BEECH-NUT
SLICED BACON
AND OTHER GOOD THINGS
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Beech-Nut Packing Company
Canajoharie, N.Y.
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The use of fat in a dietary is a physiological necessity. No meal is "complete" unless it contains, in some form, its due proportion of fat. In this connection instinct and science seem to point to the same fact; for the housekeeper of one hundred years ago was ever on the alert, as is her scientifically trained sister of to-day, to add to meat-, fish- and vegetable-dishes the lacking element of richness.

In New England this most desirable food substance was found in salt pork, tiny bits of which were added to the fricassee of young chicken, or to clam chowder, while thin slices, dipped in boiling water, then in flour, were cooked slowly in the frying-pan to make "com-
plete” the morning meal of boiled potatoes and saleratus biscuit. In those days, the Southern housekeeper was providing “smoked sides” for her family, and a “rasher of bacon” proved at once, for young and old alike, an appetizer and an inexpensive means of supplying the richness needed to complement the usual dishes of a meal.

But the raising of pork and the curing of ham and bacon are no longer confined to individual homes; like many another industry, they are now conducted on a much larger scale, with better appliances. Even the slicing of bacon at home has begun to give place to better and more economical methods. For the housewife has no means of utilizing the so-called “by-products,” the skin and over-smoked portions, which form so large a part of the bacon bought in bulk. These refuse portions, in quantity, have a fixed market value, and can be utilized at the large
plants, thus leaving for the consumer nothing but the delicate parts of the bacon, sliced thin as a wafer.

Formerly, with an eye to the keeping qualities of bacon, the curing and smoking processes were carried to an extreme, but to-day the Beech-Nut people have devised machinery by which the mild-cured and smoked slices may be packed in jars, in a vacuum, thus insuring a delicate yet perfect product whenever or wherever the jar is opened.

The slice of Beech-Nut Bacon, being of same thickness in every part, cooks evenly, and, with a modicum of care in turning, will be uniform in color throughout. Now, color itself appeals largely to the eye and in food needs to be given due consideration, but, in the cooking of fat, it means much more than a mere symphony in brown, to be relieved by the yellow and
white of eggs and the green of parsley. A rasher of dark brown bacon or a dish of hominy, cooked to a dark brown in bacon fat, is a sin against gastronomy, and a sin quickly to be found out in the after-effects of indigestion.

In the following recipes, three general ways of cooking Beech-Nut Bacon are given, each of which has its merits. With the frying-pan less dishes are required, but let no short moment of heat discolor the delicate sliver of meat or the useful fat in the pan. Cooked in the oven, in the double broiler over a dripping-pan—broiled, as it were—there is less liability of overcooking and the slices are drained as they cook. If carefully covered, both broiler and dripping-pan are ready, without washing, for broiling steak or roasting meat. By the use of deep fat, the perfectly cooked and dainty little rolls of
Beech-Nut Bacon

bacon, the envy and despair of the amateur as well as many a professional in cookery, are evolved.

The fat tried out of bacon, if it be kept light-colored by careful cooking, and be carefully drained from the sediment in the bottom of the pan, will prove a veritable store-house to the thrifty housewife. It is palatable, for occasional use, served hot with baked potatoes or whole-wheat bread. It gives just the right flavor to dressings for poultry and veal. It serves for basting roast poultry, lamb and mutton, and is preferable to butter for use in savory dishes of macaroni, rice and hominy. Lyonnaise potatoes, flavored with the mild-toned Beech-Nut Bacon fat, will prove quite as acceptable as when butter is used. And the left-over slices of broiled bacon—if there be such—put between two slices of any kind of bread, make a most
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excellent sandwich for the dinner-pail or luncheon-basket; or they will prove a veritable *sine qua non*, if they be but chopped with the meat and potatoes in a dish of hash.

