

PLASMON COOKERY BOOK.

DAINTY, NUTRITIOUS AND
ECONOMICAL DISHES
FOR EVERY HOUSEHOLD.

INTERNATIONAL PLASMON, LIMITED,
66A, FARRINGTON STREET, LONDON, E.C.
BRANCH DEPOT: 56, DUKE ST., GROSVENOR SQUARE, LONDON, W.

WHERE FREE DEMONSTRATIONS ARE
GIVEN DAILY HOW TO USE PLASMON.

[ENTERED AT STATIONERS' HALL.]

New edition (1904)

INTRODUCTION.

*Report on the Culinary Value and Possibilities of Plasmon
in "Food and Cookery," August, 1908. Edited by
G. Herman Senn.*

SINCE the science of dietetics has become more intimately allied with the art of cookery, it has been recognised that the so-called "rich foods" are not always the most nourishing. That is to say, there are many substances which, while most useful as stimulants and producers of fat, are practically devoid of all flesh-forming and waste-repairing properties. Such foods taken in excess are positively harmful, loading the human system with substances difficult to eliminate and which induce disease. At the other end of the scale are starchy and watery foods, of less nutrient value. Of course, the aim in planning a dietary or cooking a meal must be to properly choose different foods, so as to provide a well-balanced ration. But with the modern exigencies this is not always easy to do, and hence has arisen the necessity for prepared foods. These are, as a rule, associated with the feeding of the young, the aged, and the ailing. There are certain preparations, however, which have a far wider application. Take Plasmon as an instance. Plasmon is a white granulated substance, devoid of scent or flavour; so it can be easily manipulated, and when used in cookery does not alter the taste of any dish. It is, therefore, safe to use. Now let us consider the advisability of using it. Well, Plasmon is the scientifically prepared albumen of pure fresh milk. It is an albumen which is in no way altered, so that it possesses all the nourishing qualities of the albumen of meat, white of egg, or milk, without the bulk of water. Unlike the casein of cheese, the albumen in this preparation is chemically unaltered; consequently it is quite digestible and easily assimilated. As albumen is the chief requisite

of the human system for the restoration of waste of muscle, nerve, bone, etc., etc., the importance of this substance will be at once recognised. As Plasmon possesses no flavour or scent, it can be safely added to any dish, with the surety that it will add enormously to its nourishing properties, and, moreover, assist in making it light and digestible.

In practice it is found that Plasmon can be used in endless ways, and that, if properly handled, it adds to the lightness of cakes, bread, and sweets, and gives a rich, smooth character to savoury and vegetable dishes. As a mere enricher, it can be sprinkled over a dish-like salt, but for cookery purposes it requires a little skilled preparation.

The following recipes have been compiled to serve as a guide for the numerous ways in which Plasmon can, with profit and advantage, be used in cookery. These dishes, and the directions given to show the best way to prepare them, will amply prove all that is claimed for Plasmon. The hints given will be found useful. This, added to the knowledge gained by experience, should help to make all dishes in which Plasmon is used—and there are but very few indeed where it cannot be employed—more nourishing, and therefore more profitable.

Variety in food often offers difficulties. There are not many varieties of meat, but few species of fish, and not too many vegetables. How, then, can one obtain variety? This is answered by Plasmon, which will prove an excellent aid to bring about variety, by taking the following recipes as a basis for a number of other dishes by merely substituting the chief ingredient for another. Variety, it is often said, not only charms the palate, but frequently it is the means of creating an appetite in those to whom the mere thought of food has been distasteful. Good cooking does not always mean expensive cooking, and, as a rule, the best cooks are the most economical. The use of Plasmon spells *interior economy*, because when properly blended and treated upon correct culinary lines, food thus prepared fulfils that important mission of making it more wholesome, more varied, more pleasurable, and therefore more profitable in the end.

We are indebted to the August and September (1903) numbers of "Food and Cookery," edited by Mr. C. Herman Senn, for a number of the recipes appearing in this book.

WHAT PLASMON IS.

