A Hundred and One Uses for Salt
with some comment on the kind of Salt to use
INDEX

Salt for the Kitchen - - 4
About the House - - 12
For the Laundry - - 18
For the Sick Room - - 20
For the Bath - - - 24
Miscellaneous - - - 24
Salt for the Table - - 25
Salt for Cooking - - 27
MY old Aunt Samanthy used to say—and my, what a cook she was!—she used to say that getting married without love was like trying to cook without salt.

"If you forgits that little pinch of salt afore you boils your 'taters," she'd say, "they never do taste right—no matter how much you salts 'em arterwards."

I can see Aunt Samanthy still, and hear her laying down the law; and I recognize even yet the good sound sense in what she said. For how essential salt is, and how necessary that it be pure, and how desirable that it be of the right grain, and properly used!

So it gives me pleasure to jot down here some things I know about salt and its uses; all of which I dedicate to the ladies of the land, who, perhaps, never had an Aunt Samanthy.—Martha Elizabeth Stuart.
AUNT Samanthy had a great store-house of knowledge hidden away in her ample head. She knew the woods and the birds and the flowers, and when seeds of all kinds should be planted, and how little girls should be brought up.

Among other things, she knew a most surprising number of things that salt was good for, and many of these I learned from her. I wish I had learned them all, but such as I do remember and have seen tried by other Aunt Samanthys, you are welcome to, O Lady of the Land.

—M. E. S.

For the Kitchen

1. Brine for Pickles:

To prepare a brine for pickles, make the brine strong enough to bear up an egg, using about 2½ cups of salt to 1 gallon of water. Place the fresh, green cucumbers in this brine as soon as picked from the vines. Do not wash the cucumbers unless absolutely necessary, as this will tend to make them rot.

2. How to Keep Eggs:

Pack fresh eggs small end down in salt but do not let the eggs touch each other. Small holes
should be made in the bottom of the box to allow the moisture to drain off. Eggs packed in this way will keep a long time.

3. To Preserve Color in Boiled Vegetables:
   By adding a very little more salt than is usual to the water in which green vegetables are boiled and cooking them in an uncovered vessel they will retain their green color. If soft water is used, salt should be put in the water at first that they may retain their flavor and substance.

4. To Prevent Disagreeable Odors from Certain Vegetables when Boiling:
   By adding salt to the water in which cabbage and greens are boiled, and leaving the vessel uncovered, little, if any, of the disagreeable odors will arise.

5. To Freeze Ice Cream:
   Use one part of Diamond Crystal Ice Cream Salt to three parts of finely crushed ice for ordinary freezing. Place one layer of ice first in the bottom, then pack in the above proportion, turning the handle of the freezer occasionally to shake and pack down the moisture; then freeze, turning slowly at first. Do not pour off the brine before the freezing is completed, for it is the brine that
is valuable in the freezing. When frozen, pour off the brine and re-pack with ice and salt, using one part salt to four of the ice. For mousse and cream molds use a little more salt. Diamond Crystal Salt will freeze ice cream quicker than rock salt.

6. To Remove the Odor of Onions from Knives and Cooking Vessels:

When knives have been used to cut onions, or when cooking vessels have come in contact with onions, rub them off with a damp cloth, then rub thoroughly with salt and wash well with warm water. All trace of the odor will be removed. The hands may be made fresh and clean by rubbing them with salt.

7. To Remove the Muddy Taste from Fish:

Soak fish for a short time before cooking in strong salt water, made from salt and clean, fresh water. This will remove the muddy taste that so often accompanies fish.

8. To Prevent Milk from Souring:

By adding a tiny pinch of salt to the milk when fresh it will keep a much longer time.

9. To Make Eggs Beat Quickly:

A tiny pinch of salt added to the whites of eggs will cause them to beat up quickly.

For most of these uses the
10. **To Prevent Fish from Sticking to the Pan when Frying:**
   Sprinkle a little salt in the skillet before placing the fish in it to fry and it will not stick to the skillet.

11. **To Keep Cut Ham from Spoiling:**
   In slicing from a large ham, rub the cut side and bone with salt. This will keep the ham from growing rancid.

