Cooking for a MAN
Tested Recipes to please HIM!
the DASH that makes the DISH!
How to switch a man from GROUCHO to GUSTO . . .

- Does he tire of his eternal morning eggs?
- Does his appetite lag at lunch?
- Does he dawdle over his food at dinner?

Add A·1 Sauce to your cooking and watch him add gusto to his eating!

Or set the A·1 bottle by his plate, ready to dash extra zing on his steaks, chops, beans, fish, egg and cheese dishes.

Its wonderful flavour can't be resisted, by man or gourmand!
Don't you dress, make-up and hair-do to please a man? Cook with the same idea in mind; season with A·1 Sauce, and hear some rave reviews of your home cooking!

A·1 gives extraordinary zest to ordinary dishes; it is a blend of rare spices and herbs, simmered for hours to a thick, rich consistency. It pours easily, and doesn't run wild and wastefully over the plate.

A·1 is economical, too. A few drops on food, a spoonful or two in cookery are enough. Try this famous sauce at the table, and in the following recipes. You'll discover the secret of tempting menus (and tempting Men) in its exotic, subtle flavour!

The SAUCE of Flavour in Food
ONIONY HAMBURGERS

3/4 lb. ground beef chuck 1/2 cup coarse minced onion
1 teaspoon salt
1/8 teaspoon pepper 3 tablespoons A·1 Sauce

Combine ingredients and form into 6 patties. Heat 1 tsp. butter or margarine and 1 tsp. of shortening in skillet until it begins to smoke. Brown hamburgers on each side, reduce heat and continue cooking until done (about 4 minutes). Remove from pan, sprinkle with salt and serve. Makes 6 patties.

FATHER'S BEEF & KIDNEY STEW

3 veal kidneys 1 cup sliced or button mushrooms
1 lb. beef, cut in strips 2 tablespoons A·1 Sauce
1 cup sliced carrots 1 tablespoon salt
1 cup cubed potato 2 tbsp. chopped parsley

Remove skin and fat from kidneys; cover with cold water; bring slowly to boiling. Drain; cover with boiling water; simmer until tender. Drain; cut in small pieces. Roll meat in flour; brown in hot fat. Add 4 cups stock from kidneys; cook 30 minutes. Add kidneys, vegetables, A·1 Sauce, and salt. Cook 30 minutes. Add parsley. Thicken if desired. Serves 6 to 8.
JELLIED VEAL LOAF

1 veal knuckle
1 lb. veal shoulder
1 peeled, sliced onion
6 peppercorns
2 bay leaves
2 3/4 teaspoons salt
3 qts. cold water
2 stuffed olives
2 shelled, hard-cooked eggs
1 tablespoon A·1 Sauce

Have the veal knuckle sawed in 3 or 4 pieces. Simmer the knuckle, veal shoulder, onion, peppercorns, bay leaves, and salt in the water, covered, until the veal is tender—about 2 hrs. Remove veal, reserving broth, and put through medium blade of food chopper. Garnish the bottom of a loaf pan 8 1/2" by 4 1/2" by 2 1/2" with slices of the eggs and olives. Strain reserved veal broth, and cook until reduced to 1 cup. Pour over the meat; add the A·1 Sauce; and mix well. Arrange in the loaf pan on top of the egg and olive slices, pressing down firmly with the back of a spoon. Chill until set. Serves 6.

SWISS STEAK

2 lbs. round or chuck steak
1/2 cup flour
2 tsp. salt
1/2 tsp. pepper
3 tbsp. fat, melted
1 tbsp. A·1 Sauce
1 small onion, chopped
1 cup hot water

Have steak cut 1 1/2 to 2 inches thick. Mix flour, salt and pepper; thoroughly pound into steak. Brown on both sides in hot fat; spread top with A·1 Sauce; sprinkle with onion and add water. Cover and simmer over low heat until tender, or bake in moderate oven (350°) 1 to 1 1/2 hours. Serves 6.

