One Hundred and One uses for SALT

See Use No. 65, Page 14.
Surprising Facts About Salt Purity

How often you hear the expression “Oh, salt is just salt,” the inference being that all salt is the same. Perhaps it will surprise you to learn that this impression is incorrect and that state food experts, culinary chemists, baking experts, butter and cheese specialists, canning laboratories, etc.,—whose vocation it is to analyze scientifically the ingredients which affect the purity and flavor of foods—have found that salts differ considerably.

The fact that Diamond Crystal Salt has been the only salt to consistently analyze over 99% pure in all official state pure food tests—the fact that the most famous food preparations on the market are now Diamond Crystal salted,—the fact that most dairy butter is Diamond Crystal salted,—the fact that most city bakers use Diamond Crystal Salt in baking breads—are sufficient to convince the housewife, who lacks facilities for studious comparisons, that it does make a difference in what salt she buys and that it will pay her to insist upon Diamond Crystal.

How Salt Differs

One kind of table salt differs from another in only two ways: first, as to its purity, second, in the character of its grain.

The Diamond Crystal process, analysis always proves, tops them all for thoroughness. In purity, it knows no equal. The purifying process, which we control exclusively, explains how tons of the impurity Gypsum are removed every year. Besides, Diamond Crystal Salt is free from those bitter chlorides which cause that sharp, bitter “tang” and hide some of the food flavors. Salt that lacks excess impurities brings out the full food flavors and does not adulterate them with any foreign taste.

Also, these salt impurities often have a deleterious effect upon foods, as for example, retarding the yeast action in bread dough or toughening tender skins and causing discoloration in pickling and canning. Because of its purity, Diamond Crystal Salt itself has a delicate taste, rather than the sharp, “strong” or brackish taste which foreign substances give to less pure salt. This delicacy of “The Salt that’s all Salt”
ASK FOR DIAMOND CRYSTAL
—Diamond Crystal—permits of just the desired degree of seasoning and obviates that objectionable “oversalty” taste which so often ruins flavor.

The Diamond Crystal process also produces a fluffy, flaky grain, instead of crystallizing the salt in hard little cubes.

Each particle of Diamond Crystal Salt is a microscopic salt flake. Salt that isn’t Diamond Crystal, when magnified, resembles small white dice. Only Diamond Crystal reminds you of tiny snowflakes. These vary in size depending upon whether it is fine table salt, flake salt or the coarser varieties for other uses.

Now which dissolves more readily—a fluffy snowflake or a solid hailstone? The snowflake, of course! Well, the dice-like salt resembles a cluster of little hailstones when it comes to dissolving, so the snowflake-like kind—Diamond Crystal Salt—must dissolve sooner. This rapid-dissolving quality puts an end to undissolved lumps of “salt pockets,” and means uniform flavor.

Three Popular Varieties

For household use, Diamond Crystal Salt is packed in two degrees of fineness, each of the same purity, differing only in size of flakes, to wit:

Diamond Crystal SHAKER Salt. This flake is preferable for table use in shakers and salt cellars. This is also a free-flowing salt. It is 99% “The Salt that’s all salt” and 1% carbonate of magnesia, a healthful, bone-building ingredient, which assists the salt in remaining dry. Positively no “adulterations” are used, such as starch, flour, etc.

Salt naturally attracts moisture, but Diamond Crystal “Shaker” Salt is as dry as it is possible to dry salt commercially. By remembering, on dampest days, to keep salt shakers or cellars in a warming oven or under an upturned tumbler between meals, this salt should never stick or lump. Diamond Crystal “Shaker” Salt is packed in a handy, moisture-proof, sanitary box with a convenient spout for filling shakers without spilling.

Instead of ordering “just salt,” insist on Diamond Crystal
Diamond Crystal TABLE Salt. A similar-sized flake, adapted both to cooking and table use. 100% “The Salt that’s all salt.” The dryest straight salt on the market. Should it ever “pack,” a few thumps will serve to restore its looseness after the moisture has evaporated. Diamond Crystal “Table” Salt is packed in bags and in sanitary boxes.

Diamond Crystal FLAKED Salt. The coarsest of our household salts, prepared especially for cooking, canning, pickling, cheese and butter-making, ice-cream, etc. Though the flakes are larger, they dissolve readily like snowflakes of like size, permeating all parts of the food. Diamond Crystal “Flaked” Salt is sold in sanitary packages, also in sacks of clean cotton. The large bags are very popular among farmers’ wives and people who make their own butter.