The name **PLASMON** distinguishes our preparation of Milk Albumen or Casein from the analogous preparations of all other Manufacturers, and is our Registered Trade Mark.

PLASMON is the albumen of pure fresh milk in the form of a dry, soluble, granulated cream white powder. Albumen (termed proteid) is the nourishing principle contained, in varying quantities, in all foods—whether animal or vegetable. It is the principal substance in the food which is absorbed by the system for forming and feeding all parts of the human body (blood, muscles, nerve, bone, brain, etc.), and for restoring the waste which is continually taking place in the system.

Flesh-forming albumen is present in only very small quantities in most foods; therefore a large bulk of food is usually eaten without perfect nourishment being obtained.

The albumen (proteid) in fresh milk is the nutriment provided by Nature itself, and is therefore the most perfect form of food. But the milk albumen (proteid) is liable to speedy changes, which render it insoluble and indigestible. The methods used by casein or proteid manufacturers in the drying of the casein or proteid of milk alter the nature of the albumen, and any addition of a free alkali (carbonate of soda, potash, etc.), however minute in quantity, to the dry casein, renders the proteid worthless as a nutrient, and probably harmful to the digestive system.

It has been the aim of science to overcome this difficulty, and to preserve the albumen (proteid) of milk in its natural

unaltered condition. Plasmon is the result of prolonged investigations. It is the albumen (proteid) of pure milk, containing its most important original salts, prepared by a process which does not alter its vital and physical properties or in any way lessen its nourishing effects. The albumen (proteid), as it exists in fresh milk, remains absolutely pure, though in a dry granulated form, and retains its properties unchanged for an indefinite period, and is perfectly soluble.

Plasmon added to any food—no matter how poor such food may be in albumen (proteid) substance—at once raises the nourishing value of the food, a teaspoonful of the Plasmon powder being equal to the nutriment contained in $\frac{1}{4}$ lb. of prime fillet of beef. It is flavourless and odourless.

Plasmon, owing to its high nutritive qualities, and the perfect way in which it is assimilated, invigorates the digestive system, so that other foods taken with it, or after it, are more easily digested. Although it increases the weight, it does not do so by inducing the accumulation of fat—but owing to the ease and rapidity with which it is absorbed by the system, it gives strength to the digestion, and speedily rectifies all irregularities in the nutrition of the body; so that while semi-starvation from imperfect digestion becomes impossible, so also are the many evils which result from the morbid absorption of fat and the use of non-nourishing foods prevented.

A feature which demonstrates the strengthening qualities of Plasmon is, that when it is taken regularly, the craving for alcoholic stimulants—even among confirmed inebriates—is subdued.

Plasmon, being free from flavour, and smell, and perfectly soluble, is an ideal food-enricher for all classes of the community, and can therefore be applied to all descriptions of foods.

Twelfth Universal Cookery & Food Exhibition, London.

REPORT ON THE PLASMON COMPETITION.

WE were agreeably surprised by the high order of excellence which characterised the greater number of the dishes sent in by the many competitors. Indeed, so good was the general level of culinary ability that we had some difficulty in coming to a decision as to the order of merit after the first three or four in the two classes had been selected. Thanks to the liberal prize list, however, this difficulty had no practical effect on the task of the jurors.

There was a great diversity in the character and style of the dishes exhibited, so that the display afforded practical demonstration of how universally Plasmon may be employed in the preparation of food.

Every recipe sent in by the competitors was carefully perused, and it was found that in each case a considerable percentage of Plasmon had been included.

Plasmon had in some cases been incorporated in its natural (dry powder) form, in others it was first converted into a jelly or a whipped cream.

The high percentage of Plasmon used, and the diversity of the dishes exhibited (some of which were of a most delicate nature), enabled us to verify the claim that Plasmon is without individual flavour or odour. We found that in no case were the characteristic flavours and aromas of meats, vegetables, fruits, or aromatics, altered or masked by the addition of

Plasmon. This applied to all dishes, from soups to sweets and savouries.

