

WHEN WE
ENTERTAIN

*What to Serve
and
How to Serve it*

by

Anna Lee Scott.

FREE CONSULTING SERVICE

with

Anna Lee Scott

AS a user of *Monarch Flour* you are entitled to consult Anna Lee Scott, Director of The Maple Leaf Club, on any entertaining problem.

You may ask for suggestions on:—

1. *Table-setting and serving.*
2. *Formal Dinners.*
3. *Afternoon or Evening Receptions.*
4. *Luncheons.*
5. *The Small Party.*
6. *The Intimate Tea Party.*
7. *Children's Parties.*
8. *The Wedding Breakfast.*
9. *The Supper Party.*
10. *Recipes to carry out menu suggestions in "When We Entertain."*
11. *Definite menus, complete in detail; state what courses you desire to serve and a preference for one or two main dishes around which menu is to be built.*
12. *Questions on any small point of correct entertaining not covered in "When We Entertain."*

IMPORTANT

Please attach to each enquiry the word "*Monarch*" clipped from a bag of flour, as this service is only for *Monarch Flour* users.

Address: ANNA LEE SCOTT
Room 616, Dominion Bank Building
Toronto, Ont.

When We Entertain—

by

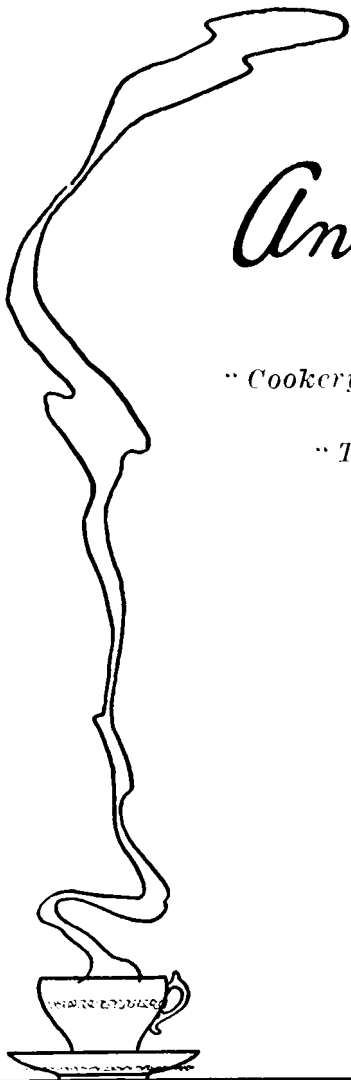
Anna Lee Scott

Author of

“Cookery Arts and Kitchen Management”

and

“The Maple Leaf Housekeeper.”



Price 25 Cents

PUBLISHED FOR USERS OF

MONARCH FLOUR

BY

MAPLE LEAF MILLING CO., LIMITED

Copyright, Canada, 1925.



Monarch Flour

THE WELL-SET DINNER TABLE

HOSPITALITY seems to become more charming with the years. True, there is greater simplicity to the average home entertainment of the present day—due to changing conditions, less domestic help and fresh view points on the things that are necessary to successful entertaining. It is a simplicity, however, which recognizes the importance of correctness in every detail.

On the well-set table, the large cloth of linen damask, whilst still in excellent taste, has very generally given place to table runners and round or oblong doilies, even on the formal dinner table—a change, indeed, from the somewhat austere mode of former times, but one which adds to both the variety and the charm of the modern table. The fancy cloth, rich with real laces and loveliest embroideries, is also good form.

The flowers of the centrepiece should never mask the diners, making 'cross-table conversation difficult; so we mass them low, or use an airy arrangement of blossoms. The bowl in the centre is always good; so is the use of two or four small vases arranged about the low centre or placed well toward the corners of the table. There are lovely new table decorations in silver, glass and pottery. Candles we may use much as we please, too—so long as we *do* use them. No light is so quietly friendly, so conducive to a pleasant frame of mind, as the “yellow ease of eyes.” Our preference has swung rather to the unshaded candle—especially when it is of the tall variety that carries the flame above the eye-level. Candle shades are also liked, however, and will sometimes help materially in the development of a decorative scheme. Small individual shades should be used if the flame is on the level of the eye.

Fruit has proved itself a delightful medium for the decorator to work in—its colours are so rich and contours so varied and delightful. The simple bowl of vivid apples pears and oranges; the low mass of fruits, festooned with grapes, with all the richness of a gorgeous old polychrome panel: fruits happily grouped with deep-toned autumn leaves, vines trailing informally upon the cloth—no artificial beauty, however truly it is art, can surpass the effects that can be achieved with such easily obtainable materials.

The crowded table has disappeared completely from the kingdom of good form. The restraint and repose of clear spaces are better than any unnecessary dishes, however beautiful to the eye or appealing to the palate. Salt cellars, pepper shakers, salted nuts and sweetmeats are about all that should appear on the table, beyond the setting of the individual places. And as each course is removed, any etceteras that belong to it are removed also.



The well-set dinner table has little on it at a time, and that little placed with absolute precision. Soft lights and low decorations lend their gracious charm and add to the enjoyment of both dinner and conversation.



Monarch Flour

A nice balance is *always* important, and is easier to achieve when there is a complete absence of “cluttering” objects. The centre-piece should never seem too heavy; there should not be too much in the way of small vases, candle sticks and so forth. If four of either seem too many, try two; if the table is small, perhaps you will combine centre decoration and candle lighting, by using a single candelabrum with three or four branches. Your own sense of proportion will be your best guide.

As to the setting of the places—*precision* seems to be the most important factor. The smallest spoon or fork must be placed with an exactness that is mathematical. There are a few short and simple rules which it becomes a habit to follow.

First, every knife, fork and spoon at a place must be exactly parallel to its fellows. They are placed in soldierly rows, about an inch from the table's edge. Looking down one side of a square or oblong table, all the flat silver on that side will be seen to lie in absolutely straight lines. There will be a straight row of glasses, for each one is placed just off the tip of the dinner knife. The rule for the order of knives, forks and spoons, is very simple. The first fork to be required, will be placed, tines up, at the extreme left; the second one needed will be placed second from the outside when the table is set and will be found at the extreme left when its turn to be used comes. So with the knives (which are placed with cutting edge toward the plate). If the fish knife is the first one required, it will be the outside knife; the knife required next will be just inside the fish knife, and so on. Spoons are placed, by preference, to the right of the knives, and they likewise are put in the order in which they will be wanted—beginning always at the outside.

It is the practice to lay only three forks, and the knives, etcetera, to correspond. Whatever silver may be needed for some of the less important courses, is brought in when the course is served. This does away with an overpowering array of silver on the table. The table napkin, simply folded, is placed at the left of the forks, its open edge toward plate and table edge.

The first glass is placed just off the tip of the knife and a little to the right; others beside it. A roll or cube of dinner bread is correctly placed on the napkin or cloth at the left of the forks. Butter is not required at dinner, therefore bread and butter plates are not needed. If used, they are placed at the left.

The table that is well set, its appointments beautifully cared for and correctly placed, contributes materially to the success of the dinner.

THE DINNER PARTY

IF all the formalities are to be observed, the host will offer his right arm to the lady guest of honour, when dinner is announced. The other guests will follow, the hostess with the man guest of honour bringing up the rear. Place cards, clearly written, make sure that the seating is according to the carefully considered plans of the hostess. Each gentleman seats the lady he has taken in (or his right-hand neighbour, if they have gone into the dining room informally) and takes the place at her left.

Table service, like table setting, is largely a matter of a few simple rules. It may be *à la russe*, when all dishes are served at the side and passed to the guests; in the English manner, when important dishes are carved or served at the table; or a combination of these two, when one or two courses—the meat and dessert, perhaps—are served by the host and hostess.

The host may carve, when the party is not too large. The maid stands at the left of the host and as each serving is put on a plate, carries it to one of the guests. She follows the same procedure with any dish served by the hostess.

All plates should be placed from the left side of the diner. If there is a maid to pass vegetables, sauces, etc., she offers them at the left. (Beverages only, are placed from the right). The dish should be passed on a small serving tray or vegetable dishes may be held with a folded napkin. A large spoon and fork is placed in each dish of vegetables and suitable serving silver in all other dishes. The simplest rule is to remove used plates at the left side, glasses and cups at the right.

Before dessert, after all the salt cellars, pepper shakers, silver and everything pertaining to the foregoing courses have been removed, the crumbs are deftly brushed up, a folded napkin or silver crumb knife and a tray or plate being used.

When there is no maid—the case in the vast majority of homes—the service as well as the menu, should be simplified. Salad and sweet courses, with all their accessories, should be ready on sideboard or serving table. A wheel table or tea wagon, placed beside the hostess, helps to eliminate the confusion and interruption of frequent rising. It will carry dishes that will be required and later will receive used plates. The host and hostess serve the dishes and the plates are simply passed from hand to hand.

An appetizer, soup, olives, celery and radishes, fish, an entrée, the meat course, game or young poultry, salad, sweet course, fruit, nuts and bonbons, black coffee, is the rather formidable list of courses that may be included for the elaborate dinner.



Monarch Flour

To simplify such a menu, the game is first omitted. The entrée next might be eliminated, followed probably by the fish. Quite adequate is the simple menu of fruit or shell fish cocktail which may be followed by soup; or either the cocktail or the soup only may be served, followed by the main course, with its full complement of sauce, vegetables, etc. A light salad follows.