Diamond Crystal “COARSE” Salt is even coarser than our flake salt. It is especially adaptable for curing meats and general uses on the farm. The salt is packed in 35- and 70-pound toweling sacks. The bag forms fine material for a roller towel.

Worth Insisting Upon. Most stores carry Diamond Crystal Salt. If you ever have trouble in buying it please write to the Diamond Crystal Salt Company, St. Clair, Michigan, U.S.A. Its purity—its fluffy, quick-dissolving flakiness—the delicacy with which it brings out natural flavors—combine to make Diamond Crystal Salt as desirable for household use as it is for food preparers whose reputations hinge upon the flavor and purity of their products. One natural-salt impurity alone—sulphate of lime (gypsum), of which we remove some 6,000 pounds daily from Diamond Crystal Salt by our exclusive purifying process—is sufficient reason for you, who are particular about what goes into your own and your family’s mouths, to insist upon Diamond Crystal Salt. Write us to send our illustrated mailing folder which fully pictures and explains the one process which properly purifies salt—the Diamond Crystal process.

Instead of ordering “just salt,” insist on Diamond Crystal
For the Kitchen

1. Brine for Pickles: Make the brine strong enough to bear up an egg, using about $2\frac{1}{2}$ 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.

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.

4. 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 repack 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.

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

6. 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.

7. 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. The hands may be made clean by rubbing them with salt. This will remove the odor of gasoline from hands.

For all uses the best salt is Diamond Crystal
8. 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 overnight; when ready to cook rinse in fresh, cold water, and cook as desired.

9. 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 wholesome.

10. 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.

11. 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.

12. To Prepare Batter:
If a little salt is put in the flour before it is wet lumps will be avoided in mixing the batter.

13. 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.

14. To Overcome Burned Odors from Ovens and Stoves:
Salt thrown in the oven after anything has been burnt will make the odor seem less disagreeable.
When grease or milk is spilled on a hot stove the odor arising from this may be removed by sprinkling with salt.

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15. To Prevent Milk from Souring:
   By adding a tiny pinch of salt to the milk when fresh it will keep a much longer time.

16. To Make Eggs Beat Quickly:
   A tiny pinch of salt added to the whites of eggs will cause them to beat up quickly.

17. To Prevent Fish from Sticking to the Pan:
   Sprinkle a little salt in the skillet before placing the fish in it to fry and it will not stick to the skillet.

18. To Cook Potatoes Deliciously:
   If potatoes are boiled in salted water for ten minutes before being placed in the oven, they will bake rapidly and being warm they will require less heat.
   To give potatoes boiled in their jackets the delicious flavor of baked potatoes, put an unusual amount of salt into the water—one-half cup to one quart water. This is a suggestion famous with Delmonico.

19. 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.

20. To Cook 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 flames and deaden the smoke that arises.

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

22. 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.

23. To Prevent Cakes from Burning:
   Sprinkle a little salt in the bottom of the oven—or place the cake-pan into a large pan with salt enough to cover the bottom. Let the pan of salt heat with the oven. The salt may be used over and over again.

24. To Whip Cream Rapidly:
   Wrap the jar in a wet towel sprinkled with salt. Keep close to the ice for a short time before whipping. Add a pinch of salt to the cream.

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25. **To Keep Butter Hard and Cheese Dry:** 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 over top of dish. Keep butter covered with cool damp cloth. If cheese is desired dry for grating, pack it in salt. It will not grow strong nor get moldy.

26. **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.

27. **To Crack Nuts and Leave the Meats Whole:** To crack nuts properly soak in salt water overnight. Apply the hammer on the end and the meats will come out whole. Salt brine improves the flavor.

28. **To Preserve Smoked Meat:** Smoked meat will not mold if rubbed once in two weeks with the white of an egg into which has been beaten a little salt and water.

29. **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.

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

31. **To Preserve and Fatten Oysters:** First wash and then sprinkle 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.

32. **To Improve Custard:** To obtain the best results in the making of custard use a small saltspoonful of salt to each quart of milk.

For all uses the best salt is Diamond Crystal
33. To Wash 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.

If, in washing sprouts or spinach, a handful of salt is put in the second water, all the sand from the greens will sink to the bottom of the pan, and the vegetables, when rinsed a third time, will be thoroughly clean.