12. **To Poach Eggs Properly:**
   Always add a little salt to the water in which eggs are being poached, to set the whites.

13. **To Prepare Meat and Fowls for Cooking:**
   When there is considerable blood in fresh meat, that you wish to extract, and when fowls are dressed and prepared ready to cook, cover well with salt and let stand several hours or over night; when ready to cook, rinse in fresh, cold water and cook as desired.

14. **To Prepare Potatoes to Bake:**
   If potatoes are boiled in salted water for ten minutes before being placed in the oven, they will bake more rapidly and, being warm, they will require less heat.

15. **To Cook Foods Quicker in a Double Boiler:**
   In using a double boiler you can get more heat by putting enough salt in the water to make a strong brine, because water boils at 212°F., while

---

*best salt is Diamond Crystal*
brine boils at 226°. Use one cup salt to each quart of water.

16. To Bake Pancakes Without Smoke or Odor:
Make a little salt bag and rub the gridiron with it in place of grease. The cakes will not stick and there will be no smoke or odor.

17. To Keep Icing from Sugaring:
When making cooked icing, add a pinch of salt to the sugar and the icing will not grain and turn to sugar.

18. To Prepare Batter or Thickening for Gravies, Soups, etc.:
If a little salt is put in the flour before it is wet lumps will be avoided in mixing the batter.

19. To Remove Insects from Green Vegetables:
Wash green vegetables in plenty of salt water. This will remove insects, slugs, etc., but do not let the vegetables soak in the salt water. This is especially good for lettuce, celery, cauliflower, cabbage and greens.

20. To Broil Meat:
To broil meat over the coals, it is essential that they do not smoke, so after the coals have burned down, throw a handful of salt over them. This will lower the flame and deaden the smoke that arises.
21. To Freshen Coffee:
   A pinch of salt takes the bitter taste out of coffee that has been cooked too long. Some say a pinch of salt improves the best of coffee.

22. As a Seasoning:
   The most general use for salt is as a seasoning. Salt brings out the flavor, stimulates the taste and aids digestion. More people use too little than too much.

23. To Improve the Flavor of Tea and Cocoa:
   A pinch of salt imparts a mellow taste to tea and makes cocoa seem richer.

24. To Overcome a Bad Odor from the Oven:
   Salt thrown in the oven after anything has been burnt will make the odor seem less disagreeable.

25. To Boil a Cracked Egg:
   When boiling a cracked egg add a teaspoonful of salt to prevent the contents of the egg from boiling out.

26. To Prevent Cakes from Burning:
   Cakes may be prevented from burning by sprinkling a little salt in the bottom of the oven.

"To overcome a bad odor throw a little salt in the oven"
27. To Crack Nuts and Leave the Meats Whole:
   To crack nuts properly soak in salt water over night. Apply the hammer on the end and the meats will come out whole. Soaking in the salt brine also improves the flavor.

28. To Handle Fish Easily:
   To prevent fish from slipping through the fingers dip the fingers in salt.

29. To Preserve Compressed Yeast:
   A cake of yeast may be kept indefinitely if packed in a bowl of salt. Do not remove the tinfoil.

30. To Stiffen Jellies on a Hot Day:
   When placed in a bowl of cold water to which a handful of salt and soda have been added, a jelly mould will retain its shape.

31. To Boil Cabbage Properly:
   The flavor of boiled cabbage will be improved if a teaspoonful of salt and a lump of sugar have been added to the water.

32. To Improve Delicate Desserts:
   The flavor of the most delicate desserts can be improved with the magic pinch of salt.

33. To Improve Pie and Pastry:
   Where lard is used for shortening the use of a small amount of salt will insure better results. Salt improves pie crust and pastry of all kinds.
34. **To Freshen Withered Apples:**

To freshen dry or withered apples, wash clean and place in stone crock filled with salt brine—one handful of salt to every three gallons of water. Change the water every six hours until apples appear fresh.

35. **To Whip Cream Rapidly:**

A pinch of salt will cause cream to whip more easily and rapidly.

36. **To Preserve Smoked Meat:**

Smoked meat will not mould if rubbed once in two weeks with the white of an egg into which has been beaten a little salt and water.