The soups submitted for competition were of the *purée* and mixed vegetable order, both with and without meat foundation. In all cases Plasmon, while not interfering with the flavour, gave a most agreeable impression of strength and velvety softness. High marks were accorded for the gastronomical value of the soups.

Entrées of various kinds were sent in; the addition of Plasmon had apparently facilitated the work of the cooks, at all events the results were excellent. Cutlets dipped in a kind of batter formed chiefly of Plasmon and egg, then crumbed and fried, proved delicious; while the croquettes possessed a creamy interior.

Plasmon as an addition to the vegetable dishes also proved a success. But we regret to say that the avowedly "Vegetarian Cookery" dishes did not attain so high a level, either as regards appearance, originality, or flavour. Nevertheless, we think that this was accidental, as we are decidedly of opinion that if Plasmon were judiciously used it would tend considerably to enhance the dietetic and gastronomic value of vegetarian cookery.

HOW TO USE PLASMON.

DIRECTIONS AND RECIPES.

1. Plasmon may be taken either in a dry form or in solution. In a dry form it may be sprinkled over the food at the table (any kind of food—stews, puddings, porridges, etc.), in the same way as sugar or salt, and mixed up with the food. But large numbers of people find it preferable to add Plasmon to foods in the form of Plasmon Stock, which is more universally digestible.

It may also be added to the flour and mixed up with it, and then kneaded in the usual way for making bread or pastry— $1\frac{1}{2}$ oz. of Plasmon to 1 lb. of flour.

MOIST PLASMON.

2. Put 3 teaspoonfuls of dry Plasmon into a large cup, and add gradually $\frac{1}{4}$ pint (1 gill) of tepid (not hot) water, and stir to a thick paste. In this state it may be added to milk, soups, beef-tea, etc., and boiled for 2 minutes. Quantity for each person—one to two teaspoonfuls of this moist Plasmon. (One teaspoonful of moist Plasmon equals half teaspoonful of dry Plasmon.)

HOW TO DISSOLVE PLASMON: thus making PLASMON STOCK.

3. Put 1 oz. of Plasmon into a saucepan. Add gradually $\frac{1}{2}$ pint of lukewarm water, stirring continuously. Place over the fire, and boil for 2 minutes. When cold this stock should have the appearance of a thin semi-transparent jelly.

Plasmon Stock is the foundation of many dishes, and is referred to in a number of the recipes. If used for whipping into a nourishing cream, it must be quite cold (and is best made overnight for the next day's use); but for adding to milk, coffee, soups, and certain other dishes, it may be used hot as soon as made. Stock will keep a day or two if treated as milk.

Note.—If the saucepan be rinsed with cold water it prevents burning.

A WHITE STOCK FOR SOUPS AND SAUCES.

4. To 4 teaspoonfuls of Plasmon Powder add gradually 1 pint of tepid water, stir till it boils, and while boiling add $\frac{1}{2}$ saltspoonful of salt to restore the white colour. If used for soups, vegetables, rice, barley, etc., can be added, and any additions of flavouring used.

PLASMON COCOA.

5. For each breakfast cup take 1 to 2 teaspoonfuls of cocoa, mix into a smooth paste with $\frac{1}{3}$ cup of milk, add $\frac{2}{3}$ cup of water, and boil for 2 minutes.

PLASMON TEA.

6. For each person put 1 teaspoonful of tea into a teapot previously heated, add boiling water, and let stand for 3 minutes to draw.

PLASMON CREAM.

7. Is made from Plasmon Stock (No 3) as follows:—Put 2 or 3 tablespoonfuls (not more at a time) of Plasmon Stock into a large cup or one pound jar, whisk briskly a few minutes, when a thick cream will result. Add sifted sugar and vanilla, or other flavouring to taste, whisk quickly again for half a minute. This cream can now be used for tea, coffee, cocoa, stewed fruits, etc., or may be eaten alone. A "Dover" wheel whisk gives the best results—namely, Plasmon Whipped Cream; the longer it is whisked the thicker it becomes.

Note.—To have this Cream in perfection, it is essential for the Stock to be quite cold.

