

78. An Excellent Sauce for Cutlets

(*Sauce pour Côtelettes*)

Time.— $\frac{1}{2}$ hour. For large dish of cutlets. Cost, 4d.

Ingredients.—2 oz. Butter. 1 tablespoonful Flour. $\frac{1}{2}$ teaspoonful Lemco. $\frac{1}{2}$ pint Stock. $\frac{1}{2}$ teaspoonful Lemon Juice. Salt and Pepper.

Melt and brown the butter, mix in the flour, and add the Lemco dissolved in a teacupful of water ; flavour with strained lemon juice, and season with salt and pepper ; stir all together in the stock, boil up, strain and pour round the cutlets. A little tomato sauce may be added with advantage.

79. Globe Artichokes à la Italienne*(Artichauts verts à l'Italienne)***Time.**— $1\frac{1}{2}$ hour. *For 3 persons. Cost, 2s.***Ingredients.**—3 Globe Artichokes. 1 tablespoonful Claret. 1 tablespoonful Salad Oil. 1 Onion. 1 Mushroom. 2 teaspoonfuls Lemco. 1 small teaspoonful Arrowroot. Pepper. Salt.

Wash and soak the artichokes head downwards in strong salt and water, for 2 hours, to remove all insects ; then trim off the stems and cut them into quarters, clip the tips of the leaves and boil for $\frac{1}{2}$ an hour in plenty of water ; drain on a cloth near the fire. Put the claret and salad oil into a small saucepan, and let them get hot. Mince the onion and mushroom together, and cook for a few moments in the oil and wine, lay in the pieces of artichoke, cover with a stock made of the Lemco dissolved in $\frac{1}{2}$ pint of boiling water ; simmer gently for $\frac{1}{2}$ an hour. When ready, place in a hot dish, mix the arrowroot with a little cold water, stir into the hot sauce and continue to stir till it thickens ; season, strain, and reheat, and pour over the artichokes.

80. Hot Lobster *(Homard au Madère)***Time.**— $\frac{3}{4}$ hour. *For 3 or 4 persons. Cost, 1s. 6d.***Ingredients.**—1 tin of Lobster. $\frac{1}{2}$ teaspoonful Lemon Juice. 1 oz. Butter. 1 wineglassful Sherry. Pepper. $\frac{1}{2}$ teaspoonful Lemco.

Turn the lobster into a basin ; having removed any bones and some of the liquor, break into very tiny bits with a fork. Put the butter into a saucepan, with the lemon juice, salt, and pepper, and the Lemco dissolved in a little boiling water ; bring to a boil, pour in the sherry, and reheat. When this mixture is ready, stir in the lobster and heat thoroughly. Pile on buttered toast, and garnish with minced capers.

81. Indian Toast *(Croûtes à l'Indienne)***Time.**— $\frac{1}{2}$ hour. *For 2 persons. Cost, 6d.***Ingredients.**—2 Eggs. 1 oz. Butter. $\frac{1}{4}$ teaspoonful Lemco. 1 teaspoonful Anchovy Sauce. $\frac{1}{2}$ teaspoonful finely minced Chilli. $\frac{1}{2}$ teaspoonful chopped Lemon Peel.

Place the butter in a saucepan, and when melted stir in the eggs and Lemco, anchovy sauce, capers, and chilli, and stir till the mixture thickens ; then spread on toast and serve very hot, garnished with parsley and minced lemon peel.

82. Chicken in Batter (*Fritot de Volaille*)

Time.—2 hours. *For 4 or 5 persons.* *Cost,* 3s. 6d.

Ingredients.—1 Chicken. 2 Eggs. Pepper. Salt. 1 teaspoonful Lemco. 1 tablespoonful Salad Oil. 1 teacupful Flour. 1 Onion. 3 sprigs Parsley. 2 Tomatoes. $\frac{1}{2}$ lb. Bacon cut in rashers.

Parboil the chicken, sprinkle with salt, and let it cool a little ; beat the yolks of the eggs with a large pinch of salt ; stir in by degrees the salad oil and Lemco dissolved in a very little warm water ; mix in the flour, and then pour in a teacupful of cold water. Set this batter on one side to stand, chop the onion and parsley finely, and remove the seeds from the tomatoes, stir into the batter and add the whipped whites of 2 eggs ; cut the chicken into neat pieces, dredge with flour, and fry in the batter. Serve garnished with rolls of fried bacon, and garnish with parsley.



83. Australian Bush Pudding (*Pouding à l'Australienne*)

Time.—1 hour. *For 6 persons.* *Cost,* 1s.

Ingredients.—1 lb. cold roast Mutton. 1 large Onion. Pepper. Salt. Slices of Bread. 1 oz. Dripping. 2 tablespoonfuls Flour. 1 teaspoonful Lemco. $\frac{1}{2}$ teaspoonful Baking Powder. 1 Egg. $\frac{1}{2}$ pint Milk.

Put in the bottom of a good-sized pie dish a few slices of the cold meat ; sprinkle with minced onion, pepper, and

salt, and cover with bread. Repeat the process of meat and bread, spread the top slice of bread thickly with dripping. Make a batter as follows : Mix the flour, baking powder, and salt together, beat up an egg, add the Lemco, dissolved in very little water, and stir in the milk ; when the batter is quite smooth, pour over the contents of the pie dish, and bake in a moderate oven for $\frac{3}{4}$ of an hour. Serve hot in the dish.

84. Savoury Jelly (*Aspic*)

Time.—40 minutes.

Ingredients.—1 quart Water or Veal Stock. Rind of $\frac{1}{2}$ Lemon. 4 Cloves. 1 dessertspoonful Salt. $\frac{1}{2}$ teaspoonful Peppercorns. 1 dessertspoonful Tarragon Vinegar. 1 teaspoonful Lemco. 1 Onion. Sprig of Parsley. Whites and Shells of 3 Eggs. 2 oz. French leaf Gelatine.

Put all the ingredients, save Lemco, into a saucepan, the whites and shells of eggs previously beaten up with a little of the water or stock, slowly bring this to the boil, let the scum boil well up to the top, draw aside, cover the pan and allow to stand 5 minutes ; pass through a jelly-bag a little boiling water, then pass through the jelly and add the Lemco. A linen towel placed over a hair-sieve will answer instead of a jelly-bag.

85. Lemco Aspic Jelly de Luxe

Take 3 tablespoonfuls of Tarragon vinegar reduced with peppercorn, then add to it 12 pints of good veal stock, 2 tablespoonfuls of Lemco, a pint of Madeira wine, 12 oz. of gelatine, 2 leeks, 2 celery, 2 onions, 2 turnips, thyme and bayleaf, and the whites of 3 eggs to clarify—season to taste. When clarified strain through a coarse cloth and allow to set.

Always order Liebig as LEMCO

Seasonable for
AUGUST

MEATS

Beef, Mutton, Lamb, Veal.

FISH

Brill and Flounders are in the market. Other fish remain the same as in the previous lists.

POULTRY AND GAME

Chickens, Fowls, Ducklings, Ducks, Green Geese, Pigeons, Black Cock, Grouse, and Leverets.

VEGETABLES

Last month's list and this month's are the same. Peas go out at the end of this month. All kinds of Salads are excellent.

FRUITS

Greengages may be added to last month's list ; in other respects it remains the same.

86. Minced Liver*(Hachie de Foie de Veau)*

Time.— $1\frac{1}{2}$ hour. For 6 persons. Cost, 10d.

Ingredients.—2 lb. Calf's Liver. 2 oz. cold fat Bacon. $\frac{1}{2}$ small Spanish Onion. Pepper. Salt. 1 teaspoonful Lemco. 1 cupful Stock. 1 dessertspoonful Worcester Sauce. 1 tablespoonful minced Parsley. 1 Lemon. Toast Sippets.

Boil the liver and mince finely with the bacon, chop the onion and fry slowly in a little dripping for $\frac{1}{4}$ of an hour. Dissolve the Lemco in the stock, add the sauce and minced parsley, and pour into the stewpan with the onion, stir in the liver, season and cover, simmer for 1 hour. Serve garnished with cut lemon and toast sippets.

**87. Boiled Calf's Head** *(Tête de Veau bouillie)*

Time.— $1\frac{1}{2}$ to $2\frac{1}{2}$ hours. For 5 or 6 persons. Cost, 4s. 6d. to 6s. 6d.

Ingredients.—Calf's Head. 4 tablespoonfuls melted Butter. 1 tablespoonful minced Parsley. Pepper. Salt. 2 teaspoonfuls Lemco. 1 tablespoonful Lemon Juice. $\frac{1}{2}$ pint Parsley and Butter Sauce.

Clean the head thoroughly and remove the brains. Soak in warm water to whiten, also soak the brains in salted water for an hour. Put the head into a stewpan with enough cold water to cover, and bring to a boil; remove scum as soon as it rises, and boil the head until perfectly tender. Boil the brains in water, in which first dissolve the Lemco, chop when cooked, and mix with the melted butter, pepper, salt, and lemon juice. Dish up the head, skin the tongue, and serve in a small hot dish with the brains arranged round, cover the head with the parsley and butter sauce, and send to table with it in a tureen some of the stock in which the brains have been boiled. Boiled bacon or ham must always be served with this dish.

88. Stewed Duck with Turnips

(*Canards aux Navets*)

Time.— $\frac{3}{4}$ hour. For 2 or 3 persons. Cost, 2s.

Ingredients.—The remains of cold Duck. $\frac{1}{2}$ pint Brown Stock. $\frac{1}{2}$ teaspoonful Lemco. A few slices Carrot. A small bunch savoury Herbs. $1\frac{1}{2}$ lb. Turnips. 2 oz. Butter. Pepper and Salt to season. 1 small Onion.

Cut up the remains of the bird as neatly as possible, slice the onion and fry with the carrot and herbs in a little dripping, and put them with the duck into the stock in which the Lemco has previously been dissolved. Peel the turnips and cut into inch squares, put them with the butter into a stewpan and stew about $\frac{1}{2}$ an hour or rather more. Season and pile in the middle of the dish with the duck and gravy round. Green peas may be added if liked.



89. Savoury Shrimps

(*Crevettes savoureux*)

Time.— $\frac{1}{2}$ hour. For 3 or 4 persons.
Cost, 8d.

Ingredients.— $\frac{1}{2}$ pint picked Shrimps. 3 Eggs. $\frac{1}{4}$ teaspoonful Lemco. 1 dessert-spoonful Anchovy Sauce. 1 oz. Butter. Buttered Toast.

Beat the yolks of the eggs and warm in a saucepan with the Lemco and anchovy sauce, soak the toast well with this mixture, heat the butter in a lined pan, cut the shrimps in two and heat thoroughly in the butter. Spread on the toast, put all in the oven for a few moments, and serve very hot.

90. Vegetable Pie (*Pâté de Légumes*)

Time.—2 hours. For 3 or 4 persons. Cost, 1s.

Ingredients.— $\frac{1}{2}$ pint shelled Green Peas. 1 Onion. 1 Carrot. 1 Turnip. 1 small stick Celery. $\frac{1}{2}$ oz. Tapioca. 1 oz. Butter. 1 teaspoonful Lemco. 1 teaspoonful Flour. Pepper. Salt. 3 Mushrooms. Short Crust to cover.

Stew all the ingredients together in water, in which first of all dissolve the Lemco, and when nearly cooked cut the vegetables into small pieces and fill a pie dish with them. Pour over a little of the stock and cover as for a meat pie. Bake till the crust is done. Serve hot.

91. Stewed Carp (Excellent) (*Carpe à l'étuvé*)

Time.—1 $\frac{1}{2}$ hour. For 1 or 2 persons. Cost, about 6d. a lb.

Ingredients.—1 Carp. Salt. Stock to cover. 1 teaspoonful Lemco. 2 Onions. 6 Cloves. 10 Peppercorns. 2 glasses Port Wine. 1 teaspoonful Lemco. Juice of $\frac{1}{2}$ a Lemon. Cayenne and Salt to season. A small bunch of savoury Herbs.

Clean and scale the fish and lay it in a stewpan. Dissolve the Lemco in the stock and pour over the fish enough to cover it. Add the seasonings and stew gently for a full hour. Dish with great care. Strain the liquor, add the port wine and lemon juice, boil up, and pour over the carp.

92. Baked Pig's Head (*Tête de Porc rôtie*)

Time.—1 $\frac{1}{2}$ hour. For 5 or 6 persons. Cost, 3s.

Ingredients.—A Pig's Head. $\frac{1}{2}$ oz. dried Sage. Salt. Pepper. $\frac{1}{2}$ pint good Brown Stock. 1 teaspoonful Lemco.

Boil the head, and when quite tender remove the bones. Then rub well over with a seasoning of sage, pepper, and salt. Bake in a good oven and baste often. When done put on a hot dish, have ready the Lemco dissolved in stock, pour into the pan, and boil up. Season with pepper, salt, and lemon juice, and pour round the head. Serve with apple sauce garnished with cut lemon and parsley.

93. Stewed Onions (*Oignons braisées*)

Time.—3 hours. For 3 or 4 persons. Cost, 10d.

Ingredients.—3 large Spanish Onions. Pepper. Salt. 1 teaspoonful

Lemco. $\frac{1}{2}$ pint Brown Stock. A thickening of Butter and Flour. Toast.

Put the onions when peeled into a pan whole, with water enough to cover ; stew gently for 3 hours, adding more water as it boils up. Heat the stock, season, stir in the Lemco, and thicken with butter rolled in flour. Put the onions on toast, which must be soaked in the water in which they are boiled ; pour over the gravy, and serve hot in a vegetable dish.

94. **Welsh Rarebit**

(Fondu à la Gauloise)

Time.— $\frac{1}{2}$ hour. *For 2 persons. Cost, 6d.*

Ingredients.— $\frac{1}{2}$ lb. cooking Cheese. 1 oz. Butter. $\frac{1}{2}$ teaspoonful dry Mustard. $\frac{1}{2}$ teaspoonful Lemco. 2 tablespoonfuls Beer. A dust of Cayenne. Hot Buttered Toast.



Slice the cheese into thin slices, melt the butter in a saucepan, dissolve the Lemco in very little water, and add it with the cheese and seasonings to the butter ; when all is thoroughly blended, pour in the beer. Reheat, spread on hot buttered toast, and serve at once.

95. **Eggs with Green Peas**

(Œufs aux Petits Pois)

Time.—1 hour. *For 3 or 4 persons. Cost, 1s.*

Ingredients.— $\frac{1}{4}$ peck Peas. 6 fresh Eggs. 1 dessertspoonful Flour. $\frac{1}{2}$ teaspoonful Lemco. $\frac{1}{4}$ pint Milk. 1 oz. Butter. Pepper. Salt. 2 dessertspoonfuls boiling Water.

Shell the peas, and boil till tender ; mix the flour and milk smoothly, add the Lemco dissolved in the boiling water, season and stir over the fire until nicely thickened, then add the butter and stir again until the butter is melted. Put in the peas, and thoroughly mix and heat with the sauce.

Poach the eggs carefully, and arrange round the peas on a hot dish.

96. **Kidneys à la Brochette**

(Rognons à la Brochette)

Time.— $\frac{1}{4}$ hour. For 3 or 4 persons. Cost, 1s. 3d.

Ingredients.—4 Sheep's Kidneys. 8 slices Bacon. 1 oz. Butter. 2 teaspoonfuls chopped Parsley. $\frac{1}{4}$ teaspoonful of Lemco. Juice of half a Lemon. Salt. Cayenne.

Warm the gridiron, and rub the bars with a little suet ; skin the kidneys, and cut nearly through, but do not divide. Pass a skewer through each kidney, opening it out flat, and broil on a clear fire, being careful to put the cut side to the fire first. Fry crisply the slices of bacon, melt the butter in a little stewpan, and when hot stir in the Lemco, parsley, lemon juice, and seasonings, and thoroughly heat ; arrange the bacon on a hot dish, and put a kidney on each piece, pour sauce over, and serve at once.

97. **Moulded Minced Meat**

(Timbale de Salpicon)

Time.—1 hour. For 3 or 4 persons. Cost, 1s. 4d.

Ingredients.—1 lb. lean Beef chopped fine. 1 Onion. 1 teaspoonful Lemco. 1 oz. Bread Crumbs. Salt. Pepper. 1 dessertspoonful Worcester Sauce. 1 teaspoonful chopped Mushroom.

Chop the onion, mushroom, and meat very finely, and mix with the bread crumbs and seasonings, and allow it to stand for 20 minutes ; dissolve the Lemco with a teacupful of boiling water, and mix with the minced meat. Well butter a basin, and press in the meat, cover with a plate, stand the basin in a pan of water, and bake for 1 hour in a moderate oven. Turn out carefully, and serve with hot tomato sauce.

On the LEMCO cattle farms the finest beef in the world costs about one penny a pound. That is why it is possible to concentrate so much beef into a little jar and sell it at its present price

Seasonable for
SEPTEMBER

MEATS

Beef, Mutton, Veal, Pork.

FISH

Bloaters, Bream, Brill, Chub, Crabs, Dory, Dace, Flounders, Haddocks, Halibut, Lobsters, Oysters, Pike, Plaice, Salmon, Shrimps, Turbot, Whitebait, Whiting.