37. **To Remove Fish Scales:**

To remove fish scales easily first pour hot salt water over the fish until scales curl. At this point scrape rapidly. Next wash in cold salt water and all disagreeable slime will be removed.

38. **To Keep Butter Hard:**

Butter may be kept hard without ice by setting the dish in which it is contained in cold salt water. Do not allow the water to come above top of dish. Keep butter covered with cool damp cloth.
39. To Preserve and Fatten Oysters:

Oysters in the shell may be preserved and fattened by first washing and then sprinkling with salt and Indian meal. Place in bottom of a tub—deep part of shell underneath—and cover with cold water. By changing the water every day or two and adding salt and meal frequently, the oysters may be kept for weeks. See that the tub stands in a cool part of the cellar.

40. To Improve Custard:

To obtain the best results in the making of custard use a small saltspoonful of salt to each quart of milk.

About the House

41. To Remove Iron Rust:

Iron rust may be removed by using salt and lemon juice. Place in the sun to bleach. If one application is not sufficient, use another and continue until the stain is removed.

42. To Clean Brass and Copper:

For cleaning brass and copper, there is nothing better than salt mixed with an equal amount of flour, and vinegar enough to make a paste. Let this remain on for an hour or so, then rub off with a soft cloth, afterwards washing and using a soft brush for places that cannot be reached with a cloth. Polish with a soft, dry, clean cloth.
43. **To Remove the Odor of Burned Grease:**

When grease or milk is spilled on a hot stove the odor arising from this may be removed by sprinkling with salt.

44. **To Put Out Fire:**

A bucketful of salt water should always be kept on hand for fear of fires—the more salt the better. This is usually very effective when fires first start. In case of threatened fire in the flues, dry salt thrown into the stove is often very effective.

45. **To Brighten Lamp Chimneys:**

After washing lamp chimneys, rub them over with salt. The lamp will give a much better light.

46. **To Prevent Moths:**

Persons troubled with carpet moths get rid of them by scrubbing the floors with a strong solution of salt and water, used hot, before laying the carpet, and sprinkling dry salt over the carpet once a week before sweeping.

47. **To Clean Sinks and Drains:**

Sinks and drains can be kept clean from grease and disagreeable odors by pouring a quantity of hot salt brine through them once or twice a week.
48. To Remove Stains from Silver and Glass:
   Egg stains on silver can be removed by rubbing with a little salt and a damp cloth, then wash in warm water and pure soap. A little salt added to the water in which glass is washed will remove discolorations and brighten the glass.

49. To Thaw Out Frozen Pipes:
   To thaw out frozen pipes, turn the faucet up and fill with salt. Hot water poured over and into the faucet will greatly facilitate matters, but there's real merit in the salt.

50. To Make an Ordinary Candle Serve as an All-Night Lamp:
   To make an ordinary candle serve as an all-night lamp pack salt around the wick as far up as the blackened part. In this way a mild steady light may be obtained all night from even a small piece of candle.

51. To Clean Marble:
   Stains on marble may be removed by rubbing with salt or mixing salt with an equal quantity of pumice stone and enough water to make a thick cream. Wash the marble in this, allowing it to soak a few minutes. Then cleanse with salt water.
52. To Remove Tea Stains from China:
Salt rubbed on cups will remove tea stains; almost any discoloration on china or crockery will respond to the same treatment.

53. To Keep Fire Going:
Sprinkle a little salt over the kitchen fire after it is made and it will keep going for hours without requiring attention.

54. To Clean Bamboo Furniture:
When bamboo furniture becomes dingy, wash with strong salt water.

55. To Cleanse White and Light-Colored Plumes:
For plumes that are only slightly soiled, gently rub them in a pan of equal parts of salt and flour.