A delicious pudding, trifle, jelly, pastry or an ice may be served after the salad, followed by nuts and fruit, if liked. Black coffee is poured by the hostess at the table or in the drawing room immediately afterward, or may be brought in already poured. (The small cups should always be heated.)

The actual menu is largely governed by the facilities and the service that are available, as well as by the matter of expense—though the absence of a maid need deter no one who plans wisely. The range should be studied when dishes are being planned, so that no more oven or top-of-stove space will be required, than is available; so that too many dishes will not require the cook's attention at the same time; so that, if there are no servants, everything may be ready beforehand and very simple to serve. The oven, steamer and double boiler will all help to keep hot things hot.

APPETIZERS

The appetizer, "invitation to the feast," takes the form of a piquant morsel such as a savoury canapé, or a zestful fish or fruit cocktail. Oysters or clams may be served on the half shell, on a bed of cracked ice, with a tiny glass containing the highly flavoured mixture in the centre; or they may be mixed with the sauce and served in cocktail glasses. The fruit cocktail, perhaps a little less formal, is also much liked for dinner or luncheon. If fruits are mixed, time should be given for the flavours to blend. Serve cocktail in glasses, setting each one on a small doily on a plate.

OYSTER OR CLAM COCKTAIL—2 tablespoons lemon juice, 2 tablespoons tomato catsup, $\frac{3}{4}$ teaspoon Worcestershire sauce, 1 teaspoon grated horseradish, 6 drops tabasco sauce, $\frac{1}{4}$ teaspoon salt. Serve with oysters or clams on the half shell, or mix all together in cocktail glasses.

LOBSTER, CRABMEAT OR SHRIMP COCKTAIL—Cut into neat pieces, mix with tomato catsup, lemon juice and salt. Serve in cocktail glasses.

FRUIT COCKTAIL—Small grapefruit shells may be substituted for glasses. Cut in half, scoop out pulp, trim away all white skin cleanly, scallop edges with scissors and put shells into cold water. Chill pulp. To serve put a little cracked ice in each shell, then fill with sweetened pulp. (Use *powdered* sugar). Or serve in the usual glasses.

Monarch Flour



White grapes, orange and grapefruit pulp, white or maraschino or green mint (*crème de menthe*) cherries, pineapple, strawberries, and any other suitable fruits, may be mixed in any combination.

Raspberries with currant juice, strawberries or peaches with orange juice, iced grapes, melon cut into balls with French potato cutter, are all refreshing for a first course.

FOR CANAPES, cut quarter-inch slices of bread into squares or fancy shapes. Toast on one or both sides or brown in oven or fry in deep, hot fat. Spread with savoury mixture, arranged in pattern or with border to look attractive. A dry canapé may be eaten from the fingers, a soft one requires a small fork.

ANCHOVY—Chop whites of hard cooked eggs and rub yolks through a sieve. Arrange split anchovies in centre of canapés, and on either side sprinkle chopped white of hard cooked egg and yolk rubbed through a sieve, or use chopped pickle and chopped olives.

CAVIAR—Spread toast with caviar then with chopped hard-cooked egg seasoned with onion juice and parsley.

SARDINE—Rub to paste, with salt, pepper and lemon juice.

HAM—Mince, season highly, and border with chopped pickle.

SOUP

Follow a standard recipe for a thin stock soup; serve in plates, which should be half filled.

FISH

A whole small fried fish or a small serving of boiled or baked or filleted fish, is served, with appropriate sauce, sliced cucumber, lemon garnish. Very small fish are cleaned and heads and tails are not removed. Sprinkle with salt and pepper, dip in Monarch flour, beaten and diluted egg and fine, dry crumbs, and fry in deep fat. Garnish with parsley, slices or boats of lemon, cut as on page 25. Serve with Sauce Tartare, made by adding $\frac{1}{2}$ tablespoon each chopped capers, pickles and olives, to $1\frac{1}{2}$ cups Mayonnaise (page 29). Nicely trimmed fillets of larger fish may be fried and served the same way, or seasoned with salt and lemon juice, rolled, skewered and steamed. Serve with Hollandaise or Egg Sauce or Maître d'Hotel Butter (butter creamed with lemon juice salt, pepper and parsley).

THE MEAT COURSE

The meat course is usually poultry or a roasted joint. It must be cooked to a turn and properly accompanied. With chicken or turkey—serve cranberry sauce, bread sauce, and brown or giblet gravy;



Monarch Flour

stuffing of breadcrumbs, pepper, salt, a little chopped parsley, and a little butter or bacon fat. With beef—horseradish, tomato or brown sauce. Roast lamb or mutton—mint sauce, currant or other tart jelly; boiled mutton—caper sauce. Pork—apple sauce and brown sauce. Goose or duck—apple or orange sauce; stuffing may be more strongly flavoured with a little sage and onion. Fried chicken—Southern milk or brown gravy or celery or egg sauce. Boiled chicken or turkey—white sauce.

SALAD

To crisp and dress salad greens, see page 29. The more substantial salads are out of place on the dinner menu. A cool, refreshing touch after the heavier foods, is desired. Crisp lettuce, romaine or endive with French dressing, is correct. With less formality, a little thinly sliced cucumber or tomato, a tiny whole tomato, peeled and chilled, or fruit such as Malaga grapes, pineapple, alligator pear, large canned pear, orange or grapefruit (carefully peeled and freed of all membrane and sliced paper-thin or arranged in sections), may be included. Cheese is often liked with salad; cream cheese may be shaped in balls, or spread on fruit, or served with thin crackers. Cheese straws are good and easily made; roll puff or good plain paste thin, sprinkle half of it with grated cheese, season with salt and paprika, fold over other half of paste, pat and roll out; repeat the seasoned cheese, etc., twice; roll finally, cut into "straws" and bake in a hot oven until delicately browned.

SWEET COURSE

A rather delicate sweet is a wise choice at a dinner and can be decorative as well as delicious. Various moulds lend themselves well to both purposes. A large charlotte (strawberry, caramel, orange, coffee, or the familiar charlotte russe), decorated with lady fingers and jelly or crystallized fruits, is attractive. Very effective use is made of small moulds (for which egg cups answer nicely) of Spanish or Bavarian cream or lemon jelly or *very* delicate blanc mange; the moulds are turned out and set around the edge of a fancy platter, the centre filled with large, ripe strawberries, raspberries or sliced peaches sprinkled with powdered sugar, and the edge of the dish bordered with strawberry or other leaves. Ices, a trifle, cabinet pudding, shortcake, very delicious individual pastries or one of the richer hot puddings, suitable to the mid-winter menu, hold plenty of possibilities for achieving the desired "happy ending." For after dinner coffee, see page 24. Recipes for dishes suggested in this chapter will be supplied by our Monarch Consulting Service.

THE LUNCHEON

A SOMEWHAT lighter touch characterizes the ceremonious luncheon, than is strictly correct for the dinner. Novel linens may appear on the table; flowers are given an airy charming arrangement; the menu will be a little less rich and probably less extensive. In mid-winter, if the light is dull, it may be cosier to draw the curtains and lunch by candle-light; when there is cheerful natural light, candles do not appear.

Only the special occasion will give rise to the use of significant decorations; originality and ingenuity will often warrant some slight departure from the strict conventions, since freshness and novelty have always a definite social value, when they ask no sacrifice of charm or essential dignity. The entertainment that need not adhere rigidly to the formalities or that may waive them entirely, may often be given colour and stimulating individuality by the introduction and development of some appropriate motif. The announcement party or bridal shower, the Valentine, Easter, Hallowe'en or Christmas festivity, usually reflects the occasion—with success that is largely proportionate to its novelty and individual charm. Ideas for such occasions may be requested from our Monarch Consulting Service.

The correctly set luncheon table follows the rules laid down for the dinner table. Not more than three forks, with corresponding knives and perhaps the bouillon spoon, are laid at the beginning, additional silver being placed with the later courses as required. The same exquisite precision marks the placing of silver and china; the same gracious restraint is noticeable; beyond the required number of carefully set covers, only the decorations and small dishes containing sweetmeats and salted nuts, will be given a place on the formal table. If there are no servants to pass the dishes, extra rolls, salts and peppers, relishes and similar accompaniments to the early courses, may be included.

The luncheon that is done in the grand manner, models its menu, as well as its form, after the dinner. The same courses are served in the same order. The fruit or shell-fish cocktail makes a happy beginning and may be already at the places when the guests come to the table; hot soup or jellied bouillon is served in bouillon cups instead of the soup plates that are prescribed for dinner use; the fish course may be a well-made croquette or a delicious creamed or devilled mixture, served in shells; the entrée, a delectable morsel of sweetbread, or mushrooms, or some delicate meat in aspic; lamb, with green peas or new beans, is preferred to a heavier meat course and may be followed by a refreshing and stimulating sherbet, then by game or small birds and salad. A hot sweet or ice would appear next and the English fashion of serving a small savoury, frequently made with cheese, may be followed. Fruits and bonbons and coffee served at the table or in the drawing-room, conclude what is truly a banquet.



Monarch Flour

The formal luncheon on this scale pre-supposes the best of cooks and well-trained dining-room servants; even then, the full menu is likely to be considerably cut-down and there is an increasing feeling for fewer dishes, each exceptionally delicious. Wisdom dictates that the menu be simplified to the point where it can be handled perfectly, without hitch or anxiety.