POULTRY AND GAME

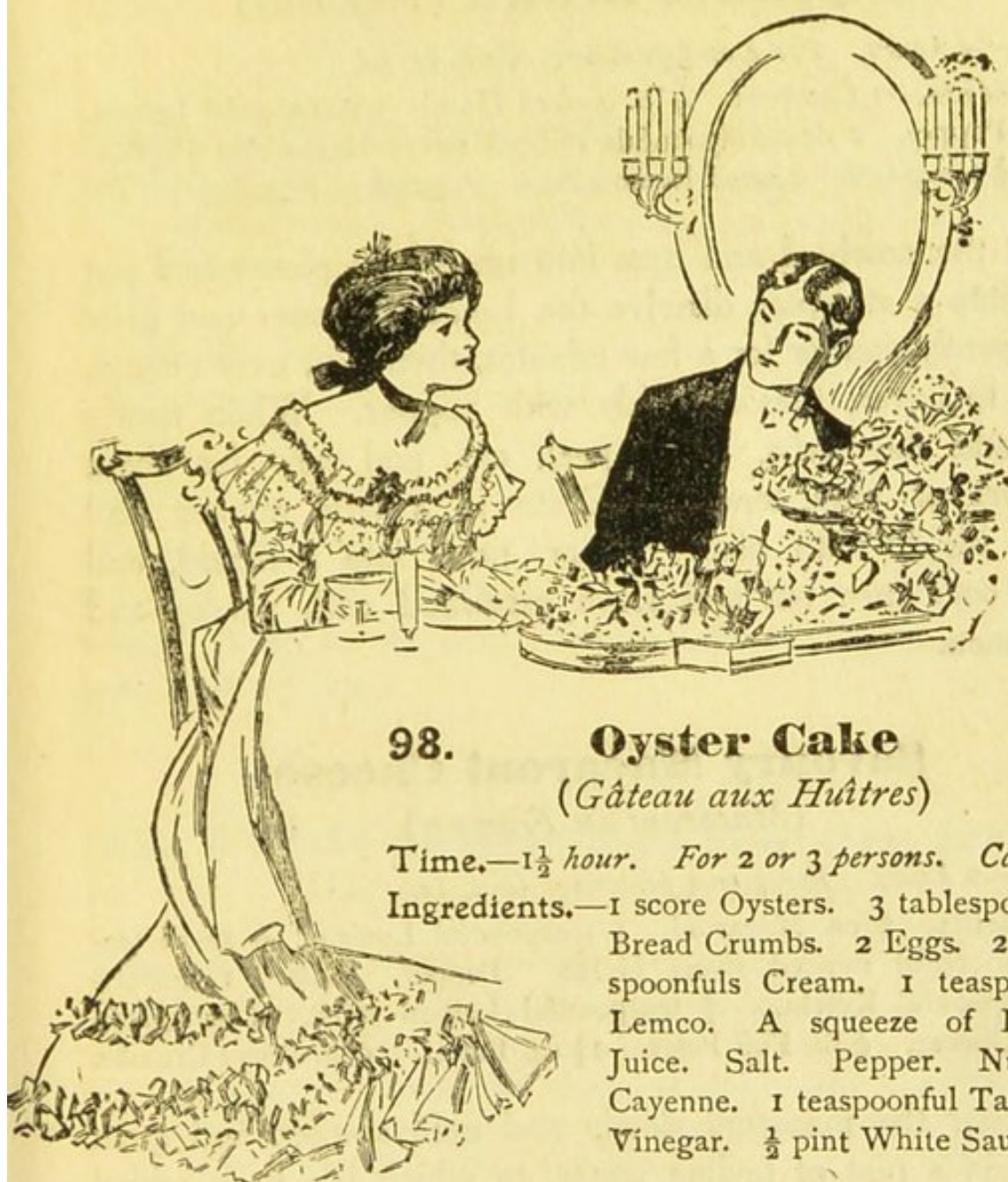
Chickens, Ducks, Fowls, Geese, Pigeons, Wheat-ears, Blackcock, Grouse, Hares, Leverets, Partridges, Ptarmigan, Quail, Venison.

VEGETABLES

Artichokes, Runner and French Beans, Beet-root, Broccoli, Sprouts, Carrots, Endive, Tomatoes, Vegetable Marrow, Salads.

FRUITS

Apricots, Currants, Damsons, Figs, Gooseberries, Greengages, Melons, Nectarines, Peaches, Plums, Pears, Quinces, Rhubarb.



98. Oyster Cake

(*Gâteau aux Huîtres*)

Time.— $1\frac{1}{2}$ hour. For 2 or 3 persons. Cost, 2s.

Ingredients.—1 score Oysters. 3 tablespoonfuls Bread Crumbs. 2 Eggs. 2 tablespoonfuls Cream. 1 teaspoonful Lemco. A squeeze of Lemon Juice. Salt. Pepper. Nutmeg. Cayenne. 1 teaspoonful Tarragon Vinegar. $\frac{1}{2}$ pint White Sauce.

Blanch the oysters and strain the liquor into a small lined saucepan; bring to a boil and stir in the Lemco, put in the oysters and slowly simmer; mix the bread crumbs, salt, pepper, cayenne, a grate of nutmeg, and a squeeze of lemon juice, strain the oysters, cut each into 1 or 2 pieces, and add them and the liquor to the bread crumbs and seasonings; beat the eggs and stir into the other ingredients with the cream. Butter a small plain mould, sprinkle with brown bread crumbs, put in the mixture, and steam for $\frac{3}{4}$ of an hour, or rather more. Turn out, and serve with white sauce flavoured with tarragon vinegar poured over.

99. Inexpensive Brawn (Very tasty)

Time.—4 hours. *For 4 or 5 persons. Cost, 1s. 3d.*

Ingredients.—1 Cowheel. $\frac{1}{2}$ lb. cooked Ham. 1 teaspoonful Lemco. Pepper. 2 dessertspoonfuls minced sweet Herbs and Parsley. $\frac{1}{2}$ teaspoonful minced Lemon Peel. A grate of Nutmeg.

Cut the cowheel and ham into small neat pieces and put them into a stewpan, dissolve the Lemco in water and pour over, gently simmer for a few minutes, then pour over enough water to cover, season highly with pepper. When nearly done add the herbs, lemon peel, etc., and stew for about 4 hours or until tender. Grate in a little nutmeg and season highly with black pepper, press into a mould, and when cold turn out and serve garnished with parsley and cut lemon.

100. Savoury Macaroni Cheese

(Macaroni au Fromage)

Time.—2 hours. *For 3 or 4 persons. Cost, 1s.*

Ingredients.—6 oz. Macaroni. 1 teaspoonful Lemco. A small teaspoonful minced sweet Herbs. Pepper. Salt. 1 dessertspoonful Ketchup. $\frac{1}{2}$ teaspoonful Lemon Juice. 4 oz. grated Cheese. $\frac{1}{2}$ lb. Puff Paste. $1\frac{1}{2}$ oz. Butter. 4 oz. Bread Crumbs.

Simmer the macaroni slowly and until swelled and quite tender in a pint of boiling water, to which has been added the Lemco, herbs, pepper, salt, ketchup, and lemon juice. Line the sides of a pie dish with the paste, and when the macaroni is ready place a layer on the bottom and cover with grated cheese; well season, and put small pieces of butter about the dish, then sprinkle with bread crumbs, repeat the macaroni cheese seasonings, bread crumbs, and little pieces of butter until the dish is nearly full, taking care the last layer is of bread crumbs and butter, pour over a little stock, and bake until the cheese is well melted, and the crumbs and paste are a golden brown. French mustard should be served with this dish.

101. Brown Stew of Tripe*(Tripe à l'Anglaise)***Time.**— $1\frac{1}{2}$ hour. For 2 or 3 persons. Cost, 1s.**Ingredients.**—1 lb. boiled Tripe. 1 oz. Dripping. 3 Onions. 1 table-
spoonful Flour. $\frac{1}{2}$ teaspoonful powdered Sage. Salt. Pepper.
1 teaspoonful Lemco. 1 dessertspoonful Ketchup.

Cut the tripe into small slices, put 1 oz. of dripping in a saucepan; when melted add the onions (sliced), dredge in the flour, brown a little, and pour in a little stock made by dissolving the Lemco in boiling water. Sprinkle in the sage, salt, and pepper, pour over all enough cold water to cover, stir until it comes to a boil. Lay in the pieces of tripe, and simmer gently for an hour, stirring now and again. Garnish with toast sippets.

102. Fillets of Beef and Madeira Sauce*(Filets de Bœuf, Sauce Mère)***Time.**—1 hour. For 3 or 4 persons. Cost, 2s.**Ingredients.**— $1\frac{1}{2}$ lb. undercut Sirloin of Beef. 2 oz.
Butter. 1 lb. mashed Potatoes. 1 teaspoonful
Lemco. 1 tablespoonful Flour. $\frac{1}{2}$ pint Brown
Stock. 1 glass Sherry. 1 teaspoonful Lemon
Juice. Pepper and Salt to season.

Cut the beef into dainty fillets, free from all fat and skin, heat the butter in a pan and fry the fillets in it until both sides are a nice brown, make the potatoes into a mould, mark with a fork, and arrange the fillets on it. Keep all hot, pour off a little of the butter in the pan, and stir the flour into it, dissolve the Lemco in the stock and pour into the butter and flour. Boil all together for a few minutes, then dash in the sherry and lemon juice; season, reheat, and pour round hot over the fillets and potatoes.



103. Chaudfroid of Chicken*(Chaudfroid de Poulet)***Time.**— $2\frac{1}{2}$ hours. For 4 or 5 persons. Cost, 4s.**Ingredients.**—1 roast Fowl. 1 pint Stock. 1 teaspoonful Lemco. Yolk of an Egg. 1 Shalot. A small bunch sweet Herbs. $\frac{1}{2}$ Lemon. 1 wineglassful White Wine. 1 oz. Butter. 1 oz. Flour. 1 tablespoonful minced Mushrooms.

Cut the fowl into joints and lay aside, boil bones, wine, etc., with the stock, in which the Lemco should first be dissolved, add the wine, shalot, mushroom, and sweet herbs, boil gently for $2\frac{1}{2}$ hours. Melt the butter in a stewpan, add the flour, strain the stock into this, then stir in the yolk of an egg. The sauce should be thick enough to stick to the fowl when dipped in; if it does not do this add the yolk of another egg. Coat each joint of chicken with the sauce, and arrange in a dish. Garnish with aspic jelly and white of egg cut into shapes or truffles.

104. Mutton with Macaroni*(Haricot de Mouton à l'Italienne)***Time.**—3 hours. For 3 or 4 persons. Cost, 1s. 10d.**Ingredients.**— $1\frac{1}{2}$ lb. Mutton. 1 Onion. 1 Turnip. 1 Carrot. Pepper. Salt. 3 Cloves. 5 oz. Macaroni. 1 teaspoonful Lemco. 1 wineglassful Port Wine. $\frac{1}{2}$ teaspoonful Lemon Juice.

Dissolve the Lemco in boiling water, cut the meat into pieces, slice the vegetables, and put all on in a stewpan to simmer for $2\frac{1}{2}$ hours; the stock should just cover the meat. When half done season with pepper, salt, and add the cloves. Break the macaroni into short lengths and boil in salted water until quite tender, drain and put into the stewpan with the meat, add the wine and lemon juice just before serving, dish with the macaroni arranged in the middle of the dish.

105. An Excellent Fish Sauce*(Sauce de Poisson)***Time.**— $1\frac{1}{2}$ hour. For 4 small bottles. Cost, 1s. 6d.**Ingredients.**— $\frac{1}{2}$ pint Tarragona Port. $\frac{1}{4}$ pint Walnut Ketchup. 6

Anchovies. The Rind and Juice of 1 small Lemon. 3 Shalots. $1\frac{1}{2}$ oz. scraped Horse Radish. 1 blade Mace. 1 teaspoonful Lemco. 1 teaspoonful of made Mustard. A little Cayenne Pepper.

Put the wine and ketchup into a saucepan, when hot dissolve the Lemco in it, add the anchovies and liquor that belongs to them, also rind of the lemon and the juice strained, put in the shalots, cayenne, horse radish, mace, and mustard, and boil all gently together for about an hour. Strain, bottle, and cork tightly until required for use.

106. Cheese Eggs (*Œufs au Fromage*)

Time.—1 hour. For 1 or 2 persons. Cost, 8d.

Ingredients.— $1\frac{1}{2}$ oz. Butter. 1 oz. Flour. 1 gill Milk. $\frac{1}{2}$ teaspoonful Lemco. Cayenne Pepper. Salt. $2\frac{1}{2}$ oz. grated Cheese. 1 Egg. Bread Crumbs.

Melt the butter in a lined saucepan, stir into it the flour and Lemco dissolved in a very little water, and a gill of milk; boil together until the mixture will cleanly leave the side of the pan, shake in a dust of cayenne and add the cheese, mix thoroughly and heat, turn on to a plate to cool, form into eggs, dip each into beaten egg and then into fine bread crumbs, fry in boiling fat, and send to table in a nest of nicely boiled spinach.

107. Bean Soup without Meat

(*Purée de Haricot blancs Maigre*)

Time.— $3\frac{1}{2}$ hours. For 4 or 5 persons. Cost, 10d.

Ingredients.—1 quart Haricot Beans. 1 breakfast-cupful Tinned Tomatoes. $\frac{1}{2}$ cupful Pearl Barley. 2 Onions. 1 cupful Milk. 2 teaspoonfuls Lemco. Pepper. Salt.

Parboil the beans, add the barley and a quart of water in which the Lemco has been dissolved, boil slowly until both are tender, finely chop the onions and add them and tomatoes to the stock. Cook until onions are creamy; last of all pour in the milk; thoroughly heat and serve very hot with fried slices of bread.

108. Eggs in Savoury Jelly (*Œufs en Aspic*)

Time.—*Make over-night. For 3 or 4 persons. Cost, 1s. 6d.*

Ingredients.—5 Eggs. 1 oz. Leaf Gelatine. 1 teaspoonful Lemco. A little Lemon Juice. 1 dessertspoonful Mushroom Ketchup. Pepper. Salt. 1 teaspoonful Tarragon Vinegar. Mustard and Cress.

Hard boil the eggs, shell and cut into rings. Dissolve the gelatine in a pint of hot water, stir in the Lemco, lemon juice, pepper, salt, and Tarragon vinegar. Pour enough of this mixture into a well wetted mould to well cover the bottom; when this has set and will bear the weight of the egg rings place them on it, season, and scatter a little mustard and cress over, or tiny sprigs of fresh parsley; pour over top more jelly, and when this is set repeat process until the mould is full, taking care to add the jelly between each layer of eggs, and to well fill up the shape. Stand in a cool place, and when quite firm turn out, garnish with parsley, and serve with a thick Mayonnaise sauce.

109. Stewed Peas and Lettuce

(*Pois Verts aux Laitues*)

Time.—1 hour. *For 4 or 5 persons. Cost, 9d.*

Ingredients.—1 quart shelled Green Peas. 1 large Lettuce. 3 Spring Onions. 2 oz. Butter. 1 teaspoonful Lemco. Salt. Pepper. A tiny sprig Mint. $\frac{1}{4}$ small teaspoonful Nutmeg.

Wash and cut up the white heart of a lettuce and put into a stewpan with the peas and one or two young onions cut into small pieces, add the mint and a seasoning of salt, pepper, and nutmeg, pour on enough water to cover, and when it boils simmer gently until the peas are quite tender. Put into a hot dish and serve very hot.

**A little LEMCO
lessens Butchers' Bills**

Seasonable for
OCTOBER

MEATS

Beef, Mutton, Pork, Veal.

FISH

Barbel, Brill, Cod, Crabs, Eels, Flounders, Gudgeon, Haddocks, Herrings, Lobsters, Mullet, Oysters, Plaice, Prawns, Skate, Soles, Turbot, Whiting. All these are in season this month and in excellent condition.

POULTRY AND GAME

Chickens, Fowls, Geese, Larks, Pigeons, Pullets, Rabbits, Teal, Turkeys, Widgeons, Wild Duck, Blackcock, Grouse, Hares, Partridges, Pheasants, Snipe, Woodcock, Doe Venison.

VEGETABLES

Remain much the same as in last month's list. Peas are now over, but Artichokes, Cabbages, Cauliflowers, Carrots, Celery, Sprouts, Tomatoes, Vegetable Marrows are at their best. Various Herbs are ready this month for drying for winter use.

FRUITS

Apples, Pears, Damsons, Plums, Figs, Grapes, Walnuts, and Filberts.



II0. Hare Pie

(*Pâtés de Lièvre*)

Time.—3 hours. For 4 or 5 persons.

Cost, 4s. 6d. to 5s. 6d.

Ingredients.—A Hare. $2\frac{1}{2}$ oz. Dripping. 4 oz. Fat Bacon. 1 small Onion. $\frac{1}{2}$ teaspoonful chopped Parsley. $\frac{1}{2}$ teaspoonful Thyme. 1 Egg. $1\frac{1}{2}$ teaspoonful Lemco. $1\frac{1}{2}$ gill Weak Stock. 1 teaspoonful Red Currant Jelly. 1 wineglassful Port Wine. $\frac{3}{4}$ lb. Puff Paste. Pepper. Salt. Cloves.

Melt the dripping in the frying pan, fry the meat of hare in it for about $\frac{1}{4}$ of an hour. Mince and pound the liver of the hare with the bacon, boil and add the onion, also the herbs, and work all to a smooth paste. Put a strip of parsley round the edge of the pie dish and arrange the pieces of hare in alternate layers with the liver stuffing. On top of all place a slice of fat bacon, pour over the stock, having first of all dissolved the Lemco in it, and add the wine and jelly, and cover with puff pastry ornament, as for a meat pie. Bake in a quick oven for 2 hours, serve hot with red currant jelly.

III. Hashed Goose (*Hachie d'Oie*)

Time.— $1\frac{1}{4}$ hour. Cost, exclusive of cold goose, 8d.

Ingredients.—The remains of cold Goose. 3 Onions. 2 oz. Butter. 1 teaspoonful Lemco. 1 pint Boiling Water. 1 dessertspoonful

Flour. Pepper. Salt. 1 dessertspoonful Mushroom Ketchup.
 $\frac{1}{4}$ teaspoonful Lemon Juice. 1 small wineglassful Port Wine.

Cut the bird into pieces and stew in a stewpan, with the Lemco dissolved in boiling water. Brown the onions, cut into rings, in a little butter, then add them to the stock. Stew all gently for $\frac{3}{4}$ of an hour, then skim and strain the liquor, thicken with flour rolled in butter, season and flavour with pepper, salt, and lemon juice, and just before serving add the port wine and pieces of goose. Make all thoroughly hot, garnish with sippets of toast and bottled green peas.

II2. Turkish Stew (Very savoury)

(*Ragoût à la Turquie*)

Time.— $1\frac{1}{4}$ hour. For 3 or 4 persons. Cost, 1s. 4a.

Ingredients.—1 lb. cold Roast Beef. 2 oz. Butter. 3 tablespoonfuls Tomato Sauce. 3 Tomatoes. 1 Onion. 1 teaspoonful Lemco. Pepper. Salt. $\frac{1}{2}$ wineglassful Port Wine. 3 oz. Rice.

Cut the beef into slices, put the butter into a saucepan, and fry the meat in it until nearly browned, then remove from the fire, add the ketchup, onions, and tomatoes sliced. Dissolve the Lemco in half a cupful of boiling water, season, and simmer all the ingredients together for $\frac{1}{2}$ an hour. Last of all pour in the wine, serve with a border of boiled rice or nicely mashed potato.

