Recipes
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of America
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COLBURN'S MUSTARD
D. S. F.

COLBURN'S SPICES
"RED LABEL"
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Colburn's Chutney  Colburn's Paprika
Colburn's Farinaceous Food Products

Insist upon Package Spices bearing our name, as we have a world-wide reputation to protect and maintain. Bulk Spices are usually cheap spices.

Established 1857

THE A. COLBURN COMPANY
Importers and Manufacturers  Philadelphia, U. S. A.
THE RECIPES IN THIS BOOK

should be preserved, as they have been compiled by us under the supervision of some of the most famous Cooking Experts and Chefs in the United States—every Recipe has been carefully tested, and its use will be found to produce results which cannot be expected in ordinary home preparation.

In compiling these Recipes, it was a matter of no small pride and satisfaction with The A. Colburn Company to learn that Colburn’s “A” Mustard, Spices and Condiments were in general use and constant demand by those who make a “life business” of “Cookery.”

If you have never used Colburn’s “A” Mustard and Spices in your household—try them, and you will be agreeably surprised—you will realize that:

Colburn’s “A” Mustard and Spices give to food what wit and humor give to conversation—a snap and relish.
Among the many useful purposes for which Mustard should be used, the most economical and valuable is that of its use in the Bath.

The addition of Mustard to the water in the bath tub makes a Bath so invigorating and refreshing as to be inconceivable to those who have not tried it. A spoonful of Mustard stirred into the bath, will in general be found sufficient.
Colburn's D. S. F. Mustard.

"WHAT SAY YOU TO A PIECE OF BEEF AND MUSTARD."
—Shakespeare.

The use of mustard as a condiment, and probably as a medicine, too, was known to the ancient world, and it was a favorite condiment at the dinner table of the Middle Ages. By the fourteenth century it had become an important article of manufacture in Burgundy and considerable quantities of it were imported into England.

Some say it owes its name to Philip the Bold of Burgundy, who granted to the town of Dijon, long noted for this condiment, armorial bearings, with the motto "Moult Me Tard" ("Multum ardeo," I burn). The arms and motto were engraved on the principal gate, and were adopted by the mustard merchants, who soon shortened the name into "Moult arde" (to burn much).

The truth, however, seems to be that the name comes from the old French "moustarde," derived from "Moust," the Latin "Mustum" (must), formerly used in its preparation.

The use of mustard as a condiment really dates from the Elizabethan age. The story goes that an old woman named Mrs. Clements, who lived in Durham about the year 1729, began to grind the seed in a mill, and sold large quantities of the flour which she obtained by this process all over the country. Before this the seeds were merely coarsely pounded, or merely used "au naturel." The new preparation was called "Durham mustard," and that county is still famous for the cultivation of the plant.

The mustard plant is a member of the genus Brassica, to which we owe our cabbages and broccoli, our turnips, and Brussels sprouts.
There are two varieties of mustard seeds, Sinapis nigra, the black, and Sinapis alba, the white.

These are ground and mixed in proper proportions to produce perfect pungency and the finest flavor and taste. Both varieties of seeds are used, whole, in the spicing of pickles.

"THE KING OF CONDIMENTS."
Made in America.

Only the finest mustard seeds grown in the world are used in the manufacture of Colburn's D. S. F. Mustard. These seeds are always carefully scoured and cleaned, scientifically milled and blended by our own exclusive process. A distinctive and unequaled pungency, flavor and color are thereby attained.

The Mixing of Mustard.

The pungency of mustard is more fully developed when moistened with water. It is best to mix the mustard with water that has been boiled and allowed to become nearly cool, and it should not be put into the mustard pot until it is cold. It should be mixed in a cup with a spoon and the mustard worked till the whole is perfectly smooth, for mustard should never be lumpy.

There is so little trouble in mixing mustard that housekeepers should insist on its being mixed in moderate quantities so that it is not allowed to get stale. Indeed, if mixed mustard be kept too long it becomes absolutely offensive.

Another point housekeepers would do well to remember is to insist on having the mustard pot always thoroughly cleansed before fresh mustard is put into it.
Spiced Mustards.

Mustard excites the appetite, gives piquancy to meat, strengthens the stomach and facilitates digestion. It is used as a table condiment, in sauces, in dressings, and in many savory dishes. The infinite variety of flavors which may be introduced into our table mustards should sufficiently reward us for the little trouble entailed in mixing them. As all these made mustards contain spices and herbs, which lose much of their aroma by exposure to the air, they should be put into jars and securely corked directly they are made.