The ceremonious luncheon is served *à la russe*—nothing is served at the table. With one well-trained servant, the not-too-elaborate luncheon for not more than eight guests, may be served *à la russe*, an exception being made of the pudding or ice-cream, which may be served by the hostess, who will also pour the tea or coffee. If this plan puts more responsibility than is wise, upon the single maid, the hostess may serve practically all of the dishes at the table.

When there is no maid, the hostess will serve each course herself. Since the very simple luncheon may introduce tea or coffee early in the meal, she may like to arrange the beverage on a tray on a small table or tea-wagon at her side. The lower shelf of the tea-wagon is useful to receive used dishes. So far as possible, the succeeding courses should be arranged on a side table, with the plates, silver and so forth that will be required for them, so that the least possible confusion will be created when the hostess or member of her family rises to change the plates. Smoothness—even though it be achieved differently—is as essential in the maidless entertainment as when there are a butler and competent footmen.

The small luncheon, served by one maid, or with no maid at all, is a much used form of entertainment. A very few well chosen dishes, beautifully cooked and charmingly served, may make it an affair of real distinction. The cocktail of chilled fruit or shell-fish, which may be already on the table when the guests arrive, is the least troublesome of first courses. *Hors d'ouvres* may be placed on the table—perhaps a number of them, such as olives, crisp celery, etc., in small dishes or a sub-divided dish made for this purpose—from which the guests may help themselves, transferring the *hors d'ouvres* to the small plate which for the informal luncheon may be placed just at the left of the forks, opposite their tines. On this plate a very small knife or the modern butter spreader, may be placed diagonally. Soup is optional; in hot weather, a jellied bouillon may be prepared beforehand and is very delicious. If a fish course is served, it may be accompanied by potato balls or potato chips, which may be bought ready or made beforehand; a suitable sauce should also be served, or perhaps a small portion of lettuce and cucumber salad.

The main course might be roast lamb or fowl or sweetbread or perhaps a chop or cutlet, with which potatoes, a green vegetable, suitable sauce and perhaps a jelly, such as red currant, will be required. For the mid-summer luncheon, a cold fowl or a delicious galantine may replace the hot meat, on an informal occasion, but both appetite

Monarch Flour



and digestion are better served if hot and cold dishes are both included on the menu; should your choice fall upon these cold cuts, it would be wise to precede them with hot soup or a delicate hot fish course.

A light salad is usually retained upon the menu and it may be made rather interesting, for the informal luncheon—something, for instance, like a Butterfly Salad, with pineapple wings or a salad of chilled Malaga grapes in green ice-cups—if fruit would not be repeating an earlier course; asparagus tips are liked and so are the luxurious artichoke and various delicious combinations set in jelly. A good dressing is of great importance on all salads. For the really informal hot-weather luncheon, a very excellent chicken or sweetbread salad may sometimes replace both meat and salad courses, or a very decorative salmon mousse might make an appropriate main course. The sweet course may be hot or cold—a rich pudding, delicious pastry, or something in the nature of a trifle, a Spanish or Bavarian Cream, a truly wonderful home-made charlotte russe, a marshmallow pudding or macaroon mould (for any of which readers may request our Monarch Consulting Service to send recipes); ice-cream and small cakes may be used instead, or may follow the hot sweet, the ice-cream glorified by the addition of some very delicious sauce or taking the form of a velvety mousse, a parfait or an interesting Baked Alaska or bombe glacé, which may be ordered from the caterer or very successfully made at home. Fresh or dried fruits and nuts are always simple to serve as a final course. If the hot beverage has been reserved for the close of the meal, coffee will be chosen and may be poured at the table or in the drawing-room or on the shaded porch.

The buffet luncheon is often a convenient form of entertainment. It is easily handled with a minimum of service; if space is limited, more guests may be entertained than if they were seated at tables; it may be charmingly informal, allows the guests to drift about at will, and may be at the same time interesting and satisfying as to menu.

Sideboard and serving tables hold the plates, knives, forks, spoons, small napkins, glasses, cups and saucers. Hot and cold dishes are placed on the tables, along with any number of delicacies and the guests help themselves. From the pantry, trays of cups filled with hot coffee, tea and chocolate are brought into the dining-room, or the tea and coffee trays will be presided over by two matrons, friends of the hostess. The buffet luncheon will fit into any kind of occasion—after the wedding, to precede the bridge party or some sporting event, to introduce a guest, or to entertain a youthful party. The menu may be simple in character or may include as many and elaborate dishes as the stately, many-coursed function that we first discussed.

Our Monarch Consulting Service will give detailed menus for any type of dinner or luncheon discussed in these chapters, and recipes for any of the dishes that are mentioned.



THE RECEPTION

THE reception doubtless owes its constant use as a form of entertainment, to two things: it enables the hostess to greet many friends on a single occasion, and it fits many special requirements such as the first hospitality the bride extends or the reception on the wedding day itself, the party given in honour of some visiting notable or to introduce a debutante or to follow a musicale or other entertainment.

The reception or large tea given in the afternoon has assumed an almost standardized form. When friends have been received and have chatted a few minutes in the drawing-room, they pass through to the room in which tea is being served. One or, more often, two friends of the hostess will preside in the tea-room, pouring the coffee and tea. They will have a bevy of youthful assistants—the daughters of the house and their young friends, or when the hostess herself is youthful, a group of her own contemporaries. The bride, for instance, will usually ask two of her mother's friends to pour tea and coffee, and her bridesmaids or intimate friends will act as their assistants.

As a rule, the only duties which fall upon the servants are the careful renewal of supplies from the pantry and the immediate removal of used dishes from sideboard and serving tables.

The dining-table is customarily used and is spread with a large cloth of fine damask or one of linen made lovely with embroideries and real lace; or very beautiful doilies and matching centrepiece may be used upon a polished table. A charming colour scheme is decided upon for the table and flowers, candles, cake frostings and candies will all contribute to it. A great bowl or basket of flowers will be used in the centre of the table, with smaller baskets or vases at the corners; candles, shaded or unshaded, are used effectively with the flowers. Very decorative cakes (some of them most elaborate specimens of the caterer's art), and small dishes of bon-bons, are left untouched upon the table, which must remain fresh and attractive until the last guests have been served. The assistants will pass other plates of cakes and sandwiches, a few from the tea-table and others from serving-table or side-board.

A space is reserved at each end of the table for the large tray that holds the tea or coffee equipage. Cups and saucers—not too many at a time—are grouped toward the left-hand of the presiding matron. Time is saved if sugar is already placed upon the saucers—two small tea cubes on each. It is taken for granted that cream is desired, unless an assistant brings some special request.

As guests enter the tea-room, they are met by one of the assistants and asked to have tea or coffee. The same assistant will bring the sandwiches and cakes and if they are served, the ices, and will relieve the guest of her cup and saucer and ice-glass. Salted nuts are usually passed with the ices, which are followed by bon-bons and various sweetmeats.

Monarch Flour



When this type of service is being used but on a small scale and without enough servants to look after everything, one or two of the assistants will make a point of replenishing the tea and coffee pots as the need arises.

For the wedding reception, the same additions may be made to this menu as are suggested for the evening reception. Our Monarch Consulting Service will answer any questions regarding the wedding breakfast.

The evening reception follows much the same lines as the afternoon At Home, but may be placed on a somewhat more elaborate scale. The beverages may be dispensed by men-servants or maids and the servants will pass trays, as well as put supplies on the side-board and serving-tables, from which the gentlemen will help themselves.

Some additions may be made to the menu—a pâté, salad, or creamed dish such as chicken or lobster, preceded if liked, by bouillon in cups. Both pâté and salad may be served, if desired. This menu would be quite suitable to serve at a dance, when the supper may be served at small tables or in the simpler buffet fashion, the gentlemen looking after their partners themselves. Of course, the elaborate ball will expand this menu still further and the guests may sit down to a midnight supper of many courses.

It is customary to have a competent caterer supply all or part of the refreshments for the large party. If the burden will not be too heavy, however, any quantity of sandwiches, small cakes and even ices, may be made at home. The two chapters at the end of this book which are devoted to the making of sandwiches and salads, will offer plenty of suggestions that may be successfully followed, and recipes for any other dishes which would be appropriate, may be requested from our Monarch Consulting Service. It may be decided to order the ice-creams (and perhaps a water-icé, to serve as an alternative or to mix with the ice-cream) from the caterer and elaborate them with garnishes or sauces such as those which follow.

STRAWBERRY SAUCE— $\frac{1}{3}$ cup butter, $\frac{2}{3}$ cup strawberries, 1 cup powdered sugar, white 1 egg. Cream the butter, add sugar gradually, egg beaten until stiff, and mashed strawberries. Beat well.

WHIPPED CREAM SAUCE—4 egg yolks, 4 tablespoons powdered sugar, 2 cups whipped cream, $\frac{1}{2}$ teaspoon vanilla. Beat eggs until thick; add sugar; beat again, and cook in double boiler until slightly thickened. Beat until creamy. Add flavouring. Fold in cream.

CHOCOLATE SAUCE—Melt 1 ounce chocolate, add 1 tablespoon butter, 1 cup sugar and $\frac{1}{3}$ cup water. Boil 15 minutes, add 1 teaspoon vanilla.

MARSHMALLOW SAUCE— $\frac{1}{4}$ lb. marshmallows, $\frac{1}{4}$ cup confectioners' sugar, $\frac{1}{4}$ cup boiling water. Cut marshmallows in pieces and melt in double boiler. Dissolve sugar in boiling water, add to marshmallows and stir until thoroughly blended. Cool before serving.



