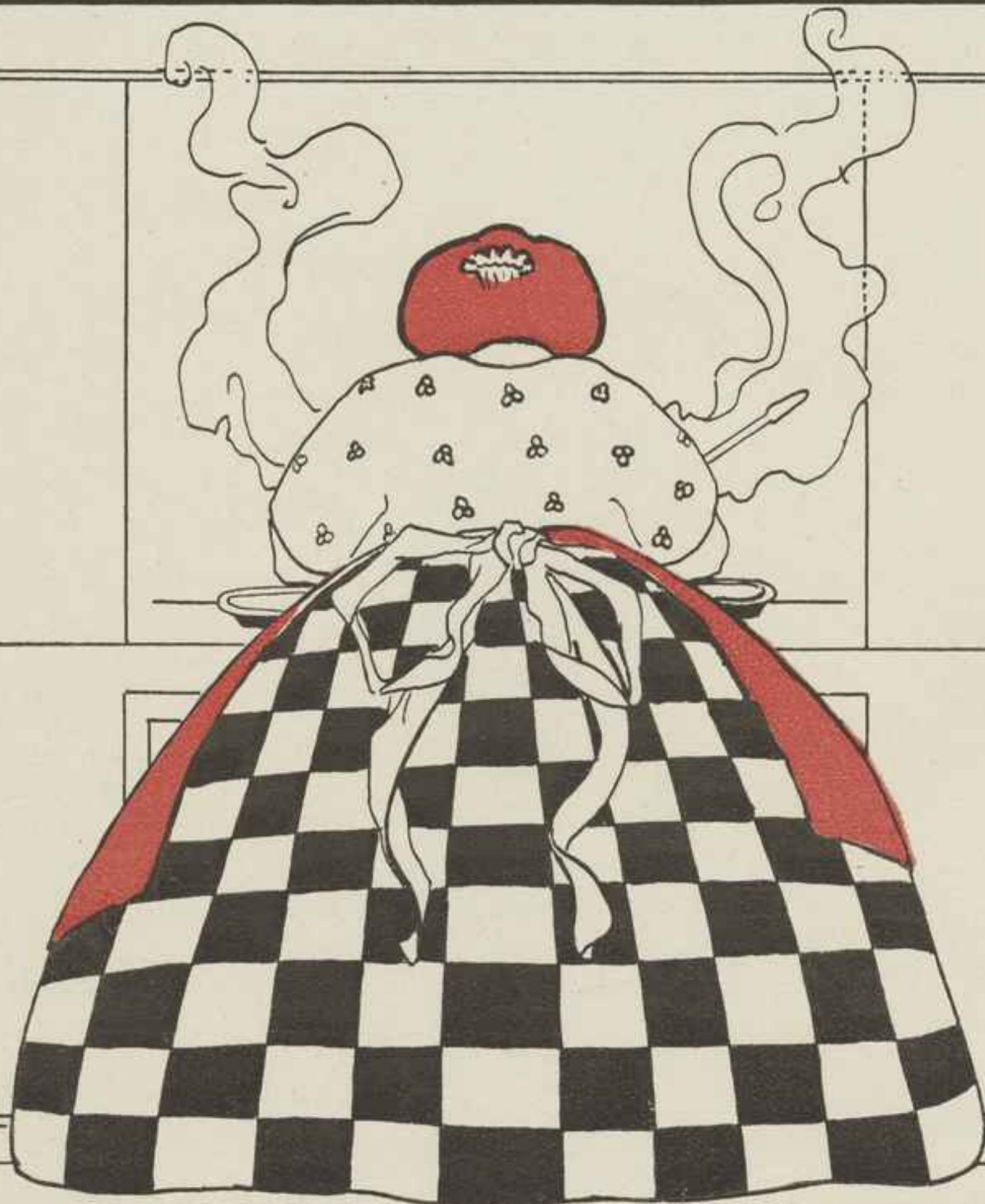


# BREAKFAST CALENDAR



J.L.G.

Then to breakfast with what appetite you have.

*Shakespeare (Henry VIII).*

Man shall not live by bread alone.

*The Bible.*

Now good digestion wait on appetite and health on both.

*Shakespeare (Macbeth).*

Breakfast—The first meal of the day.

*Dr. Johnson's Dictionary.*

The vulgar boil, the learned roast, an egg.

*Pope.*

Economy is a poor man's revenue, extravagance a rich man's ruin.

A breakfast to set before a king, may consist of little brook trout, roasted potatoes, fresh boiled eggs, and coffee.

