

**Chicken or Veal Croquettes.**—Season one cup, packed solid, of cooked meat chopped fine with one-half teaspoon salt, one-half teaspoon celery salt, one-fourth teaspoon pepper, a few drops of onion juice, one tablespoon lemon juice and one teaspoon chopped green pepper or parsley. Make a thick sauce with one tablespoon butter melted and mixed with four tablespoons flour. Add one cup milk and cook till smooth and very thick. Mix with the meat and spread on a platter to cool. Shape, roll in crumbs, then in egg slightly beaten and in crumbs again. Use a basket for frying and cook one minute in the deep fat. Drain carefully. One cup of any dry food mixture may be seasoned, mixed with the thick sauce and fried as croquettes.