Monarch Flour

FRESH STRAWBERRY PUREE—Rub strawberries through a sieve; add powdered sugar to taste; mix well and chill. A few drops lemon juice may be added. Use on vanilla ice-cream. Purée may be folded into whipped cream and used as a sauce.

SMALL FROSTED CAKES—Bake pound or angel cake or any rich mixture, in shallow pans; shape with fancy cutters or cut in squares; cover with “Twice-cooked Frosting” and uncooked icings, variously flavoured. Decorate with bits of crystallized fruit, nutmeats, candied rose or violet leaves, etc.

KEEP-WELL CAKES— $\frac{3}{4}$ cup butter; 1 cup brown sugar; 2 eggs; $1\frac{1}{2}$ cups Monarch flour; 1 teaspoon cinnamon; $\frac{1}{4}$ teaspoon cloves; $\frac{1}{2}$ teaspoon nutmeg; 1 cup seedless raisins, $\frac{1}{2}$ cup chopped nuts. Cream butter, and sugar gradually. Stir in the eggs, well beaten. Sift rest of dry ingredients together, and add these gradually to first mixture. Stir in raisins and nuts. Place by spoonful on shallow greased pans. Bake till brown. These cakes improve with age.

ORANGE CAKES—1 cup brown sugar, 2 cups Monarch flour, 1 teaspoon baking powder, 2 teaspoons cinnamon, $\frac{1}{2}$ teaspoon grated nutmeg, $\frac{1}{8}$ teaspoon mace, $\frac{1}{2}$ cup candied orange peel or citron, 1 tablespoon orange juice, $\frac{1}{2}$ tablespoon grated orange-peel, 2 egg yolks, 3 egg whites. Sift together the flour, baking-powder, and spices. Sift again after adding the sugar. Then make a hollow in centre of sifted dry ingredients; add the eggs, unbeaten, and stir in the mixture a little at a time. Beat well for about five minutes. Add orange juice, grated rind and chopped fruit. Make into balls the size of a large walnut, dipping the fingers into pulverized sugar. Bake on oiled or buttered paper, an inch apart, in a hot oven.

COCOA-SPICE CAKES— $\frac{1}{2}$ cup butter, 1 cup sugar, $\frac{1}{4}$ cup cocoa, 3 eggs, beaten separately, $\frac{1}{2}$ cup water; $1\frac{1}{4}$ cups Monarch flour, 3 teaspoons baking-powder, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon mace, 1 teaspoon vanilla. Add the sugar to the creamed butter; stir in the egg yolks, well beaten. Sift flour, baking-powder, cocoa, spices and salt together. Stir the flour mixture and water alternately into first mixture. Add vanilla and fold in the well-beaten whites last. Bake in small tins.

LITTLE BLACK DEVILS—1 cup granulated sugar, $\frac{1}{2}$ cup butter, 1 egg, 2 cups Monarch flour, 1 teaspoon soda, 2 packages dates, 1 cup walnuts or pecans and 1 teaspoon mixed spices. Cream butter and sugar, add beaten egg and other ingredients. Make dry enough to lift on fork. Bake in slow oven, 15 to 20 minutes.

HARD TACK—2 eggs, well beaten, 1 cup dates (cut in two and washed), 1 cup walnuts, cut in two, 1 cup granulated sugar, 1 cup Monarch flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon baking powder. Mix in order given, spread in dripping-pan in thin sheet and bake in moderate oven until a nice brown. When cold, cut in long, thin strips and roll in powdered sugar.

THE SMALLER PARTIES

THE hostess of the bridge or mah jongg party may serve tea in one of three ways. The players may remain at their tables, after the close of the game and have tea there; or the tables may be cleared away, if there have been only two or three of them, and tea served by the hostess from her small tea table. Or the guests may be asked to go to the dining-room, where tea will be served in buffet fashion, as for the large tea or reception. When other friends have been asked to come at the tea hour, as is so frequently the custom, the last plan is usually the best one.

Since the intimate tea and buffet service are fully discussed in other chapters it is necessary to speak in detail of only the first of these three types of service. Fresh linen tea cloths are spread upon the bridge tables, after the removal of cards, score-pads and so forth. Tea is poured in the pantry and carried direct to the tables, or if the party is not too large, it may be dispensed by the hostess from her small tea table and carried to the card tables by the maid. A small dish of sweetmeats and one of salted nuts, and a plate of sandwiches, which may be assorted (or two plates, each containing sandwiches with different fillings) should be placed on each table and a small plate with a tea napkin on it, put before each guest. Following the sandwiches, cakes are placed upon the table and each guest is asked if she will have more tea.

So much for the simplest type of tea, which is considered quite adequate for the small party. Ices are optional, when the guests are few in number, but are added when the party assumes larger proportions. The refreshments for the large card party will be the same as for the reception and similar arrangements will be made in the dining-room.

When the party is given in the evening, a hot pâté, a delicate creamed dish (chicken or sweetbreads, perhaps) or a good salad, is very much liked. Small green sandwiches (lettuce, cress, etc.) may be served with them; or rolled sandwiches of plain bread and butter or those with an asparagus tip and mayonnaise rolled in each one; or the pretty sandwiches made in layers, with suitable vari-coloured fillings or some of the attractive savoury fillings, for which recipes are given in our Sandwich chapter, would be a good choice and need only be followed by cakes and coffee or chocolate.

When the party is more elaborate, ices may be added—slices cut from moulded “bricks” served on ice-cream plates, or any delicious frozen mixture served in sherbet glasses, with such sauces (see recipes in Reception chapter), fruits and garnishes as one may care to add, or delightful individual moulds in the shape of flowers, fruits and special designs, turned out by the expert caterer.



Monarch Flour

When one entertains a table or two, very informally, in the evening, one may follow practically any whim in the matter of the little supper. Some sandwiches, with wafers or cake and coffee or chocolate; an attractive salad (for which there are many suggestions in our last chapter); any little savoury dish or flavourful hot mixture that can be served in ramekins or pâté or timbale cases, such as creamed lobster, chicken à la king; veal cooked in the same way; little aspic or tomato jellies, made substantial with fowl or lamb or veal and served with a spoonful of salad mixture (or with some salad ingredients set right in the jelly along with the meat; even the much-loved and much-maligned Welsh rarebit—to mention just a few of the supper dishes one might serve; or, to simplify again—crackers and cheese, with celery hearts, perhaps, may usually be counted upon to win masculine favour (the celery may be stuffed with a cheese and mayonnaise mixture). A hot beverage, with a cold one also in warm weather, and cakes, if liked, or some stand-by of the shortbread variety, will round out the little supper.

There is much to be said in favour of the chafing-dish—the old-fashioned kind with a spirit lamp or one of the new electric grills—when one brings a few friends home after skating or the theatre. If a tray has not been left ready, it may be quickly prepared with everything that will be needed and it will soon begin to tempt the most jaded appetite. It is often well to include the toaster in the equipment. The artist at the chafing-dish makes a point of mastering two or three good sauces, as foundations for many savoury concoctions in which meat, fowl, fish, etc., may be featured. A little cooked beef or lamb, chopped and turned into a delicious brown or tomato sauce; cold fowl or fish, heated in a smooth cream sauce with such additions as pimento, green pepper, mushrooms, green peas, to give the chef's touch—will be bound to be successful. Then there are various egg or cheese mixtures and such things as sardines, shrimps and cold fowl to be sautéed in butter or made into delicious spreads for toast.

The quantities for the following three useful foundation sauces are based on 1 cup liquid. Estimate the amount of sauce that will be required to serve any given number of people and vary accordingly. Sauces are medium thick. They may be made early and heated when required, in double boiler.

WHITE SAUCE—2 tablespoons butter, 2 tablespoons Monarch flour, 1 cup milk (white stock may often be substituted for all or part of the milk), $\frac{1}{2}$ teaspoon salt, a little white pepper. Sometimes a dash of cayenne is desirable or a little paprika, instead of white pepper.

Melt the butter in double boiler. Blend in the flour. Add liquid a little at a time, stirring to a smooth paste. When all liquid has been added, stir until sauce is thick and smooth. Cover and cook for at least 15 minutes. Add seasonings.

Monarch Flour



BROWN SAUCE—2 tablespoons butter, 3 tablespoons Monarch flour, $\frac{1}{4}$ teaspoon salt, (if stock has not been sufficiently salted), $\frac{1}{8}$ teaspoon pepper, $\frac{1}{2}$ slice onion, finely chopped. Fry onion in butter until slightly browned, then remove it. Blend the flour into the butter (note that more flour is required when it is to be browned because it will have less thickening power). The seasonings may be mixed with the flour. Brown well. Add the liquid gradually, stirring to keep smooth, and continue to stir until sauce is thick.

When suitable, any of the following may be added: tomato or mushroom catsup, Worcestershire sauce, onion salt, celery salt, chopped capers and green pickles, chopped canned or cooked mushrooms.

TOMATO SAUCE—Substitute $1\frac{1}{2}$ cups strained tomato juice for the stock in Brown Sauce, and make in the same way. The onion may be cooked with the tomato.