*Hawthorne.*

I've got a dove-tart and a spread-eagle. "Whatever are they?" asked Mr. Verdant Green. "Not know what they are," cried Mr. Bouncer, "Why a dove-tart is what mortals call a pigeon-pie . . . Spread-eagle is a barndoor fowl smashed out flat and made jolly with mushroom sauce, and no end of good things."

*Cuthbert Bede (Verdant Green).*

Tongue—well that's a werry good thing when it an't a woman's.

*Charles Dickens (Pickwick).*

"Likeways a few rounds o' buttered toast," said Mrs. Gamp, "first cuttin' off the crusts, in consequence of tender teeth, and not too many of 'm."

*Charles Dickens (Martin Chuzzlewit).*

Breakfast for my Lord and Lady during Lent—First a loaf of bread in trenchers, 2 manchets, a quart of beer, a

- 1—Plain Omelet.
- 2—Devilled Turkey.
- 3—Fried Whiting.
- 4—Fried Bananas and Bacon.
- 5—Galantine of Turkey.
- 6—Poached Eggs and Bacon.
- 7—Pulled Chicken with Bacon.
- 8—Kedgeree.
- 9—Cutlets with Fried Capsicums.
- 10—Fish Croustades.
- 11—Bobotee.
- 12—Broiled Ham on Toast spread with Marmalade.
- 13—Stuffed Chicken Legs and Bacon.
- 14—Chops and Tomatoes.
- 15—Scrambled Eggs.
- 16—Kidneys in Chariots.
- 17—Grilled Whiting.
- 18—Vegetable Curry with Rice.
- 19—Savoury Omelet.
- 20—Poached Eggs on Tomato Sauce.
- 21—Devilled Chicken.
- 22—Whitebait on Toast.
- 23—French Cutlets with Bacon and Potato Chips.
- 24—Eggs scrambled with Tomatoes.
- 25—Brain Cutlets and Bacon.
- 26—Boiled Eggs and Bath Chap.
- 27—Chicken Curry.
- 28—Egg Timbales mixed with Parsley.
- 29—Poached Whiting and Rice.
- 30—Broiled Kidney and Bacon.
- 31—Eggs scrambled with teaspoonful Curry Powder.

**STUFFED MUSHROOMS.**—Peel and remove the stalks of mushrooms. Put some butter in a stew-pan with chopped-up ham or bacon, season with salt, pepper, and very little nutmeg, cook for several minutes, then stir in a tablespoonful of bread crumbs and chopped parsley. Put the mushrooms on a baking sheet and fill each one with the mixture, put in oven for several minutes, then serve very hot on buttered toast.

**STUFFED CAPSICUMS.**—Cut the stalk and seeds out of large capsicums fill with cooked sausage meat, or minced chicken. Put in butter dish and bake in brisk oven  $\frac{3}{4}$  of an hour.

**FRIED BREAD AND HAM.**—Cut thick slices of bread, dip them in milk, and then in egg, then in sugar. Fry them a good brown. Sprinkle with powdered sugar (add cinnamon if liked), serve hot with cold or broiled ham.

**VESUVIUS EGGS.**—Pile high on thick slices of toast (buttered) the stiff beaten white of an egg, carefully slip the unbroken yoke into a hole made in centre. Put in hot oven and cook quickly until the edges of the white are slightly browned and the yoke set. Serve with garnish of parsley.

**HAM, TOMATO, AND POACHED EGGS.**—On a slice of toast lay a thin slice of cold boiled ham, then a fried tomato, and lastly a poached egg.

**EGGS SCRAMBLED WITH RICE.**—One cupful cooked rice, 4 eggs well beaten, 2 tablespoonfuls milk. Sauté the rice in a little butter, add the eggs, cook slowly. Add 1 teaspoonful of Worcestershire sauce. Serve on toast.

**HAMBURG EGGS.**—Cream, 2 tablespoonfuls of butter, 4 tablespoonfuls of bread crumbs, 1 teaspoonful minced parsley, lightly season with salt and pepper, work all to a smooth paste, line patty pans after having brushed them with butter, break an egg carefully into each putting on top a piece of butter, then sprinkle with bread,

crumbs, cook for 6 or 7 minutes in a hot oven. Serve garnished with parsley.

HAM TIMBALES.—1 cup chopped ham,  $\frac{1}{2}$  cup bread crumbs, 1 cup white sauce to which add 1 beaten egg and 1 tablespoonful chopped parsley. Put in small moulds, bake in boiling water 20 minutes. Turn out and serve with melted butter and parsley.