Colburn's French Mustard.

4 ozs. Colburn’s D. S. F. Mustard.
1 oz. Powdered Sugar

1 teaspoonful of Salt.
1 pint good Vinegar.

Put the mustard into a large bowl, add the sugar and the salt and rub them all well together. Bring the vinegar to boiling point then pour it upon the ingredients in the bowl, stir quickly and thoroughly, till lumps are all rubbed out, then add enough more boiling vinegar to reduce to a smooth paste just thick enough to run slowly off the spoon. Put this French Mustard into a corked bottle or jar and keep in a cool place. Let it stand twenty-four hours before using.

French Mustard is sometimes flavored with tarragon, sometimes with capers, and sometimes with fine herbs. One of the most useful forms of using French Mustard is in deviling legs of chickens and turkeys. For this purpose the French Mustard
should be mixed with a considerable quantity of Colburn's "A" Red Pepper. The legs should be cut into strips right down to the bones, parallel, and then this mixture of French mustard and red pepper inserted in the slits with a blunt knife. A very nice knife for the purpose is an ivory paper knife. The legs should be smothered over with the mixture, and then grilled over a fierce fire.

**Mustard Sauce.**

Colburn's D. S. F. Mustard is now very largely used in cooking and one use to which it can be put is to make mustard sauce which is excellent and is generally served with any kind of meat or fish.

2 tablespoonfuls Colburn's D. S. F. Mustard.  
1 teaspoonful Flour.  
1 tablespoonful Vinegar.  
1 teaspoonful Salt.  
1 teacupful Water.  
2 yolks of Eggs.  
2 tablespoonfuls Melted Butter.  
½ teaspoonful Colburn's "A" Paprika.

Put the yolks of the eggs into a saucepan, beat them up with a wooden spoon, add the butter, Mustard, Paprika, flour, vinegar, salt and water. Stir continuously until it boils. The mixture should be of the consistency of cream; therefore, if it is too stiff more vinegar or water must be added.
Mustard Cream Sauce.

1 teaspoonful Colburn’s D. S. F. Mustard.  ½ teaspoonful Salt.
½ teaspoonful Colburn’s “A” Paprika.  3 tablespoonfuls Butter.
1 level tablespoonful Flour.  1 cupful Milk.

Put the mustard into a double boiler, add butter and flour and mix thoroughly together, then add the milk boiling, the salt and paprika and cook gently for three minutes.

Mustard with Horseradish.

1 tablespoonful Colburn’s D. S. F. Mustard.  ½ cupful Cold Water.
1 tablespoonful grated Horseradish.  2 tablespoonfuls Boiled Water.
¾ teaspoonful Salt.

Mix the Mustard with the boiled water and add the salt. Boil the horseradish for ten minutes in the half cupful of water and allow it to get cold. Add the horseradish to the Mustard and two tablespoonfuls of the water in which it has been boiled.
Spiced Mustard.

1/4 lb. Colburn’s D. S. F. Mustard. 1 saltspoonful Colburn’s “A” Ginger. 3 teacupfuls boiling Vinegar. ½ saltspoonful Colburn’s “A” Nutmeg.

Boil the vinegar, cool it slightly and pour it over the Mustard, keep the mixture just below boiling point for forty-five minutes, add ginger and nutmeg and heat for five minutes longer.

Colburn’s Pickelette.

4 large crisp Cabbages. 2 tablespoonfuls Colburn’s “A” Black Pepper. 1 quart Onions. 2 tablespoonfuls Colburn’s “A” Cinnamon. 2 quarts Vinegar. 2 tablespoonfuls Celery Seeds. 2 lbs. Brown Sugar. 1 tablespoonful Colburn’s “A” Allspice. 2 tablespoonfuls Colburn’s D. S. F. Mustard. 1 tablespoonful Colburn’s “A” Mace.

Pack the cabbages and onions in alternate layers with a little salt and allow to stand over night. Scald the vinegar, sugar and spices together and pour over the cabbages and onions.

Do this three successive mornings—on the fourth put altogether over the fire and bring to boiling point, allow to boil for thirty minutes, and when cold pack in small jars.