II3. Gilet Pie (*Pâté aux Abatis*)

Time.—3 hours. For 4 or 5 persons. Cost, 3s. 6d.

Ingredients.—1 lb. Giblets. 1 lb. Beef Steak. 2 Onions. 1 teaspoonful chopped Parsley. 1 teaspoonful Worcester Sauce. 1 teaspoonful Lemco. Flour. Pepper. Salt. 1 tablespoonful chopped Mushrooms. Short Crust to cover.

Wash and cut the giblets into neat pieces, also cut up the beef steak into strips, put into a stewpan, and add the onions cut into 4 pieces, parsley, mushroom, and sauce. Dissolve the Lemco in a little boiling water and pour over the giblets.

Let them simmer for a few minutes, and then pour on enough cold water to cover, and stew gently, with the lid of the pan on, for $1\frac{1}{2}$ hour. Arrange in a dish, dredge with flour, season with salt and pepper, then pour the strained gravy over. Cover the pie with a nice short crust, and bake for 1 hour in a steady oven.

II4. Spinach Omelet

(*Omelette purée aux Épinards*)

Time.—1 hour. For 2 or 3 persons. Cost, about 9d.

Ingredients.— $\frac{1}{4}$ lb. boiled Spinach. $\frac{1}{4}$ lb. Beetroot. $\frac{1}{2}$ oz. minced Parsley. $\frac{1}{2}$ oz. minced Onion. Lemon Peel and Thyme mixed. 4 Eggs. 1 oz. Flour. 4 tablespoonfuls Milk. $\frac{1}{2}$ teaspoonful Lemco. 2 oz. Butter. Pepper. Salt.

Chop together spinach, beetroot, parsley, thyme, onion, and lemon peel. Beat the eggs, dredge in the flour, add the Lemco dissolved in a little water, stir in the milk and butter melted, mix all the ingredients thoroughly, season and bake for about 20 minutes in a hot oven.

II5. Hashed Partridges (*Salmi de Perdreau*)

Time.—2 hours. For 4 or 5 persons. Cost, 5s. upwards.

Ingredients.—A brace of young Birds. 1 slice lean Ham. 2 small Onions. 1 Carrot. 3 Mushrooms. A bunch mixed Herbs. 2 Cloves. Pepper. 1 teaspoonful Lemco. $\frac{3}{4}$ pint Stock. 1 glass Sherry. $\frac{1}{2}$ teaspoonful Harvey Sauce. A squeeze of Lemon Juice. $\frac{1}{4}$ teaspoonful chopped Capers.

Roast the birds with a piece of greased paper over them to prevent their getting brown, cut into joints and skin the wings, legs, and breasts, put into a stewpan, cover and stand on one side of the stove. Dissolve the Lemco in the stock, cut the carrot into thin rings and the ham into dice. Slice the onions and fry all together for a little in a little butter, then add the mushrooms, herbs, seasonings, etc., pour in the stock, bones, and trimmings from the birds, and simmer for

$\frac{1}{2}$ an hour, strain and skim off the fat, put into the stewpan with the legs, wings, and breasts of the partridges, stir in the sherry, and allow all to get thoroughly hot. Serve garnished with sippets of toast.

II6. Sheep's Head Pie (*Tête de Mouton en Pâte*)

Time.—3 hours. For 2 or 3 persons. Cost, 1s. 3d.

Ingredients.—1 Sheep or Lamb's Head. 6 oz. Bread Crumbs. 1 teaspoonful Lemco. 1 teaspoonful minced Parsley. $\frac{1}{2}$ teaspoonful minced mixed Herbs. $1\frac{1}{2}$ oz. Butter. Pepper. Salt. 1 teaspoonful Ketchup.

Soak the head in cold water for an hour ; then slowly stew until the meat will easily leave the bones. Put into a well-buttered pie dish, first a layer of meat, well seasoned with herbs, salt, and pepper, and then a thick layer of crumbs ; dissolve the Lemco in some of the stock the head has been boiled in, pour a little over, then repeat meat, seasonings, and crumbs, until the dish is full ; pour over more stock, sprinkle with bread crumbs and dot little lumps of butter about. Bake in a moderate oven till nicely browned ; serve with hot tomato sauce.

II7. German Sausage (*Saucisson à l'Allemande*)

Time.—2 hours. For 5 or 6 persons. Cost, 2s.

Ingredients.—1 lb. Steak. 1 lb. Pork Sausages or Sausage Meat. 1 teacupful Bread Crumbs. 1 teaspoonful Lemco. Salt. Pepper. 2 eggs. $\frac{1}{2}$ teaspoonful chopped Parsley. $\frac{1}{2}$ teaspoonful Vinegar. $\frac{1}{4}$ teaspoonful minced Onion.

Mince the steak very finely, and stir into it the Lemco dissolved in a little boiling water ; skin the sausages and turn the meat into a basin with the beef, add the bread crumbs, parsley, pepper, salt, onion, and vinegar, and thoroughly mix all together. Beat the eggs, and bind the meat with them. Roll into one thick sausage on a well-floured board. Put an ounce of dripping into a stewpan, and when hot roll the

sausage about in it, until it turns a nice brown ; put the lid of the pan on, and cook very slowly for $1\frac{1}{2}$ hours, taking care it does not burn. Serve hot or cold, with parsley dipped in vinegar.

118. **Tomato Sauce** (*Sauce Tomate*)

Time.— $\frac{3}{4}$ hour. For 5 or 6 persons. Cost, 1s.

Ingredients.—5 large Tomatoes. 1 Onion. 1 Carrot. $1\frac{1}{2}$ gill Stock. $1\frac{1}{2}$ teaspoonful Lemco. Salt. Cayenne. Pepper. $\frac{1}{2}$ Lemon. $\frac{1}{2}$ teaspoonful Vinegar.

Cut the tomatoes into slices and stew with the onion and carrot in the stock in which the Lemco has been dissolved ; when quite soft rub through a hair sieve, season highly, add lemon juice and vinegar, heat all together, and serve hot or cold.

119. **Twice Laid Pork** (*Ragoût de Porc à la Lemco*)

Time.— $\frac{3}{4}$ hour. For 3 or 4 persons. Cost, 1s.

Ingredients.—1 lb. cold roast Pork. 2 Onions. 1 teaspoonful Flour. $\frac{1}{4}$ teaspoonful powdered Sage. 1 tablespoonful Vinegar. $\frac{1}{2}$ pint Brown Stock. 1 teaspoonful Gravy. 1 Apple. Pepper. Salt. Dripping to fry.

Chop the onions, sprinkle with sage, and fry to a rich brown in dripping ; cut the pork into thin slices, season highly, dissolve the Lemco in the stock, and chop the apple finely, stir the stock into the onion, add the apple, and simmer gently for a few minutes ; lay in the slices of pork, and stew slowly for $\frac{1}{2}$ an hour. Serve and garnish with toast sippets.

120. **Savoury Veal Stew** (*Ragoût de Veau*)

Time.— $\frac{3}{4}$ hour. For 4 or 5 persons. Cost, 2s. 9d.

Ingredients.— $1\frac{1}{4}$ lb. cold roast Veal. $\frac{1}{2}$ pint Brown Stock. $1\frac{1}{2}$ teaspoonful Lemco. Thickening of Butter and Flour. 1 tablespoonful Tomato Sauce. Pepper. Salt. $\frac{1}{2}$ teaspoonful Lemon Juice. A small wineglassful Sherry. 6 small Forcemeat Balls. 6 little rolls Bacon. $\frac{1}{2}$ Lemon. 1 oz. Butter.

Cut up the meat into nice pieces and put them into a stew-pan with a little butter, fry a delicate brown. Make the stock hot, dissolve in it the Lemco, and pour over the veal, thicken with butter and flour, season, and add a little browning if necessary. Simmer all slowly for 20 minutes, then stir in the sauce, lemon juice, and wine; boil up, pour into a hot dish, and garnish with fried bacon rolls, cut lemon, and forcemeat balls.

121. Peas Pudding (*Pouding de Pois*)

Time.—5 hours. For 3 or 4 persons. Cost, 6d.

Ingredients.— $\frac{1}{2}$ pint dried Peas. 2 oz. mashed Potatoes. 1 Egg. 1 oz. Butter. $\frac{1}{2}$ teaspoonful Lemco. Pepper. Salt. A grate of Nutmeg.

Soak the peas overnight; tie them up in a cloth loosely, and boil for 4 hours. Take them up and run through a sieve; mix with the potatoes, Lemco, pepper, salt, nutmeg, and egg, which must be well beaten. Tie in a cloth again, this time tightly, and boil for another $\frac{1}{2}$ hour. Serve with roast meat and gravy.

122. Cayenne Cheeses (*Fondus à la Cayenne*)

Time.— $\frac{1}{2}$ hour. For 5 or 6 persons. Cost, 1s. 2d.

Ingredients.— $\frac{1}{2}$ lb. Salt Butter. $\frac{1}{2}$ lb. Flour. $\frac{1}{2}$ lb. grated Cheese. 1 teaspoonful Lemco. $\frac{1}{2}$ teaspoonful Cayenne Pepper. A pinch of Salt. A squeeze of Lemon Juice.

Rub the butter into flour, then work in cheese, cayenne, and salt; mix thoroughly, dissolve the Lemco in water, and moisten the flour, etc., into a dough. Roll out on a floured board, and cut into neat fingers; bake in a moderate oven, and serve piled high on a dish garnished with sprigs of fresh parsley.

Always order Liebig as LEMCO

Seasonable for
NOVEMBER

MEATS

Beef, Mutton, Veal, Pork.

FISH

Brill, Carp, Cod, Crabs, Eels, Gudgeons, Haddock, Oysters, Pike, Soles, Perch, Turbot, Whiting.

POULTRY AND GAME

Chickens, Fowls, Geese, Larks, Pigeons, Pullets, Rabbits, Teal, Turkeys, Wild Ducks, Hares, Partridges, Pheasants, Snipe, Woodcock.

VEGETABLES

Are now rather scarce. Beetroot, Cabbages, Carrots, Celery, Onions, Sprouts, Cauliflowers, Parsnips, and late Cucumbers may still be obtained.

FRUITS

Apples, Grapes, Pears, and all kinds of Foreign and Dried Fruits may be had; also Filberts, Walnuts, and Chestnuts.



123. Rice and Egg Savoury

(*Bonne Bouche de Riz et Œufs*)

Time.— $\frac{1}{2}$ hour. For 3 or 4 persons.

Cost, 6d.

Ingredients.—2 Eggs. 2 oz. Butter. 4 oz. boiled Rice. Pepper. Salt. $\frac{1}{2}$ teaspoonful chopped Capers. $\frac{1}{2}$ teaspoonful Lemco. Buttered Toast.

Melt the butter in a saucepan, dissolve the Lemco in a little hot water, pour into the butter with rice, eggs, and seasoning. Stir over the fire until thoroughly hot. When cooked heap the mixture on squares of nicely made hot buttered toast. Scatter the minced capers over, and serve very hot.

124. Fillets of Beef with Oysters

(*Filets de Bœuf aux Huîtres*)

Time.— $1\frac{1}{2}$ hour. For 5 or 6 persons. Cost, 3s.

Ingredients.— $1\frac{1}{2}$ lb. fillets of Beef. 1 oz. Butter. $\frac{1}{2}$ oz. Flour. 1 tablespoonful Gravy. 1 teaspoonful Ketchup. 3 pickled Walnuts. 1 small Onion. 1 teaspoonful Lemco. Squeeze of Lemon Juice. 12 Oysters.

Cut the meat into rounds about the size of the top of a tea cup and 1 in. in thickness, melt the butter in a saucepan, add the flour, and fry it a nice brown, dissolve the Lemco in a little boiling water, mix it with the gravy and ketchup, and bring to a boil, squeeze in a little lemon, chop and add the onion and pickled walnuts, lay in the beef and simmer very gently for $\frac{3}{4}$ of an hour. Just before serving put in the oysters and their juice, strain, season, arrange on a hot dish, placing the fillets round and the oysters in the middle with the gravy poured round.

125. Cheese Aigrettes (*Beignets de Fromage*)

Time.— $\frac{3}{4}$ hour. For 3 persons. Cost, 8d.

Ingredients.—4 oz. Flour. $\frac{1}{2}$ pint cold Water. 1 teaspoonful Lemco. 1 oz. Butter. 3 oz. grated Cheese. Pepper. 3 Eggs. Salt. Squeeze of Lemon Juice. Grate of Nutmeg. Dripping for frying.

Sift and dry the flour, put the water and butter into a saucepan, and when they boil stir in the Lemco and flour; continue to stir over the fire until the mixture will cleanly leave the sides of the pan. Allow it to cool a little and add the eggs one at a time. Season and sprinkle in the cheese; heat, then spread on a dish to cool. Heat the dripping, and when nearly boiling drop in the mixture, a teaspoonful at a time, and fry to a delicate brown. Drain on white blotting paper, serve piled high on a napkin, sprinkled with grated cheese, and garnished with parsley

126. Jugged Rabbit (*Civet de Lapin*)

Time.— $1\frac{1}{2}$ hour. For 4 or 5 persons. Cost, 2s. (with Jelly, 2s. 6d.).

Ingredients.—1 large Rabbit. 1 minced Onion. 1 pint weak Stock or Water. 1 teaspoonful Lemco. Flour and Butter to thicken. Pepper. Salt. $\frac{1}{2}$ teaspoonful Lemon Juice. A wineglass Port Wine. 8 small Forcemeat Balls. 2 oz. Dripping. 1 small jar Red Currant Jelly.

Cut the rabbit into tidy joints, and fry till brown with the

minced onion in dripping, put into a stewpan with the pint of boiling water and stir in the Lemco. Season with pepper, salt, lemon juice, and thicken with flour rolled in butter, simmer all for $\frac{3}{4}$ of an hour, add the port wine and red currant jelly, reheat, dish, and garnish with forcemeat balls. Send to table with red currant jelly.

127. Haricot Mutton (*Ragoût de Mouton*)

Time.—2 hours. For 4 or 5 persons. Cost, 1s. 10d.

Ingredients.—2 lb. Neck of Mutton. 2 Onions. 1 tablespoonful Flour. $\frac{1}{2}$ teaspoonful Lemco. Pepper. Salt. 1 dessert-spoonful Worcester Sauce. 1 Carrot. 1 Turnip.

Cut the mutton into neat chops, melt the fat, and fry the meat brown on both sides, and stand on one side. Fry the onions, cut into rings, in the same fat until quite brown, then take them from the pan, make a smooth paste of the flour with a little water, and stir it carefully into the fat, dissolve the Lemco in $\frac{1}{2}$ pint of boiling water, pour it in and stir until it boils, season with pepper, salt, and sauce. Parboil the carrot and turnip and cut into thin rings, replace the meat and onions in the stewpan, lay the vegetables on top, and simmer gently for an hour.

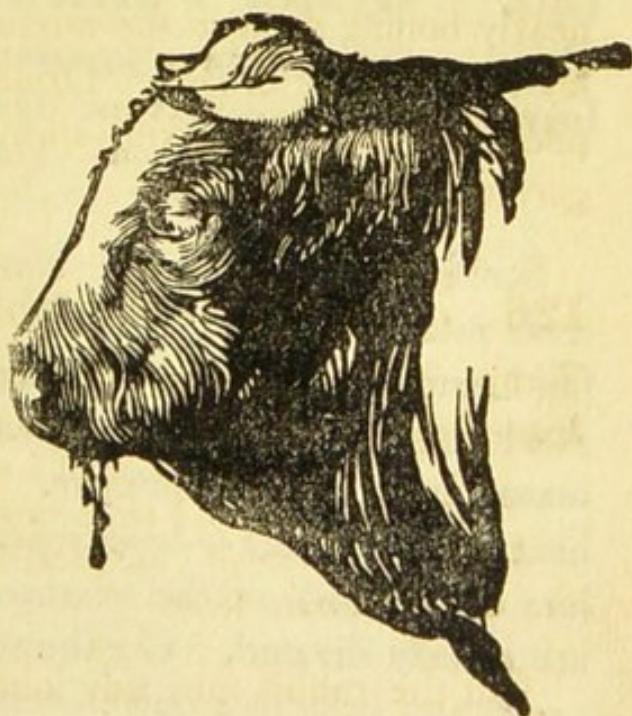
128. Potted Ox Tongue

(*Pâte de Langue de Bœuf*)

Time.—1 hour. For $\frac{3}{4}$ lb. potted Meat. Cost, 1s.

Ingredients.— $\frac{1}{2}$ lb. cooked Ox Tongue. 3 oz. Roast Veal. 3 oz. Butter. A pinch of Cayenne. Squeeze of Lemon Juice. $\frac{1}{2}$ teaspoonful Lemco.

Remove all gristle and fat from the tongue and veal, and



cut into small slices, then pound in a mortar until perfectly smooth, dissolve the Lemco in a little boiling water and mix it in, add the butter and seasoning, and pound again. When it is quite a paste press into small glass jars, pour over each a little clarified butter, and keep in a cool place until required for use ; send to table in the pot garnished with fresh parsley.

I29. Baked Herrings (*Harengs étuvés*)

Time.— $1\frac{1}{4}$ hour. For 4 or 5 persons. Cost, 6d. or 7d.

Ingredients.—6 Fresh Herrings. $\frac{1}{4}$ pint Vinegar. $\frac{1}{4}$ pint Water. $\frac{1}{2}$ teaspoonful Lemco. 1 Bay Leaf. 8 Peppercorns. A pinch of Salt. $\frac{1}{2}$ teaspoonful chopped Parsley. A squeeze of Lemon Juice.

Clean, wipe, and split open the fish down the backs, and remove the backbone, roll each fish up in a little roll and tie with cotton. Place the rolls in a baking dish, sprinkle the lemon juice over. Dissolve the Lemco in $\frac{1}{2}$ a pint of boiling water, add the vinegar, parsley, bay leaf, peppercorns, bring to a boil, put in a pinch of salt, and pour over the fish and bake for an hour in a moderate oven. Remove the cottons when cold and serve in the dish they are cooked in, garnished with sprigs of parsley.

I30. Oyster Patties (*Bouchées aux Huîtres*)

Time.— $\frac{1}{2}$ hour. For 4 or 5 persons. Cost, 1s. 6d.

