DIRECTIONS AND RECIPES for using

THE WONDER SHREDDER

In using THE WONDER SHREDDER we suggest to beginners to read directions carefully and take great care not to cut themselves before becoming acquainted with their use. These shredders are very sharp and will do marvelous work quickly and easily if used properly.

First place the shredder on the table or in a dish squarely in front of your body as in Fig. 1 and run vegetable or fruit lightly but briskly over shredder, straight away from your body and parallel with shredder; this if followed will help to prevent accidents and make nicer shreds. Beginners, when using THE WONDER SHREDDER should remember that they are very sharp and they cut very rapidly, consequently fingers must be moved higher up on vegetable continually. Always keep a FIRM HOLD OR GRIP ON VEGETABLE, and when nearing the end keep turning vegetable over in hand after each stroke or two, keeping the fingers well away from shredders. Every bit of the vegetable may be shredded by using a little care or practice without any danger of cutting oneself. Starting with the large end, as in Fig. 1, makes it easier in shredding all of vegetable particularly when vegetable is small. If you cut your fingers, it is because shredders are not used correctly. Always run vegetable from top to bottom of shredder, taking pressure off the vegetable on the up-stroke, this tends to give clean-cut shreds and also keeps shredder-surface clear. Thickness of shreds can be varied by light or heavy pressure on vegetable. If long shreds are desired, hold vegetable flat on shredder, as in Fig. 1; if short, hold vegetable in vertical position.

No shredder has its equal in simplicity of use and cleaning qualities.

USES OF FINE SHREDDER

Use Fine Shredder to prepare crisp vegetables, such as carrots, radishes, turnips, beets, parsnips and sweet potatoes for raw salads; carrots for puddings or marmalade, vegetable juice drinks, orange, lemon or grapefruit marmalade, shredded coconut, applesauce, cheese for toasting or macaroni; suet for puddings, also for grating pineapple, chocolate, bread-crumbs, horse-radish, lemon peel for pies, potato cakes, thickening soups, etc.

USES OF MEDIUM SHREDDER

Use Medium Shredder to prepare cabbage for cold slaw, for steaming all vegetables in their own juices, for soups, crisp celery, raw apple sauce (serve with cream and honey), apples, peaches, pears, pineapple and bananas for fruit salad, citron for preserves, peels for fruit cakes, soap chips, and cold meats, etc.

USES OF COARSE SHREDDER

Use Coarse Shredder to prepare potato shoe-strings, for scalloping potatoes, chip vegetables, frying onions, sauerkraut, green tomato and onion chow-chow pickles, head lettuce, apple and pear pies, apple sauce (cooked), apple puddings, baking apples, also steaming squash and pumpkin for pies.

SPECIAL FOR LEMON PIES

To grate lemon peelings for lemon pies, take fine shredder in hand and run lemon back and forth across shredder on an angle of about 30 degrees or less. The less angle you give it, the finer the gratings. Use in like manner for grating orange peelings, also for carrots, potato pan-cake, horse-radish, citrus fruits, etc.

HOW TO SHRED CABBAGE

Shred cabbage, set whole cabbage on the table, do not quarter or half it. Take medium shredder inverted in hand with cutting projections down as in Fig. 2 and run the shredder over the cabbage. Start on very top of cabbage and take two or three shreds, then shred the grain to the core, which is then thrown away. The flavor of most fruits lie in the peeling and the best food value of both fruits and vegetables lie next to the skin; consequently apples should not be peeled; hence no peeling or coring when using THE WONDER SHREDDER. Much time is saved; the shreds are the right size to cook evenly with pie crust, more food value is conserved, and pie has a much richer flavor. Don't fail to try this.

HOW TO MAKE APPLE PIE

Wash apples clean, take COARSE shredder and shred apples directly into pie as shown in Fig. 3. Shred down on the four sides of apple, keeping the stem parallel with shredder, till you come to the core, which is then thrown away. The flavor of most fruits lie in the peeling and the best food value of both fruits and vegetables lie next to the skin; consequently apples should not be peeled; hence no peeling or coring when using THE WONDER SHREDDER. Much time is saved; the shreds are the right size to cook evenly with pie crust, more food value is conserved, and pie has a much richer flavor. Don't fail to try this.