The pickelette can be used as soon as it is cold, but it keeps well.
SALAD DRESSINGS

Mayonnaise Dressing With Olive Oil.

\[ \frac{1}{2} \text{ teaspoonful Colburn's D. S. F. Mustard.} \]
\[ \text{A liberal dash of Colburn's “A” Paprika.} \]
\[ \frac{1}{4} \text{ pint Olive Oil.} \]
\[ \text{Yolk of 1 raw Egg.} \]
\[ 1 \text{ teaspoonful Vinegar.} \]
\[ 1 \text{ teaspoonful Salt.} \]
\[ \text{Yolks of 3 hard boiled Eggs.} \]

Mash the cooked yolks perfectly smooth. Add the raw yolk, and work together for a few minutes; then add the salt, mustard and paprika and mix. Add the oil drop by drop, stirring rapidly and steadily all the while. Then add the vinegar by degrees. More oil and vinegar may be added if too thick.

Mayonnaise Dressing Without Oil.

\[ 1 \text{ small teaspoonful Colburn’s D. S. F. Mustard.} \]
\[ \text{A liberal dash of Colburn’s “A” Paprika.} \]
\[ 2 \text{ well beaten Eggs.} \]
\[ \frac{1}{2} \text{ teacupful Butter.} \]
\[ 2 \text{ tablespoonfuls Sugar.} \]
\[ 3 \text{ tablespoonfuls Vinegar.} \]

Put all together in a saucepan and cook until thick. Add little cream if too thick.
French Dressing.

A liberal dash of Colburn's "A" Paprika. \(\frac{1}{2}\) teaspoonful Colburn's "A" White Pepper.
\(\frac{1}{2}\) teaspoonful Salt.
3 tablespoonfuls Olive Oil.
1 tablespoonful Vinegar.

Mix the salt, white pepper and paprika with the olive oil. Drop the vinegar in slowly, beating continuously. A few drops of tarragon vinegar improves salad.

Tomato Sauce.

\(\frac{1}{2}\) teaspoonful Colburn's D. S. F. Mustard.
1 oz. Flour.
2 sprigs Parsley.
1 oz. Bacon.
\(\frac{1}{2}\) teaspoonful Colburn's "A" Paprika.
1 tablespoonful Butter.
1 Blade Mace.
1 tablespoonful Cream.
1 chopped Onion.
1 lb. ripe Tomatoes.
1\(\frac{1}{2}\) pints Stock.

Put the bacon into a saucepan with the butter and onion, fry a little, then add tomatoes, cut into slices, stir over the fire a little longer; then add Mustard and flour previously mixed with a little cold stock or gravy.

Stir in gradually the stock, add mace, bay leaf, paprika, and parsley, and allow all to simmer thirty minutes. Rub sauce through a sieve, return to the saucepan, season with salt, and add sugar and cream.

The sauce should not be allowed to boil again after the cream has been added.
Cream Dressing.

1 teaspoonful Colburn's D. S. F. Mustard.
2 cupfuls Whipping Cream.
1 teaspoonful Salt.
1 teaspoonful Sugar.
2 tablespoonfuls Vinegar.
Yolks of 3 hard-boiled Eggs.
½ teaspoonful Colburn's “A” Paprika.

Rub the yolks of eggs to smooth paste; gradually add Colburn’s D. S. F. Mustard, paprika, salt, sugar and vinegar.

Have the cream very cold and whip it until very smooth and light. Stir this, a spoonful at a time, into egg mixture.

Boiled Dressing.

1 level teaspoonful Colburn’s D. S. F. Mustard.
½ teaspoonful Colburn’s “A” Paprika.
2 Eggs.
¼ cupful Butter.
½ cupful Sugar.
1 cupful Vinegar.
1 teaspoonful Salt.

Beat the eggs without separating, add the vinegar, Colburn’s D. S. F. Mustard, paprika, sugar and butter melted. Mix well and cook in a double boiler. Stir constantly until the dressing has thickened. Then cool and serve.

This dressing may be thinned with either cream or oil.
SALADS

Potato Salad.

Some French Dressing.
1 cupful Cold Cooked Potatoes.
1 cupful Cold Cooked Turnips.
1 cupful Cold Cooked Beets.
Lettuce.
Parsley.

Cut the vegetables into dice and marinate them with the French dressing. Arrange crisp lettuce leaves around the salad dish, mix the potatoes and turnips lightly, arrange them in the dish, put the beets around the edge and sprinkle some chopped parsley on the top. Serve very cold.
Chicken and Cheese Salad.