Then, when one wishes to essay something more ambitious in cookery and has at her command sweetbreads, mushrooms, oysters, the breast of chicken, the fillet of beef, chickens' livers and the like, in all of which the addition of richness and mild flavor is essential to the most perfect results, where else can be found so desirable and reliable an article, in every sense, as the dainty slices of mild-cured Beech-Nut Bacon, so carefully stored in a glass jar? But, in all cooking of bacon, keep a sharp eye on temperature. We have yet to learn that most important of all lessons in cookery, that most foods require only gentle heat.
BROILED BIRDS WITH BEECH-NUT BACON ROLLS

Clean the birds (quail, woodcock, squab and the like), and cut them down the back; carefully wipe inside and out with a damp cloth and set aside in a cool place. Brush over the wires of a double broiler with bacon fat, set the birds in place and broil ten or fifteen minutes over coals that are not too bright. Broil at first with the inside of the birds toward the fire, and far enough away to avoid burning. Set on rounds of toast, spread with a little butter, creamed with salt and pepper. Garnish each bird with a slice of Beech-Nut bacon fried in deep fat. Roll the slices and fasten with wooden toothpicks, then cook in the fat just long enough to become crisp, and lightly colored. Remove the toothpicks before serving. To roast birds, wrap each in a slice of bacon and cook about twenty minutes in a hot oven.

BEECH-NUT BACON WITH BEEF STEAK

Lay slices of Beech-Nut bacon on the wires of a hot double broiler. Close the broiler and set it into a moderately heated oven over a dripping-pan. Let cook until crisp and delicately colored, not browned; then remove and keep hot until the steak is ready. When the steak is broiled, spread very lightly with butter and garnish with the bacon and fresh parsley.
BEECH-NUT BACON OMELET

Cut three slices of Beech-Nut bacon into small squares (less than half an inch). Let these cook in a hot frying-pan until crisp and yellow. Pour off the fat, leaving about two tablespoonfuls in the pan. Have ready two whole eggs, and two yolks additional, beaten until a full spoonful can be taken up; add one-fourth a teaspoonful of salt, a dash of paprika and three tablespoonfuls of cold water, mix thoroughly and pour into the pan over the bits of bacon. Shake the pan to keep the omelet moving (the pan needs to be hot when the egg is poured in) and with spatula, or by shaking, let the uncooked egg mixture come in contact with the hot pan. When nearly all the egg is set, roll the omelet over and over and then onto a hot dish. Garnish with slices of broiled or "rolls" of fried bacon, and serve at once.

BEECH-NUT BACON, FRIED, WITH APPLES

Fry the bacon and keep it hot as above. Have ready apples from which the cores have been taken, without paring; cut these in rather thick rounds and cook them in the hot fat, first on one side and then on the other. Dispose on a serving-dish and lay the bacon around them. Blue pears, or other apples that are not too juicy, become tender quickly and yet hold their shape.
OYSTERS AND BEECH NUT BACON, MANHATTAN STYLE

Take from three to six oysters for each individual service. Have them freshly opened, and on the deep part of the shell. For two dozen oysters cream half a cup of butter. Work into this half a teaspoonful of paprika, half a teaspoonful of salt, and a tablespoonful of fine-chopped parsley. Divide this mixture among the oyster shells, putting a bit on each oyster, then cover the oyster completely with a piece of Beech-Nut bacon. Set the shells on a baking-tin into a hot oven, and let cook about twelve minutes, or until the bacon is crisp. Serve at once on a folded napkin with a quarter of lemon.

FRIED BEECH-NUT BACON AND LIVER

Cut calf's liver into slices about half an inch thick, cover these with boiling water and let stand five minutes; wipe dry, rub each slice with the cut side of an onion, season with pepper and salt and roll in flour. Fry in hot bacon fat, first on one side and then on the other. Serve with slices of Beech-Nut bacon, either fried in the pan or as rolls in deep fat, or broiled in the oven. Garnish the dish with lemons, cut in quarters, Saratoga potatoes and parsley.
BEECH-NUT SLICED BEEF

Dried beef is known to everybody, but few would recognize in Beech-Nut Sliced Beef the ordinary dried beef of commerce. This beef, when it roamed up and down the grassy regions, did not differ from other beef. The steps taken in preparing and curing the meat, and in slicing and in packing it, give to the meat a flavor distinctive and delicious.