The informal supper for Sunday evening must frequently be somewhat elastic, a fact which has given rise to a pleasant informal fashion of serving it. The large damask cloth is obviously better than the doilies that might be used if the number of guests were always definite. The places are not set, but a sufficiently generous number of knives, forks, spoons, glasses, bread and butter plates and napkins, are placed in piles here and there around the table (or the forks and knives may be placed in a straight row, the alternate piece pushed forward an inch or two). At one end there is placed a cold roast, a well-seasoned meat loaf, a glazed and decorated tongue or baked ham, resplendent with its sugary coating and cloves, fowl—cold, or in a hot, deep pie,—or a mould of jellied meat. In front of the person who sits beside the carver, a large bowl of salad may be found—or perhaps there will be both a crisp green salad and a potato salad, delicious with the blended flavours of pimento, green pepper, onion and mayonnaise. Rolls, or hot biscuit, or cut bread—or perhaps a loaf each of brown and white bread on a silver-rimmed bread board—salt, pepper, butter-balls and whatever one likes in the way of relishes and condiments, are placed upon the table. The guests seat themselves as they like, with perhaps an odd word of guidance from the hostess, and at once proceed to the business of passing round the plates, silver and so on. As the meat is carved, it is passed to the salad server—or the salads may be circulated for each guest to help himself. Servants play no part in such a meal, other than to bring fresh supplies if required and to place the coffee tray before the hostess at whatever point she prefers to have it; they may also remove the plates—or if there are no servants, the men may do so. An attractive dessert is then served—fruit, a moulded cream or jelly, a fluffy whip or delicious cold pudding.

Readers who would like to have a complete menu, modelled along any of the general lines suggested for any of the parties discussed in this book, may obtain it through our Monarch Consulting Service. Any special recipe may also be requested.



Monarch Flour

THE INTIMATE TEA PARTY

NO form of entertaining is more general and none may be more charming, than the intimate little tea party, when friends drop in or come by special invitation for "a cup of tea and talk."

All formality is invariably dispensed with; tea may be brought in by the butler or maid—but it is served by the hostess; she may ring for fresh tea or a new supply of the hot toast or scones, but the servant who attends to her wants will not remain in the room.

When there is no maid, a daughter or friend should be asked to perform the simple office of bringing in the tea, which will, when possible, be largely arranged beforehand.

The hostess who possesses a hot-water kettle which is electrically heated or equipped with a small alcohol burner, frequently prefers to brew the tea herself at the tea table. The kettle is filled with boiling water in the kitchen, so that it will remain at the bubbling stage. A tea caddy is required on the tray and the tea pot (which should already have been well heated and a little boiling water left in it, to be poured into the small bowl which should always have a place on the tray, to receive the cold tea from a cup which is to be refilled). The cream pitcher should be companioned by a small dish filled with finely sliced lemon and a tiny fork or pick with which to serve it. The smallest size tea cubes are a wise choice for the sugar bowl, because it is so easy to temper their use to varying tastes. A tea-ball in which the tea may be enclosed, adds to the ease of tea-making, because it is easily withdrawn when the brew is strong enough.

When the tea is made in the kitchen it may be brewed moderately strong, in an earthenware pot, then strained into the heated, silver pot. Boiling water should find a place beside it on the tray, so that the tea may be made weaker for the person who likes it so.

The low tea-table or the convenient tea-wagon, which may be wheeled in with everything arranged upon it, seems to enter into the spirit of afternoon tea. A white cloth, simply hemstitched or enriched with handwork, is spread upon the table. One or two plates of bread and butter, sandwiches, toast, or toasted scones, muffins or toasted cheese sandwiches, and one or two kinds of cake are placed upon the table; the tea equipage is arranged on a tray, if a table is used, but the tea-wagon may fill the office of both table and tray. The tea service is usually of silver or of china or interesting pottery. Cups, saucers, and plates to match, may be used or odd cups and saucers in charming variety. Whether or not tea plates are used, depends upon what is being served for tea. Sometimes one prefers to use the saucer for tiny sandwiches and small cakes, but if a frosted cake, for instance, is served, the plates and small forks should be provided. Such cakes are better restricted to the most informal tea.

Monarch Flour



Sometimes the saucer is dispensed with and the cup placed at one side of the small plate; and of course there are those delightful saucers, rather larger than usual, with the little well for the cup placed at one edge, leaving a large surface at the side.

Small tea napkins—hemstitched, fringed or embroidered—are important accessories of the well-equipped tea table. The folded napkins may be placed on table or tray, or if plates are being used, a napkin may be placed on each one and the plates put on the table in shallow piles.

Immaculate napery, exquisite as one may care to have it, colourful china, a slender vase containing a few choice blossoms, will always ensure an attractive tea table. There is added interest in handsome silver, odd plates and comports (each, of course, with its dainty doily beneath sandwiches and such cakes as do not have to be cut) and unusual accessories.

A “curate” with its trays to carry two or three plates, which may thus be passed at once, is a comfortable adjunct to the tea table.

When there are not more than three or four friends assembled at the tea hour, they may draw their chairs near the tea table, so that the hostess may serve them herself. When the guests are more scattered, a daughter or a friend will hand the cups and pass the sandwiches and cakes. If the guests are not too numerous, each may be consulted as to her preference in the matter of cream or lemon and sugar; when there are too many for this to be practicable, cream, lemon and sugar should be placed on a small tray and passed to each person, after she has received her tea cup.

Very simple, indeed, are the things we serve with the cup of five o'clock tea. Fingers of hot buttered toast, cinnamon toast, tiny hot biscuits or toasted muffins or scones, may be served in a covered muffin dish or in a folded napkin, in a deep dish, if there is someone other than the hostess to prepare them and bring them in piping-hot at the right moment. Sandwiches or very thin slices of buttered bread, brown or white, may always be prepared beforehand and are, therefore, the choice of the lone-handed hostess. The hostess's presence in the drawing-room is preferable to any elaboration of the refreshments she will offer.

Brown or white bread or both, may be used for sandwiches. Nothing is smarter than the plain little cucumber sandwich, but one may choose from any number of fillings. (A great many suggestions are grouped under various headings in our chapter on Sandwiches.) If one selects a filling such as cucumber or olive, which everyone may not like, it is wise to provide a second kind of sandwich, unless there is thin bread and butter or toast as well. A savoury and a sweet filling are in pleasant contrast and some of the latter are very dainty morsels indeed.



Monarch Flour

It is useful to know that delicious little tea-biscuits may be mixed and cut beforehand, if the pan is slipped into the refrigerator until the moment comes to transfer it to a very hot oven.

Sift 2 cups Monarch Flour with 4 teaspoons baking-powder and $\frac{1}{2}$ teaspoon salt. Cut into these dry ingredients 3 tablespoons butter; add $\frac{2}{3}$ cup milk, still mixing with a knife to keep dough cold. Roll, cut in small rounds, and chill. A small cube of sugar, dipped in orange juice, may be pressed well down into each biscuit. Bake biscuits about 12 minutes in a very hot oven. Split and butter.

Small cakes are in greatest favour for afternoon tea and the rich cake which may be cut in fingers or a broken sponge cake, shares the advantage of being easy to handle. The various cooky mixtures, plain and rich, are useful; a single recipe for dropped, rolled or spread cookies, may be given a dozen variations. The jumble mixtures are good and so are the little cakes filled with raisins and nuts, crystallized fruits, candied peel and so forth. Rich pastry may be fashioned into delicate trifles for the tea tray, including fancified bits of flaky paste, tiny puffs made from cream puff mixture and filled with a savoury mixture or whipped cream or cream filling and fairy-like little crisps of pastry that are cooked in deep hot-fat—twisted in a horn shape, perhaps, that they may be filled with some enchanted mixture. A few recipes for useful small cakes are given at the end of the chapter on The Reception. Our Monarch Consulting Service will supply others, on request.

Of course, there are times when a fresh frosted cake is an irresistible offering. Anything from a simple light standard cake to one of a smooth, rich, velvety texture, may be covered with cooked or uncooked frosting in wide variety—lemon, vanilla, orange, pineapple, fresh fruit, marshmallow, maple, chocolate, toasted nuts, mocha and so on ad infinitum. Two or three good foundation recipes (which may be requested from our Monarch Consulting Service) will give a basis for all of these and more.