CREAMED EGGS.—Carefully break fresh eggs into separate buttered receptables, to each egg add a full desertspoonful of cream, and a sprinkle of salt. Bake in slow oven.

BEEF POLANTINE.—Cut  $\frac{1}{2}$  lb. cold roast beef into shreds, put them in a stewpan with 1 gill brown sauce, salt and pepper, and nutmeg to taste, warm gradually. Peel 2 medium-sized onions, cut them across in slices, divide the slices into rings, dip these in milk, and then in flour, fry in hot fat and keep them warm. Slice 2 tomatoes, fry them in hot butter, season with pepper and salt, and arrange them on a hot dish. Put the meat on top of the tomatoes, garnish with the rings of fried onions. Pour  $\frac{1}{2}$  pint of gravy round and serve.

STUFFED CHICKEN LEGS.—Divide each leg in half, remove all skin and the drumsticks, score the flesh deeply, season with salt and pepper, and baste well with two tablespoonfuls of oiled butter. Mix a tablespoonful of finely chopped cooked ham or tongue, 2 tablespoonfuls of bread crumbs,  $\frac{1}{2}$  teaspoonful of finely chopped parsley and mixed herbs, add the butter used for basting the legs, season with pepper and salt, and bind with yolk of an egg. Spread the mixture liberally over the chicken pieces, wrap them in rashers of bacon, secure them with string, brush with the white of an egg, sprinkle with bread crumbs, bake about 25 to 30 minutes in moderate oven, basting occasionally with hot butter. Serve on toast.

BREAKFAST KIDNEY.—Place thinly cut slices of bacon on a pie dish. On each slice of bacon put half a kidney

quart of wine, 2 pieces of salt fish, 6 baconn'd herring, 4 white herring, or a dish of sprats.

*From a 16th Century Manuscript belonging to the House of Northumberland.*

Then sayde Robyn Hood, Sir, outlawes brekefaste is venyson . . . . Then the Kyng and Quene sate downe, and were served with venyson and wyne by Robyn Hood and hys men, to their great contentacion.

*Hall's Seventh Year of King Henry VIII.*

Izaak Walton and his honest scholar made brave breakfast off a piece of powdered beef and a radish or two, as they sat beneath a sycamore.

Ah never thinks when I feeds.

*George Meredith (Rhoda Fleming).*

The day breaks slow, but e'en must man breakfast.

The English have only one sauce. This is a scandalous libel. It would be much truer to say that the English have only one breakfast dish, and its name is eggs and bacon.

*Edward Spencer.*

Dr. Johnson, though he preferred Fleet Street to the Trossachs, extolled the luxury of a Scotch breakfast above that of all other countries.

He found Mrs. Bradwardine presiding over the tea and coffee, the table loaded with warm bread, both of flour, oatmeal, and barley meal, in the shape of loaves, cakes, biscuits, and other varieties, together with egg, reindeer ham, mutton and beef ditto, smoked salmon, and many other delicacies, a mess of oatmeal porridge, flanked by a silver jug which held an equal mixture of cream and butter-milk.

*Sir Walter Scott (Waverley).*

- 1—Fried Bacon and Macaroni.
- 2—Omelet with chopped Capsicums.
- 3—Poached Eggs on Minced Beef.
- 4—Fried Sweet Breads and Bacon.
- 5—Fish Balls.
- 6—Cold Ox Tongue.
- 7—Eggs scrambled with Fish.
- 8—Devilled Game.
- 9—Fried Bread sprinkled with Sugar and served with Bacon.
- 10—Egg Timbales served with Tomato Sauce.
- 11—Baked Bananas and Ham.
- 12—Creamed Eggs in Dariole Moulds.
- 13—Kebobs.
- 14—Salmon Pie.
- 15—Grilled Pigeon and Bacon.
- 16—Cold Ham and Pickled Eggs.
- 17—Eggs scrambled with Sweet Corn.
- 18—Devilled Chicken Legs.
- 19—Fish Pie.
- 20—Indian Fillets.
- 21—Poached Eggs on Spinach.
- 22—Chicken Livers and Bacon rolls.
- 23—Calf's Head Shape.
- 24—Minced Veal and Macaroni.
- 25—Scalloped Brains.
- 26—Fish Omelet.
- 27—Calcutta Jumble.
- 28—Poached Eggs and Macaroni.

inside uppermost. Put on each kidney a piece of butter, pepper and salt, put into slow oven for  $\frac{1}{2}$  to  $\frac{3}{4}$  of an hour, and cook gently to draw the gravy from the kidney on to the bacon.