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

35. For Judging Mushrooms: Sprinkle a little salt on the gills of mushrooms, to detect their goodness. If the gills turn black, the mushrooms are fit for food; and if yellow, the mushrooms are poisonous.

36. 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 mold will retain its shape.

37. 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.

38. To Improve Pie, Pastry, Cookies:
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. Salt used with beef drippings in cookies serves as butter.

39. 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 brine boils at 226°. Use one cup salt to each quart of water.
40. To Make an Ordinary Candle Serve as a 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.

41. 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.

About the House

42. 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.

43. 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. Then polish.

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.

For all uses the best salt is Diamond Crystal
46. To Clean Sinks, Drains and Tubs:
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.
To restore to their original whiteness enameled bathtubs and wash bowls which have become yellow, wash them with salt and turpentine.

47. To Make Coal Burn Longer:
Sprinkle a little salt over the kitchen fire after it is made and it will keep going for hours without requiring attention.

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

49. To Make a Good Dry Cleaner:
For white and light colored plumes that are only slightly soiled, gently rub them in a pan of equal parts of salt and flour.
A good dry cleaner is also made by mixing equal parts of salt and corn meal moistened well with turpentine. Work it into the garments with the hands which should be covered with white canvas gloves.

50. To Clean Discolored Coffee Pot:
A coffee pot very much discolored on the inside can be cleaned by rubbing with salt.

51. To Remove Grease, Soot and Ink from Carpets—To Freshen Faded 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.
A faded carpet is freshened if wiped off with a wet cloth wrung from strong salt water.

52. To Make Brooms and Toothbrushes Last Longer:
Soak a new broom in hot salt water before using and the bristles become stronger and wear longer.
If new toothbrushes are soaked in hot salt water before using, they will last twice as long.

53. 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.

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54. 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 before sweeping.

55. To Renew Stove Lining:
Clean the inside of the stove of all loose lining and dirt. Make a paste of equal parts of finely sifted ashes and common table salt, with just enough cold water to hold it together. Apply this smoothly and evenly about an inch thick. It will harden overnight.

56. 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.

57. 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.

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

59. 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.

60. To Remove Stains from China and Earthenware: Salt rubbed on cups will remove tea stains; also almost any discoloration on china or crockery.

61. To Clean Ivory and Bone:
To clean knife handles of ivory or bone rub with a fine-grained salt that has been moistened. Polish.

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

63. 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.

64. 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.

For all uses the best salt is Diamond Crystal
65. 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. 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. Snails and earthworms can be killed by sprinkling salt on the sidewalks and in damp corners where they thrive.

66. To Clean Walls:
To clean wall paper, mix together one tablespoon salt, one of kerosene, two of vinegar, two of ammonia, one-half cup warm water and one cup flour. Cook together thoroughly, stirring continually. Then knead as you would bread dough, until dough is smooth. Break into bits, and rub the soiled wall paper with it as if it were a rubber eraser. The dirt will be removed, leaving a clean surface.

To make whitewash stick add a little salt.

67. To Remove Stains from Silver, Glass, etc.:
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.

A flannel cloth dipped in salt and whiting is also effective in cleaning knife handles, glasses and crockery.

Coarse salt and bits of newspaper put in a bottle with water and allowed to stand will absorb many kinds of stains.
and shaken up with a little water will clean the bottle. For polishing a mirror use fine salt sprinkled on a woolen cloth.

68. To Seal Cracks in Floors and Stoves:
A paste of salt, alum and boiling water will, when poured into cracks in the floor, serve as a cement. Equal parts of salt and ashes mixed with water to form a paste, and applied to cracks in stoves, will cement them and last indefinitely.

69. For Sticky Tins: Fill the tins, before using, with cold water and add a handful of salt. After they stand for several hours, rinse them with cold water and nothing will stick to them.

70. To Care for White Matting: When straw matting is new, salt water should be used on it, as it toughens the straw and prevents it from breaking. When the matting is first put down, wash it with hot salt water as if it were dirty — using one cup salt to one pail hot water. Wash with the grain and it will lie smoother. If the straw matting is always swept with a covered broom dipped in saltwater, it will look brighter and help toughen the fibre. Do only a small space at a time, drying the matting as it is washed, until the whole has been gone over. Another method is to make a preparation of 1 1/2 pints of bran, 1 quart of water, and 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 matting regularly with salt water, it will not turn yellow.