HOW TO PREPARE PLASMON MILK—Hot.

8. 1 oz. of Plasmon (3 teaspoonfuls), 3 oz. of water (half small teacup), 1 pint of milk. In a clean enamelled saucepan, mix the Plasmon into a smooth paste with 3 oz. of tepid water; then place on the fire, stir in gradually the pint of milk, and boil all together for 2 minutes, stirring continuously.

PLASMON MILK—Cold.

9. 1 oz. of Plasmon (3 teaspoonfuls), 8 oz. of water (1 large teacup), 1 pint of milk. In a clean enamelled saucepan, mix the Plasmon with enough tepid water to make a smooth paste, add gradually remainder of water, and boil for 2 minutes; then stir in slowly the pint of milk until all is well mixed, and allow to cool.

FOR INFANTS' FOOD.

10. To 1 teaspoonful of Plasmon Powder add 1 gill of tepid water, mix it thoroughly, and boil for 2 minutes. The above quantity to be divided and given in the food during 24 hours.

Dry Plasmon Powder should on no account be given to young children.



FREE DEMONSTRATIONS

HOW TO USE PLASMON

are given daily at 56, Duke Street, Grosvenor Square (near 415, Oxford Street & Bond Street Tube), London, W.

**LADIES ARE SPECIALLY INVITED;
BUT IF UNABLE TO COME, THEY MAY SEND THEIR MAIDS.**

Visitors from the country should not fail to call.

PLASMON WEIGHTS & MEASURES with Quantities for Daily Use.

ONE OUNCE of Plasmon Powder is equal to
3 large or 4 small teaspoonfuls, heaped; or to
1 tablespoonful, heaped; or to
15 tablespoonfuls of Plasmon Stock.

1 teaspoonful of Dry Plasmon is equal to
2 teaspoonfuls of Moist Plasmon.

20 ounces of water equal 1 pint.
1 gill of water equal $\frac{1}{4}$ pint.

Quantity of Plasmon which may be eaten daily
during 24 hours, with other food:—

Minimum amount for adults, 3 teaspoonfuls; Maxi-
mum, 6 teaspoonfuls.

Children half the above quantities.

Infants, 1 teaspoonful during 24 hours. (See page 15,
No. 10.)

PART I.—SOUPS.

1. PLASMON MEAT STOCK FOR SOUPS AND SAUCES.—In making ordinary or so-called general stock use about a pound of meat and bones, 4 to 6 oz. of soup vegetables (carrot, onion, turnip, and leek or celery) to every quart of water. Do not add the vegetables until the liquor has first boiled up and the scum has been removed. Season with salt and pepper (peppercorns and bay-leaf should be added). Boil gently from $2\frac{1}{2}$ to 3 hours, and strain.

Stir into 2 tablespoonfuls of Plasmon powder a pint of tepid water, re-heat it whilst stirring it over the fire, and add it to a quart of general stock as soon as it boils. Use the stock as directed.

NOTE.—All stock is better made overnight for use on the following day. In the first-named stock care must be taken to remove all the fat which is on top before it is used.

2. PLASMON STOCK is also produced by mixing an ounce of Plasmon powder with half a pint of tepid, *i.e.*, lukewarm water, which must be stirred over the fire until it boils. Cook for 2 minutes. When cold this stock has the appearance of a thin semi-transparent jelly. This stock will keep good for 1 to 2 days, and is used for making up into cream by thoroughly whisking it, as well as for a basis for a number of dishes, sweet or savoury, where liquid or stock is used.

3. PARMENTIER CREAM SOUP.—INGREDIENTS: 1 lb. potatoes; 2 oz. butter; 1 small onion; $\frac{1}{2}$ pint Plasmon stock; $\frac{1}{2}$ pint milk; 1 pint water; 1 tablespoonful ground rice; salt, pepper, and nutmeg; fried bread croutons.