**OXFORD TOAST.**—Mince finely 2 ozs. of cold ham, tongue, or any cold meat. Mix with it a hard boiled egg, chopped very fine, season with celery, salt, and cayenne. Melt 2 ozs. of butter, add the mince, stir over the fire till hot. Spread on toast, buttered or not, and serve.

**SPANISH FRITTERS WITH BACON.**—Mix 1 cup flour, 1 teaspoonful baking powder,  $\frac{1}{2}$  cup milk, 3 yolks of eggs, 2 shredded capsicums or chiles, 1 can of corn. Mix all well, add lastly the beaten whites of the eggs. Fry and serve with bacon.

**BACON AND MACARONI.**—Break the macaroni into small pieces, boil quickly, in slightly salted water, for five minutes, drain well. Have  $\frac{1}{2}$  pint of stock boiling in a stew-pan, put in the macaroni and stew until tender, but not too soft. Cut the bacon into dice, fry slightly, then add the macaroni well drained, 1 ounce butter, a pinch of nutmeg, salt and pepper. Stir gently over the fire until the macaroni acquires a nice brown colour, then turn on to a hot dish and serve.

**BACON OLIVES.**—Mix 3 ounces finely chopped cooked meat, 1 oz. chopped ham or tongue,  $1\frac{1}{2}$  tablespoonfuls of bread crumbs,  $\frac{1}{2}$  teaspoonful of parsley,  $\frac{1}{2}$  teaspoonful finely chopped onion,  $\frac{1}{4}$  teaspoonful mixed herbs, add a pinch of nutmeg, salt and pepper and stir in gradually as much of an egg as will bind the whole together. Put aside for about  $\frac{1}{2}$  an hour, then divide into 8 portions. Shape them like a cork, roll each in a piece of bacon, secure with twine or small skewers. Bake for about  $\frac{1}{2}$  hour in moderate oven, then dish on fried bread or toast, garnish with fried parsley, and serve tomato or piquante sauce separately.



**JOMBALAYAH.**—Stir into  $\frac{1}{4}$  lb. cold boiled rice, 4 ounces chopped cooked ham, season with cayenne pepper. Wash and dry a lettuce, place a layer of leaves on a cold dish, pile the rice and ham lightly upon them, garnish with the heart of the lettuce and serve.

**MADRAS KIDNEY TOAST.**—Skin 2 sheep's kidneys, cut them in half length wise, run small skewers through them to keep them flat, and season them with salt, pepper, and a few grains of cayenne. Mix  $\frac{1}{4}$  teaspoonful of grated lemon rind with one egg, dip in the kidneys, roll them in breadcrumbs. Have ready a little hot butter in frying-pan and fry them lightly and quickly, cooking the cut side first. Trim the toast to a size slightly larger than half a kidney, spread with a thin layer of curry paste, dish the kidneys upon them and serve as hot as possible.

**MADRAS FRITTERS.**—Spread butter on as many rounds of brown bread as you want fritters. Add to them a layer of chutney, on top of this place first a round of cooked ham, and then the remainder of the bread and butter pressing the whole lightly together. Now dip them into frying batter and fry them in hot fat until a golden brown. Drain well and serve garnished with fried parsley.

**OYSTER TRIFLES.**—Stew some oysters, thicken them as for oyster sauce, flavour with lemon juice, salt and pepper, put the mixture into buttered ramakin cases, put a small piece of butter on top of each case, scatter a few bread crumbs over each and bake for about 5 minutes. Brain trifles are done in the same way.

**RAMAKINS OF CURRY.**—Take some cold dry curry, moisten with a little milk or cream. Fill china ramakin cases, stand in hot water, let simmer till the curry is hot, squeeze a little lemon juice on top and serve. These may be served cold if liked.

**RICE AND TOMATO.**—Boil  $\frac{1}{2}$  lb. of rice for about 7 minutes. Have ready 1 pint milk boiling in stewpan, put in the

Cheerful looks make every dish a feast.

*Massinger.*

Not to know at large of things remote  
From use, obscure and subtle, but to know  
That which before us lies in daily life  
Is the prime wisdom.

*Milton.*

Grill—The rule of Macbeth applies: "If it were done,  
when 'tis done, then 'twere well, it were done quickly."