SPARERIBS AND KRAUT

Rub into 3 lbs. spareribs 1 tbsp. A·1 Sauce blended with 1 tbsp. melted butter. Brown spareribs under broiler; place over 1 qt. sauerkraut in baking dish. Add 1/2 cup hot water; cover tightly and bake in moderate oven (350°) 1 hour.
STUFFED PORK SHOULDER
With Savory Corn Stuffing

5 lb. pork shoulder, cushion style 1 1/2 tsp. salt
Salt and pepper 2 beaten eggs
1 clove garlic 3 tablespoons melted butter
1 tablespoon A·1 Sauce 1/4 cup chopped green pepper
1 No. 2 can (2 1/2 cups) cream-style corn 2 tbsp. chopped onion
4 cups soft bread crumbs

Have butcher remove bone from pork shoulder and make pocket for stuffing. Have cord inserted several places across opening, but do not tie. Season meat inside and out; rub outside with cut clove of garlic. Combine remaining ingredients; mix lightly and stuff shoulder. Tie cords over opening. Roast in moderate oven (325°) 35 to 40 minutes per pound, about 3 hours. Meat thermometer will register 185°. Serves 10.

CREAMED DRIED BEEF or CODFISH

2 cups dried beef or 1 cup thin white sauce
    codfish cut in pieces 1 tbsp. A·1 Sauce

Soak whole or cut pieces in lukewarm water to freshen. Drain and cook in cup of thin white sauce until tender. At last minute stir in 1 tablespoon A·1 Sauce. Serve over dry toast or with boiled or mashed potatoes.

BROILED BEEF ON TOAST

1 pound beef (ground) 1/2 teaspoon grated onion
Salt and pepper 2 tablespoons A·1 Sauce
    3 tablespoons top milk

Season beef with salt, pepper, grated onion and A·1 Sauce. Moisten with top milk. Toast slices of bread on one side, butter the other lightly and season. Spread the beef evenly and to the edge. Broil for 5 to 10 minutes under a hot flame. Serves 8.
**EASY HAM LOAF**

1½ lb. ground smoked ham  
1 tbsp. A·1 Sauce  
1 small onion, chopped  
1 tbsp. chopped parsley  
½ cup quick-cooking oats  
¾ cup irradiated evaporated milk  
1 beaten egg  
1/4 cup light brown sugar  
1/4 cup vinegar

Combine ham, A·1 Sauce, onion, parsley, rolled oats, milk and egg; mix well and form in loaf in greased 4 1/2 by 8 1/2-inch loaf pan. Combine sugar and vinegar; heat until sugar melts; pour over ham loaf. Bake in moderate oven (350°) 1 hour. Serves 6. (Double quantity is illustrated.)

**FAVORITE MEAT LOAF**

2 lbs. round steak (ground)  
½ cup cracker crumbs  
1 egg (beaten)  
½ cup cold water  
1 small onion (grated)  
1 tablespoon flour  
2 tbsp. A·1 Sauce  
4 hard boiled eggs  
3 strips bacon  
Salt and pepper

Place first 7 ingredients in a bowl. Season with salt and pepper to taste. Knead thoroughly. Put mixture into baking pan and bury the whole hard boiled eggs at even intervals, covering them well with the mixture, so that when you slice the loaf you will slice through the eggs. Place strips of bacon over top of loaf and bake at 350° F. for 1 1/2 hours.
PEPPER STUFFED WITH MEAT

6 green peppers  
3 cups cooked meat (chopped fine)  
1 1/2 cups bread or cracker crumbs  
3/4 cup milk  
Salt and pepper  
2 tablespoons A·1 Sauce

Cut off the top of 6 green peppers. Remove the inner fibres and seeds. Drop peppers in boiling water, remove from the stove, let stand 12 minutes, then drain. Mix cooked meat with bread or cracker crumbs. Add the milk, season with salt, pepper and A·1 Sauce. Salt to taste. Fill the peppers with the mixture, cover with buttered crumbs and cook in oven (400° F.) for 30 minutes or until brown. Serve hot. Serves six.