1 cupful diced cooked Chicken. 1½ cupfuls Grated Cheese.
3 hard boiled Eggs. 1 teaspoonful Colburn's D. S. F. Mustard.
4 tablespoonfuls Olive Oil. ½ teaspoonful Colburn's "A" Paprika.
3 tablespoonfuls Vinegar. ½ teaspoonful Salt.

Rub the yolks of the eggs to a smooth paste and gradually add the olive oil, then add seasonings. Mix the chicken and the cheese with the dressing and garnish with the whites of the eggs cut in circles.

White Grape Salad.

½ teaspoonful Colburn's D. S. F. Mustard. 1 lb. White Grapes. 2 Eggs.
2 cupfuls Catawba Wine. 1 tablespoonful Powdered Sugar.
1 tablespoonful Paprika. ½ teaspoonful Salt.
½ teaspoonful Colburn's "A" Paprika.

Stem and skin the grapes, half them and remove the seeds. Then set on ice. Beat up the eggs in a double boiler, add slowly the catawba wine and cook them until thick, stirring constantly. Remove from the fire and add Mustard, paprika, sugar and salt. Set at once in a cool place.

Serve the grapes on crisp lettuce leaves, and add the dressing just before serving.
Tomato Salad.

Several Firm Tomatoes. Cream Dressing. Spanish Onions.

Cut the tops from several large, ripe tomatoes, then lay them upside down in a dish in a cool place for several hours, first sprinkling the cut surfaces with salt.

Then slice very thinly, and arrange them in a salad bowl, alternately, with Spanish onions sliced very thinly. Dress with Colburn's D. S. F. Mustard, olive oil, salt and a dash of lemon juice. Serve with the cream dressing.

A delightful salad is composed of tender, crisp cabbage shredded and covered with slices of tomato a quarter of an inch thick.

Young green onions are also nice with them. Serve with the cream dressing.

Apple and Onion Salad.

2 Apples. 1 Onion.

1 teaspoonful Colburn's D. S. F. Mustard.

1 cupful Vinegar.

1 teaspoonful Cornstarch.

½ teaspoonful Salt.

¼ teaspoonful Colburn's "A" White Pepper.

1 Egg.

Boil the vinegar. If too strong, use half water. Mix the Mustard with the cornstarch, add the salt, pepper and egg well beaten.

Stir this into boiling vinegar and cook until creamy. Pour it over two mildly acid apples and onion chopped fine. Serve in lettuce cups.
Sweetbread Salad.

1/2 pint Mayonnaise dressing. 1 cupful diced Celery. 1 pint Mayonnaise dressing. 1 cupful diced Celery.
1 pair of large Sweetbreads. Some Lettuce. 1 pair of large Sweetbreads. Some Lettuce.
2 tablespoonfuls French dressing. 2 tablespoonfuls French dressing.

Clean and blanch the sweetbreads and boil for twenty minutes. When cool, cut them into dice and marinate with the French dressing, letting stand on ice for one hour.

Prepare the lettuce and celery and place in the ice box also. When ready to serve, mix the celery and sweetbreads thoroughly with half of the mayonnaise dressing. Arrange on lettuce leaves and pour the rest of the mayonnaise over the top.

Celery and Oyster Salad.

1 pint Oysters. Boiled dressing. 1 pint Celery. Lettuce Leaves.
1 pint Oysters. Boiled dressing. 1 pint Celery. Lettuce Leaves.
1/2 pint French dressing. 1/2 pint French dressing.

Scald the oysters in their own liquor until the edges curl. After draining, cut in halves and mix with the celery, cut into small cubes. Marinate with the French dressing and put on ice for thirty minutes. Then drain, and mix with the boiled dressing.

Serve on lettuce leaves.
Apple Salad.

A good apple salad to serve with duck is made as follows: Cut two sour apples into thin slices and place on watercress that has been washed and dried and mixed with French dressing.

Garnish with two finely chopped hard-boiled eggs.

Chestnut Salad.

Shell the chestnuts, being careful not to break the skin. Cover with water and boil till tender, then take from the fire, remove the skins and set aside to cool.

When cold break the chestnuts into small pieces, adding an equal amount of diced celery and mix well together. Serve each portion on a fresh lettuce leaf.

Beat up yolks of the eggs, add Mustard, salt, sugar, strained lemon juice, oil and vinegar gradually.

Just before serving beat up the whites of the eggs to a stiff froth and add them, mixing carefully. With this should be served crackers and cheese.
SANDWICHES

Egg Cream Sandwiches.