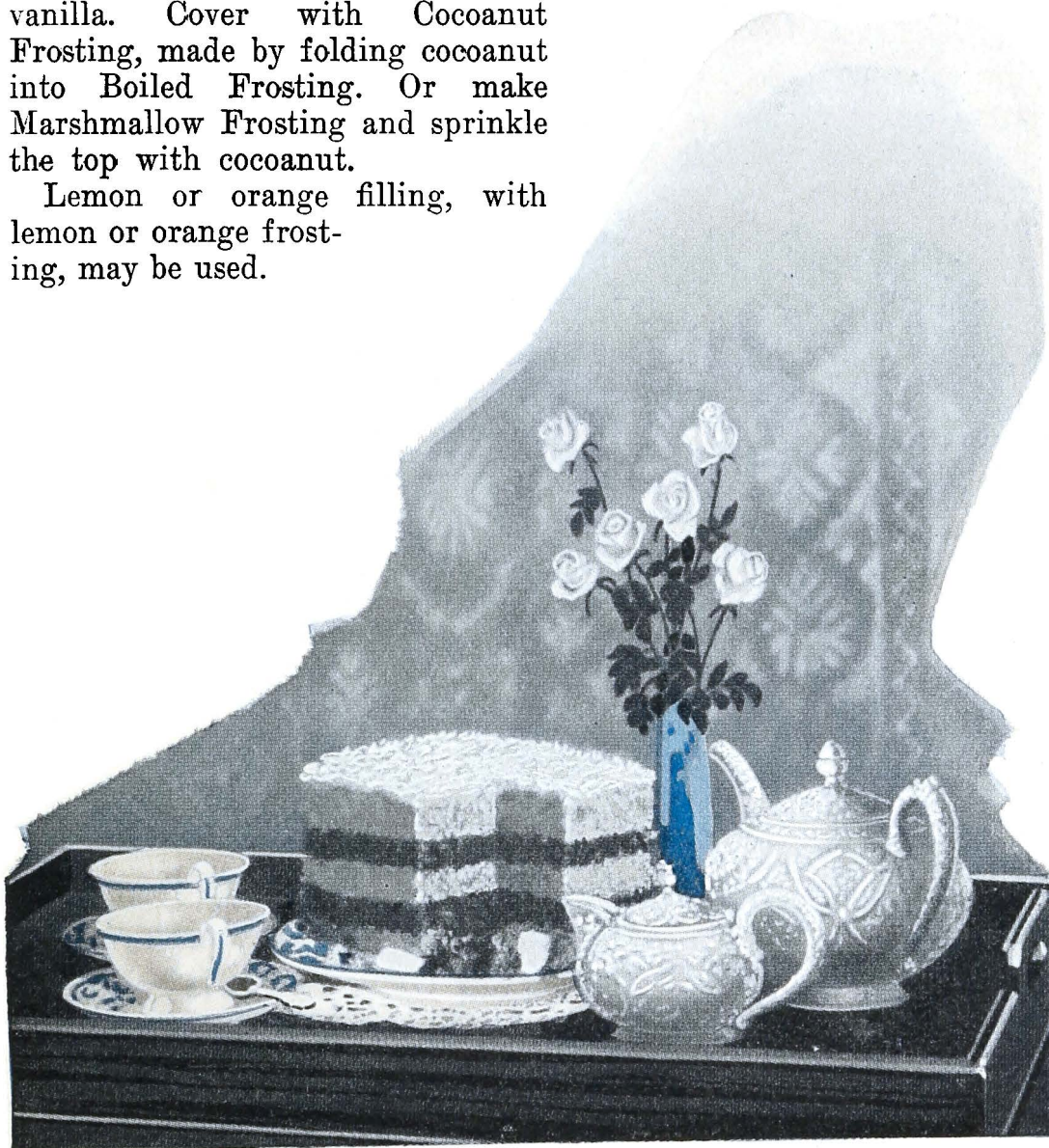
In the summer one may elect to serve a cold beverage, but the thoughtful hostess usually provides hot tea, for the almost-sure-to-be-present person who places it before all other beverages. An iced fruit drink may be chosen—perhaps just lemon or orange, with the addition of crushed berries; or various fruit juices in combinations, such as lemon, orange and grape juice or orange, grapefruit and pineapple. Lemonade and tea infusion, in equal parts, make a refreshing drink. Plain or charged water may be used; and ginger ale combines well with fruit juices. Or one may follow the simple plan of offering hot or iced tea; in addition to the usual cups and saucers, the tea tray will carry tall glasses and a bowl of cracked ice from which they may be filled; fresh hot tea, poured over the ice, makes the best possible iced tea, when sugar and lemon have been added to suit the individual taste.



COCOANUT CAKE

Bake a good cake mixture in three pans. A Chocolate Cream Filling has been used here, made rather stiff, by the following recipe: Mix together 1 cup sugar, $\frac{2}{3}$ cup of Monarch flour, $\frac{1}{8}$ teaspoon salt. Scald 2 cups milk, add gradually to dry ingredients and cook 20 minutes in double boiler, stirring constantly until mixture thickens, and occasionally afterwards. Meantime, melt $1\frac{1}{4}$ squares unsweetened chocolate over hot water. Pour cooked mixture over it, add 1 egg, slightly beaten, cook a few moments more until egg thickens, cool slightly, add $\frac{1}{2}$ teaspoon vanilla. Cover with Coconut Frosting, made by folding coconut into Boiled Frosting. Or make Marshmallow Frosting and sprinkle the top with coconut.

Lemon or orange filling, with lemon or orange frosting, may be used.





THE CHILDREN'S PARTY

“IT was a *lovely* party!” So says the child who comes home with a cherished favour or two, and tales of splendid games and a gay tea table — and *of course*, ice-cream. And if there is no aftermath of sickness and irritability, due to rich and inappropriate foods, mother, too, will say “It was a lovely party!”

It is very easy to serve a tea at the kiddies' party that will be a source of joy and fun to them—and transgress no rules of proper dietary. The mother who entertains for “the youngest set” should equip herself with a few tin cutters of fancy shapes (including bunnies, chickens and various other beloved animals) to shape sandwiches, cakes and cookies. The stationery department will provide gayly-patterned paper tablecloths and napkins; papier maché cases and coloured crêpe paper to cover them—for candies or in which to serve some hot creamed dish or the ice-cream; quaint funny favours, cut-outs appropriate to every occasion—all at most moderate cost. Some pure vegetable colour will make the foods themselves part of the exciting table scheme.

A triumph will be scored by such a centrepiece as a big Easter egg harnessed with ribbons, as a chariot, behind six yellow chicks and driven by a perky-eared rabbit; or a large chicken presiding over a mound of coloured eggs on a nest of paper excelsior; or a card-board chimney with a Santa Claus perched on top—a small gift for each child in his pack; a pumpkin coach drawn by chocolate mice and driven by a black cat; a “pretend” birthday cake (really a Jack Horner pie), made by covering a big pan with tissue paper, using candy sticks for candles and filling it with gifts, with a ribbon from each little package to a child's place. The centrepiece will often break up to give favours to each guest, when tea is over.

Ice-cream is almost essential to a *real* party. It will be still more wonderful if served in half-orange skins (the juice used in orangeade), or in lemon cups or in scooped-out red apples. And of course, individual moulds in marvellous shapes, may be had from a caterer—flowers, fruits, animals that might have been fashioned by the fairies.

The best substitute for ice-cream is junket. If it is well made and put into little glasses or custard cups or paper cases and chilled, young children will scarcely know the difference. It might be coloured pink or yellow or flavoured with chocolate.

Some of the fillings in our Sandwich chapter are suitable for children. Use cream to moisten chicken or egg and orange juice on fruit fillings instead of salad dressing. Cut in odd shapes.

For a more substantial dish, cooked chicken or hard cooked eggs or sweetbreads in cream sauce would be good, served on toast or in the gayly covered paper cups, with *rolled* bread and butter (page 27).

Monarch Flour



FOR THE SAUCE—Melt 4 tablespoons butter in a saucepan, blend into it 4 tablespoons Monarch flour and stir until smooth; add 2 cups scalded milk very gradually, stirring constantly; season with pepper and salt.

COOKIES—For a plain sugar-cooky base which may be varied to suit the occasion, cream $\frac{1}{2}$ cup butter, add gradually 1 cup sugar and 2 eggs, well beaten; mix 2 cups Monarch flour, 3 teaspoons baking powder, $\frac{1}{4}$ teaspoon salt and sift gradually into first mixture. Add 3 tablespoons milk and flour to make a stiff dough; roll, cut and bake.

VARIATIONS—Divide dough, if liked, and flavour differently—vanilla, lemon, a little spice, grated orange rind. Shape into circles, rings, crescents, diamonds, animal shapes and figures. Decorate with a piece of crystalized cherry or nutmeat, raisins, sprinkled granulated sugar, or cover with frosting, using currants, cloves or tiny candies for eyes.

FROSTING—Stir confectioners' sugar into 2 tablespoons milk (or fruit juice for coloured frosting), until of consistency to spread. Add colouring, if desired. Spread on cookies and decorate as above or with tiny coloured candies (see cooky on page 25); or pipe on a second colour with a pastry tube. Use chocolate or coloured frosting to make features on faces, mark animals, etc. A skewer or toothpick dipped in coloured frosting, may be used to trace them.

“Happy birthday” or “Happy New Year,” might be traced on with frosting. Heart shapes, and tiny red candy hearts placed on white frosting, for St. Valentine's; pigs, hats, pipes, harps and shamrock for St. Patrick's; bunnies, chicks, eggs, rabbits for Easter (tiny cotton chicks or coloured eggs may be placed in the centre, before the icing hardens); Jack o'lantern faces, cats, witches, goblins for Halloween—these make a great impression.

CAKES—Bake any sponge or light mixture, in baking powder tins and cut in slices. Frost and decorate slices as cookies. Or bake in thin sheets and shape with tin cutters.

Milk, orangeade and cocoa are the best drinks to serve. The milk may be tinted and one puffy marshmallow may be put on top of a cup of cocoa.

CANDIES—Must be simple and interesting, rather than numerous. Raisins, figs, coloured jelly strings and the bigger gum-drop-shaped jellies, with an occasional marshmallow or nut for the head, may be fashioned into enchanting figures of men and animals. (Our Monarch Consulting Service will tell you how.)

Children would love a junior edition of the Birthday Salad. Bake firm-textured cake in a round tin and cut in fairly thick slices. From the centre of each slice, remove a disc of cake big enough to allow the large end of half a banana to be inserted. A thick bit of shredded cocoanut will make a “wick” for this “candle” and a little whipped cream will make the “drip.” Tinted whipped cream may be spread on the cake holder.