AMERICAN CHOP SUEY

1/3 package spaghetti  
3/4 pound bottom round (chopped or ground)  
2 medium chopped onions  
1/2 green pepper (chopped)  
1 tablespoon A·1 Sauce  
1 can condensed tomato soup  
1/2 can hot water

Cook spaghetti in rapidly boiling salted water until tender. Rinse and drain. Fry 2 slices of bacon cut into small pieces. Cook onions and green pepper with bacon until brown. Add bottom round and sear. Season to taste. Turn into buttered casserole with spaghetti. Stir in tomato soup and hot water. Top with strip of bacon. Sprinkle with A·1 Sauce. Bake 30 minutes in hot oven 425°. Serves 6.

NEXT-DAY HASH

1 1/2 cups cooked corned beef, diced  
1 1/2 cups cooked potatoes, diced  
2 tbsp. butter  
2 tbsp. A·1 Sauce  
1/2 cup milk or cream  
1 small onion, minced  
Salt, pepper to taste

Fry onion in butter until golden brown. Add diced potatoes, meat, A·1 Sauce, seasonings, and milk or cream. Mix thoroughly, place in shallow baking dish. Bake from 30 to 40 minutes in moderate (375°) oven. Serves five.
SCALLOPED OYSTERS

\[
\frac{1}{2} \text{ cup dry bread crumbs} \quad \frac{1}{8} \text{ tsp. pepper} \\
\frac{1}{2} \text{ cup coarse cracker crumbs} \quad 2 \text{ tbsp. chopped parsley, if desired} \\
5 \text{ tbsp. melted butter} \quad \frac{1}{4} \text{ cup oyster liquor} \\
1 \text{ pint oysters} \quad \frac{1}{4} \text{ cup milk} \\
\frac{1}{2} \text{ tsp. salt} \quad 1 \text{ tbsp. A·1 Sauce}
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Combine bread crumbs, cracker crumbs and butter; place half in greased casserole. Arrange oysters in layers, sprinkling each layer with seasonings. Pour over oyster liquor, milk and A·1 Sauce; top with remaining crumbs. Bake in moderate oven (350°) 1 hour. Serves 4. (2 cups of salmon may be substituted for oysters).

BROILED OYSTERS DE LUXE

Lift as many oysters as you wish to serve from the shells, then wash the shells. Line each shell with a few leaves of young boiled spinach. On each of these green beds, lay two oysters, first dipped into a mixture of half A·1 Sauce and half melted butter. Sprinkle with grated cheese, then melted butter. Sear the oysters rapidly under the broiler flame, and serve immediately, with lemon wedges.

SEA FOOD SALADS

Use 2 cups of flaked tuna fish (or salmon, shrimp, lobster, crab meat or any sea food). Mix with 1 cup chopped celery, \( \frac{1}{4} \text{ cup minced sweet pickle} \). Stir together 4 tablespoons A·1 Sauce and \( \frac{1}{4} \text{ cup mayonnaise} \) and add to salad mixture. Serve on lettuce.

FISH PUFF

1 cup cooked fish, flaked \quad 1 tbsp. A·1 Sauce
1 cup mashed potatoes \quad \text{Salt and pepper} \\
\frac{1}{2} \text{ cup milk} \quad 2 \text{ eggs}

Mix cooked fish with mashed potatoes, milk, salt and pepper. Stir in 1 egg, well beaten. Turn into mold and heat in moderate oven (350° F.). Beat white of remaining egg stiff and fold the beaten yolk seasoned with salt and pepper into it; heap this over the fish and brown. Serves 5.
**FISH CAKES**

1 cup flaked cooked fish  
1 tsp. minced onion  
1 tsp. lemon juice  
1 tbsp. A·1 Sauce  
¼ tsp. salt  
Pepper  
1 egg, slightly beaten  
1 cup cold mashed potatoes  
2 tbsp. flour  
¼ cup fat

Combine fish, onion, lemon juice, A·1 Sauce, seasonings, egg and potatoes. Form into cakes, coat with flour and saute in hot fat. Serves 4.