1 teaspoonful Colburn's D. S. F. Mustard.
6 hard boiled Yolks of Eggs.
6 boned Anchovies.
½ teaspoonful Colburn's "A" Paprika.
3 tablespoonfuls Butter.
2 tablespoonfuls Olive Oil.
2 tablespoonfuls thick Cream.
Some grated Parmesan Cheese.

Put yolks of eggs into basin, add anchovies, Mustard, paprika, butter, oil and cream.
Pound thoroughly together, and when smooth rub through a sieve.

Take some bread and cut it in slices, butter it well, and sprinkle with cheese.
Spread over with the mixture, cover over with another piece of bread and press well together.

Stamp or cut into dainty shapes. Serve on a napkin.
Sicily Sandwiches.

- 1/2 teaspoonful Colburn's Mustard.
- 12 Sardines.
- 6 hard boiled Yolks of Eggs.
- 3 level tablespoonfuls Butter.
- 1 teaspoonful Lemon Juice.

- 1/2 teaspoonful Colburn's "A" Paprika.
- Dash of Colburn's "A" Nutmeg.
- Some brown or White Bread.
- Some thin slices of Lemon.
- Watercress.

Drain the sardines, remove skin and bone, mix them with the yolks of the eggs, butter, mustard (mixed), paprika, and nutmeg.

Mix well and rub through a sieve. Spread the paste between slices of buttered bread, cut out some half moon, crescent, or finger shapes. Serve garnished with watercress, and thin slices of lemon.

Savory Sandwiches.

- 1/2 pint cold cooked chopped Meat.
- 1 medium Cucumber Pickle.
- 1/2 teaspoonful chopped Parsley.
- 1/2 teaspoonful Onion Juice.

- 1/2 teaspoonful Colburn's D. S. F. Mustard.
- 1/4 teaspoonful Salt.
- 2 tablespoonfuls Melted Butter.

Either cold boiled tongue, cold roast meat or cold chicken may be used. Chop meat and the pickle, mix thoroughly with the other ingredients, and spread on bread cut into small squares.
Dressed Crab.

1 large Crab.
2 teaspoonfuls Colburn's D. S. F. Mustard.
2 teaspoonfuls Anchovy Extract.
1 tablespoonful white Tarragon Vinegar.
1 tablespoonful Chilli Vinegar.
1 tablespoonful Olive Oil.
1/2 teaspoonful Colburn's "A" Paprika.
Pinch of Salt.
2 tablespoonfuls Whipped Cream.
Pinch of Sugar.
Strained Juice 1 Lemon.
Some chopped Tarragon and Chervil.

Boil the crab from thirty to forty minutes according to the size; when cooked set it aside until cold, then remove the large and small claws, crack the large claw shells and with a fork carefully remove all the inside, making it quite crumby.

Put aside two tablespoonfuls of this to use later on; join all the little claws together and reserve them for twisting round the crab when it is dished up.

Take all the creamy part from the body of the crab, chop it up and put it into a basin with that from the claws, and add for seasoning the Mustard, paprika, anchovy extract, vinegars, salt, olive oil, sugar, cream, lemon juice, tarragon and chervil.

Stir all together with a wooden spoon. Put mixture into the body case of the crab piling it up high in the center. Place on a fish paper, arrange little claws round it, and garnish with the part from the claws and sprigs of parsley. Serve for breakfast or luncheon.
Stuffed Onions.

6 large Onions.
3 tablespoonfuls chopped cooked Ham.
\(\frac{1}{2}\) teaspoonful Colburn's D. S. F. Mustard.
4 tablespoonfuls Breadcrumbs.
1 tablespoonful Butter.
\(\frac{1}{2}\) teaspoonful Salt.
\(\frac{1}{2}\) teaspoonful Colburn's "A" Paprika.
3 tablespoonfuls Milk or Cream.
1 Egg.

Take the onions and remove the outside skin carefully and neatly, cut the root and the stalk end even. Take all the center out of the onion except four of the outer coats, taking care not to make a hole at the bottom; if a hole is accidentally made, it must be filled up with the bit that came out.

Mix together the ham, Colburn's D. S. F. Mustard, breadcrumbs, paprika, butter, milk, salt and egg well beaten. Fill the onions with this stuffing and put on the lids. Lay them in a small pan, pour in a cupful of stock or water and stew them gently for one hour. Serve on a hot dish with the gravy poured around them. They may be served with cream sauce. Spanish onions are the best to use.
Braised Ox-tails with Cauliflower.