Monarch Flour

BEVERAGES

TEA — Have the kettle *freshly* boiling. Heat teapot. Measure in tea—usually 1 teaspoon to each cup. Pour bubbling water over it. Let stand a few moments—*never boil it*—pour off into second heated pot. Or a teaball may be used to hold the tea, and removed when infusion is strong enough. Serve with cream or thinly sliced lemon and sugar.

To serve fifty persons, tie $\frac{3}{4}$ cup tea in cheese cloth, pour 10 quarts boiling water over it and when right strength, remove tea bags.

ICED TEA—Pour hot, fresh infusion into tall glass filled with cracked ice. Serve with sliced lemon and sugar to taste.

COFFEE—Filtered or boiled or percolated.

If coffee is to be filtered, it should be very finely ground or pulverized. Grounds are not allowed to mix with infusion, but are kept in a strainer in pot or in a bag, and freshly boiling water is poured through gradually, with pot so placed as to keep hot but not boil.

For *boiled coffee* use coarse or medium ground coffee; an egg is liked for the rich flavour it adds, and for its effect in clearing coffee. Sufficient albumen clings to about 3 empty egg shells, to clear a pot of coffee more economically, if eggs are always washed before breaking. Or an egg may be beaten, half a cup of water added, and only half the mixture used at a time.

Allow 1 tablespoon coffee to 1 cup water.

Beat egg, dilute with a few tablespoons water, add the clean crushed shell and mix all or part with the coffee. Pour on boiling water, stir thoroughly, bring to boil 3 minutes. Keep hot on back of stove, below boiling point.

To serve fifty persons, allow 5 cups coffee, 2 cups cold water, 8 quarts boiling water, 1 cup cold water for clearing; tie coffee in cheese cloth bags; 2 eggs may be used.

AFTER-DINNER COFFEE—Doubly strong and served black.

ICED COFFEE—Pour freshly made hot coffee over cracked ice, add cream and sugar.

COCOA—To 1 cup liquid allow 1 teaspoon cocoa (increasing according to richness desired), 1 teaspoon sugar and a few grains salt. Mix well; add enough boiling water to make smooth paste; add remaining hot liquid—scalded milk and water—boil five minutes, and beat two minutes with egg beater.

CHOCOLATE—To 4 cups liquid, allow $1\frac{1}{2}$ squares chocolate and 4 tablespoons sugar. Melt chocolate over hot water. Add sugar, few grains salt, and 1 cup boiling water. When smooth, boil 5 minutes, add 3 cups scalded milk, beat with Dover beater and serve with whipped cream.

FRUIT DRINKS—Make syrup by boiling sugar and water together 10 minutes; add fruit juices, cool, strain, and dilute with cold water.



An egg-slicer gives evenly cut slices; for rings, pry out yolk; rub it through a sieve and sprinkle over dish or use as in centre of flower, made by cutting egg-white in lengthwise sections, and arranging as petals. Beet and potato slices have been cut with fancy cutters, and stuffed olives, oddly shaped peppers, well-curved gherkins, slice effectively. Beet roses are simply whittled out. For radish flowers—leave root to form pistil, cut red skin half way from root to stem, loosen each section with paring knife and toss into ice water: "petals" will turn back. Slice gherkin thinly, three quarters its length, and spread for fan. Note how to give fancy edge to lemon slices. The pastry tube shapes and trims cakes.



Monarch Flour

SANDWICHES

VARIOUS breads may be used—white, brown, whole wheat, rye or nut bread. Bread should be old enough to slice well—very thinly when required for dainty sandwiches.

Cream butter until soft.

If using fancy cutters, spread after cutting, to avoid waste of butter and filling.

To keep sandwiches moist, wrap in a damp napkin or wax paper and keep in cool place.

SAVOURY SANDWICHES

Chop meat very fine; season with salt, pepper and any suitable condiment, etc., and spread between thin slices of buttered bread.

Beef with salt, pepper, a dash of Worcestershire, horseradish or mustard sauce; onion juice if liked.

Lamb with salt, pepper and tomato sauce, catsup, mint sauce, chopped capers or tart jelly.

Pork with mustard pickle or English mustard and spiced apple.

Veal with pepper, celery salt and chili sauce.

Ham with mustard pickle or English mustard and mayonnaise. Or chop and mix with tongue, egg or mayonnaise.

Bacon, crisply fried or broiled, between slices of brown bread. a touch of orange marmalade on one slice.

Chicken with pepper, salt or celery salt, cream sauce or mayonnaise; add ground nut meats, diced bacon, chopped celery, peppers.

Chicken Salad—Fill into crisp scooped-out and buttered rolls, or tiny puffs made with choux paste; or put between buttered slices of bread or hot toast.

Fish with salt, pepper, lemon juice, vinegar, piquant sauce.

Hot meat with gravy, between slices of hot toast.

Salmon, sardine, tuna fish or cold left-over fish, mixed to a paste with salt, pepper, lemon juice or vinegar or piquant sauce or salad dressing.

Caviar, seasoned with lemon juice.

Shrimps, chopped very fine, mixed with melted butter, salt, pepper, lemon juice and Worcestershire sauce.

Anchovies, rubbed to a paste, with equal quantity chopped olives. Shredded lettuce and French or Thousand Island Dressing.

Olives, chopped and mixed with mayonnaise.

Cucumber, sliced thin, soaked in vinegar if liked; salt and pepper.

Tomato, sliced thin, sprinkled with salt, pepper and vinegar.

Hard-cooked egg, seasoned, moistened with cream or salad dressing; or mixed with chopped ham, bacon or tongue; or egg may be scrambled.



ROLLED SANDWICHES

Very dainty to pass as ordinary sandwiches or to place on salad plate or with creamed dish. If put in refrigerator for an hour or so, rolls will hold their shape.

Cut six crusts off a *fresh* loaf; slice very thin; spread with butter and if liked, a savoury paste such as caviar or paté de fois gras. Roll each slice, beginning at one corner and rolling diagonally. Put a tiny sprig of cress in each end. An asparagus tip may be enclosed in each roll.

CLUB SANDWICHES

Three layers of filling are required for a club sandwich—one of broiled or crisply fried ham or bacon, one of lettuce, sliced tomatoes and *plenty* of mayonnaise, and one of sliced cold boiled chicken seasoned with celery salt and paprika. Spread between 4 slices of hot, well-buttered toast. (Many people prefer to use 2 slices of thick toast, split down the centre). Garnish with olives, parsley, lemon and gherkin fans (see page 25). Whilst this is the standard club sandwich, other fillings may be substituted for any or all of these:

LAYER SANDWICHES

Most attractive sandwiches are those built in several layers, 4 or 5 very thin slices of bread being used, all but the two outside slices being buttered on both sides. On first slice spread a layer of filling; add a doubly buttered slice of bread, another filling, etc. When the top slice of bread is in place, put a weight on it. When required cut in half-inch slices. A different filling may be used in each layer, all to blend happily in flavour and to work out an attractive colour scheme. Fillings must be chopped very fine. Several good combinations are:

Three layer filling—Two of chopped green pepper, one chopped red pepper. Alternate layers green pepper and cream cheese with paprika and salad dressing. Or pimento and cream cheese.

One layer each grated cheese, chopped nut meats with mayonnaise, orange marmalade.

Chopped ham with mustard, chopped celery with salad dressing, chopped chicken moistened with cream and seasoned with pepper and salt.

Deviled ham, lettuce with French dressing, chicken or egg.

A quick way to make a large quantity of attractive layer sandwiches is as follows:

Cut the 6 crusts from a sandwich loaf. Put loaf on its side, and cut in *lengthwise* slices about $\frac{1}{4}$ inch thick. Spread one side of the top and bottom slice with butter, both sides of all the other slices.



Monarch Flour

Spread bottom slice with filling, put second slice in place, spread it with another filling, then a slice of bread, etc. When the entire loaf has been built up again, using any number of blending fillings desired, put a damp napkin over it and a weight on top. To serve, cut the loaf in slices in the ordinary way, then cut each slice into fingers *across* the layers.

For ribbon sandwiches, alternate slices of brown and white bread, in building up the layers.

CHEESE SANDWICHES

Grate stale Canadian cheese, mix with salad dressing and spread.

Mix grated cheese and chopped nut meats and celery to a paste with mayonnaise dressing; add a leaf of lettuce.

Softened cream cheese and sliced stuffed olives or ripe olives.

Cream cheese or grated cheese, creamed with butter and French mustard.

Cream cheese, chopped beets and French or mayonnaise dressing.

Cream cheese blended with peanut butter and a little salt.

A double sandwich, using 3 slices bread and 2 layers filling—thinly sliced nippy cheese and chopped nut meats with salad dressing.

SWEET SANDWICHES

HONEY AND ALMOND—Mix ground almonds with strained honey and spread between very thin slices of buttered bread.

ALMOND PASTE—Spread thin layer of softened almond paste (moistened, if necessary, with heavy cream), between thin slices of buttered bread. A suspicion of honey may be added.

GINGER AND PECAN—Chop very fine 4 tablespoons each preserved ginger and pecan or walnut meats. Add half as much finely shaved candied orange peel. Moisten with a little ginger syrup mixed with a dash of vinegar and a pinch of salt.

DATE AND NUT—Chop dates and nuts very fine or mix dates with peanut butter. Moisten with heavy cream, whipped cream or orange juice.

CRYSTALLIZED CHERRIES or mixed French fruits chopped fine; finely chopped nutmeats may be added. Spread between thin slices of buttered bread or split lady fingers or thin fingers of sponge cake, spread with a suspicion of honey or orange marmalade.