The two things that have made Beech-Nut products such a success are new ways of curing and preparing the meats, and perfect purity throughout. No preservative of any kind is used in any Beech-Nut product. The taste is the inherent taste of the food.

The reason Beech-Nut Sliced Beef tastes so good is because you never before tasted any unmarred by preservatives.
BEECH-NUT SLICED BEEF, CREOLE STYLE

Sauté half an onion and half a sweet green pepper pod, from which the seeds have been taken, and both chopped very fine, in three tablespoonfuls of butter until softened and yellowed; add three tablespoonfuls of flour, cook until frothy, then stir in a cup and a half of stock or tomato puree, or half of each; stir until the whole is boiling, then add a cup and a half of Beech-Nut sliced beef picked in small pieces. Serve very hot.

BEECH-NUT SLICED BEEF "FRIZZLED"

Pick the white threads from the edge of the slices of beef, but otherwise leave the slices entire. Heat two or three tablespoonfuls of butter in the frying-pan, put in the meat and cook until slightly crisped, turning occasionally. Serve hot with baked or mashed potato, or, after the meat is crisped, stir into the butter two level tablespoonfuls of flour and, when this has been absorbed, add a cup of cold water or light stock; cook and stir until the same boils, then serve.
BEECH-NUT SLICED BEEF WITH MACARONI

Have ready three-fourths of a cup of macaroni, cooked tender in rapid boiling salted water, drained and rinsed in cold water. Make a sauce of two tablespoonfuls of butter, two tablespoonfuls of flour, one-fourth a teaspoonful each of salt and paprika and half a cup each of broth and tomato puree (cooked tomatoes sifted to remove seeds). Stir through the sauce the cooked macaroni and half a cup of Beech-Nut sliced beef pulled into small pieces. Let stand over hot water until the whole is very hot.

BEECH-NUT SLICED BEEF IN CREAM SAUCE

Melt two level tablespoonfuls of butter, in it cook two level tablespoonfuls of flour and a few grains of paprika; when the mixture is frothy, add one cup of milk, stir and cook until the mixture thickens and boils, then add one cup of Beech-Nut sliced beef picked in small pieces. The beaten yolk of an egg or a teaspoonful of fine-chopped parsley may be added just before serving.
**BEECH-NUT SLICED BEEF HASH**

Chop rather fine a cup of Beech-Nut sliced beef and half a green pepper pod; chop also two cups of cold, boiled potatoes, then chop and mix the whole together. Have ready in a hot frying-pan two or more tablespoonfuls of fat, cooked from Beech-Nut bacon, put in the chopped materials and mix thoroughly; add two or three tablespoonfuls of water or broth and a dash of salt; cover and let become very hot, then fold as an omelet, and turn onto a hot platter. Garnish with rolls of Beech-Nut bacon fried in deep fat and parsley.

**BEECH-NUT SLICED BEEF IN CREAM**

Pick one cup of Beech-Nut sliced beef in pieces, discarding all white threads; cover the meat with boiling water, drain and stir into a cup of cream made hot over boiling water. Let stand over the hot water a few moments, then serve with hot baked potatoes.
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BEECH-NUT CONSERVES

The Beech-Nut trade-mark appearing upon a glass jar of conserves, or any other product, is a guarantee that these conserves have been prepared, in a cleanly and appetizing manner, from the best selected fruit, and that no adulterant or preservative has been used. Beech-Nut products are packed in a vacuum and no preservative is necessary. They consist of nothing but the pure fruit and pure sugar. No matter how high sugar may be in price, sufficient is used to preserve the fruit. The sweetness of the natural fruit flavor is their greatest charm. If you ever, by any accident, happen to taste Beech-Nut Conserves, you will never, even by accident, eat any other kind.
STRAWBERRY JAM OMELET

