

NOTES ADDED

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BRIGADIER GENERAL U. S. MARINES

The favorite manner of eating the avocado among Americans is to cut the fruit in two lengthwise, removing the seed, and eating the pulp with a spoon. I like them best with a sprinkling of salt, occasionally adding a light squeeze of lime, preferably green. Many people put a little French dressing in the hollow of the half-fruit. Some use ketchup, or a cocktail sauce of ketchup, Worcestershire sauce, vinegar or lime, and a drop of tabasco. Many people sprinkle the fruit with sugar and squeeze a little juice of lime on it. Some serve the pulp of the fruit cut in dice with a cocktail sauce, similar to a fruit cocktail. Sometimes it is diced and mixed with other fruits in a cocktail, and with vegetables in a salad. A delicious puree is made by mashing the pulp and using it as one would use green peas in making a puree.