Ingredients.—1 dozen Oysters. $1\frac{1}{2}$ oz. Butter. $1\frac{1}{2}$ teaspoonful Cream. A squeeze of Lemon. $\frac{1}{4}$ teaspoonful Lemco. Puff Paste. Flour. Cayenne.

Scald the oysters in the liquor that comes from them, cut each into 2 pieces. Put the butter into a stewpan, stir in the Lemco, and dredge in enough flour to dry up the mixture. Add the strained oyster liquor, cream, lemon juice, and a seasoning of cayenne pepper. Put in the oysters and slowly heat. Have ready 6 cases made with good puff paste. Pour into each a little of the mixture, being careful that the oysters are equally divided. On the top of each put a tiny round of paste, and bake in a quick oven to a delicate brown.

131. Lentil Rissoles (*Rissoles de Lentilles*)

Time.—2 hours. *For 3 or 4 persons. Cost, 9d.*

Ingredients.— $\frac{1}{2}$ lb. Lentils. 1 oz. Butter. 1 teaspoonful Lemco. Pepper. Salt. Nutmeg. 1 dessertspoonful minced Mushrooms. 1 lb. Pastry. 1 Egg. Bread Crumbs. Dripping for frying.

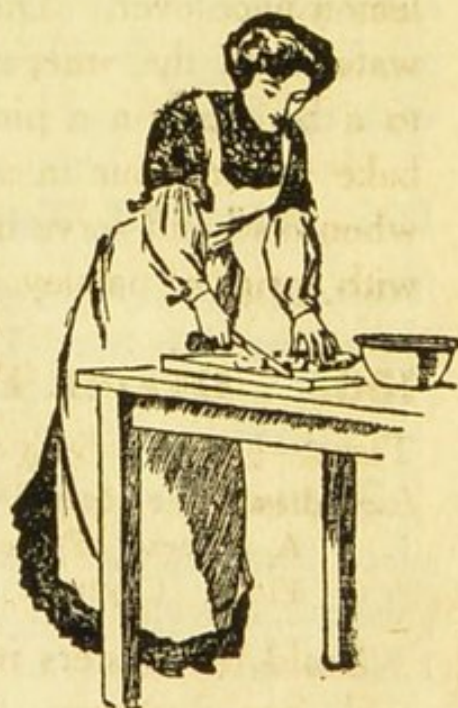
Dissolve the Lemco in boiling water, and boil the lentils in it until they are quite tender, then mash finely and add the butter and seasonings. Roll out the pastry very thin, cut into rounds with the top of a tumbler, and into each round put some of the lentil mixture; fold, wet the edge and stick firmly, dip each into egg and bread crumbs, fry in boiling fat to a rich brown. Serve garnished with fried parsley and cut lemon.

**132. Beef Steak
and Kidney Pie**
(*Pâté de Bœuf et Rognons*)

Time.—2 $\frac{1}{2}$ hours. *For 4 or 5 persons. Cost, 3s. 6d.*

Ingredients.—1 $\frac{1}{2}$ lb. Beef Steak. 4 Sheep's Kidneys. Pepper. Salt. $\frac{1}{2}$ teaspoonful Lemco. 1 dessertspoonful Ketchup. 1 oz. Flour. Short Crust to cover. $\frac{1}{2}$ pint boiling Water.

Cut the steak into strips about an inch wide and 1 $\frac{1}{2}$ in. long, wash and cut up the kidneys into slices (ox kidneys can be used if liked), roll both meat and kidney into flour, put a tiny bit of fat into the middle of each strip of steak and make into little rolls, arrange these in a pie dish, season with pepper and salt, dissolve the Lemco in the water, stir in the ketchup, and pour over the meat in the dish, cover with a nice crust, and decorate. Bake in a hot oven until the pastry is well risen, then cook slowly for 2 hours.



I33. Mulligatawny Soup (Without Meat)*(Potage à l'Indienne)*

Time.—2 hours. For 3 or 4 persons. Cost, 8d.

Ingredients.—2 Onions. 2 Carrots. 2 Turnips.
 1 head of Celery. 2 Apples. 8 Peppercorns. 2 tablespoonfuls Curry Powder. 1 Lemon. $\frac{1}{2}$ teaspoonful minced Parsley. 1 teaspoonful minced Chutney. 2 teaspoonfuls Lemco. 4 oz. boiled Rice. 2 oz. Dripping. 1 quart Water.

Melt the dripping in a stewpan, slice all the vegetables and fry until just brown, pour in the water, and when it boils stir in the Lemco. Mince the apples and add to the stock, season, and put in the chutney and parsley, mix the curry powder with a little water, and stir into the soup; when nicely thickened rub all through a sieve, reheat and serve with cut lemon and boiled rice in a vegetable dish.

I34. Stewed Tomatoes *(Tomates à la Lemco)*Time.— $\frac{3}{4}$ hour. For 3 or 4 persons. Cost, 1s.

Ingredients.—6 large Tomatoes. Salt. Pepper. 1 teaspoonful Ketchup. 1 teaspoonful Lemco. Butter and Flour to thicken. Toast.

Remove the stalks from the tomatoes and wipe carefully, place them at the bottom of a stewpan, pour over $\frac{1}{2}$ pint of cold salted water and stew gently until tender. Dissolve the Lemco in a teacupful of boiling water, thicken with butter and flour, stir in the ketchup, and season with pepper and salt. Place the tomatoes on squares of toast in a hot vegetable dish, pour the gravy over, serve very hot.

Every jar of the genuine Liebig Company's
 Extract is labelled with the manufacturers'
 initials, "L E M C O"

Seasonable for
DECEMBER

MEATS

Beef, Mutton, Veal, Pork.

FISH

Cod is in excellent condition; also Brill, Turbot, Whiting, Oysters, Herrings, Haddocks, Dace, Eels, Perch, Pike, Sprats, Soles, Skate, and Crabs.

POULTRY AND GAME

Turkeys, Geese, Capons, Fowls, Pigeons, Rabbits, Teal, Wild Duck, Widgeon, Hares, Partridges, Pheasants, Snipe, Woodcock, and Foreign Game.

VEGETABLES

Artichokes, Sprouts, Cabbage, Cauliflower, Parsnips, Carrots, Turnips, Beetroot, Celery, and forced Salads.

FRUITS

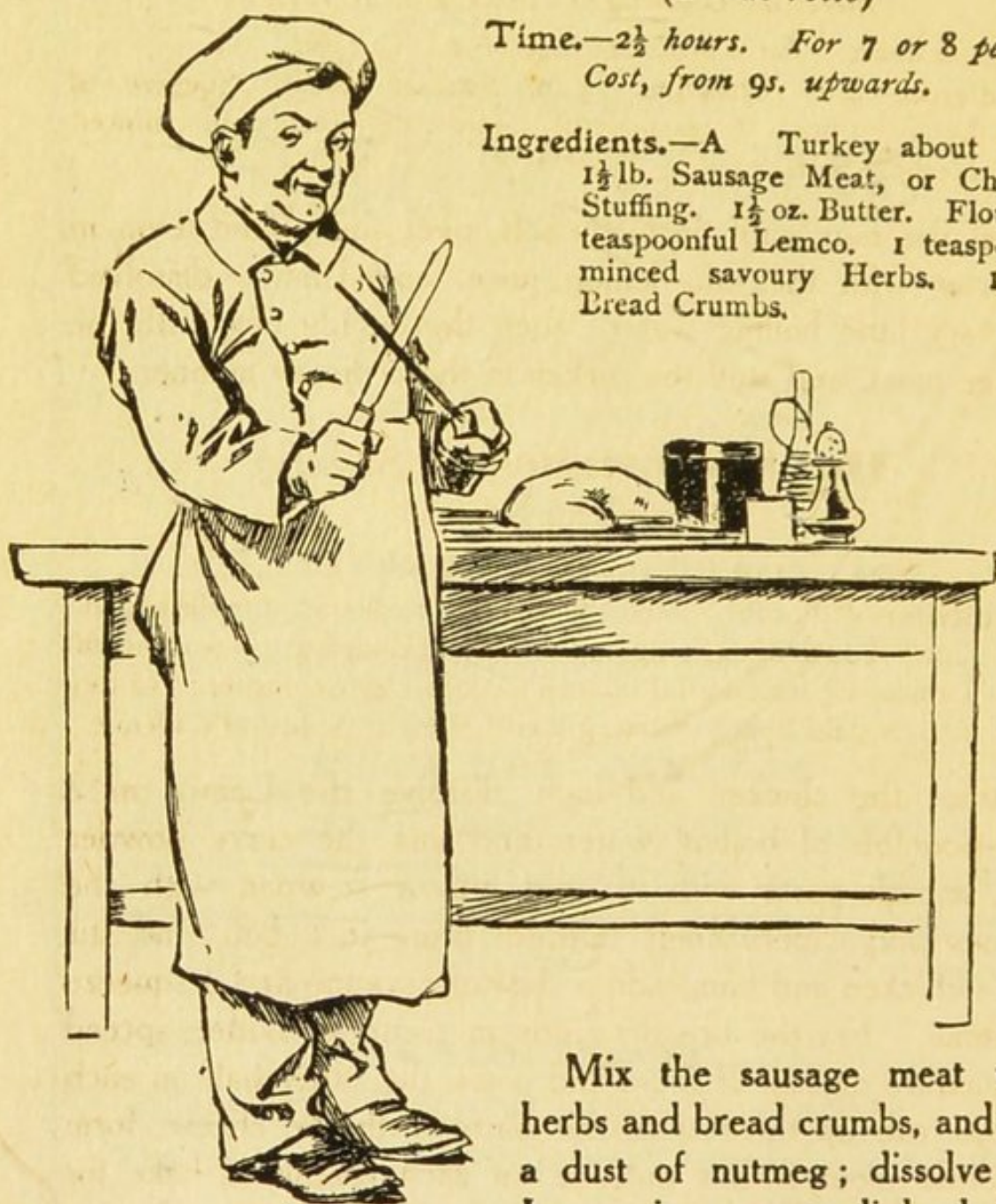
Pears, Apples, Oranges. All kinds of Nuts, Hothouse Grapes, and Dried Fruits.

135

Roast Turkey*(Dinde rôtie)*

Time.— $2\frac{1}{2}$ hours. For 7 or 8 persons.
Cost, from 9s. upwards.

Ingredients.—A Turkey about 10 lb.
 $1\frac{1}{2}$ lb. Sausage Meat, or Chestnut
Stuffing. $1\frac{1}{2}$ oz. Butter. Flour. 1
teaspoonful Lemco. 1 teaspoonful
minced savoury Herbs. $1\frac{1}{2}$ oz.
Bread Crumbs.



Mix the sausage meat with herbs and bread crumbs, and add a dust of nutmeg; dissolve the Lemco in a very little boiling water, and bind the sausage meat and crumbs with it. Stuff the breast of the bird firmly with this forcemeat, fasten a buttered paper over, and put the bird into a baking-pan; cook in a moderate oven, and bake for rather more than $2\frac{1}{2}$ hours, basting it often. Half an hour before dishing, remove the paper and dredge with flour; when a nice brown, dish and serve, garnished with fried sausages. Send to table with boiled ham, bread sauce, and brown gravy.

136. Chestnut Stuffing for Roast Turkey

(*Farce de Châtaignes pour Dinde rôtie*)

Time.—2 hours. For a moderate-sized bird. Cost, 8d.

Ingredients.— $\frac{1}{2}$ lb. Chestnuts. $\frac{1}{2}$ lb. Sausage Meat. Squeeze of Lemon Juice. $\frac{1}{2}$ teaspoonful Lemco. $\frac{1}{4}$ teaspoonful minced Herbs. Salt.

Boil the nuts until perfectly soft, peel and pound them in a mortar with the salt, lemon juice, and Lemco dissolved in a very little boiling water; then thoroughly mix with the sausage meat, and stuff the turkey in the ordinary manner.

137. Hot Sandwiches (A Savoury)

(*Tartines savoureux*)

Time.— $\frac{1}{2}$ hour. For 4 or 5 persons. Cost, 10d.

Ingredients.— $\frac{1}{2}$ lb. cold cooked Chicken. 3 oz. Ham. 1 tablespoonful Curry Powder. $\frac{1}{2}$ teaspoonful minced Chutney. $\frac{1}{2}$ teaspoonful Lemco. $\frac{1}{2}$ teaspoonful minced Capers. $4\frac{1}{2}$ oz. Butter. 12 tiny rounds stale Bread. 4 oz. grated Cheese. A dust of Cayenne.

Mince the chicken and ham, dissolve the Lemco in 2 tablespoonfuls of boiling water, and mix the curry powder to a smooth paste with it; put into a stewpan with the chutney and capers finely minced, bring to a boil, and stir in the chicken and ham, add a dust of cayenne and a squeeze of lemon. Fry the bread rounds in plenty of butter, spread the mixture on half of these and place the other half on each as tops, rub up the rest of the butter with the cheese, form into little mounds and put one on each sandwich, bake for a few minutes in a hot oven; garnish with parsley, and serve very hot on a folded napkin.

138. Foie Gras in Jelly (*Foie Gras en Gelée*)

Time.—Make the day before required. For 4 or 5 persons. Cost, 2s. 6d.

Ingredients.— $1\frac{1}{2}$ pint Aspic Jelly. A few leaves of Watercress. A tin Foie Gras. $\frac{1}{2}$ teaspoonful Lemco. Fresh Salad.

Stand the bottle of jelly in boiling water, and dissolve the Lemco in it. When ready, thickly coat a mould with the

jelly, and arrange in watercress leaves and little squares of foie gras ; then pour in more jelly, foie gras, and leaves, and so on until the mould is full, allowing the jelly to well cool in between each layer ; cut up some nice fresh salad, dip in oil and vinegar. Turn out the mould when quite set, and garnish with salad, sliced beetroot, and rings of eggs.

139. Vegetable Sausages (Very tasty)

(*Saucisses de Légumes*)

Time.—2 hours. For 4 or 5 persons. Cost, 9a.

Ingredients.—3 Carrots. 3 Onions. 1 Turnip. 1 Parsnip. $\frac{1}{2}$ pint Split Peas. 1 tablespoonful chopped Parsley. $1\frac{1}{2}$ teaspoonful Lemco. 2 Eggs. $\frac{1}{2}$ lb. Bread Crumbs. 2 oz. Butter. A pinch of Sage.

Soak the peas overnight, and boil until perfectly soft ; boil all the vegetables, and, when tender, pulp with the peas to a smooth paste. Dissolve the Lemco in a little boiling water, and stir it in, also the beaten egg, parsley, seasonings, and bread crumbs ; when thoroughly mixed roll into sausages, dip each into beaten egg and bread crumbs, and fry a golden brown in butter. Serve hot, garnished with parsley.

140. Boiled Fish Pie (*Poisson bouilli en Pâté*)

Time.— $\frac{1}{2}$ hour. For 3 or 4 persons. Cost, 8d.

Ingredients.— $\frac{1}{2}$ lb. cold cooked White Fish. 8 boiled Potatoes. 1 dessertspoonful Anchovy Sauce. 1 teaspoonful Lemco. 1 oz. Butter. $1\frac{1}{2}$ oz. Bread Crumbs. A squeeze of Lemon Juice. Cayenne Pepper. 1 teaspoonful Worcester Sauce.

Butter a shallow dish, and sprinkle over a few bread crumbs ; flake the fish, season, and squeeze over the lemon juice, dissolve the Lemco in as little water as possible ; mix it with the sauce and anchovy, stir all well together, and pour over the fish. Mash the potatoes nicely, cover over the fish, and pile up the dish with them. Scatter bread crumbs over top, and dot about little pieces of butter ; bake for about 20 minutes in a good oven. Send to table with melted butter in a tureen.

141. Cold Boiled Beef and Potato Cakes

(Bouilli de Bœuf aux Boules de Pommes de Bœufs)

Time.— $\frac{3}{4}$ hour. For 5 or 6 persons. Cost, 1s.

Ingredients.—8 slices thinly cut boiled Beef. 8 small slices Fat. 8 boiled Potatoes. 1 oz. Butter. $\frac{1}{4}$ teaspoonful Lemco. Pepper. Salt. $\frac{1}{2}$ teaspoonful minced Parsley. $\frac{1}{4}$ teaspoonful Mushroom Ketchup. 1 egg.

Arrange the slices of meat down the middle of a meat dish, each slice having a piece of fat on it and the slices so placed that they overlay each other. Garnish with sliced tomato and sprigs of parsley. Mash the potatoes with pepper, salt, parsley, Lemco, and ketchup, and bind with the yolk of an egg; form into little cakes rather more than an inch thick, brush over with beaten egg, and bake a golden brown, arrange round cold meat, and send to table at once.

142. Pigeon Pie (*Pâté de Pigeon*)

Time.— $2\frac{1}{2}$ hours. For 4 or 5 persons. Cost, 3s. 6d.

Ingredients.—2 Pigeons. $\frac{3}{4}$ lb. Rump Steak. $1\frac{1}{2}$ oz. Butter. 2 hard-boiled Eggs. $\frac{1}{2}$ pint Stock. 1 teaspoonful Lemco. Salt. Pepper. 1 teaspoonful Mushroom Ketchup. $\frac{1}{2}$ teaspoonful minced Parsley. 8 tiny rolls of fat Bacon. 1 tablespoonful Flour. Puff Paste to cover.

Cut the birds in quarters and fry for a few minutes in butter, drain and lay on one side, free the steak from fat and skin, cut into strips about $1\frac{1}{2}$ in. wide and $2\frac{1}{2}$ in. long. Mix the flour, pepper, salt, and minced parsley on a plate, dip the strips of meat into it, place a tiny roll of bacon on each strip, and roll up together, then scatter the rest of the flour and seasonings over the pigeons. Arrange the steak and pigeons on a pie dish, cut up the eggs into rings and place above the dish. Heat the stock and enrich it with the Lemco, stir in the ketchup and pour over the contents of the pie dish, cover with the puff paste and ornament the edges nicely;

brush over with beaten egg ; make clean the legs and feet of the birds by soaking in boiling water and scraping ; stick them firmly feet upwards in the middle of the pie and bake in a good oven for about 2 hours. When the crust is the desired brown, lay a piece of buttered paper over until the meat is quite cooked. Serve hot or cold as liked.

143 **Rice Risotto** (*Risotto*)

Time.— $\frac{3}{4}$ hour. For 4 or 5 persons. Cost, 8d.