3 Ox-tails.
1 heaping teaspoonful Colburn's D. S. F. Mustard.
4 tablespoonfuls Butter.
1 large Cauliflower.
1 sliced Onion.
1 sliced Carrot.
6 slices lean Bacon.
2 Bay Leaves.
1 pint Brown Sauce.
Seasoning of Colburn's "A" Black Pepper.

Cut ox-tails into sections, blanch the pieces in slightly salted water, cool and drain them thoroughly on a cloth. Melt the butter in a casserole, when hot put in the ox-tails, season with the Mustard, salt and pepper, and fry them over a quick fire for a few minutes; now add carrot, onion, bay leaves and bacon. Fry a little longer so as to blend the vegetables.

Pour off the butter, moisten with the sauce, cover, and cook in the oven for about two hours, or till meat is tender. Meanwhile cook the cauliflower (previously
trimmed and washed) uncovered, in boiling salted water. Place the ox-tail pieces on a round dish, strain a little of the sauce over carefully, put the center part of the cauliflower in the center of the dish, and place the smaller parts round it. Sprinkle with finely chopped parsley and pour a little melted butter over the vegetables.

### Lobster Souffle.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 large freshly cooked Lobster</td>
<td></td>
</tr>
<tr>
<td>1 teaspoonful Colburn’s D. S. F. Mustard</td>
<td></td>
</tr>
<tr>
<td>Yolks of 6 Eggs</td>
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</tr>
<tr>
<td>Whites of 8 Eggs</td>
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<tr>
<td>Pinch of Salt</td>
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<tr>
<td>$\frac{1}{4}$ teaspoonful Colburn’s “A” Paprika</td>
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<tr>
<td>1 teaspoonful White Tarragon Vinegar</td>
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</tr>
<tr>
<td>Pinch of chopped Tarragon</td>
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<tr>
<td>1 teaspoonful Anchovy Extract</td>
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<tr>
<td>Few drops Red coloring</td>
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<tr>
<td>2 tablespoonfuls Whipped Cream</td>
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<tr>
<td>Some chopped Parsley</td>
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Chop lobster fine; put yolks of the eggs into a basin and stir them well with the Mustard, salt, vinegar, paprika, tarragon, anchovy extract, and red coloring; then add lobster and cream; beat up whites of the eggs stiffly with a pinch of salt and add to the other ingredients. Butter a pudding dish or a souffle dish, put a band of well buttered paper round it, standing about three inches higher than the edge of the dish, and pour in the mixture and put into the oven to cook for fifteen minutes; remove the paper, sprinkle a little lobster coral on the top; serve hot on a napkin sprinkled over with chopped parsley.
Shrimps in Peppers.

1 quart shelled Shrimps.
12 green Peppers.
1 teaspoonful Colburn’s D. S. F. Mustard.
1 teacupful fine Breadcrumbs.
2 tablespoonfuls Butter.
\(\frac{1}{4}\) teaspoonful Colburn’s “A” White Pepper.
\(\frac{1}{4}\) teaspoonful Colburn’s “A” Celery Salt.
A dash of Colburn’s “A” Nutmeg.
1 Egg.

Cream the butter by beating it well, then beat in the seasonings and the egg. Add the bread-crumbs and the shrimps. Cut off the stem ends or tops of the peppers, remove the seeds and the veins, soak the peppers in cold water for thirty minutes, then drain and fill with the prepared stuffing.

Set them in a pan open side up and bake in a hot oven for twenty minutes.

CRABS may also be prepared by this recipe and they make a fine entree or fish course.
Spread Eagle with Tomato Sauce.

1 Chicken.
1 tablespoonful Colburn's D. S. F. Mustard.
½ lb. chopped cooked lean Ham.
Watercress.

Little Shallot, thyme, parsley and bay leaf.
Tomato Sauce.
Seasoning of Salt and Colburn's "A" Black Pepper.

Singe and cleanse the chicken then split it down the back; leave the wings on, but remove the breastbone, and season it well inside with the Mustard (mixed), and little salt and pepper. Sprinkle over it chopped ham, shallot, parsley, thyme and bay leaf. Cut off the lower part of the legs just above the joint, and crack the bones just below the first joint; then place the feet of the bird into the spaces the bones have been taken from, first cleansing the feet in boiling water; then skewer up the bird in a flat form; brush it over with warm butter or dripping, put it on a well buttered baking tin and cook in a moderate oven for thirty minutes keeping it well basted while cooking; remove skewers and place chicken on hot dish. Garnish the top and bottom of the dish with watercress and serve with tomato sauce.
Baked Beans.