56. To Remove Grease, Soot and Ink from Carpets:
Grease spots which occasionally get on carpets about the table may sometimes be removed by sponging off the spot with one part salt to four parts of alcohol. Rub the spot hard. For ink stains on the carpet, cover the spot at once with salt, remove it when it turns black and apply another layer. Repeat until the salt no longer changes color.
If soot falls on the carpet, cover thickly with dry salt, then sweep up thoroughly.
To freshen carpets, scatter salt over them before sweeping.

best salt is Diamond Crystal
57. **To Clean White Matting:**

Make a preparation of \( \frac{1}{2} \) pints of bran, 1 quart of water, and \( \frac{1}{2} \) pint of salt and boil them together. When nearly cool, wash the matting with it and dry with a clean cloth. By washing the matting, also willow and matting-covered furniture regularly with salt water, they will not turn yellow.

58. **For Gardener and Orchardist:**

Cut flowers will keep longer if a very little salt is added to the water in which they are kept. Strong brine thrown generally around quince trees will cause them to grow and bear as they will in no other way. Salt strewn generously over asparagus beds will kill the weeds and serve as a fertilizer.

59. **To Freshen Old Carpets:**

A faded carpet is freshened if wiped off with a wet cloth wrung from strong salt water. Sprinkle floor with dampened salt and sweep well.

60. **To Clean Kitchen Table:**

First wash with soap and water, then rub with a cloth on which has been sprinkled a quantity of salt. This will make the table much whiter than if washed only with soap and water.
61. **To Remove Stains from Glassware:**
A little salt added to the water in which glassware is washed will remove discolorations and brighten the surface.

62. **To Clean Ice-Covered Sidewalks:**
Sprinkle coarse salt over the ice and allow to stand before applying the snow shovel.

63. **To Kill Weeds:**
Obnoxious weeds may be killed by covering the stalks with salt. Salt may be used to keep down weeds by sprinkling it over the ground.

64. **To Seal Cracks in Floors:**
A paste of salt, alum and boiling water will, when poured into cracks in the floor, serve as a cement.

65. **To Stiffen the Cane Seats in Chairs:**
If washed with a hot salt brine and allowed to soak in the same solution the cane seats of chairs will be stiffened and strengthened.

66. **To Toughen Glassware:**
To toughen lamp chimneys and glassware place in cold water and add salt. Boil gradually and allow to cool slowly.

*best salt is Diamond Crystal*
67. **To Drive Out Ants:**
   To rid a pantry of ants, clean the floors and shelves thoroughly and cover with fine salt. Allow the salt to remain for a time and the ants will disappear.

68. **To Clean Ivory and Bone:**
   To clean knife handles of ivory or bone rub with a fine grained salt that has been moistened. Polish with a soft dry cloth.

69. **To Kill Snails and Worms:**
   Snails and earthworms can be killed by sprinkling salt on the sidewalks and in damp corners where they thrive.

70. **To Clean Deep Vases:**
   Deep vases may be cleaned by allowing a solution of salt and vinegar to stand in them a short time. Rinse with clean water after shaking well.

---

**For the Laundry**

71. **For Spots on Wash Goods:**
   Spots may be removed from wash goods by applying a paste made of sweet milk and salt, then rinsing in clean water.

72. **To Prevent Black Hose from Crocking:**
   Black hose will not crock, if dipped in salt water, then washed in warm water.
73. To Remove Mildew from Linen:

Mix salt with soap, powdered chalk or starch and lemon juice into a paste and apply to both sides of the linen, then lay it out in the sun until the stain has disappeared and wash in the usual way; or moisten the spot, rub thickly with salt and soap, and place out in the sun until the stain is removed.

74. To Remove Ink Spots:

Ink stains, when covered immediately with salt, then washed out in warm water, can usually be removed. If it is white goods, it may be wet with lemon juice, covered with salt, and laid out in the sun. If the first treatment is not successful, it may be repeated several times; or wash well in milk and sprinkle thickly with salt. Repeat as often as necessary.

75. To Set Colored Clothes:

Make a strong solution of salt and hot water, using about \( \frac{3}{4} \) cup of salt in each gallon of water, and plunge any delicately covered fabric into it, letting it remain until quite cold. This will effectively set the color.

*best salt is Diamond Crystal*
76. **To Smooth Rough Irons:**

When irons are rusty, rough or sticky, sprinkle salt on several folds of paper and rub the hot irons several times over this. This renders them smooth and removes the rust.