Ingredients.—4 oz. Rice. 6 Tomatoes. $\frac{1}{2}$ teaspoonful Lemco. 3 oz. grated Cheese. $\frac{1}{2}$ teaspoonful Worcester Sauce. A dust of Cayenne.

Boil and drain the rice, make a purée by stewing the tomatoes and rubbing them through a sieve ; add the seasonings, the Lemco, and the sauce ; pile the rice high on a hot dish ; pour over the tomato purée, cover with grated cheese, stand in the oven for a few moments and serve very hot.

144. **Beef Patties** (*Petits Pâtés de Bœuf*)

Time.— $\frac{1}{2}$ hour. For 4 or 5 persons. Cost, 1s.

Ingredients.—6 slices of cold underdone Beef. 1 small Onion. $\frac{1}{2}$ teaspoonful Lemco. $\frac{1}{2}$ teaspoonful Ketchup. 1 Egg. Pepper. Salt. Puff Paste.

Finely mince the meat and onion, dissolve the Lemco in a little stock or boiling water ; season with pepper, salt, and ketchup ; stir into the meat, line 7 patty pans with the pastry, fill with the mince and cover ; brush over with egg and bake to a nice brown. These patties may be served cold, but are nice hot.

145. **Toad in the Hole**

Time.— $1\frac{1}{2}$ hour. For 5 or 6 persons. Cost, 2s.

Ingredients.—6 oz. Flour. 1 pint Milk. 3 Eggs. 1 oz. Butter. 7 slices cold Mutton. 3 Sheep's Kidneys. 1 teaspoonful Lemco. 4 Mushrooms. 1 teaspoonful Sauce. Salt. Pepper.

Make a batter of the flour, eggs, milk, Lemco, sauce, seasonings, and butter; when perfectly smooth pour into a pie dish, season the slices of meat, which must not be very large, and put them in the batter, also the kidneys skinned and cut into slices, peel the mushrooms and lay them in, put in the oven and bake for $1\frac{1}{2}$ hour, serve hot in the dish in which it is baked.

146. Steamed Cod

(*Cabillaud cuit à la Vapeur*)

Time.—2 hours. For 4 or 5 persons.
Cost, 8d.

Ingredients.— $\frac{3}{4}$ lb. cold cooked Cod. 6
boiled Potatoes. 1 oz. Butter.
Pepper. A teaspoonful of made
Mustard. $\frac{1}{2}$ teaspoonful Lemco.
1 teaspoonful Anchovy Sauce. 2
Eggs.

Pick the fish free from skin and bone and mash it with the potatoes, sauce, Lemco, butter, mustard, and pepper, but no salt; beat the eggs and stir them into the mixture, put into a well-greased mould and steam for $1\frac{1}{2}$ hour. Turn out, serve very hot, garnished with cut lemon and parsley, and melted butter in a tureen.



147. Lemco Biscuits (*Biscuits Lemco*)

Take the same quantity of flour and butter. Beat the butter in a basin to a cream. Add the flour, cayenne pepper, and salt. Add a teaspoonful of Lemco to every 2 oz. of the mixture. Mix together and roll into little balls. Flat out to desired shape and bake in a slow oven.

A 2-oz. jar of LEMCO goes as far in
the kitchen as 4 lb. of lean gravy beef

TWENTY TASTY BREAKFAST DISHES

148. **Baked Eggs.** (*Œufs cuits au four*)

Time.— $\frac{1}{2}$ hour. For 5 or 6 persons. Cost, 8d.

Take 6 little patty pans, grease them, and sprinkle each with a thick layer of bread crumbs which have been seasoned with chopped ham or tongue, minced parsley, pepper, and salt; much of any kind of meat is not required. Break carefully into each patty pan a fresh egg, and pour over 1 dessertspoonful of stock made by dissolving $\frac{1}{2}$ teaspoonful of Lemco in a little boiling water; put a tiny bit of butter on each egg, taking care not to break the yolk, and bake in the oven until the whites are set and firm. Turn each out on a little square of nicely buttered toast, sprinkle with minced parsley, and serve.

149. **Findon Haddock and Rice**

(*Merluche fumée au Riz*)

Time.— $\frac{3}{4}$ hour. For 3 or 4 persons. Cost, 10d. to 1s.

Cut a nice haddock into neat little pieces, removing all bone and skin, cook in as much milk as is necessary to cover, when done put the fish on a hot dish, thicken the milk with a little butter rolled in flour, stir in $\frac{1}{2}$ teaspoonful of Lemco and a squeeze of lemon juice, dust in a little pepper. Have ready 3 oz. of nicely boiled rice, arrange as a border round fish, boil up the sauce, pour over the haddock, give a light dust of cheese over all, put into the oven for a few minutes and serve hot.

150. Tongue Toast (*Langue de Bœuf sur Croûtes*)

Time.— $\frac{1}{2}$ hour. For 3 or 4 persons. Cost, 7d.

Mince some cold boiled tongue finely and season with salt, pepper, minced parsley, and a little ketchup, moisten with a little Lemco dissolved in boiling water and the yolk of an egg, put in a little milk, and heat all gently in a small lined saucepan. Spread on squares of hot buttered toast, and sprinkle over each square a little minced parsley.

151. Herring Creams (*Crêmes de Hareng*)

Time.—1 hour. For 4 or 5 persons. Average cost, 10d.

Wash, bone, and rub through a sieve a kippered herring, add $\frac{1}{4}$ teaspoonful of Lemco and the yolks of 2 eggs and white of 1, season with pepper and a squeeze of lemon juice, but no salt, stir in 2 tablespoonfuls of cream. Put the mixture into little paper cases, bake a nice golden brown, sprinkle with finely minced capers, and serve very hot with cut lemon.

152. Ham Croquettes (*Croquettes de Jambon*)

Time.— $\frac{1}{2}$ hour. For 3 or 4 persons. Cost, 9d.

Mince together very finely 2 hard-boiled eggs and $\frac{1}{4}$ lb. of cooked ham; add 1 tablespoonful of minced parsley, $\frac{1}{2}$ lb. cold cooked potatoes, a squeeze of lemon juice, 1 teaspoonful of minced mushrooms, the yolk of an egg, and $\frac{1}{2}$ teaspoonful of Lemco dissolved in a little weak stock or water. Thoroughly mix all the ingredients, form into little balls, fry in boiling fat, garnish with parsley, and serve very hot.

153. Kidney Cake (*Gâteau aux Rognons*)

Time.— $\frac{1}{2}$ hour. For 2 or 3 persons. Cost, 1s.

Chop 3 sheep's kidneys very finely with 2 sprigs of parsley, mix 3 oz. of bread crumbs, and season with pepper

and salt ; add $\frac{1}{2}$ teaspoonful of Lemco dissolved in boiling water, stir in the beaten yolk of an egg, flour, and make into small round cakes ; brush over with beaten egg and cover with crumbs. Fry in plenty of boiling fat, drain on white blotting paper, and serve with little rolls of fried bacon round.

I54. Angels on Horseback (*Les Anges à Cheval*)

Time.— $\frac{1}{2}$ hour. For 5 or 6 persons. Cost, 1s. 6d.

Trim 7 or 8 slices of bacon into little squares, each large enough to contain an oyster, sprinkle over each a mixture made of a few mixed dried herbs and bread crumbs ; moisten with $\frac{1}{4}$ teaspoonful of Lemco and $\frac{1}{2}$ teaspoonful lemon juice mixed in a tiny drop of boiling water ; lay an oyster in each square of bacon ; roll up and fasten on a skewer. Fry until the bacon is nicely cooked, then put each little roll on a tiny square of toast, and serve garnished with parsley.

I55. Savoury Roes (*Laitances savoureux*)

Time.— $\frac{1}{2}$ hour. For 4 or 5 persons. Cost, 1s. 3d.

Cut 6 thin slices of bacon about 6 in. long, mix together a teaspoonful of chopped parsley, 1 oz. bread crumbs, a pinch of cayenne pepper, $\frac{1}{2}$ teaspoonful Lemco, $\frac{1}{2}$ teaspoonful anchovy sauce, and a squeeze of lemon juice ; spread the mixture on the bacon, fry 6 soft roes of herrings in a little butter, then roll up each in a slice of bacon, fasten on a skewer and bake in a quick oven until the bacon is done. Serve on rounds of toast sprinkled with chopped parsley and $\frac{1}{2}$ teaspoonful of minced capers.

I56. Sausages and Tomatoes

(*Saucisses aux Tomates*)

Time.— $\frac{3}{4}$ hour. For 6 persons. Cost, 1s. 3d.

Scald a pound of pork sausages and remove the skin ; form into flat cakes ; flour them lightly and put in wire boiler with

boiling fat ; when nicely browned put each cake on a little round of toast on a hot dish ; fry 6 small tomatoes in the same pan, adding a tiny bit of butter and $\frac{1}{2}$ teaspoonful of Lemco dissolved in a little boiling water. Serve very hot.

157. Meat Sanders (*Coquilles de Viande*)

Time.— $\frac{1}{2}$ hour. For 4 or 5 persons. Cost, 7d.

Chop $\frac{1}{4}$ lb. of cold meat finely with a very small onion or piece of one, season with pepper, salt, $\frac{1}{2}$ teaspoonful of Worcester Sauce, and $\frac{1}{2}$ teaspoonful of Lemco dissolved in enough boiling water to moisten the other ingredients. Butter as many scallop shells as are required, fill them $\frac{2}{3}$ full of the mixture, spread over them some nicely mashed potato, brush over with melted butter and brown in the oven.

158. Cod Steaks (*Cabillaud Grille*)

Time.— $\frac{3}{4}$ hour. For 3 or 4 persons. Cost, 8d.

Cut a pound of cod into nice steaks and place in a baking dish, pour over a cupful of boiling water, in which has been dissolved a teaspoonful of Lemco, cover with buttered paper and bake in a moderate oven for $\frac{1}{2}$ hour, or until the fish is cooked, then put it on a hot dish, thicken the gravy with flour rolled in butter, season with pepper, salt, Worcester and anchovy sauce, and a squeeze of lemon juice, add a little browning if necessary, scatter chopped parsley over the fish, and serve with the gravy poured round.

159. Curried Egg Toast

(*Kari d'Œufs sur Croûtes*)

Time.— $\frac{1}{4}$ hour. For 3 or 4 persons. Cost, 7d.

Cut up a small onion and fry in a little butter until brown, pour in a teaspoonful of curry powder mixed with $\frac{1}{4}$ pint of milk, and stir in $\frac{1}{4}$ teaspoonful of Lemco ; beat up 3 eggs, stir them in and cook for five minutes, stirring all the time.

Pour on thick slices of hot buttered toast, serve very hot with a little minced chutney on the top.

160. **Bacon and Tomatoes**

(Petit Lard fumé aux Tomates)

Time.— $\frac{1}{2}$ hour. Cost, according to quantity.

Fry as much bacon as is required in the usual way. While it is cooking slice the tomatoes, and when the rashers are done lay them in a hot dish and fry the tomatoes in the fat; well sprinkle with pepper and salt just before they are ready. Strain off the fat and pour over $\frac{1}{2}$ cupful of boiling water in which has been dissolved $\frac{1}{2}$ teaspoonful of Lemco. Place the bacon in the middle of the dish and arrange the tomatoes round over the gravy, and serve.

161. **Rabbit Cakes** (*Gâteau de Lapereau*)

Time.— $1\frac{1}{2}$ hour, but best made the day before it is required for table.

Cut into pieces and remove all the bones from the remains of cold roast or boiled rabbit; cut a slice of boiled fat ham into strips, chop a tablespoonful of parsley and boil an egg hard. Cut the eggs into rings and arrange them and the rabbit and ham in a plain mould, sprinkle over parsley and seasoning, boil the bones in water, stir in 1 teaspoonful Lemco and a squeeze of lemon juice, dissolve a little gelatine in the gravy, and pour over the contents of the mould and bake for an hour. When cold turn out and serve garnished with parsley.

162. **Potted Meat** (Economical)

(Pâte de Viande)

Time.—1 hour.

Put the meat from which veal or beef tea has been made into a mortar with a good lump of butter, pepper, and salt, 1 teaspoonful of Lemco dissolved in boiling water, and Worcester Sauce to taste; when all is thoroughly pounded,

press into little glass dishes or pots and pour melted butter over the top. If veal is potted, a squeeze of lemon juice and a little fat ham should be added, and will be a great improvement.

163. Fish Croquettes (*Croquettes de Poisson*)

Time.— $\frac{1}{2}$ hour.

These croquettes can be made with the remains of any cold boiled fish, picked free from skin and bones and seasoned with pepper and salt ; add the same weight of bread crumbs with 1 or 2 beaten eggs and $\frac{1}{2}$ teaspoonful to a teaspoonful of Lemco, according to quantity of fish ; flavour with anchovy sauce and squeeze in a little lemon juice ; form the mixture into croquettes, dip each into egg and bread crumbs ; fry a golden brown in dripping ; serve hot on a napkin garnished with parsley.

164. Fried Eggs (*Œufs frits*)

Time.— $\frac{1}{4}$ hour. Enough for 5 or 6 persons. Cost, 7d. More expensive in winter.

Make a pan very hot and pour in $\frac{1}{4}$ teaspoonful of Lemco dissolved in boiling water, add some good dripping, and when it comes to a boiling point drop in the eggs carefully one by one, taking care not to break the yolk ; fry till nearly set. Put each on a square of toast, and garnish with rolls of fried bacon or parsley, as liked.

165. Kidneys on Toast (*Rognons sur Canapés*)

Time.— $\frac{1}{2}$ hour. Enough for 2 or 3 persons. Cost, 6d.

Wash, skin, and mince 2 sheep's kidneys ; put $\frac{1}{2}$ oz. of butter into a pan, and when quite hot stir in the kidneys and $\frac{1}{2}$ teaspoonful of Lemco dissolved in a little boiling water ; keep on stirring for 5 or 6 minutes ; squeeze in a little lemon

juice and add the yolk of 1 egg and a few fine bread crumbs; season with pepper and salt, and pile on squares of hot buttered toast. Serve very hot.

166. Stewed Mushrooms
(*Champignons à la Bonne Femme*)

Time.— $\frac{3}{4}$ hour. For 4 or 5 persons. Cost, according to season.

Peel the mushrooms and remove the stalks, or at all events part of them, and allow them to stand in a basin of cold water, in which has been squeezed a little lemon juice; a pint of mushrooms will be enough for a nice dish. Put into a lined saucepan with some brown stock, with $\frac{1}{2}$ teaspoonful of Lemco dissolved in it, then strain in the juice of $\frac{1}{2}$ lemon, season with pepper and salt; stew gently with the lid on for $\frac{1}{2}$ hour; stir in 1 teaspoonful of flour rolled in butter; add a grate of nutmeg and serve hot with bacon or meat rolls.

167. Baked Red Mullet (*Rouget à la Lemco*)

Time.— $\frac{3}{4}$ hour. As many as required. Cost, 4d. to 1s. 6d. each.

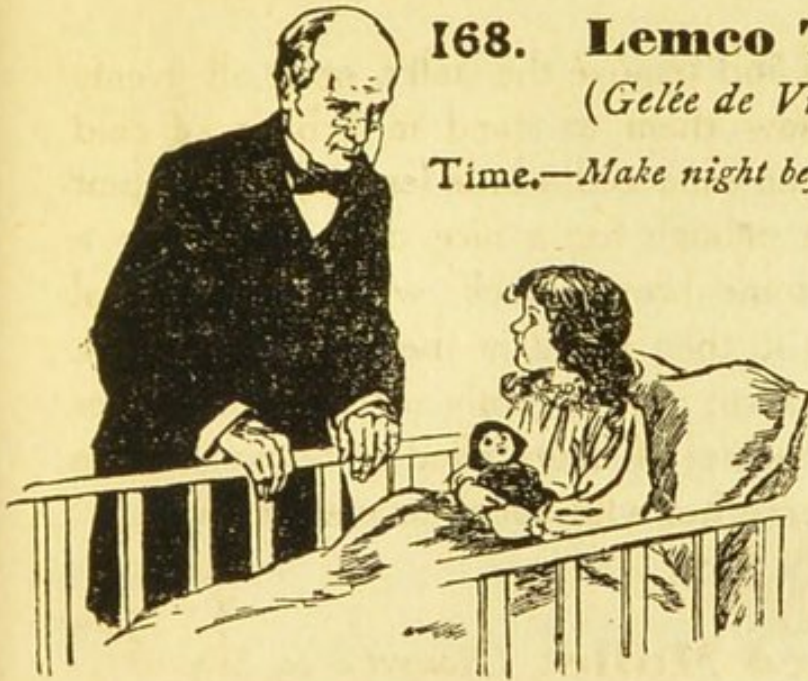
Oil and butter some white paper and wrap round each fish; lay in a baking dish and bake very slowly for $\frac{1}{2}$ hour; when cooked, remove the gravy or liquor that has come from the fish and make a sauce as follows: Put a lump of butter into a small saucepan, stir in a little flour, and then add the fish liquor, let it boil, and then stir in $\frac{1}{4}$ teaspoonful of Lemco; when it has simmered for $\frac{1}{4}$ hour season with anchovy sauce and pepper, and last of all pour in a glass of sherry. Serve the fish in a hot dish with the sauce poured over.

Fray Bentos Ox Tongues
Fray Bentos Corned Beef

Specially packed in Breakfast Sizes. See page 125.

TWENTY PALATABLE AND NOURISHING DISHES

For the Sick and Convalescent



168. Lemco Tea Jelly

(*Gelée de Viande en Thé*)

Time.—*Make night before required.* Cost, 9d.

Ingredients. — 1 teaspoonful Lemco.
 $\frac{1}{2}$ pint boiling Water. $\frac{1}{2}$ oz. Isinglass. 1 wineglassful Sherry. A pinch of Salt.

Dissolve the Lemco in the boiling water, put in the

isinglass and sherry, pour into a wetted mould or basin and leave in a cold place to set. If the jelly is required to be very strong, as in cases when only a little can be taken, put in 2 teaspoonfuls Lemco.

169. Mutton Broth (*Bouillon de Mouton*)

Time.—*Make day before required* Cost, 1s.

Ingredients.—2 lb. scrag end Neck of Mutton. 2 oz. Pearl Barley.
1 teaspoonful Lemco. Salt to season.