The gridiron is forever symbolic of St. Laurence who,  
being burned upon one, legend says, asked when done on  
one side to be turned on to the other.

Canterbury is celebrated for its Archbishops and its  
brawn.

*Book of the Table.*

"Some people," said Dr. Johnson to Boswell, "have a  
foolish way of not minding or pretending not to mind  
what they eat.

It's not fish ye're buying, it's men's lives.

*The Antiquary.*

Havn't taken anything but mourning fruit at break-  
fast since I heard of it.

Mourning fruit, what's that?

Huckleberries and blackberries, said he. Couldn't eat  
a colour, raspberries, currants, and such, after a solemn  
thing like this happening.

*Autocrat of the Breakfast Table.*

We ate our breakfast lying on our backs  
Because the shells were screeching overhead.

*W. W. Gibson (Breakfast).*

She has a smile and an omelette for every emergency.

*Donald Hankey (A Student in Arms).*

- 1—Chops and Fried Potatoes.
- 2—Chicken Liver served with Rice having had a tea-  
spoonful of Curry Powder through it.
- 3—Eggs *sur le Plat*.
- 4—Poached Brains and Bacon.
- 5—Poached Eggs and Rice.
- 6—Fried Kidneys with Tomato Purée.
- 7—Fish Cream in small shapes.
- 8—Devilleed Mutton.
- 9—Soused Fish.
- 10—Hamburg Eggs.
- 11—Curried Macaroni and Dates, or Raisins, or Fruit in  
Season.
- 12—Poached Eggs on Minced Lamb.
- 13—Fried Egg Plant and Broiled Ham.
- 14—Indian Rice.
- 15—Kidneys *à la* Lady Dudley.
- 16—Cold Pigeon Pie.
- 17—Scotch Eggs.
- 18—Fried Tomatoes and Bacon.
- 19—Eggs scrambled with Anchovy.
- 20—Dry Curry and Rice.
- 21—Smoked Fish.
- 22—Spatch-cocked Chicken.
- 23—Sliced Bologna Sausage on Toast.
- 24—Parsley Omelet.
- 25—Devilleed Turkey Legs.
- 26—Crayfish *au Gratin*.
- 27—Fried Apples and Bacon.
- 28—Curried Eggs and Rice.
- 29—Fried Rabbit in Tomato Purée.
- 30—Egg Cream in small shapes.
- 31—Eggs scrambled with Green Peas.

rice, season with pepper and salt, cook slowly until milk is absorbed, mix in 1 oz. butter, 1 egg, stir over the fire for a few minutes, then pile as a border round a small dish. Smooth and brush over with yoke of egg and brown in moderate oven. Heat 1 oz. of butter, fry a small onion, fine chopped, until brown, add  $\frac{1}{2}$  pint of tomato purée, and 2 tablespoonfuls of bread crumbs, pepper and salt. Stir over the fire until thoroughly hot, then serve in the centre of the rice border, which may, if liked, be garnished with broiled bacon or ham.

SPANISH CHICKEN.—Cut two tomatoes into dice after squeezing out the juice, cut remains of cold chicken into dice about 3 tablespoonfuls, 2 large potatoes into dice, 1 slice toasted bread into dice, add 1 tablespoonful raisins, 1 shredded capsicum (green),  $\frac{1}{4}$  pint vinegar, 1 oz. butter, salt, put in casserole, add water to barely cover the whole, cover closely, stew for  $1\frac{1}{2}$  hours, serve hot.

BROAD BEANS ROMANA.—Boil the beans, drain, strew with strips of ham or bacon cooked previously, heat the whole in parsley sauce, and serve garnished with broiled ham or bacon.

SASATINS.—Cut meat from a leg of mutton, about  $\frac{1}{2}$  inch thick, place them in a pie dish, add 1 tablespoonful of sugar,  $\frac{1}{2}$  pint milk, the juice of 2 lemons, 6 lemon leaves. Fry 3 onions, cut into dice, sprinkle on them 2 ozs. of curry powder, and add to the contents of pie dish, season with salt, and leave for 12 hours, then place the meat on small skewers and grill a fry. The liquor in which the meat soaked should be strained, heated, and served as gravy.

CANADIAN PIE.—Boil  $\frac{1}{4}$  lb. macaroni till soft, place in pie dish. Mince or slice cooked meat and place on macaroni, add 2 tablespoonfuls stock or milk, salt and pepper, cover with sliced tomatoes, sprinkle with bread crumbs, put a little butter on top, bake for an hour.