**KEDGEREE**

2 cups cooked rice  
2 cups flaked cooked fish  
4 hard-cooked eggs, chopped  
2 tbsp. minced parsley  
2 tbsp. A·1 Sauce  
½ cup cream or evaporated milk  
1 tsp. salt  
½ tsp. pepper


**SALMON CASSEROLE A LA HEUBLEIN**

1 large can salmon  
1 can condensed mushroom soup  
1 onion, minced  
1 green pepper, minced  
1 tbsp. butter  
½ tsp. salt, pepper  
Half a loaf of dry bread, broken in small pieces  
Milk to moisten, about ½ cup  
2 tbsp. A·1 Sauce  
½ cup cracker meal

Saute minced pepper and onion in butter until soft. Mix broken bread, mushroom soup, salmon, sautéed pepper and onion, and A·1 Sauce. Add milk enough to make soft. Cover with cracker meal that has been browned in butter. Dot with butter. Bake in 400° oven for about 25 minutes.
HAM 'N EGGS
WITH SAVORY SAUCE

After you fry your bacon or ham, fry the eggs. Put the eggs on a warm platter, and pour practically all the fat out of the pan. After letting the pan cool for a few seconds, pour in 2 tbsp. of A·1 Sauce, 4 tbsp. cream, and ¼ tsp. of paprika. Roll the mixture around in the pan away from the heat until it is blended, and pour over the eggs. This makes sauce for 6 eggs.

ENGLISH BROWN STEW

1 lb. beef, cut in 1-inch cubes 1 teaspoon sugar
2½ cups boiling water ½ tbsp. lemon juice
2 tbsp. chopped onion 1 tbsp. A·1 Sauce
½ clove garlic ¼ cup tomato juice
1½ tsp. salt 1 cup pearl onions
¼ tsp. pepper ½ cup sliced carrots
¼ tsp. paprika 1 cup cubed potatoes
Dash of allspice ½ cup diced celery

Flour meat; brown in hot fat. Add 2½ cups water, onion, garlic, seasonings, lemon juice, A·1 Sauce, and tomato juice; cover tightly and simmer 2 hours. Add more water if needed. Add vegetables, continue cooking 30 minutes. Serves 6.
FRIED TOMATOES IN CREAM GRAVY

6 large ripe tomatoes, washed and stemmed
4 tbsp. flour
1 1/2 tsp. salt
1/2 tbsp. prepared mustard
3/4 tsp. A·1 Sauce

1/8 tsp. pepper
4 tbsp. butter or margarine

Cut tomatoes in halves crosswise. Sprinkle with 1 tbsp. flour, 3/4 tsp. salt, and 1/8 tsp. pepper, combined. Saute in the butter until golden brown and tender. Remove all but two slices to a hot platter. Then stir 3 tbsp. flour into butter and tomatoes left in skillet. Stir in remaining ingredients; cook until creamy; pour on tomatoes. Serves 6.

DEVILED BRUSSELS SPROUTS

1 qt. Brussels sprouts
1/2 cup butter or margarine
2 tsp. prepared mustard
3/4 tsp. salt
1 tsp. A·1 Sauce
Dash cayenne

Cook Brussels sprouts until tender in 1" of boiling salted water. Meanwhile, melt butter in a saucepan; add remaining ingredients. Drain Brussels sprouts; place in a hot vegetable dish, and pour the sauce over all. Serves 6.

OVEN TOMATOES

6 medium tomatoes
1 1/2 tbsp. prepared mustard
2 tbsp. minced onion
3 tsp. A·1 Sauce
Granulated sugar
Salt

Remove stem end and cut each tomato in half crosswise. Spread cut side of each half with some of the prepared mustard. Top each with 1/2 tsp. minced onion, 1/4 tsp. A·1 Sauce, and sprinkle each half with a small amount of sugar and salt. Bake 30 minutes in a moderately hot oven of 375° F., or broil 15 minutes under a very low broiler heat. Serves 6

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BAKED ONION CHEESIES

8 large, peeled, whole onions  Speck pepper
A·1 Sauce  1 cup grated American
¼ teaspoon salt cheese

Cook onions in boiling salted water until just tender. Drain, and place in a shallow baking dish. Cut a wide cross in top of each onion. Sprinkle a few drops of A·1 Sauce in each cross. Then sprinkle each onion with some of the salt and few grains of pepper. Press 2 tbsp. of the cheese into each cross. Bake in moderately hot oven of $375^\circ\mathrm{F.}$ for about 40 minutes, or until cheese is melted and golden brown. Serves 4.