Free the mutton from all skin and fat, well wash the pearl barley in 2 or 3 waters, and put both into a stewpan, with a quart of water. When it boils stir in the Lemco and season, simmer slowly for 5 hours, strain through sieve. Next morning remove all fat and reheat as much as is required for each meal.

170. Chicken Panada (*Pain de Volaille*)

Time.—1 hour. Average cost, 10d.

Ingredients.—The white meat of breast of Chicken. 1 teaspoonful Lemco. 1 teaspoonful sifted Bread Crumbs. Salt.

Pound the chicken to a cream, dissolve the Lemco in $\frac{1}{2}$ teaspoonful of boiling water, and stir with the bread crumbs into the chicken, season and simmer slowly for a few minutes. Serve with dainty toast fingers.

171. Steamed Egg (*Œufs en Cocotte*)

Time.—10 minutes. Average cost, 3½d.

Ingredients.—1 fresh Egg. $\frac{1}{2}$ oz. Butter. 1 tablespoonful Milk. $\frac{1}{2}$ teaspoonful Lemco. Salt.

Grease a cup well with butter, add the milk in which the Lemco has been dissolved, break the egg gently and drop it in, sprinkle over with salt. Place the cup in a saucepan and pour round enough boiling water to cover halfway up. Boil slowly for 10 minutes, turn out on to buttered toast, and serve. If the buttered toast is not considered suitable, put the egg on to nicely cut brown bread and butter.

172. Steamed Whiting or Sole

(*Merlan ou Sole étuvé*)

Time.—About 1 hour. Average cost, 1s.

Ingredients.—1 small Sole or Whiting. 3 tablespoonfuls melted Butter. $\frac{1}{2}$ teaspoonful Lemco. $\frac{1}{2}$ oz. Butter.

Butter 2 plates well, lay the fish in one and cover with the other, place the plates over a saucepan of boiling water, and continue boiling until the fish turns a curdy white and will come easily from the bones; remove all skin and bones and serve on a hot plate, with the melted butter (in which the Lemco has previously been dissolved) poured over.

173. Chicken Tea (*Thé de Volaille*)

Time.—2½ hours. Average cost, 3s.

Ingredients.—A Fowl. 1 oz. Rice. 2 tablespoonfuls Lemco. A flavouring of Onion if liked and allowed. Salt.

Put the fowl into a saucepan covered with cold water, wash the rice and add it, when the water boils stir in the Lemco and a little minced onion if liked, and continue to stew until the fowl is almost in rags. Carefully skim and strain, Serve hot with fingers of nicely made toast.

174. Potted Chicken (*Pâté de Volaille*)

Time.—*About 1 hour.*

Ingredients.—Remains of Fowl from which the Chicken Tea has been made [see Recipe 170]. 3 oz. Butter. 2 teaspoonfuls Lemco. Salt.

Remove all bones, skin, and stringy pieces from the fowl, and pound to a paste in a mortar with the butter, dissolve the Lemco in a little boiling water and mix it thoroughly in. Press into jars, pour over a little melted butter when required for use, spread between thin slices of white or brown bread and butter, sprinkle a little salt over and cut into dainty sandwich shapes. Serve garnished with parsley.

175. Savoury Bread Pudding (*Boudins de Pain*)

Time.— $1\frac{1}{2}$ hour. *Average cost, 6d.*

Ingredients.—2 oz. fine Bread Crumbs. 1 Egg. $\frac{1}{2}$ pint Milk. 1 teaspoonful Lemco. A grate of Nutmeg. A pinch of Salt.

Put the bread crumbs and milk into a stewpan with a dust of nutmeg and a pinch of salt, boil up, stir in the Lemco, simmer for a few minutes, then remove from the fire. When cool stir in the egg, which has first been well beaten; turn into a buttered cup and steam for an hour. Turn out and serve with a little meat gravy.

176. Stewed Tripe (*Tripe à la Mode*)

Time.—8 hours. *Average cost, 1s.*

Ingredients.—1 lb. Tripe. 1 tablespoonful Flour. 1 teaspoonful Lemco. $\frac{1}{2}$ pint Milk. Salt.

Soak the tripe for 2 hours or longer in cold water, then wash in warm water to which has been added a pinch of bicarbonate of soda. Place the tripe in a panful of boiling water and boil for $\frac{1}{2}$ an hour, then pour away the water and add fresh cold, bring to boiling point and simmer for 6 or 7 hours, mix the flour smoothly with the milk, add a seasoning of salt and $\frac{1}{2}$ pint of the liquor the tripe has been boiled in, stir in the Lemco, put in the pieces of tripe, and when all is thoroughly hot, serve.

177. Lemco Tea and Eggs (*Lemco aux Œufs*)

Time.—20 minutes. *Average cost, 4d.*

Ingredients.—1 teaspoonful Lemco. $\frac{1}{2}$ pint boiling Water. Whites of 2 Eggs. Salt.

Dissolve the Lemco in the boiling water, add a pinch of salt, put into a breakfast cup and keep hot. Beat up the whites of 2 eggs, stir into the tea, and serve hot.

178. Savoury Custard (*Crème cuite à la Royale*)

Time.—About $\frac{1}{2}$ hour. *Average cost, 5d.*

Ingredients.—2 Eggs. 1 gill boiling Water. $\frac{1}{2}$ teaspoonful Lemco. $\frac{1}{4}$ oz. Fresh Butter. Salt.

Whisk the white of 1 and the yolks of 2 eggs together in a basin, have ready the Lemco dissolved in the gill of boiling water and allowed to go cold, season with salt. Grease a cup, mix the eggs and Lemco, and pour in, cover with a buttered paper. Place the cup in a pan of boiling water and steam slowly for about 20 minutes, taking care not to shake the cup or allow the water to get over the top. Turn out when ready and serve hot.

179. Veal Jelly (*Gelée de Veau*)

Time.—5 hours. *Average cost, 1s. 1d.*

Ingredients.—1 $\frac{1}{2}$ lb. Lean Veal. 1 $\frac{1}{2}$ breakfastcupful Water. 2 oz. Sago. 1 teaspoonful Lemco.

Cut up the veal into small pieces, free from fat and skin, put in the sago and season with salt, pour in the water, cover the pan and stew very gently for 5 hours, then strain, boil up, stir in the Lemco, and pour into a mould. When cold it will turn out a firm and nourishing jelly.

180. Beef Tea with Oatmeal

Time.— $\frac{1}{4}$ hour. Average cost, 4d.

Ingredients.—2 tablespoonfuls Oat Flour. $1\frac{1}{2}$ teaspoonful Lemco. Salt. Water.

Dissolve the Lemco in a pint of boiling water, mix in the oats by degrees, boil together for 5 minutes, stirring all the time. Strain through a hair sieve and season with salt.

181. Toast Sandwiches (*Tartines au Pain grillé*)

Ingredients.—1 teaspoonful Lemco. $1\frac{1}{2}$ oz. Butter. A squeeze of Lemon Juice. Salt. 2 thin slices cold Toast.

Mash up together the butter, Lemco, and lemon juice, with a tiny pinch of salt, butter the toast and spread this mixture on one side and cover with the other piece. Cut into 2 dainty sandwiches and serve on a napkin with a garnish of parsley.

182. Barley Cream (*Crème à l'Orge perlé*)

Time.—3 or 4 hours. Cost, about 1s. 3d.

Ingredients.— $1\frac{1}{2}$ oz. Pearl Barley. $\frac{1}{2}$ pint Cream. 2 teaspoonfuls Lemco. Yolks of 3 Eggs.

Wash the barley well in several waters, and stew in water till quite swelled and soft. Mix with the cream and yolks of eggs well beaten, then stir into this mixture $1\frac{1}{2}$ pint of boiling water in which the Lemco has been dissolved. This is an exceedingly nourishing cream.

183. Eel Broth (*Bouillon d'Anguille*)

Time.—*Simmer until the liquor is reduced to half. Average cost, 9d.*

Ingredients.— $\frac{3}{4}$ lb. Eels. A few sweet Herbs. 3 pints Water.
 $1\frac{1}{2}$ teaspoonful Lemco. Salt. Pepper. A squeeze of Lemon
 Juice.

Cut the eel into short lengths, having carefully cleaned and skinned it, put the pieces into a stewpan with the herbs and seasonings, pour over the water, remove the scum as it rises, and bring to a boil, stir in the Lemco, and strain through a hair sieve. Warm up the desired quantity each time, and serve with fingers of nicely made toast.

184. Invalids' Cutlets

(*Côtelettes de Mouton à l'Invalide*)

Time.— $1\frac{1}{4}$ hour. Average cost, 7d.

Ingredients.—1 Mutton Loin Chop. 2 teacupfuls Water. 1 teaspoonful Lemco. A tiny piece of Celery. Salt. $\frac{1}{2}$ oz. Rice.

Remove the fat from the cutlet, and cut the celery into tiny pieces. Put both into a stewpan with the rice and Lemco dissolved in the water, season, put on the pan lid and simmer gently for $\frac{3}{4}$ hour, or a little longer if the cutlet is a large one.

185. Baked Fish (*Poisson rôti*)

Time.—*About $\frac{1}{2}$ hour. Cost, 1s. 3d.*

Ingredients.— $\frac{3}{4}$ lb. boiled fresh Haddock or Cod. 4 oz. Bread
 Crumbs. 1 gill Cream. 1 teaspoonful Lemco. 1 teaspoonful
 Anchovy Sauce. 3 oz. Butter. Pepper and Salt.

Pick the fish free from skin and bone, and mix with it the bread crumbs and cream, season with the anchovy sauce, salt, and Lemco, warm the butter and stir well in with the other ingredients, put into a lined saucepan and heat all together over a quick fire. Pour into a pie dish, sprinkle a few bread crumbs over the top, and bake till brown in the oven.

186. Stewed Calf's Foot*(Pied de Veau à la Ménagère)*

Time.—5 hours. Average cost, 1s.

Ingredients.—1 Calf's Foot. 1 pint Water. Rind of $\frac{1}{4}$ Lemon.
2 teaspoonfuls Lemco. $\frac{1}{2}$ pint Milk.

Salt well, clean the foot, and put it into a stewpan with the milk and Lemco dissolved in boiling water, add lemon peel and salt to taste. Stew gently for 5 hours. If liked, a little onion flavouring may be put in. This is a light and easily digested dish.

187 A Savoury (A Pick-Me-Up) (*Un Plat savoureux*)Time.— $\frac{1}{4}$ hour. Cost, 6d.Ingredients.—1 tablespoonful patent Groats. 1 teaspoonful Lemco.
Salt. 1 wineglassful Sherry. A dust of Nutmeg.

Mix the groats to a smooth paste with a little cold water, pour over $\frac{1}{2}$ pint of boiling water and stir in the Lemco, put all into a small saucepan and boil for 10 minutes, stirring all the time, dash in the wine, reboil. Serve in a glass with a dust of nutmeg on the top.

188. Beef Tea

Time.—3 hours.

Ingredients.— $\frac{1}{2}$ lb. best lean Beef. 1 pint Water. A pinch of Salt.
 $\frac{1}{2}$ teaspoonful Lemco.

Shred the beef very finely, put in a jar, add the water (cold), stir well, allow it to stand 2 hours, stirring occasionally; cover the jar with buttered paper, twisting the paper firmly round to prevent it slipping off, stand the jar in a pan containing boiling water, allowing the water to come within about 2 in. of the top of the jar, simmer the water in the outer vessel for 1 hour; take out the jar, stir the beef-tea well, and pass it through a coarse strainer, pressing out all the liquid from the marc, remove the fat by passing over the surface a few strips of soft paper, stir in the Lemco, add the salt, and serve with a little dry toast.

TWENTY

SWEET DISHES, PUDDINGS AND CAKES

N.B.—For Pastry-Making, Frying, and all purposes for which Lard, Suet, or Butter is customarily used, Fray Bentos Beef Marrow goes further and gives better results. See Advt., p. 125.

189. Pineapple Trifle (*Ananas à la Crème cuite*)

Time.—About 2 hours. Enough for 6 or 7 persons. Cost, 3s. 6d.

Ingredients.—1 tin Pineapple. 2 oz. Castor Sugar. 6 oz. Ratafias. 2 wineglassfuls Sherry. 1 tablespoonful Brandy. 3 oz. Crystallised Cherries. 1 oz. Sweet Almonds. Shillingsworth Cream.

Grate the pineapple and put it in a trifle dish sprinkled over with sugar, blanch and chop the almonds and scatter them over, cover with ratafias, pour over the wine and brandy, whip the cream with sugar to sweeten, pile lightly on the top of the pineapple, and decorate with the cherries.

190. Orange Jelly (*Gelée d'Orange*)

Time.—Make the day before required. For 4 or 5 persons. Cost, 2s.

Ingredients.—3 oz. Loaf Sugar. The rinds of 3 Oranges. 1½ oz. Leaf Gelatine. ½ pint strained Orange Juice. The Juice of a large Lemon.

Put into a lined pan the sugar and thinly pared rinds of the oranges, with ½ pint of water and the gelatine. Cook all slowly until the gelatine is melted and the flavour is well out of the rind, then pour in the orange and lemon juice. Rinse out a fancy mould in cold water, strain in the jelly and set aside to get cold. Turn out and garnish with quarters of orange and whipped cream.

191. Sponge Cake Tart (*Tourte aux Biscuits*)

Time.— $\frac{3}{4}$ hour. For 4 or 5 persons. Cost, 1s.

Ingredients.—A 6d. Sponge or Madeira Cake. 1 lb. of any fruit in season stewed. Sugar to sweeten. 1 Egg. $\frac{1}{2}$ pint Milk.

Line a buttered pie dish with the cake cut into slices, sweeten the fruit and pour in, cover with more sponge cake, beat up the egg in the milk, pour over, put a grate of nutmeg over the top, and bake in a quick oven for 25 minutes to $\frac{1}{2}$ hour.

192. Rice Snowballs (*Boules de Neige au Riz*)

Time.— $1\frac{1}{2}$ hour. For 3 or 4 persons. Cost, 1s.

Ingredients.—6 oz. Rice. 1 quart Milk. Any flavouring liked. 2 oz. Loaf Sugar. 3 oz. Strawberry Jam. Whipped Cream.

Put the sugar and milk into a saucepan with the rice, and boil until it is quite tender, add the essence. When the rice is quite soft press into small moulds and let them remain until it is quite cold. Turn out into a glass dish, place a little jam on each and a little whipped cream just before sending to table.

193. Banana Cream Cake

(*Gâteau de Bananes à la Crème*)

Time.— $1\frac{1}{2}$ hour. For 5 or 6 persons. Cost, 2s. 6d.

Ingredients.— $\frac{1}{3}$ cupful Butter. 1 cupful Powdered Sugar. 2 Eggs. $\frac{1}{2}$ cupful Milk. $1\frac{3}{4}$ cupfuls Flour. 2 teaspoonfuls Baking Powder. 4 Bananas. Shillingsworth Cream.

Cream the butter and sugar well together, dredge in the flour and baking powder, and add the eggs well beaten with $\frac{1}{2}$ cupful of milk. Put into a buttered tin and bake. When baked lay the bananas on top, peeled and cut in halves lengthways, cover with stiffly whipped cream, and decorate with candied fruits cut in pieces.

194. Christmas Pudding (*Pouding de Noël*)

Time.—12 hours. *For 10 or 12 persons. Cost, 5s. 6d.*

Ingredients.—1 lb. Bread Crumbs. 1 lb. Beef Suet. 1 lb. Raisins. 1 lb. Currants. $\frac{3}{4}$ lb. Sultanas. $\frac{1}{2}$ lb. Moist Sugar. $\frac{1}{2}$ lb. chopped Apples. 2 oz. minced Sweet Almonds. $\frac{1}{2}$ lb. mixed Candied Peel. $\frac{1}{2}$ teaspoonful mixed Powdered Spice. 1 dozen Eggs. 3 wineglassfuls Brandy. A little Milk.

Stone the raisins carefully ; pick, wash, and dry the currants ; clean the sultanas in flour ; put all into a basin. Free the suet from skin and chop very finely ; add to the other ingredients ; also the apples peeled, cored, and minced ; chop the almonds very finely, and cut the peel very fine ; mix all together well in the basin, add spice and eggs well beaten with a little milk, last of all pour in the brandy. Stir for $\frac{1}{2}$ hour, press into a well-buttered pudding basin, tie once with a well-floured cloth, and boil for 12 hours. Serve with brandy sauce.

195. Cream Scones (*Brioche à l'Anglaise*)

Time.— $\frac{3}{4}$ hour. *For 4 or 5 persons. Cost, 6d.*

Ingredients.— $\frac{1}{2}$ lb. Flour. 1 $\frac{1}{2}$ oz. Butter. $\frac{3}{4}$ teaspoonful Cream of Tartar. $\frac{1}{2}$ teaspoonful Bi-carbonate of Soda. A pinch of Salt. 1 teaspoonful Sugar. Milk.

Put the flour, cream of tartar, soda, salt, and sugar into a basin, then rub in the butter, adding enough milk to make a nice firm dough, roll out, cut into squares, and bake in a hot oven. Serve hot with butter.

196. Chocolate Shape (*Pains au Chocolat*)

Time.—2 $\frac{1}{2}$ hours. *For 3 or 4 persons. Cost, 6d.*

Ingredients.—1 lb. Stale Bread. 2 oz. Brown Sugar. 2 oz. grated Chocolate. 1 pint Milk.

Soak the bread in the milk until quite soft, then sweeten and beat up with a fork, stir in the chocolate, pour into a buttered mould, cover with a buttered paper and steam for 2 hours. When cold turn out and serve with custard poured over.

197. Lemon Pudding (*Pouding au Citron*)

Time.—5 hours. For 5 or 6 persons. Cost, 1s. 3d.

Ingredients.— $\frac{1}{2}$ lb. Flour. $\frac{1}{2}$ lb. Suet. $\frac{1}{2}$ lb. Castor Sugar. 2 Lemons. 2 Eggs. A grate of Nutmeg.

Mix the flour and sugar together in a basin, chop the suet very finely, grate in the rinds of the lemons and strain over the juice of one. Mix all these ingredients well together and stir in the beaten eggs; press into a buttered mould and boil for $4\frac{1}{2}$ hours. When cooked, turn out and serve with sweet or wine sauce.

198. Cocoanut Cakes

(*Gâteaux aux Noix de Coco*)

Time.—1 hour. Enough for a dish. Cost, 1s.