METHOD.—Wash and peel the potatoes, slice them. Peel and slice the onions. Melt the butter in a stewpan, put in

smoothly the arrowroot with cold milk to a paste. This sauce is excellent for asparagus, artichokes, young carrots and turnips, marrow, and various kinds of beans.

138. TOMATO SAUCE.—INGREDIENTS: 3 doz. tomatoes; 1 oz. garlic; 1 oz. eschalot; 2 oz. salt; 1 green capsicum; $\frac{1}{2}$ teaspoonful cayenne; 2 pickled gherkins; 6 pickled onions; 1 pint vinegar; 1 gill Plasmon stock; juice of 6 lemons. To each 1 lb. of tomato pulp allow 1 pint chilli vinegar.

METHOD.—Choose the tomatoes when quite ripe and red; put them in a jar with a cover to it and bake them till quite tender; skin them and rub through a hair sieve. Measure the pulp, and to each 1 lb. pulp add 1 pint vinegar, and then, having previously finely powdered or finely chopped, add all the other ingredients. Boil the whole together till everything is tender, then again rub through a sieve, and add the lemon juice. Now boil the whole again, adding the Plasmon stock till it becomes as thick as cream, and keep continually stirring (with a wooden spoon); bottle when quite cold. If the flavour of the garlic or eschalot is not liked, put very little; also very little chilli vinegar, unless a hot sauce is desired.

139. CHUTNEY SAUCE.—INGREDIENTS: Equal parts of sweet chutney and hot chutney; add 4 table-spoonfuls, when mixed, an equal measure of brown sauce; 1 teaspoonful French mustard; 1 table-spoonful tomato pulp; 1 gill Plasmon stock; 1 teaspoonful brown colouring; salt to taste.

METHOD.—Boil together, mix well, and bottle. This sauce is nice with grills, broils, savouries, entrées, cold meat dishes, etc. If liked sweet, mix together more sweet chutney than hot, and vice versa.

140. SWEET SAUCE (for Puddings).—INGREDIENTS: $\frac{1}{2}$ pint Plasmon stock; 1 oz. butter; $\frac{1}{2}$ oz. flour; 1½ oz. sugar; grated lemon rind, or nutmeg, or cinnamon, or a few bitter almonds.

METHOD.—Melt the butter in a saucepan, add the flour (away from the gas or fire) till of a smooth consistency, then add the Plasmon stock gradually; cook a few minutes; stir in the sugar and grated lemon rind, nutmeg of cinnamon, and serve. If the flavour of bitter almonds is liked the almonds must be left in the milk, to infuse, about 10 minutes before making this sauce.

PRICES.

PLASMON GRANULATED POWDER—The Mainstay of Life.—Plasmon is the Proteid (the nourishing substance) of pure, fresh milk, thoroughly sterilised, containing the Organic Salts in their original unaltered condition. It is free from flavour and odour, and can be used without trouble or waste. Added to any food (animal or vegetable) it raises the nutritive value of such food to a high and trustworthy degree, and renders it more easy of digestion.

In Packets, 9d., 1/4, and 2/6 each. (*Full directions for use in each packet.*)

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PLASMON CHOCOLATE (20% Plasmon).—For Travellers, Cyclists, Athletes, etc., Plasmon Chocolate is most useful, as it contains a very high percentage of nourishment in a very small bulk, Plasmon Chocolate is satisfying and nourishing.

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Croquettes, in Fancy Boxes, 1/6, and in Packets, 6d. and 3d. each.

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Sweet or Plain.—1/2-lb. Tins, 2/-; 1-lb. Tins, 4/- each.
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In Boxes at 6*d.* each.

PLASMON TEA.—Pure tea combined with Plasmon, which neutralises the tannin. In packets at 9 1/2*d.*, 1/5, and tins at 2/8.

PLASMON and PLASMON PREPARATIONS may be obtained at all High Class Chemists, Grocers, Stores, etc.

INTERNATIONAL PLASMON, LTD.,

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Branch Depot: 56, Duke Street, Grosvenor Square, W.,

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ERRATUM.

Index, line 3. For "Plasmon Sock" read "Plasmon Stock."

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