77. **To Remove Fruit and Wine Stains:**

Apply salt to the stain and pour boiling water over it; or apply lemon juice and salt and let it stand a little while, then wash out.

78. **To Prevent Clothes Pins from Sticking to the Clothes:**

If clothespins are boiled in a salt brine they will become toughened. This will also prevent their sticking to the clothes in frosty weather.

79. **To Prevent Clothes from Sticking to the Clothes Line:**

Add a handful of salt to the last water on wash-day and the clothes will not stick to the line in frosty weather.

80. **To Prevent Bluing from Streaking Clothes:**

A handful of salt in the rinsing water will prevent bluing from streaking the clothes.

---

**For the Sick Room**

81. **For Sore Throat:**

Place a teaspoonful of salt in a glass of water and gargle three times a day.
82. For Earache and Toothache:
Make a small bag of salt, heat well, cover with flannel and apply to aching part. This often gives quick relief.

83. For Tired, Aching Feet:
Bathe the feet every night in a strong solution of salt and water, either hot or cold. This relieves, and when persisted in has been known to cure.

84. For Dyspepsia:
Dyspepsia, heartburn, and indigestion are often relieved by a cup of hot water, in which a small spoonful of salt has been dissolved.

85. For Neuralgic Pains and Catarrh:
Nasal catarrh is often cured by a syringe of weak salt brine; or by snuffing salt water up the nostrils. Neuralgic pains also give way to this treatment. Use a teaspoonful of salt to a glass of water. Because of its purity Diamond Crystal does not leave a stinging sensation.

86. To Stop Bleeding:
Try holding salt water in the mouth after having a tooth extracted and it will stop the bleeding.

*best salt is Diamond Crystal*
For a Felon:
Place 2 tablespoonfuls of salt in a pan over a fire and stir all the while until thoroughly browned, but not burned. Add enough Venice turpentine to make just thick enough to spread. Bind this on a felon for several days when it is starting; it is a sure cure if the felon is not too far advanced.

For Weak Eyes:
Before retiring at night, try bathing weak eyes in salt water, using \( \frac{1}{2} \) teaspoonful of salt to each cup of the water. It should be as hot as can be borne. After bathing the eyes close them for five minutes at a time.

For the Morning Drink:
A half teaspoonful salt added to a cup of hot water—which many persons take each morning—is beneficial for the stomach and will make the hot water more palatable.

For Bee Stings and Insect Bites:
Moisten the affected part immediately after a bee sting or insect bite, and cover with a thick paste of salt. This will remove the pains and soreness.

For the Teeth:
Salt used as a tooth powder will harden the gums and keep the teeth white and healthy.
92. To Relieve Colic in Horses:

In case of colic, rather strong salt water poured down a horse's throat will often afford great relief. Dry salt applied to the back of the horse, over the kidneys, will also relieve greatly.

93. For Nettle Rash and Hives:

Whenever the rash or hives begin to appear, bathe frequently with warm water in which has been dissolved a liberal quantity of salt.

94. For an Emetic:

In case of poisoning, a quick and effective emetic may be given by dissolving salt in tepid water.

95. For Nervous People:

An excellent tonic for nervous people is to take salt rubs twice a day. Dissolve the salt and keep it in solution in a glass jar to be ready when needed.

96. For Weak Children:

When a child is inclined to bow legs or to have a weak back, rub it night and morning with strong salt water.

97. For a Tonic:

A pinch of salt allowed to dissolve in the mouth will relieve that depressed feeling and serve as a tonic.

98. To Make Milk More Digestible:

To make milk or gruel more digestible add a pinch of salt before serving.
For the Bath

99. To Take a Refreshing Bath:

Moisten a handful of salt and rub it well all over the body. Rinse off and dry quickly. This will be found refreshing and restful. Continued salt bathing relieves many common ailments, such as asthma and rheumatism. Pure salt of a flaky grain is best adapted for bathing.

Miscellaneous

100. Eaten with Nuts:

When eating nuts, especially at night, salt should be eaten with them or immediately afterwards. This improves the taste of the nuts and greatly aids digestion.