4 cupfuls Beans.
1 heaping teaspoonful Colburn's D. S. F. Mustard.
½ lb. Salt Pork.
1 tablespoonful Salt.
4 tablespoonfuls Sugar or Molasses.

Soak the beans in cold water (soft water preferred) over night. In the morning wash and rinse thoroughly, then parboil until they are soft enough to pierce with a darning needle.

Change the water while parboiling, always using boiling water for cooking and rinsing. Drain, pour one-half of the beans into a bean pot; add Mustard, sweetening and salt. Place salt pork which has been scored on the top of the beans, cover with remaining beans and cover the whole with boiling water. Cover the bean pot and bake in a slow oven for eight hours. Uncover the last hour of cooking. If liked a small onion may be cooked with the beans. To score pork, cut the pork rind into squares,
Black Bean Puree.

2 cupfuls Black Beans.
1 teaspoonful Colburn's D. S. F. Mustard.
2 quarts Water.
6 tablespoonfuls Chopped Pork.
3 tablespoonfuls Chopped Onion.
2 tablespoonfuls Flour.

2 teaspoonfuls Salt.
4 Cloves.
1 Bay Leaf.
½ Blade Mace.
2 tablespoonfuls Butter.
1 sliced Lemon.
1 hard cooked Egg.

Soak the beans over night, drain, add the water and cook for five hours or until tender. Rub them through a sieve.

Cook the pork in a frying pan, add chopped onion, and cook for five minutes; add the bean mixture.

Melt the butter, add flour and seasonings; combine mixtures, then strain. Garnish with the egg cut in slices and sliced lemon.

A ham bone may be cooked with the beans and is considered by many to be an improvement.
USES FOR COLBURN'S D. S. F. MUSTARD IN THE SICK ROOM.

The original use of Mustard was as a medicine and not as a condiment. In the former capacity it was known as long ago as 480 B.C., while the Roman conquerors of Britain used it for stiffened joints and as a cure for venomous bites. Even as a condiment, mustard owes much of its popularity to its medicinal properties in stimulating the flow of the digestive secretions, and thus promoting the digestion and assimilation of the food eaten.

It should also be known that mustard with warm water is a valuable emetic in case of poisoning from arsenic, or where the stomach is required to be emptied before the arrival of the doctor. This popular condiment is kept in practically every home, and is immediately available for such an emergency.

A dessertspoonful of Colburn's D. S. F. Mustard should be mixed in a cupful of warm water and taken at a single dose. It generally operates safely and quickly, frequently when other emetics have failed. Mustard as well as being an emetic, is a diuretic, stimulant, and rubefacient.

As a counter-irritant it is unsurpassed, not because it is easily applied in the form of a poultice, but it is always at hand and produces a rapid action. For these reasons it is most popular in slight inflammatory affections of the breathing apparatus or other organs. In dropsy it is sometimes given internally in the form of whey, which is made by boiling half an ounce of bruised mustard seeds in a pint of milk, and straining off the curd. Three ounces of this is to be taken for a dose three times a day.
The Mustard Bath.

Among the many useful purposes to which Mustard can be applied one of the most economical and valuable is that of use in the bath.

The addition of some mustard to the water in the bath tub makes a bath so exhilarating and refreshing as to be inconceivable to those who have not tried it. A tablespoonful of dry mustard stirred into a bath containing thirty-five gallons of water will in general be found a suitable proportion.

MUSTARD is largely employed, especially in the treatment of children’s complaints in the form of a mustard bath, when a tablespoonful of mustard may be stirred up in the child’s warm bath before it is put to bed.

These mustard baths are specially useful in inflammatory affections of the chest and stomach, and where convulsions are present.
When baby comes in from his winter playtime sneezing and coughing and showing various indications of having caught cold, leave the usual drugs and try a mustard bath for warding off future trouble.

Moisten two heaping tablespoonfuls of Colburn's D. S. F. Mustard with a little cold water, then put it in a tub full of water as hot as one can comfortably bear. Rub thoroughly afterward and get the patient to bed as soon as possible to guard against more cold. This plan of taking a mustard bath when the usual indications of a severe cold present themselves is equally good for adults, but it is specially recommended for the little tots who so often expose themselves thoughtlessly during playtime and who should not be allowed to become accustomed to drugs in any form unless prescribed by a physician for severe cases.

Mustard Foot Baths.