WELSH RAREBIT

4 cups fine stale bread crumbs 1 pound diced Old English Cheese
3 cups milk Pepper and salt
1 pound diced American Sauce

Soak bread crumbs in milk in top of double boiler. Place over hot water and add American and Old English cheese. When cheese has melted, stir well. Add dash of pepper and A·1 Sauce... salt to taste. Serve on toast. Serves 10 to 12.

CHEESE BALLS

½ lb. grated American cheese 2 tsp. A·1 Sauce
2 cups soft bread crumbs ¼ teaspoon salt
3 eggs, well beaten Dash cayenne

Mix together all ingredients. Form into 12 balls each about 1½" in diameter. Dip in 1 egg slightly beaten with 2 tbsp. cold water, then roll in finely sifted dried bread crumbs. Fry in deep fat heated to $390^\circ\mathrm{F.}$, or hot enough to brown a day old cube of bread in 20 seconds, until delicately brown. Drain on paper toweling. Serve with hot tomato sauce. Serves 4.
THIS CHEESE SOUFFLE NEVER FALLS
.. BUT IT HITS THE SPOT!

2 cups coarse bread crumbs  2 cups milk, scalded
1 cup grated American cheese  1 tbsp. butter
$\frac{1}{2}$ teaspoon salt, pinch pepper  4 eggs, separated
$1\frac{1}{2}$ tbsp. A-1 Sauce  Oven temp. 325° F.

Baking time, 45 to 60 minutes

Dig the crumbs from a loaf of bread lightly with a fork. Add the crumbs, grated cheese, salt, pepper and A-1 Sauce to the scalded milk, taken from the heat. Slowly add the beaten egg yolks and butter. Then fold in the beaten egg whites lightly. Pour into a buttered baking dish; set in a pan of hot water and bake in a moderately slow oven until souffle is set and delicately brown. Serve from the baking dish. As the souffle does not fall, it may be reheated the second day.

WELSH-RAREBIT TOASTIES

Remove crusts from $\frac{3}{8}''$ slices of white bread. Toast on one side. Then turn and spread, first with deviled ham, then with a paste made of 1 cup grated American cheese, $\frac{3}{8}$ tsp. paprika, 1 tsp. prepared mustard, 1 tsp. A-1 Sauce, and 2 tbsp. milk. Cut each slice into 3 strips. Slip them under the broiler, and toast until melted and lightly browned. Makes 30 Toasties.
**PAN-FRIED FISH**

2 lbs. fresh or frosted fish fillets  1 cup yellow cornmeal and white flour mixed
3 tbsp. A·1 Sauce  
1½ tbsp. salt, pepper  4 tbsp. cooking fat or oil

Rub outsides of fillets with salt, pepper and A·1 Sauce, then roll in the flour mixture. Heat fat in skillet until it begins to smoke, place fillets in hot fat and brown about 2 minutes on each side. Then cover and cook over very low flame for 5 minutes. Time may vary with thickness of fillets. Serve with lemon wedges, or sliced pickles.

**BARBECUE SAUCE**

½ cup vinegar  
1 tbsp. chopped onion  
1 tbsp. chili sauce  
2 tbsp. A·1 Sauce  
1 tsp. brown sugar

1 tsp. salt, ¼ tsp. pepper  
¼ cup butter  
½ tsp. dry mustard  
1 tsp. poultry seasoning

This quantity is for a 5-lb. roast of loin pork. Rub pork with salt and pepper and brown in quick oven (400°) for 20 minutes. Heat above ingredients and pour over pork. Reduce heat to 350°, cover, and cook for 2½ hours, basting with the barbecue sauce occasionally.