101. For the Breath:

Slices of lemon cut through the rind, eaten with salt, will kill the odor of onions on the breath.
Shaker Table Salt
—the Salt that flows

FOR your table, then, you want a salt that does not lump or "stick" in the shakers when your family or guests want it to come out.

You can have just such free-flowing salt every day in the year, if you like, by doing two simple little things. (1) Be sure your grocer sends you Shaker Table Salt, made by Diamond Crystal Salt Company. (2) On very damp days, keep your salt shakers, between meals, in the warming oven or under an upturned glass or tumbler.

So far as we know, there is no other way by which you can be sure of having a salt that always keeps dry and loose—a table
salt that does not clog or cake. This way you can be sure.

Shaker Salt contains no starch nor flour—please make no mistake about that! It contains one per cent only of carbonate of magnesia. It’s as “salty” as any table salt.

Yet the grains are so small, so tiny, that you can get an extremely dainty salt flavor if you wish. You see, you can cover your food with a very thin layer of Shaker Salt, much thinner than with ordinary salt, and so get an uncommonly delicate flavor; or you can cover the food more heavily, and so get a salt flavor as robust as you please.

You cannot do this so well with any other salt, because the grains of other salt are larger, and heavier.

Shaker Salt is purified salt. The natural salt impurities (which other makers leave in) are taken out of Shaker Salt by a purifying process that is exclusive with us.

Afterwards no outside impurities, dust or odors are allowed to creep in, for Shaker Salt is kept clean (and dry) by an air-tight box.
Truly Shaker Salt is the dainty salt for dainty folks, as well as the pleasant salt for pleasant folks. Your husband, or your guest, has no need to rap and pound for salt when Shaker Salt is used.

Its price, except in the far West, is 10c a box. Good grocers everywhere sell it.

Diamond Crystal Cooking Salt—brings out the flavor

Do you know, many famous foods you buy are salted with Diamond Crystal Salt?
For example, Kellogg's Toasted Corn Flakes are salted with Diamond Crystal. So are Jones' Dairy Farm Sausages, and the Deerfoot Farm Products. So also is Meadow Gold Butter, and many other leading foods—bread, butter, canned vegetables, meats—all made with Diamond Crystal Salt.

The reason is that Diamond Crystal brings out to the full the natural flavor of these good products.

Big breadmakers all over the country know this to be true. Many of them will use no other salt.

They know that, besides bringing out the flavor, Diamond Crystal has two other important effects on bread: (1) It whitens the loaf. (2) It stops any after-fermentation, any souring or working after the bread is baked.

Diamond Crystal does these things better than other salt, because it is purer.
The lime that all natural salt contains is filtered out of Diamond Crystal, leaving it free to exert its full strength. Other salt has the lime left in—and lime prevents yeast from acting properly.

Perhaps even you have sometimes had trouble with bread. The chances are that trouble was due to unpurified salt—to lime—left in the salt you used.

There is no guesswork about the quantity of lime found in widely sold brands of salt. The states of Wisconsin, Maine, New Hampshire and Connecticut have each officially analyzed salt, and each of them show Diamond Crystal to contain far less lime than other kinds. Each of them show Diamond Crystal to be the only salt made over 99% pure.
That is why famous bakers and famous food manufacturers use Diamond Crystal Salt. It is especially suited to make and keep their good foods good.

And now we have selected the most suitable grain of Diamond Crystal, and put it up in packages for your use, especially for cooking.

It is called Diamond Crystal Cooking Salt. It is a moderately large, flake-like grain—pure, dry and quick-dissolving. It spreads evenly over and through the food, bringing out fully the natural flavor of everything cooked with it.

The grain is different from other salt in size and in shape. It looks different, and it feels different, for Diamond Crystal is so soft that you can crush it between your fingers. All these points are advantages that you will learn when once you start to cook with it.

Diamond Crystal Cooking Salt is put up in big 4-lb. boxes, or cartons, which keep it clean and dry. It never gets hard.

Ten cents a big box, at your grocer’s.
A Hundred and One Uses for Salt

with some comment on the kind of Salt to use

BERGER AND SON

DIAMOND CRYSTAL SALT CO.
St. Clair Michigan