Mustard foot baths are often prescribed for headaches where there may be too much blood going to the head, the object of the bath being to dilate the blood vessels of the extremities, thus bringing more blood to these parts, and in this way equalizing the circulation.

Hot water alone will do this, but the addition of mustard hastens and increases the effect. The amount of mustard to be used varies according to the strength of the mustard and the sensitiveness of the skin; it should be mixed with a small amount of cold water and made into a paste before being added to the bath.

A mustard foot bath is a very popular remedy in the treatment of ordinary catarrh of the head.
Mustard Poultices.

Mustard is used externally as a poultice in all cases where a stimulant is required, such as sore throats, rheumatic pains in the joints, cholera, cramps in the extremities, diarrhea, and many other diseases.

It is specially useful in the treatment of congested conditions of the head, such as apoplexy, epilepsy, meningitis, and convulsions from whatever cause they may arise.

To make a poultice and with expedition is an art. It is a remedy that must be made on the spot and applied immediately, hence the advantage of being able to manipulate it successfully. One very important fact with reference to the application of mustard in the form of a poultice is, that it can rarely if ever do any harm.

Poultices should be made with tepid or cold, never with boiling water. The activity of mustard as a skin stimulant (technically "counter-irritant") is due to a volatile oil. This oil is formed in the mustard only after the latter is wetted, and boiling water prevents the formation of the oil.

Moreover, bear in mind the oil is volatile. Hence the poultice should not be placed in a hot oven when made, but should be applied immediately. Poultices made with oil are nearly inert. There is no necessity for the layer of mustard to be thick. The skin may be protected with thin linen, or a fold of gauze. The covering of the outer surface of the poultice is a matter of moment. A piece of indiarubber protective answers excellently.

A comparatively impervious material is desirable to prevent the too free escape of the volatile oil. Poultices are made to keep the part moist and warm and whenever they fail to do that they are useless. To do so they must be made very hot, of proper
consistency, applied as hot as can be borne and changed frequently. When changing, the new poultice ought to be at the bedside before the old one is removed. This operation must be performed quickly and the skin dried before the fresh poultice is put on. A mustard poultice is a most useful application and can be made in a variety of ways.

A Simple and Clean Poultice.

The simplest and cleanest poultice for ordinary purposes is the following: Take a piece of soft flannel, dip it in boiling water, wring it out immediately, and sprinkle one side of it with Colburn's D. S. F. Mustard. The flannel should, while being sprinkled, be laid on a hot plate, that no warmth may be lost.

Another way of making a mustard poultice is by spreading a large tablespoonful of mustard made as if for table, on a piece of soft linen, and warming it before the fire when it is to be applied.

A third and better plan if warmth be needed, is to make a common bread poultice, and stir into it one heaping tablespoonful of Colburn's D. S. F. Mustard either fresh or mixed.

It is frequently desirable, when poultices are made on either of the last two plans, to place a piece of fine muslin or gauze between the poultice and the skin.

When a mustard poultice is wanted very strong, it may be made with mustard and warm vinegar, or when not required so strong, equal quantities of mustard and linseed meal may be mixed with warm water. Spread on a thin linen rag and apply. For tightness of the chest and difficulty of breathing, many people have experienced great relief from mustard and water mixed and applied on an old rag, and allowed to remain on from twenty minutes to half an hour.
A dry mustard poultice is very convenient for any one who is travelling and subject to bronchial attacks. It can be carried for months and applied repeatedly without losing much of the effect. Take two pieces of cotton wool and put into them as much dry mustard as they will retain.

Place them together and sew round the edges and over and over. Cover with a piece of muslin preferably old as it will be softer, fixing well round the edges, and sewing across and across to form squares. Roll up and wrap it in a piece of paper and it will keep for any length of time.

**Mustard Plasters.**

A mustard plaster mixed entirely with white of egg will not scar or blister. If a mustard plaster is made in the following way it will not blister: Take two teaspoonfuls of Colburn's D. S. F. Mustard, two teaspoonfuls of flour, and two teaspoonfuls of Colburn's A. ginger. Do not mix too dry. Place between two pieces of muslin and apply.

If it burns at first lay an extra piece of muslin between it and the skin; when the skin becomes accustomed to the heat, take away the extra piece of muslin.
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Colburn's Spices, Mustard, Extracts, Condiments, Cooking Herbs, etc., are guaranteed to be of the finest quality, absolutely Pure, net weight, full measure and far superior to the standard required by law.

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