**ITALIAN SPAGHETTI SAUCE**

2 tbsp. butter  
2 tbsp. cooking oil  
1 tbsp. chopped parsley  
2 medium onions, chopped  
2 cloves garlic

1 10½-ounce can tomato puree  
2 6-ounce cans tomato paste  
1 tbsp. A·1 Sauce  
½ lb. ground beef

Cook first 5 ingredients until onions are soft. Drop meat in a small lump at a time, cook until white. Add tomato puree and paste and A·1 Sauce. Cover and let simmer for 2 hours. Pour over 1 lb. cooked spaghetti. Serve with grated parmesan or American cheese.
STUFFED CELERY OR CANAPES

Cream or Roquefort cheese
Mayonnaise
A·1 Sauce
Celery

Moisten cheese with mayonnaise. Blend thoroughly and add A·1 Sauce to taste. Wash and scrape celery and then stuff with the mixture. Chill thoroughly before serving. This cheese and A·1 Sauce combination is also delicious served on crackers or toast rounds as canapes.

STUFFED EGGS

Hard boiled eggs
Mayonnaise
A·1 Sauce

Cut hard boiled eggs in half lengthwise and remove yolks. Mash with fork, moisten with mayonnaise and season to taste with A·1 Sauce. Refill the whites with mixture.

BAKED BEANS

Empty a can of baked beans in bean pot or baking pan. Add ¼ cup water, little molasses or brown sugar. Stir in tablespoon A·1 Sauce. Lay several strips of bacon on top, bake ½ hour in hot oven. Add more water if needed.

BAKED BEAN SALAD

3 cups baked beans
2 tablespoons vinegar
⅔ cup onions, chopped fine
Salt and pepper
⅔ cup sweet
⅓ cup mayonnaise blended
pickles, chopped fine
⅓ cup prepared mustard
1 head lettuce

Combine all ingredients, except lettuce. Season to taste. Arrange on lettuce and garnish with sliced egg, pickles, etc. Serves 6
**TOMATO FRENCH DRESSING**

1 10 1/2-oz. can condensed tomato soup 1/2 tsp. pepper
3/4 cup vinegar 1/3 to 1/2 cup granulated sugar
1 tsp. salt 1 tsp. minced onion
1/2 tsp. paprika 1 tsp. mustard
1 tbsp. A·1 Sauce 1 cup salad oil
1 peeled clove garlic

Combine all ingredients in a covered quart preserve jar or refrigerator bottle. Shake until blended; then chill. Makes 1 qt. dressing. Chill leftover dressing, and use as needed for salads.

**HARTFORD SAUCE**

1/2 bottle A·1 Sauce 1/4 cup (1/8 lb.) butter

Put A·1 in saucepan. Add butter. Heat until butter is melted and blended. Put steak, hamburger or meat loaf on hot platter. Score as for slicing. Pour over sauce and serve. Serves 6.

**SAVORY SAUCE**

Combine 2 tbsp. fat, 2 tbsp. A·1 Sauce, 1 tsp. vinegar, 1 tsp. sugar, 2 tbsp. catsup, few drops Tabasco sauce, 1 clove garlic, or 1/2 tsp. chopped onion; simmer 5 minutes. Pour over steak, chops, roasts, meat loaf.

**COCKTAIL SAUCE FOR SHELL FISH**

3/4 cup tomato ketchup 1/4 cup grated horseradish
1 tablespoon A·1 Sauce 2 tablespoons lemon juice
1/4 teaspoon salt
5 drops tabasco sauce

Mix well and serve in small glasses, with oysters, clams, shrimps, crabmeat or lobster.
This Man Hated His Spinach

Somebody has said that men are not divided into bassos and tenors, but into spinach-eaters-and-haters. If you have a "hater" to feed, try a few drops of A·1 Sauce on his portion of spinach, and see if he doesn't come up for a second helping! That's one challenge A·1 Sauce has actually met!

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HARTFORD, CONN.
Makes tomorrow's Hash taste as good as today's Roast Beef!