

For Fish, Meat and Poultry

White, Milk or Cream Sauce

RUB together a tablespoonful of butter and one of flour; add half a pint of cold milk, stir until boiling; take from the fire, add half a teaspoonful of salt and a saltspoonful of white pepper. Serve with boiled mutton, potatoes, white meats or green vegetables.

English Drawn Butter

RUB together a tablespoonful of butter and one of flour. Add slowly half a pint of boiling water, beating all the while. Boil for a moment, take from the fire; add half a teaspoonful of salt, a saltspoonful of pepper, and then stir in another tablespoonful of butter.

Serve with summer squash, stewed cucumbers or other green vegetables.

By adding the juice of half a lemon this sauce will answer nicely for fish.

Sauce Tartar

CHOP a tablespoonful of parsley very fine and rub it to a paste. Add it to a mayonnaise sauce; mix and add a tablespoonful of chopped capers, two or three olives chopped very fine, a small gherkin or a tablespoonful of any chopped pickle, and a teaspoonful of onion juice.

This sauce may be served with lobster cutlets, broiled or fried fish, deviled crabs or broiled tenderloin.

Chilli Sauce

PEEL, cut in halves and press out the seeds from six good-sized tomatoes; chop the flesh very fine and drain the pulp in a sieve until dry. Add a saltspoonful of celery seed, a tablespoonful of grated onion, two tablespoonfuls of tarragon vinegar, half a teaspoonful of salt and a drop of Tabasco. Rub the mixing-spoon with a clove of garlic. Stir the mixture for a moment and serve with boiled or broiled lobster, or with cold meats.

If fresh, sweet, red chillies are at hand put