Ingredients.— $\frac{1}{2}$ lb. Flour. 3 oz. grated Cocoanut. 3 oz. Castor Sugar. 1 teaspoonful Baking Powder. 3 oz. Butter. 1 Egg. A little fresh Milk.

Mix the flour, castor sugar, cocoanut, and baking powder together in a basin, rub in the butter and knead into a stiff dough, with the egg well beaten in a little milk. Form into rough nuts, place on a greased tin, and bake to a light brown.

199. Pears stuffed with Dates

(A Delicious Fruit)

(*Poires aux Dates*)

Time.—8 hours. For 3 or 4 persons. Cost, 1s.

Ingredients.—1 lb. Stewing Pears. 1 lb. Dates. 1 wineglassful Sherry. $\frac{1}{2}$ lb. Sugar. $\frac{1}{2}$ oz. Sweet Almonds.

Peel and core the pears, making a hole in each large enough to contain a date which has been previously washed, stoned, and stuffed with a blanchéd sweet almond. Put the pears into a stewing jar and add a few extra dates, pour over the sherry and sprinkle in the sugar, and stew slowly for 8 hours. Serve with whipped cream.

200. Angel Puddings (*Pouding à l'Ange*)

Time.— $\frac{1}{2}$ hour. For 4 or 5 persons. Cost, 7d.

Ingredients.—2 oz. Flour. 2 oz. Butter. 2 Eggs. 2 oz. Castor Sugar. $\frac{1}{2}$ pint Milk.

Warm the butter and dredge in flour and sugar, add the eggs well beaten with a little milk, beat all the ingredients well together, turn into well-greased tea saucers and bake in a quick oven for about 20 minutes. Serve hot with any kind of jam liked, or sweet sauce.

201. Apple Cream (*Crème de Pommes*)

Time.— $\frac{3}{4}$ hour. For 3 or 4 persons. Cost, 1s.

Ingredients.—4 tablespoonfuls thick Cream. 2 large stewing Apples. 1 oz. Sugar. 1 teaspoonful Water. A grate of Nutmeg. $\frac{1}{2}$ a wineglassful Sherry.

Pare and core the apples, place them with the sugar, water, and nutmeg in a lined saucepan, and cook slowly until soft, mash the apples until quite smooth with a fork. Place the sugar and cream in a basin and whip. Stir the sherry into the apples and then put them into a glass dish. Pile the cream on top and serve.

202. Mincemeat

Enough for about 10 lb. Average cost, 6s. 6d.

Ingredients.—2 lb. Beef Suet. $2\frac{1}{2}$ lb. Raisins. $1\frac{1}{2}$ lb. Currants. 1 lb. Apples. 2 lb. Moist Sugar. $\frac{1}{2}$ lb. mixed Candied Peels. $\frac{1}{4}$ oz. mixed Pudding Spices. 3 Lemons. 1 oz. Sweet Almonds. $\frac{3}{4}$ pint Brandy.

Stone and chop the raisins; wash, pick, and dry the currants; peel, core, and chop the apples, and finely chop the peel; blanch and mince the almonds, and mix all these ingredients in a basin; add the spices, grated lemon peel, and strained juice of 2 lemons. Stir in the brandy, and let the mixture stand covered over for 12 hours. Put into well-dried jars and cover tightly until required for use.

203. Pineapple Jelly (*Gelée d'Ananas*)

Time.—*Make day before required. For 4 or 5 persons. Cost, 2s.*

Ingredients.— $\frac{1}{2}$ tin Pineapple. 1 quart Lemon Jelly. 2 wineglassfuls Sherry. $\frac{1}{4}$ lb. Black Grapes. $\frac{1}{4}$ lb. White Grapes.

Cut the pineapple into tiny dice, well wet and drain a jelly mould, pour in a little of the jelly, let it set, then arrange 2 or 3 pieces of the pineapple and a few of the black grapes stoned and cut in two, pour over enough jelly to set the fruit, and when this is set pour in more jelly to the depth of about an inch, put in more pineapple, then white and black grapes, and pour on more jelly. When the mould is full put to set in a cool place. When quite firm turn out and send to table in a pretty glass dish.

204. Plain Fritters (*Beignets simples*)

Time.— $\frac{1}{4}$ hour. *For 4 or 5 persons. Cost, 5d.*

Ingredients.—2 Eggs. 2 oz. Flour. $\frac{1}{4}$ pint Milk. A dust of Nutmeg. Frying Fat.

Beat up the eggs and milk together, strain, and mix very smoothly with the flour into a batter absolutely free from lumps. Beat well, and have ready some boiling lard or good dripping, drop the batter into this a little at a time, and fry to a delicate brown. Drain on cooking paper, put on a hot dish, dust with nutmeg and castor sugar, serve hot with cut lemon or jam.

205. A Winter Fruit Salad

(*Salade de Fruits d'Hiver*)

Time.—2 hours. *For 6 or 8 persons. Cost, 2s.*

Ingredients.—3 Bananas. 2 Apples. 2 Oranges. $\frac{1}{4}$ tin of Pineapple. $\frac{1}{2}$ lb. Grapes. $\frac{1}{2}$ lb. Prunes. 3 oz. Sugar. 2 wineglassfuls Sherry.

Place a layer of sliced bananas at the bottom of a deep glass dish, and then a layer of each of the other fruits in turn, having removed all pips and stones, strew with sugar and pour over the wine, stand in a cool place for 2 hours to blend the flavours. Serve with good cream in a jug.

206. Short Crust (Excellent) (*Pâté à foncer*)*Enough to cover 2 medium pies. Cost, 1s.***Ingredients.**—1 lb. Flour. 9 oz. Butter. 3 tablespoonfuls Milk.
 $\frac{1}{2}$ teaspoonful Baking Powder. $\frac{1}{4}$ pint Water.

Dry and sift the flour with the baking powder into a basin, rub in the butter, make a hole in the centre, and pour in the milk and water. Mix lightly with a wooden spoon, turn on to a well-floured paste board and roll out, fold over and roll out a second time, when it is ready for use.

207. Lemon Sponge (*Gelée de Citron à la Russe*)**Time.**—*Make day before required. For 3 or 4 persons. Cost, 1s. 2d.***Ingredients.**—6 Eggs. 1 oz. Gelatine. 2 Lemons. $\frac{1}{2}$ lb. Castor Sugar.

Whisk the whites of the eggs until stiff, soak the gelatine in a teacupful of cold water for an hour, then dissolve it in $\frac{1}{2}$ pint of boiling water, set it to cool, when nearly cold add the eggs, also the strained juice of 2 lemons and the finely grated rind of 1 lemon. Stir in the sugar, beat all together until the consistency of sponge, place in a well-wetted mould and keep in a cool place. Make a custard from the yolks of the eggs and serve with the lemon sponge.

208. Chocolate Wafers (*Gaufres au Chocolat*)**Time.**— $\frac{1}{2}$ hour. *For large dish. Cost, 1s. 6d.***Ingredients.**—1 cupful brown Sugar. 1 cupful granulated Sugar.
1 cupful Butter. 1 Egg. 1 cupful grated Chocolate. Vanilla
Essence. $1\frac{1}{2}$ cupful Flour.

Mix all the ingredients to a dough, with the milk and egg beaten well, roll out very thin on a floured board, cut into rounds with a cutter, and bake quickly for a few minutes. Keep in a tin.

FRAY BENTQS BEEF MARROW—better than
Lard for Pastry-making, Frying, etc. (See page 125.)

"For the Busy Housekeeper"



TWENTY-FIVE BREAKFAST MENUS

(The numbers refer to recipes in the text.)

1

Baked Eggs [148]; Cold Boiled Tongue; Toast; Breakfast Scones; Bread and Butter; Marmalade; Watercress; any Fruit in Season; Tea; Coffee; Hot and Cold Milk.

2

Findon Haddock and Rice [149]; Potted Meat [162]; Brown and White Bread; Butter; Dry Toast; Strawberry Jam; Cress; Bananas; Tea; Cocoa; Milk.

3

Herring Creams [151]; Eggs in Aspic [108]; Hot Rolls; Butter; Sliced Tomatoes; White Bread; Honey; Seasonable Fruit; Tea; Hot and Cold Milk; Chocolate.

4

Ham Croquettes [152]; Anchovy Eggs [67]; Buttered Toast; Butter; Rolls; Lettuce; Fresh Fruit; Raspberry Jam; Tea; Coffee; Hot and Cold Milk.

5

Kidney Cake [153]; Sardines with Tomatoes; Toast; Oatmeal Scones; Butter; Lemon Marmalade; White Bread; Cress; Stewed Prunes; Tea; Coffee; Hot and Cold Milk.

6

Angels on Horseback [154]; Cold Pressed Beef; Bread; Butter; Sally Lunn; Plum Jam; Lettuce; Seasonable Fruit; Tea; Coffee; Hot and Cold Milk.

7

Savoury Roes [155]; Fray Bentos Ox Tongue (page 125); Brown and White Bread; Dry Toast; Butter; Marmalade; Boiled Eggs; Tea; Seasonable Fruit.

8

Sausages and Tomatoes; Kipperd Herrings; Bread; Butter; Scones; Honey; Cress; Fresh Fruit; Tea; Coffee; Hot and Cold Milk.

9

Meat Sanders [157]; Sardine Eggs; Brown Bread and Butter; Dry Toast; Butter; Lettuce; Fresh Fruit; Tea; Milk.

10

Cod Steaks [158]; Poached Eggs on Anchovy Sauce; Watercress; Hot Rolls; Brown Bread; Butter; Black Currant Jam; Fresh Fruit; Tea; Coffee; Hot and Cold Milk.

11

Porridge; Slices of Cold Meat grilled with Mustard; Hard Boiled Eggs; Lettuce; Marmalade; White and Brown Bread; Butter; Fresh Fruit; Tea; Milk.

12

Brawn and Tomatoes; Grilled Legs of Chicken; Game or Ducks; Brown Bread; Rolls; Toast; Damson Jam; Fresh Fruit; Tea; Coffee; Hot and Cold Milk.

13

Brawn [99]; Curried Eggs [4]; Toast; Bread; Butter; Hot Scones; Marmalade; Cress; Stewed Apples; Tea; Coffee; Hot and Cold Milk.

14

Fried Soles; Rabbit Cakes [161]; Bread; Butter; Rolls; Jam; Lettuce; Seasonable Fruit; Tea; Cocoa; Hot and Cold Milk.

15

Fried Eggs [164]; Fray Bentos Corned Beef (page 125); Buttered Toast; Golden Syrup; Bread; Butter; Sliced Tomato; Fresh Fruit; Tea; Milk.

16

Cold Pigeon Pie [142]; Devilled Sardines; Potted Meat [162]; Breakfast Rolls; Bread; Butter; Stewed Fruit; Jam; Tea; Coffee; Hot and Cold Milk.

17

Kidneys on Toast [165]; Salmi of Game [2]; Savoury Omelet; Bread; Butter; Dry Toast; Jam; Watercress; Fresh Fruit; Tea; Milk.

18

Foie Gras in Aspic [138]; Baked Red Mulletts [167]; Scrambled Eggs; Bread; Butter; Rolls; Cress; Fresh Fruit; Marmalade; Tea; Coffee; Hot and Cold Milk.

19

Bacon and Eggs; Chicken Fingers [31]; Anchovy Paste; Bread; Butter; Scones; Watercress; Fresh Fruit; Tea; Coffee; Hot and Cold Milk.

20

Baked Herrings [129]; Stewed Kidneys [32]; Potted Veal; Hot Scones; Dry Toast; Marmalade; Lettuce; Fresh Fruit; Tea; Milk.

21

Rissoles from Cold Meat; Baked Eggs [148]; Shrimp Toast; Brown Bread; Rolls; Watercress; Stewed Prunes; Jam; Tea; Cocoa; Hot and Cold Milk.

22

Savoury Sausage [7]; Stuffed Tomatoes [10]; Lobster Cutlets [64]; Scones; Dry Toast; Watercress; Honey; Bread; Butter; Fresh Fruit; Tea; Coffee; Hot and Cold Milk.

23

Game Pie; Grilled Ham; Rolls; Jam; Bread; Butter; Dry Toast; Fresh Fruit; Tea; Cocoa; Hot and Cold Milk.

24

Pickled Pig's Head; Stewed Sweetbreads [41]; Haddock; Toast; Bread; Butter; Rolls; Jam; Marmalade; Cress; Stewed Apples; Tea; Coffee; Hot and Cold Milk.

25

Spiced Beef; Brain Cutlets; Boiled Eggs; Apricot Jam; Bread; Butter; Toast; Lettuce; Seasonable Fruits; Tea; Chocolate; Hot and Cold Milk.

TWENTY-FIVE LUNCH MENUS

(The numbers refer to recipes in the text)

1

Lobster Cutlets [64]; Beef Stew [24]; French Beans; Potatoes; Sponge Cake; Baked Apples; Cheese Aigrettes [125].

2

Jugged Rabbit [126]; Meat Rolls [55]; Potatoes; Stewed Tomatoes [134]; Rice Snowballs [192]; Apple Tart; Macaroni Cheese.

3

Baked Pike ; Beef Steak and Kidney Pie [132]; Peas ; Potatoes ; Veal and Ham Mould [27]; Chocolate Shape [196]; Stewed Plums ; Cheddar Cheese ; Oatmeal Biscuits.

4

Salmon Rissoles [18]; Sliced Cucumber ; Haricot Mutton [127]; Cold Boiled Beef ; Potato Rolls ; Batter Pudding ; Jam Tarts ; Cheese Straws.

5

Fried Plaice ; Melted Butter ; Sheep's Head Pie [116]; Hashed Goose [111]; Potatoes ; Cabbage ; Lemon Pudding ; Rice Mould ; Cheese Biscuits.

6

Stuffed Haddock ; Corned Beef (page 125); Sprouts ; Potatoes ; Horseradish Sauce ; Custard Pudding ; Cheese ; and Watercress.

7

Cod au Gratin [29]; Fricassée of Rabbit [15]; Baked Pig's Head [92]; Mashed Turnip ; Potatoes ; Apple Charlotte ; Lemon Sponge ; Fresh Fruit.

8

Roast Leg of Mutton ; Beef Olives [3]; Browned Potatoes ; Carrot Mould ; Cup Puddings ; Cherry Tart ; Cheese Soufflé.

9

Baked Fish Pie ; Veal Stew ; German Sausage ; Potatoes ; Stewed Celery ; Apple Cream ; Cheese and Biscuits ; Lettuce.

10

Salt Fish and Parsnips ; Roast Pork ; Apple Sauce ; Potatoes ; Cabbage ; Moulded Mince Meat ; Sago Cream ; Fruit Salad ; Cheese.

11

Oyster Patties [130]; Lamb Cutlets [21]; Beef à la Mode [68]; Potatoes ; Braised Carrots [25]; Treacle Pudding ; Stewed Rhubarb ; Cheese Straws.

12

Boiled Mackerel and Mustard Sauce ; Boiled Calf's Head [87]; Lentil Rissoles [131]; Cheese Eggs and Spinach [106]; Potatoes ; Banana Fritters ; Boiled Suet Pudding.

13

Cod Steaks [158]; Anchovy Sauce ; Stewed Duck with Turnips [88]; Vegetable Pie [90]; Potatoes ; Jam Rolls ; Apple Jelly.

14

Halibut and French Sauce [47]; Stuffed and Braised Shoulder of Mutton [39]; Beef Patties [144]; Cauliflowers and White Sauce; Potatoes; Angel Puddings [200]; Fruit Sauce; Cheese Fritters.

15

Stewed Carp [91]; Macaroni and Mutton; Chaudfroid of Chicken [103]; Artichokes; Potatoes; Stewed Fruit; Shrimp Toast.

16

Fish Soufflé; Fillets of Beef and Madeira Sauce [102]; Brown Tripe Stew [101]; Potatoes; Parsnips; Apple Cream; Savoury Macaroni Cheese [100].

17

Deville Crab [40]; Chickens in Batter [82]; Australian Bush Pudding [83]; Broad Beans and Cream Sauce [72]; Potatoes; Cabinet Pudding; Stewed Damsons; Indian Toast.

18

Scalloped Fish [1]; Veal Cutlets; Stuffed Cabbage [77]; Cutlet Sauce [78]; Chocolate Pudding; Rhubarb Fool; Welsh Rarebit [94].

19

Oyster Cake [98]; Minced Liver [86]; Stewed Onions [93]; Potatoes; Jugged Leg of Beef [76]; Swiss Roll; Sweet Macaroni Pudding; Cheese Biscuits.

20

Hot Lobster [80]; Savoury Minced Mutton [16]; Hare Pie [110]; Potatoes; Baked Cucumbers [66]; Golden Pudding; Gooseberry Tart; Sardine Savoury.

21

Fried Flounders; Anchovy Sauce; Twice Laid Pork [119]; Giblet Pie [113]; Stewed Peas and Lettuce [109]; Potatoes; Damson Pudding; Custard; Cheese Biscuits.

22

Leg of Lamb; Mint Sauce; Boiled Peas; Turkish Stew [112]; Potatoes; Jam Omelet; Stewed Pears.

23

Steamed Cod [146]; Fish Sauce [105]; Vegetable Sausages [139]; Boiled Rabbit; Onion Sauce; Pickled Pork; Potatoes; Plain Suet Pudding with Golden Syrup; Cheese; Fresh Fruit.

24

Fish Omelet; Pigeon Pie [142]; Fillets of Beef with Oysters [124]; Peas Pudding [121]; Spinach; Bread and Butter Pudding; Stewed Currants.

25

Pickled Mackerel; Ox Tongue (page 125); Carrots and Turnips; Potatoes; Amber Pudding; Blackberry Tart; Cheese and Biscuits.

TWENTY-FIVE DINNER MENUS

(The numbers refer to recipes in the text)



1

Eel Soup [65]; Cod and Oyster Sauce; Curried Eggs [4]; Roast Chicken; Bread Sauce; Sprouts; Potatoes; Asparagus; Orange Jelly [190]; Jam Tarts; Fruit; Coffee.

2

Barley Soup [73]; Turbot with Cream Sauce; Kidney Omelet [12]; Kromeskies [50]; Lamb Cutlets [21]; Peas; Potatoes; Pineapple Trifle [189]; Baked Custard; Stuffed Olives [43]; Fruit; Coffee.

