

# Good Things to Eat for Sunday Dinner

## Sunday Menu and Some Tested Recipes

**SUNDAY, APRIL 21.**  
**BREAKFAST.**  
 Crushed Pineapple  
 Hominy, with Milk  
 Poached Eggs  
 Cream Toast with Cheese  
 Zwieback Coffee

**DINNER.**  
 Clear Soup  
 Roast Leg of Mutton  
 Potatoes Asparagus  
 Lettuce, French Dressing  
 Cheese Fingers

**SUPPER.**  
 Cold Sliced Mutton  
 Veal and Ham Pie  
 French Salad Cakes Tea

**Grape Fruit.**  
 Drain canned artichoke bottoms, marinate with French dressing, then stand aside in a cold place until thoroughly chilled. Remove the pulp from grape fruit, rejecting all tough skin and seeds and mound the pulp of the fruit with the artichokes, arranging on beds of crisp lettuce leaves. Garnish with French dressing and strips of sweet red pepper.

**Cherry Salad.**  
 Drain a can of cherries, the large cherries preferred, remove the stones and fill the cavities with cream cheese which has been mixed to a smooth paste and slightly seasoned. Serve on lettuce leaves, using a sufficient number to make a little nest, and garnish with mayonnaise dressing.

**Orange Salad.**  
 Take five thin-skinned sour oranges and cut in very thin slices, then into quarters. Mix one-third of a cup of olive oil, one and one-half tablespoons each of lemon juice and vinegar, one-third teaspoonful of salt, a few grains of mustard and a dash of paprika. Marinate the fruit with this mixture and serve on a bed of watercress.

**Fruit Salad.**  
 Peel two oranges and remove the pulp separately from each section. Peel three bananas and cut into one-fourth-inch slices. Remove all seeds and skins from one-half pound of melons, cut in slices, break into pieces the meat of fifteen English walnuts. Mix all together and serve on lettuce leaves with French dressing.

**Stewed Rhubarb with Lemon.**  
 Choose tender stalks of rhubarb, trim and remove any tough portions of skin. Do not scrape away the delicate red, as it adds to the appearance of the finished dish. Cut the stalks into pieces an inch long, cover with water and stew until tender, with a couple of slices of lemon. Add sugar to taste, heat to the boiling point and chill before serving. Some prefer to add a few seeded raisins with the slices of lemon, for those who like this fruit combination can be recommended. Rhubarb is really a spring medicine, and is invaluable at this season of the year.

**Potato Pancakes.**  
 For three potatoes, weighing about a half pound each allow two or three eggs, one-half cupful of milk, one level teaspoonful of salt, and, if necessary, a very little flour.

**Honey Cookies.**  
 One cupful of strained honey, one cup each of sugar, butter and lard; one teaspoonful each of salt, ground cinnamon and lemon extract, one heaping teaspoonful of soda sifted four times with two cupfuls of flour. Stir in enough flour to make a dough of the right consistency. Roll with two cupfuls and proceed cautiously.

**Pickled Fruit Salad.**  
 Chop or cut into cubes an equal quantity of pickled peaches, pickled pears and pickled green figs. Mix them well with a silver fork, taking care not to break or crush them, and cover with a rich French dressing. Serve upon crisp romaine leaves, with grated almonds over the surface.

**Pineapple Fudding.**  
 Soak half a box of gelatin in half a cup of cold water for half an hour. Then add to half the juice of a can of pineapple enough water to make it a pint. Stir into this a cup of sugar and boil three minutes. Pour, boiling hot, upon the gelatin. Let it stand until it begins to thicken. Then beat it until it looks like white cream. Let it harden sufficiently to hold up the fruit. Then add half a cupful of canned pineapple. Set in the ice to harden. Turn out of the mold and serve with whipped cream. It is good without this.

**Crystallized Fruit.**  
 Make a sirup of a pound of sugar and a gill of water. Boil, without stirring, until a drop falling into cold water becomes almost immediately brittle. Remove the saucepan from the fire and set at once in an outer pan of cold water. Add to the sirup, a teaspoonful of lemon juice. Run the point of a long black or silver pin into the fruit to be crystallized and dip each piece into the hot thickening sirup. Spread upon buttered or waxed papers to dry.

**Angel Cake.**  
 Sift a teaspoonful of cream of tartar six times with a half cupful of flour. Whip the whites of six eggs until they stand alone, then gradually stir into them a half cupful of granulated sugar and the sifted flour. Beat hard and turn into a clean, ungreased pan with a funnel in the middle. Bake in a steady oven until a straw comes out clean from the thickest part. Turn the pan upside down, upon a clean towel and as the cake cools it will slip out of the tin. When it is cold, ice the bottom and sides of the loaf.

**Cereal Coffee.**  
 Three pounds whole wheat, three tablespoonfuls of molasses, one pound of whole barley, three tablespoonfuls of butter, one cupful of ground, unroasted, cup-half, pound, Mocha coffee. Roast wheat and barley until brown, stirring often. When as dark as a coffee berry

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 Mutton Chops—3 pounds for ..... 25c  
 Pot Roast—pound ..... 10c, 8c, 7c  
 No. 1 Hams—pound ..... 15c  
 Picnic Hams—pound ..... 10c  
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add butter and molasses, stirring it until all is absorbed and the grains separate. Remove from oven, and when cold add Mocha coffee and chicken. Grind in coffee-mill or meat grinder. To make—Use one and one-half teaspoonfuls of coffee to each person, and one and one-fourth cups cold water. Boil an hour and serve with sugar and cream or milk.

**Caramel Spanish Cream.**  
 Two and one-half teaspoonfuls of granulated gelatin, one-fourth cup of boiling water, three cups of milk, three-fourths cup of sugar, three eggs, one-eighth teaspoonful of salt, one-half teaspoonful of vanilla. Soak milk with gelatin. In the meantime caramelize one-half the sugar, add boiling water and turn into milk mixture. Beat egg yolks slightly, mix with balance of sugar and the salt, pour into milk and return to double boiler, cooking until thickened, stirring constantly. Remove from heat, add vanilla and the egg whites whipped stiff. Turn into individual molds, first dipped in cold water and chill. Serve with caramel almond sauce.

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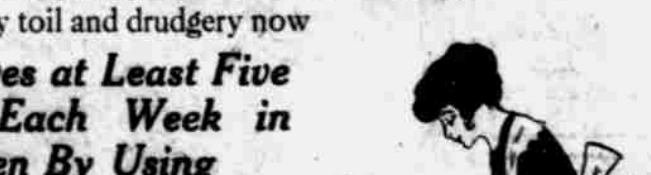
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