FIGS, DATES OR RAISINS—Cook to a paste with a little water, sugar to taste and a dash of lemon juice.

PECAN NUTS, cream cheese and orange marmalade, mixed well.

SALADS

SALAD GREENS must be clean, fresh and crisp. Wash when picked or received from market, cleaning leaf by leaf; roll in fresh tea towel or wax paper and place *near* ice or in a cool place to crisp.

Mix salad ingredients lightly with fork.

Add dressing immediately before serving.

To *marinate* means to moisten salad mixture with French dressing and allow it to stand for some time.

FRENCH DRESSING

| | |
|-------------------|-----------------------|
| ½ teaspoon salt | ⅛ teaspoon paprika |
| ¼ teaspoon pepper | 2 tablespoons vinegar |
| 4 tablespoons oil | |

Mix ingredients in order given, stirring vigorously. A few drops onion juice may be added when suitable.

MAYONNAISE DRESSING

| | |
|---------------------|--------------------------|
| 2 egg yolks | 3 tablespoons vinegar |
| 1 teaspoon salt | 1 tablespoon lemon juice |
| 2 teaspoons mustard | 1 pound tin of salad oil |

Beat the egg yolks, add salt and mustard; beat in a few drops vinegar; then beat in about four drops oil; beat well, using a Dover or similar beater; add another few drops vinegar and another few drops oil; repeat until you have used a couple of tablespoons of the oil. (This is the important point to the success of the dressing.) You can then begin to add the oil in a thin stream, beating continuously. When all the vinegar and oil have been added, beat in the lemon juice. Keep in a covered gem jar in a cool place. As you use a portion of the mayonnaise, thin it with cream.

THOUSAND ISLAND DRESSING

To any desired quantity of the mayonnaise, add chili sauce to taste, a small amount of green pepper and a little canned pimento, both chopped very fine. This makes a nice variety and is good with a plain salad to make it more interesting. Tomato pulp may be added to mayonnaise to make a pink or red dressing. Onion may be added.

BOILED SALAD DRESSING (WITHOUT OIL)

| | |
|----------------------|--|
| Mix thoroughly:— | 1½ tablespoons sugar (increase if you like it sweeter) |
| ½ tablespoon salt | |
| ½ tablespoon mustard | 1 tablespoon Monarch flour |

Add:—

| | |
|------------------------------|---------------|
| 2 egg yolks, slightly beaten | ¾ cup milk |
| 3 tablespoons melted butter | ¼ cup vinegar |

Cook in double boiler, stirring constantly, until mixture thickens and coats spoon, as a boiled custard would do.



Monarch Flour

WHIPPED CREAM DRESSING

For Fruit Salads

3 egg yolks
1/3 cup sugar
1/3 cup vinegar
1/4 teaspoon salt
Whipped cream

Mix egg yolk, sugar, salt and vinegar. Cook in double boiler, stirring constantly until thickened. Remove from fire, cool and fold in whipped cream.

WHIPPED CREAM DRESSING

For Savoury Salads

Use only 2 tablespoons sugar and 2 teaspoons mustard in above dressing when required for meat or vegetable mixture.

SWEET DRESSING FOR FRUIT SALAD

1 cup sugar
1/2 cup water
3 egg yolks
Juice of 2 lemons

Boil sugar and water 5 minutes; pour over beaten yolks of eggs; cook in double boiler, stirring constantly until slightly thickened. Cool and add lemon juice.

MEAT OR FISH SALADS

White meat—chicken or veal—is preferred, although other cold meats are also used in salad mixtures. Cut meat into 1/2 inch cubes, mix with an equal quantity celery which has been cleaned, chilled and cut in small pieces. Marinate with French Dressing. Serve on crisp lettuce with mayonnaise; garnish with sliced stuffed olives, capers, curled celery.

Flake cold cooked fish with a silver fork, freeing from skin and bone. Marinate with French Dressing. Combine with diced celery, green peas, green beans; or diced cold boiled potatoes, marinated separately or cucumbers cut in small cubes also marinated. The fish may be marinated with a little oil, lemon juice and a few drops of onion juice. When ready to serve arrange the ingredients in rows or tossed lightly together in dressing. Garnish with strips of pimento, sliced stuffed olives, fans cut from gherkins, capers or lemon. Shrimp, tuna fish or salmon, with celery and hard-cooked eggs, is good. A tablespoon of gelatine, softened in cold water and dissolved in a little boiling water, may be added to 1 cup boiled dressing. Add 2 cups shrimps or crabmeat and set in small moulds. Turn out on lettuce and garnish with whole shrimps.

Chicken, veal, sweetbread, fish, etc., may be set in aspic or lemon jelly, in large or individual moulds.

VEGETABLE SALAD

Each vegetable in a combination salad should be marinated and dressed separately, and may be arranged separately on salad dish, helping to work out an attractive effect. Or dressing may be poured over all and the vegetables tossed together when serving; or they may be mixed at the last moment and put into salad bowl lined with lettuce leaves or placed on individual plates, on crisp salad greens. Any preferred dressing may be served with the salad.

Three tablespoons oil will make enough French Dressing for 2 cups vegetables. Vegetables may be used in any happy combination.

Tomatoes with chopped parsley and young onions.

Small tomatoes, peeled and quartered, with diced cucumber.

Chopped tomatoes, chopped green peppers, cream cheese balls.

Chopped cabbage, celery and green pepper.

Moulded spinach, diced boiled beets and sliced egg.

Asparagus tips, chopped tomato and broken cauliflower.

Diced beets with watercress or shredded cabbage or lettuce.

Cauliflower separated into flowerettes with quartered hard-cooked eggs.

Diced cold boiled potatoes, finely chopped onion, chopped celery or celery salt, chopped pimento, green pepper. Season with salt and white pepper. Marinate vegetables with French Dressing; toss together with seasonings and just before serving, fold in plenty of mayonnaise or boiled dressing.

FRUIT SALADS

Bananas, dipped in mayonnaise and rolled in nuts, or cubed bananas, pineapple and peaches or strawberries and nutmeats.

$\frac{1}{2}$ cup chopped celery, $\frac{1}{2}$ pound dates, $\frac{1}{4}$ pound walnuts, 2 grapefruit.

Equal quantities chopped apple, celery and nutmeats, or diced tart apples, oranges and dates, with a few maraschino cherries.

4 bananas, 4 oranges, 1 small can pineapple, 1 quart berries.

Pit soaked, stewed and sweetened prunes and fill with cottage cheese. Or use cheese to fill dates.

Cubed pineapple and orange, white grapes and maraschino cherries.

Fold shredded almonds into Whipped Cream Dressing and heap on fresh peaches.

Cottage cheese "eggs" on "nests" of pineapple cut into straws.

DECORATIVE SALADS

CUCUMBER BOATS—Peel thick cucumbers, cut in half lengthwise and steam until tender. Scoop out seeds. Chill. Arrange "boats" on a sea of water cress or lettuce. Fill with shrimps mixed with mayonnaise. Decorate with whole shrimps and sliced olives.



Monarch Flour

RED HEART SALAD—Set tomato jelly in shallow pans. Cut out with heart-shaped cookie cutter. Arrange around mound of heart lettuce; serve with whipped cream dressing.

BRUSSEL SPROUTS—Cook sprouts without breaking; pile in a mound and garnish with diamonds and roses cut from beats (page 25).

CHERRIES IN RINGS—Soften cream cheese with heavy cream. Force through pastry bag or paper cornucopia to make a deep border around edge of pineapple slices. Fill the middle with pitted eating cherries. Serve whipped cream dressing.

ARTICHOKE HEARTS—Cook and quarter artichokes, arrange as border and fill centre with thinly sliced oranges and chopped celery tossed in French dressing.

BUTTERFLY SALAD—Cut pineapple slices in half, across. Turn each half over so that the curved edges, which were the outside of the circle, are touching. This forms two pairs of wings. Select lettuce leaves of even size and slip one under each piece of pineapple. Stone a date and use it for the body or if not long enough, use two dates, telescoping the ends. Cut “feelers” from angelica or candied peel and place in position. Cut thin slices from stuffed olives and place on the wings to make the spots. Put a spoonful of fluffy dressing beside each butterfly.

STUFFED BEETS—Scoop out cooked or canned beets and fill with chopped cucumber, radishes, celery and olives, mixed with mayonnaise or boiled dressing.

STUFFED PEPPERS—Cut off tips and with teaspoon scoop out seeds. Cook in boiling water 15 minutes. Fill with diced chicken or veal, chopped celery and a little pimento mixed with dressing.

STUFFED TOMATOES—Dip tomatoes for a minute or two into boiling water, plunge into cold water and peel them. Cut a small slice off stem end, scoop out centre with a spoon, fill with any suitable mixture.

1. Chopped tomato pulp, diced cucumber, salt, pepper, a little grated horseradish and mayonnaise or boiled dressing.

2. Chopped tomato, celery, sultana raisins, a very little green onion, finely chopped sour apple, tossed in dressing.

3. Chicken or white meat salad mixture.

4. Chopped tomato, cucumber, cooked sweetbread, salt, pepper and capers, with dressing (any white meat may be used).

5. Cut tomatoes in halves and put together with a layer of cream cheese, seasoned and moistened with salad dressing.

Top with a sprig of cress or parsley.

BIRTHDAY SALAD—Wedge half a banana into enlarged hole in ring of pineapple; cut “wick” from an almond and use mayonnaise for “drip.”