Beat the yolks of three eggs until light-colored and thick; gradually beat in three level tablespoonfuls of water, a tablespoonful of powdered sugar and a few grains of salt, then "cut and fold" into the mixture the whites of three eggs, beaten dry. Turn the whole into a hot omelet pan, in which one tablespoonful of butter has been melted, spread the mixture evenly and let cook a moment on the top of the stove, then put the pan into the oven. When a knife cut down into the center of the omelet is removed with no uncooked egg adhering to it, the omelet is cooked. Score the omelet across the top at right angles to the handle of the pan; spread one-half lightly with Beech-Nut strawberry jam, fold and turn the omelet onto a hot platter. Surround the omelet with a narrow wreath of the jam, made hot over the fire and diluted with a tablespoonful of lemon juice.

CURRANT JELLY SAUCE

(To serve with fritters, rice croquettes, baked bananas, cottage or other hot pudding)

Melt half a glass of red currant jelly in a cup of boiling water; add half a cup of sugar and let cook five minutes; then stir in a teaspoonful of cornstarch made smooth in a little cold water, let cook five or six minutes, then add a tablespoonful of butter and a teaspoonful of lemon juice.
NOISETTE SANDWICHES

Make two loaves of bread, using one pint of milk, two tablespoonfuls of butter, two level tablespoonfuls of sugar, one teaspoonful of salt, one cake of compressed yeast, softened in half a cup of lukewarm water, four cups of entire wheat flour, about three cups of white flour, and one cup of whole filbert or hazelnut meats. When cold, cut the bread in thin slices, spread half the slices with butter and the other half with Beech-Nut orange marmalade and press the slices together in pairs. These sandwiches are an exceedingly toothsome addition to the contents of the luncheon basket or dinner pail, and when cut in fanciful shapes, with crust removed, are a novelty for the afternoon tea-table.

HOMINY CUPS WITH CURRANT JELLY

(To serve with game or roast mutton)

Shape fine hominy cooked in boiling salted water and cooled slightly, into balls; depress the balls on one side to form a cup, roll these in sifted bread crumbs, then dip them in an egg beaten with two tablespoonfuls of cold water, covering every part of the egg, drain and again roll in crumbs. Fry in deep fat to a golden brown and drain on soft paper. Set the cups on a plate covered with a folded napkin and put a spoonful of current jelly in each cup.
JAMS
Grape, Concord
Grape, Catawba
Strawberry
Peach
Plum
Raspberry
Quince

MARMALADES
Orange, sweet
Orange, bitter
Orange, lemoned
Lime Fruit
Rhubarb
Grape Fruit

JELLYES
Red Currant
Black Currant
Quince
Crab Apple

PRESERVES
Cranberry Sauce
Spiced Plum
Ginger Pear
Pineapple
Cherry
AFTER-DINNER DAINTIES

We prepare three kinds of stuffed dates, each of which makes a delicious after-dinner confection, or a dish to be found upon the tea-table. No mere text can describe the daintiness of our stuffed dates. We have three kinds:

Beech-Nut Fard Persian

PEANUT BUTTER

Our peanut butter, made from carefully selected peanuts, is not only a wholesome and appetizing relish, but is invaluable for preparing sandwiches for picnics, luncheons and other such festivities.
HOW TO BUY IT

All good stores now have the Sliced Bacon and the Sliced Beef. Where they cannot be had of dealers, we will send 2 dozen of the medium-size jars of any Beech-Nut product, or all of the Beech-Nut products assorted, as follows:

Any express point east of Chicago and north of Richmond, charges prepaid, $4.00 per dozen; other points east of Mississippi River, $4.50 per dozen; all points west of Mississippi River, $5.00 per dozen; or, one large jar delivered by express, east of Chicago and north of Richmond, 30 cents; other points east of Mississippi River, 35 cents; other points west of Mississippi River, 40 cents.

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