3

Mock Turtle Soup; Whitebait; Chicken Puffs [69]; Fillet of Veal [74]; Seakale; Potatoes; Anchovy Eggs; Pears stuffed with Dates [199]; Cocoanut Pudding; Fruit; Coffee.

4

Almond Soup; Eels with Tartar Sauce; Spinach and Poached Eggs [53]; Loin of Pork; Apple Sauce; Potatoes; Sprouts; Rice Cutlets [28]; Pineapple Jelly; Sponge Cake Pudding; Cheese Squares [49]; Fruit; Coffee.

5

Rice and Tomato Soup; Boiled Brill and Lobster Sauce; Hashed Venison [71]; Salmi de Perdrix [115]; Beef Steak and Kidney Pie [132]; Potatoes; Cauliflower and White Sauce; French Pancakes; Stewed Cherries and Cream; Artichokes à l'Italienne; Fruit; Coffee.

6

Clear Soup ; Soles with Mushrooms ; Stewed Kidneys [32] ; Roast Pheasants ; Bread Sauce ; Fried Crumbs ; Chipped Potatoes ; Stewed Celery ; Apple Snow ; Jam Tarts ; Mock Crab [5].

7

Fray Bentos Ox Tail Soup (page 125) ; Crimped Skate and Shrimp Sauce ; Boiled Leg of Mutton and Caper Sauce ; Mashed Turnips ; Potatoes ; Spinach Omelet [114] ; Roast Quails [34] ; Ground Rice Mould ; Stewed Prunes ; Fruit ; Coffee.

8

Celery Soup ; Oysters ; Brown Bread and Butter ; Cut Lemon ; Crôutes de Jambon [33] ; Jugged Hare ; Savoury Sheep's Trotters [13] ; Potatoes ; Stewed Lettuce [60] ; Baked Apple Custard ; Cheese Straws ; Fruit ; Coffee.

9

. Palestine Soup ; Boiled Mackerel and Fennel Sauce ; Endive and Egg Savoury [14] ; Roast Ducks ; Peas ; Apple Sauce ; Potatoes ; Stuffed Tomatoes [10] ; Ginger Pudding ; Lemon Jelly ; Cayenne Cheeses [122] ; Fruit ; Coffee.

10

Asparagus Soup ; Sole à la Portugaise ; Stewed Sweetbreads [41] ; Hashed Lamb ; Potatoes ; Beans ; Red Currant Tart ; Custard ; Foie Gras in Aspic [138] ; Fruit ; Coffee.

11

Hare Soup ; Cod's Head and Shoulders ; Anchovy Sauce ; Hashed Venison [71] ; Roast Turkey [135] ; Sprouts ; Chestnuts cooked as a Vegetable [9] ; Potatoes ; Plum Pudding ; Brandy Sauce ; Mince Pies ; Mushrooms on Toast ; Pineapple Jelly ; Custard ; Fruit ; Coffee.

12

Scotch Broth ; Halibut Steaks ; Fish Sauce [105] ; Lamb Cutlets [21] ; Peas ; Roast Pigeons ; Chip Potatoes ; Gooseberry Fool ; Jam Fingers ; Cheese Omelet ; Fruit ; Coffee.

13

Pea Soup ; Fish Stew ; Rice and Egg Savoury [123] ; Saddle of Mutton ; Red Currant Jelly ; Potatoes ; Cauliflowers ; Open Apple Tart ; Almond Pudding ; Toasted Cheese ; Fruit ; Coffee.

14

Mulligatawny Soup [133] ; Baked Whiting with Sweet Herbs ; Ericasséed Fowl ; Stewed Ox Tail ; Mashed Turnips ; Potatoes ; Boiled Gooseberry Pudding ; Apricot Fritters ; Sardine Eggs ; Fruit ; Coffee.

15

Vermicelli Soup ; Curried Salmon ; Mushroom Omelet ; Roast Goose ; Apple Sauce ; Peas ; Potatoes ; Victoria Sandwiches ; Stewed Pears ; Anchovy Toast ; Fruit ; Coffee.

16

Ox Tail Soup (page 125); Baked Smelts [35]; Fritters à la Villeroy [37]; Roast Sucking Pig; Apple Sauce; Boiled Cabbage; Potatoes; Roast Wild Duck and Orange Sauce; Little Lemon Puddings; Fruit; Coffee.

17

Artichoke Soup; Fried Sprats; Mutton Cutlets with Tomatoes; Potatoes; Stewed Lettuce [60]; Roast Partridges; Wine Jelly; Apple Tart; Cheese Omelet; Fruit; Coffee.

18

Leek Soup; Fish Scallops; Curried Rabbit; Stewed Beef; Celery cooked in an Italian way [44]; Potatoes; Bananas in Syrup; Chocolate Meringues; Foie Gras and Biscuits; Fruit; Coffee.

19

Eel Soup [65]; Carp stewed with Wine [91]; Beef Olives [3]; Boiled Fowls; Parsley Sauce; Boiled Bacon; Devilled Sardines; Potatoes; Orange Salad; Raspberry Puffs; Fruit; Coffee.

20

Bean Soup; Fillets of Mackerel Eggs in Force meat; Veal and Ham Pie; Mock Goose [45]; Potatoes; Sprouts; Castle Pudding; Cheese Cakes; Cheese Straws or Biscuits; Fruit; Coffee.

21

Lentil Soup; Baked Red Mulletts [167]; Tongue Cutlets; Neck of Mutton stewed with Peas; Potatoes; Caramel Pudding; Lemon Jelly; Mushrooms au Gratin.

22

Chantilly Soup; Savoury Shrimps [89]; Liver and Bacon Croquettes; Hash; Turkey [135]; Vegetable Rissoles; Cauliflower au Gratin; Potatoes; Tapioca Cream; Swiss Trifle; Fruit; Coffee.

23

Potato Soup; Stewed Eels; Egg Cutlets and Mushroom Sauce; Boiled Rabbit with Onion Sauce; Potatoes; Braised Carrots [25]; Mock Eggs; Baked Batter; Marrow Toast; Fruit; Coffee.

24

Turbot with Dutch Sauce; Fricassée of Chicken; Rump Steak; Horseradish Sauce; Asparagus; Chipped Potatoes; Compote of Cherries; Vanilla Soufflé; Kidney Toast; Fruit; Coffee.

25

Cray Fish Soup; Stewed Trout; Fricasséed Veal; Ribs of Beef; Broccoli; Potatoes; Grouse; Lemon Cheese Cakes; Cheese; Fruit; Coffee.

SPACE FOR OWN NOTES AND RECIPES

SPACE FOR OWN NOTES AND RECIPES

SPACE FOR OWN NOTES AND RECIPES

SPACE FOR OWN NOTES AND RECIPES

INDEX

	Number
Soups, etc.	
Barley Soup	73
Bean Soup without Meat	107
Eel Soup	65
Mulligatawny Soup (without Meat)	133
Tomato and Rice Soup	30

Fish

Baked Fish	185
Baked Herrings	129
Baked Red Mullets	167
Baked Smelts	35
Boiled Fish Pie	140
Cod au Gratin	29
Cod Steaks	158
Deville Crab	40
Findon Haddock and Rice	149
Findon Haddock with Cheese	11
Fish Chowder	75
Fish Croquettes	163
Halibut and French Sauce	47
Hot Lobster	80
Lobster Cutlets	64
Oyster Cake	98
Oyster Patties	130
Salmon Rissoles	18
Sardine Sandwiches	23
Savoury Shrimps	89
Scalloped Fish	1
Steamed Cod	146
Steamed Whiting or Sole	172
Stewed Carp	91

Meat Dishes, Entrées, etc.

	Number
A Homely but Tasty Dish	20
A Tasty Supper Dish	22
Baked Pig's Head	92
Beef à la Mode	68
Beef Olives	3
Beef Patties	144
Beef Steak and Kidney Pie	132
Beef Stew	24
Boiled Calf's Head	87
Dainty Veal Fillets	74
Fillets of Beef and Madeira Sauce	102
Fillets of Beef with Oysters	124
German Sausage	117
Haricot Mutton	127
Jugged Leg of Beef	76
Kidney Omelet	12
Kidneys à la Brochette	96
Lamb Cutlets	21
Lamb Pie	54
Lambs' Sweetbreads	41
Meat Rolls	55
Merton of Beef	62
Mutton with Macaroni	104
Ox Tongue and Tomato Sauce	48
Sheep's Head Pie	116
Stewed Calf's Foot	186
Stewed Kidneys	32
Stuffed and Braised Shoulder of Mutton	39
Toad in the Hole	145
Tongue Toast	150
Turkish Stew	112
Twice Laid Pork	119

	Number
Poultry, Game, etc.	
Chaufroid of Chicken	103
Chicken Fingers	31
Chicken in Batter	82
Chicken Puffs	69
Fricassée of Rabbit	15
Hare and Potato Pie	26
Hare Pie	110
Hashed Goose	111
Hashed Partridges (<i>Salmi de Perdrix</i>)	115
Hashed Venison	71
Jugged Rabbit	126
Mock Goose	45
Pigeon Pie	142
Potted Chicken	174
Ragoût of Fowl	52
Roast Pigeons	17
Roast Quails	34
Roast Turkey	135
Salmi of Game	2
Stewed Ducks with Turnips	88

Cold Meat Cookery

Cold Boiled Beef and Potato Cakes	141
Inexpensive Brawn	99
Moulded Minced Meat	97
Potted Meat (Economical)	162
Potted Ox Tongue	128
Shepherd's Pie	61
Veal and Ham Mould	27

Vegetables

An Italian Way of Cooking Celery	44
Asparagus Pudding	51
Baked Cucumbers	66
Baked Tomato Pudding	56
Braised Carrots	25
Broad Beans and Cream Sauce	72
Chestnuts Stewed and Mashed as a Vegetable	9
Endive and Eggs	14
Globe Artichokes à la Italienne	79
Lentil Rissoles	131

	Number
Mushroom Omelet	63
Peas Pudding	121
Rice Risotto	143
Spinach Omelet	114
Stewed Lettuce	60
Stewed Onions	93
Stewed Peas and Lettuce	109
Stewed Tomatoes	134
Stuffed Cabbage	77
Stuffed Olives	43
Stuffed Tomatoes	10
Vegetable Pie	90
Vegetable Sausages (Very tasty)	139
Vegetarian Hotch Potch	19

Savouries and Breakfast Dishes

A Savoury Dish of Mutton and Spinach	57
An Excellent Curry	42
Angels on Horseback	154
Bacon and Tomatoes	160
Baked Eggs	148
Curried Egg Toast	159
Curried Eggs	4
Fried Eggs	164
Ham Croquettes	152
Herring Creams	151
Hot Sandwiches	137
Kidney Cake	153
Kidneys on Toast	165
Lemco Biscuits	147
Meat Sanders	157
Mock Crab	5
Rabbit Cakes	161
Rice and Egg Savoury	123
Sausages and Tomatoes	156
Savoury Batter (for Meat Fritters)	38
Savoury Jelly	84
Savoury Macaroni Cheese	100
Savoury Minced Mutton	16
Savoury Potatoes	46
Savoury Rice Toast	59
Savoury Roes	155
Savoury Sausage	7
Savoury Sheep's Trotters	13
Savoury Veal Stew	120
Stewed Mushrooms	166
Welsh Rarebit	94

	Number
Gravies, Sauces, etc.	
An Excellent Fish Sauce	105
An Excellent Sauce for Cut- lets	78
Lemco Gravy	6
Mustard Sauce (for Fresh Herrings)	70
Orange Gravy (for Wild Duck)	36
Tomato Sauce	118

Invalid Cookery

A Savoury (Pick-Me-Up)	187
Barley Cream	182
Beef Tea	188
Beef Tea with Oatmeal	180
Chicken Panada	170
Chicken Tea	173
Eel Broth	183
Invalids' Cutlets	184
Lemco Tea and Eggs	177
Lemco Tea Jelly	168
Mutton Broth	169
Potted Chicken	174
Savoury Bread Pudding	175
Savoury Custard	178
Steamed Egg	171
Stewed Tripe	176
Toast Sandwiches	181
Veal Jelly	179

Sweet Dishes

A Winter Fruit Salad	205
Angel Puddings	200
Apple Cream	201
Banana Cream Cake	193
Chocolate Shape	196
Chocolate Wafers	208
Christmas Pudding	194
Cocoanut Cakes	198

	Number
Cream Scones	195
Lemon Pudding	197
Lemon Sponge	207
Mincemeat	202
Orange Jelly	190
Pears Stuffed with Dates (a Delicious Fruit)	199
Pineapple Jelly	203
Pineapple Trifle	189
Plain Fritters	204
Rice Snowballs	192
Short Crust (Excellent)	206
Sponge Cake Tart	191

Miscellaneous

Anchovy Eggs	67
Aspic Jelly	84
Australian Bush Pudding	83
Baked Tripe	8
Brown Stew of Tripe	101
Cayenne Cheeses	122
Cheese Aigrettes	125
Cheese Eggs	106
Cheese Squares	49
Chestnut Stuffing for Roast Turkey	136
Croûtes of Jambon	33
Eggs in Savoury Jelly	108
Eggs with Green Peas	95
Foie Gras in Jelly	138
Fritters à la Villeroy	37
Giblet Pie	113
Indian Toast	81
Kromeskies	50
Lemco Aspic Jelly de Luxe	85
Minced Liver	86
Onion Dumpling	58
Rice Cutlets	28
Spinach and Poached Eggs	53

PAGE

Twenty-five Breakfast Menus	109
Twenty-five Lunch Menus	111
Twenty-five Dinner Menus	114

OXO

Liebig Company's Fluid Beef

which gives

"Energy without waiting"

OXO is a delicious fluid beef beverage, seasoned ready for use. Its value lies in its speedy nourishing power. It puts the energising, nourishing force of the best beef into the blood in the shortest possible time. When fatigued; when suffering from a cold; when run down; in cold weather; before shopping; after shopping; after a drive; after rowing; after motoring; when training for, or engaged in, athletics; for all athletic exercises; in foggy weather; in wet weather; in a long interval between meals; when too busy for ordinary meals; as a nightcap; when depressed; during epidemics of influenza, Oxo is invaluable. At all times its delicious flavour and highly nutritious properties make it a welcome standby in the household.

OXO is known in the athletic world as "energy without waiting."

OXO is the quickest energy-maker known. It gives the system rapid and continuous nourishment—the nourishment of prime lean beef. When there is no time for a full meal, OXO will put real energy into a lagging brain or to tired limbs, in such a businesslike way that the full benefit is reaped long before other foods could be digested.

OXO makes children grow into strong men and women.

Packed in 2-oz., 4-oz., 8-oz., and 16-oz. Bottles.



"FRAY BENTOS"

CANNED GOODS

**"Always Ready,
Always Acceptable."**

FRAY BENTOS Canned Goods are recognised as the finest the world produces. Fray Bentos, on the river Uruguay, is the name of Lemco town, where the Lemco works are situated, in the heart of the 1,135 square miles of Lemco Cattle Farms. Forty years ago a few huts marked the site which is now a flourishing town of 6,000 inhabitants, all employed or interested in the Lemco factories.

It cannot be too carefully borne in mind when purchasing Canned Goods, that, owing to the ideal conditions under which Lemco cattle are bred and reared, the products of the Lemco factories set a standard of excellence unequalled throughout the world.

FRAY BENTOS OX TONGUES

are the tongues of the cattle from which Lemco and Oxo are made. Mild cured and mellow, they turn out of the cans like freshly cooked, home-boiled tongues.

Packed in several sizes from 1½ to 3 lb. for breakfast and lunch.

FRAY BENTOS CORNED BEEF

is prepared from the finest fresh beef. It is made in the Lemco Canning Factories from cattle bred and reared on the Lemco Cattle Farms. This beef is prepared by special process, which ensures its being brought to table like delicious fresh pressed beef.

Packed in convenient small tins.

FRAY BENTOS OX TAIL SOUP

made from the tails of cattle from which Lemco and Oxo are made. The Soup is deliciously flavoured, and is ready for instant use. It is prepared under the personal superintendence of a first-class chef, under hygienic conditions which are unobtainable in private kitchens.

2 Varieties, Plain and with Julienne,

Packed in 2 sizes. Sufficient for 3 and for 6 persons.

FRAY BENTOS BEEF MARROW

the best for pastry-making, frying, and all purposes for which lard or suet is customarily used. Goes further and gives better results than lard or butter.

Packed in 2 sizes. Large and small.

Should any difficulty be experienced in obtaining any of the above products, please write to LEMCO, 4, Lloyd's Avenue, London, E.C., mentioning name of your grocer.



WHERE LEMCO COMES FROM.

The Lemco cattle farms are the largest in the world. They cover over 1,100 sq. miles of rich pasture in the heart of Uruguay and adjacent Republics, the finest of cattle-rearing countries, and produce more than two-thirds of the whole world's supply of concentrated meat foods.

The Lemco Company breed their own cattle on these farms, to which the finest English Hereford cattle are sent from time to time to improve the strain

The stock of selected cattle exceeds 160,000 head.

Established in 1865, the Lemco Company are to-day the largest corporation in the world devoted solely to the manufacture of concentrated beef foods. The fact of their breeding their own cattle is the explanation of the unequalled excellence of Lemco.

Cattle killed since 1865	5,700,000
Hides shipped value	£10,000,000
Tallow	£4,250,000
Coal Consumed	320,000 tons
Cattle Farms exceed	1,100 sq. miles
Stock of Cattle	160,000
Works at Fray Bentos cover	62 acres
Employees in works, farms, and branches	5,000
Beef used per day enough to feed	2,000,000 people

RECORD OF TREATMENT, EXTRACTION, REPAIR, etc.

Pressmark:

Binding Ref No: 3982

Microfilm No:

Date	Particulars
MAR 00	Chemical Treatment
	Fumigation
	Deacidification
	Renaissance HA Liquid Lamination
	Solvents
	Leather Treatment
	Adhesives
	Remarks

Always Order Liebig as **LEMCO**

IN THE BRITISH EMPIRE

Every jar labelled **LEMCO** is the genuine
Liebig Company's Extract.

Every jar not bearing the word **LEMCO** has
no connection with the Liebig Company.

*The Trade Mark LEMCO is only used in the British Empire: in other
countries of Europe the Liebig Company's exclusive right to the name
"Liebig's Extract" is fully recognised. (See page 5.)*