For the Laundry

71. To Stiffen White Organdie:
Do not use starch but rinse in a strong solution of salt water. Iron while damp and the organdie will be sufficiently stiff without the glossy effect of starch.

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 stain is removed.

74. To Prevent Clothes from Sticking to the Clothesline: Add a handful of salt to the last water on washday and the clothes will not stick to the line in frosty weather.

For all uses the best salt is Diamond Crystal
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 colored fabric into it, letting it remain until quite cold. This will effectively set the color.

76. For Removing Spots: Spots may be removed from wash goods by applying a paste made of sweet milk and salt, then rinsing in clean water. 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.

78. To Remove 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. Peach, pear, and plum stains may be removed from napkins by soaking in sour milk for a day or two, at the end of which time spread out smoothly on a board in the sun, put salt in some more sour milk and cover them with it again. To remove perspiration stains, soak garments in strong salt water before laundering them.

79. To Prevent Clothespins 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.

80. To Prevent Bluing from Streaking Clothes: A handful of salt in the rinsing water will prevent bluing from streaking the clothes.

For all uses the best salt is Diamond Crystal
81. 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.

82. For “Clearing out the Head:"
   Inhale a solution of salt and water, and though unpleasant at the moment, it is an excellent thing to clear out the head when one has a cold.
   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. Diamond Crystal Salt leaves no stinging sensation.

83. For Sprains:
   For sprains make a strong solution of salt and water and bathe the affected portion in it, wrapping the wrist or the sprained parts in bandages of absorbent cotton soaked in salt water before you use the final linen bands or adhesive plaster.

84. For the Teeth and Mouth:
   Salt used as a tooth powder will harden the gums and keep the teeth healthy.
   Rinsing the mouth with salt and water will also benefit the teeth.
   Try holding salt water in the mouth, after having a tooth extracted, and it will stop the bleeding.
   To sterilize toothbrush, dampen brush and sprinkle layer of salt on it. When again needed the water will have been evaporated leaving a deposit of salt crystals in and around the bristles. Use the brush as it appears covered with salt, or if too salty, knock off the excess salt and apply your favorite powder.

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

86. For Breath of Onions:
   Eat salted slice of lemon cut through rind.

87. 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.

For all uses the best salt is Diamond Crystal
88. For Burns, Bee Stings, Insect Bites, Rash and Hives:

Damp salt kills the pain. Moisten the affected part immediately after a burn, sting or insect bite and cover with a thick paste of salt. This will remove the pain and soreness.

Another remedy for burns is to mix equal parts of common flour and salt, making a thick paste with cold water. Bind this to the burn and keep damp or wet with cold water. If applied at once, there will be no blister. When rash or hives appear, bathe frequently with liberal salt solution of warm water.

89. For Sore Throat:

Place a teaspoonful of salt in a glass of water and gargle three times a day.

Salt and vinegar also makes a splendid gargle for a sore throat.

90. For Earache and Toothache:

Make a small bag of salt, heat well, cover with flannel, apply to aching part.

91. 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.

92. For Refreshing Baths:

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 flaky grain salt is best.

For the facial bath, salt has a tonic effect on the skin.

For all uses the best salt is Diamond Crystal
93. **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.

94. **To Relieve Colic in Horses:**
Pour strong salt water down a horse’s throat. Dry salt applied to the back of the horse, over the kidneys, will also relieve greatly.

95. **For an Emetic:**
In case of poisoning, a quick and effective emetic may be given by dissolving salt in tepid water.

96. **For Nervous People:**
An excellent tonic for nervous people is to take salt rubs twice a day. Keep a solution ready.

97. **To Make Milk More Digestible:**
To make milk or gruel more digestible add a pinch of salt before serving.

98. **To Keep Scalp Clean and Free of Dandruff:**
Use dry salt. Leave it in the hair for five minutes and brush out. It will keep the hair from falling out.

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

100. **For Goldfish:**
At least once a week take the fish out of the bowl and place them in a vessel with about one quart of water and teaspoonful of salt. Leave them in this until their bowl has been cleaned, then fill it with fresh water and pour this salty water with the fish into the bowl and leave it there until it is time to change the water.

101. **To Keep the Tiny Christmas Tree:**
A jardinière filled with Diamond Crystal Flaked or Ice Cream Salt proves just the thing to keep in place the tiny Christmas tree which was used as a table decoration.

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The Salt that's all salt.