HOW TO COOK VEGETABLES WITHOUT WATER

To cook vegetables without water, first wash vegetables clean, then shred vegetables with MEDIUM shredder into an ordinary dish with tight cover and cook same as spinach or any greens, i.e., turn gas very low or set dish on back of stove, or use an asbestos mat, and steam will form from the juices in the vegetables, in a few minutes. If shreds burn, too much heat is applied. Twelve to fifteen minutes should cook any vegetable. Beets will not bleed when cooked in this manner. Be sure to keep cover tight to prevent oxidation by escape of steam. We highly recommend steaming vegetables by setting dish in oven, as heat is evenly distributed. Do not use a steamer, as most steamers are perforated, allowing steam to escape, which destroys the vegetables, losing both flavor and food values. Two or three vegetables, such as carrots, beets, parsnips, turnips, etc., may be cooked in the same dish without flavors or colors mixing, and are delicious. Don't peel vegetables, as the richest part of vegetables is just under the skin, and pieces of skin are small and hardly noticed if vegetables are cleaned off with Copper.
Cloth Cleaning Mitt. A piece of butter put on each pile of vegetables after cooking runs over and gives a delicious flavor. In steaming potatoes use three or four tablespoons of hot water to form steam quickly, and place immediately on fire to prevent potatoes darkening. Onions mixed with any vegetable and steamed are very tasty. Salt may be used while cooking. We recommend heavy enamel ware or pyrex for cooking.

**TO STEAM VEGETABLES OR FOR SCALLOPING,** have oven 275 to 300 degrees.

**TO COOK CHIP VEGETABLES OR FRENCH FRY,** have oil or fat about 350 degrees.

**CHIP VEGETABLES**

Shred vegetables such as turnips, carrots, parsnips, etc., with COARSE Shredder and cook same as French Fry. All vegetables cook in from 3 to 5 minutes and are delicious.

**RECIPE FOR SALADS**

Shredded car-ots, beets, cabbage, lettuce, apples and celery blended together with mayonnaise or our three minute dressing makes a delicious and appetizing dish. Shredded radishes look pretty and blend beautifully in salads, also onion, celery, cucumber, etc. In fact almost all raw vegetables blend together. If a salad tastes flat, it is because some vegetable is lacking. Any shredded cooked vegetable flavored with lemon juice harmonizes with vegetable salads.

**SALAD DRESSINGS**

Our 3 minute special dressing: 2 tablespoonsful of Libby's prepared mustard, 1 tablespoonful canned milk, 1 tablespoonful of salad oil, lemon juice to flavor, salt and pepper.

Olive oil, lemon juice, salt and honey, well beaten, make an appetizing salad dressing. Sweet or sour cream is good. Mayonnaise is nourishing. Peanut, or any nut butter, creamed with oil, lemon juice, water, honey and a little veggex or Savita, is a delicious salad dressing.

**VEGETABLE HEALTH DRINKS**

Shred about 10 oz. vegetables with fine shredder and let soak in water about an hour, then squeeze out the juice and drink twice this amount daily. Carrot juice is very valuable for kidney trouble and beet juice is a wonderful aid in dissolving gall stones, and may also be used as natural coloring for gelatin. Vegetable juice drinks build up the teeth, muscle, and bone; beautify the skin of both young and old, and are especially valuable for children. Many lose their teeth and eye sight very young, because vegetables and fruit juice are not used and vegetables are boiled and water thrown away. Apples, pears, pineapple, etc., may be shredded and juice squeezed out, making delicious fruit drinks.

**DELICIOUS APPLE SNOW**

Shred two medium sized apples with fine shredder (don't peel) and add a spoonful of honey or sugar and the white of an egg and beat well together. Serve with or without cream and it is delicious. This, without cream makes a dandy filling for layer cakes.

**BAKING APPLES**

Apples shredded with COARSE Shredder wi a sprinkling of sugar and cinnamon may be baked in 10 to 15 minutes and are delicious. This is scientific cooking as short heats protect the vitamins and retain the flavors.

**RECIPE FOR SWEET MARMALADE**

Take one dozen MEDIUM sized oranges and % dozen lemons, (oranges and lemons should be firm,) 7 lbs. sugar and 3 quarts of water. Place fine shredder over inside edge of kettle and shred oranges and lemons into kettle, add the water and let stand for 36 hours, then boil 1 1/2 hours, add sugar and boil 1 1/2 hour until done. This makes a delicious sweet marmalade.

Instead of shredding down the oranges and lemons entirely, the peeling only may be taken off with fine shredder and the balance put through meat chopper and then mixed with peelings. In this way you get the orange and lemon peel in longer shreds. If you desire clear marmalade, squeeze out the juice and drink twice this amount daily. Carrot juice is very valuable for kidney trouble and beet juice is a wonderful aid in dissolving gall stones, and may also be used as natural coloring for gelatin. Vegetable juice drinks build up the teeth, muscle, and bone; beautify the skin of both young and old, and are especially valuable for children. Many lose their teeth and eye sight very young, because vegetables and fruit juice are not used and vegetables are boiled and water thrown away. Apples, pears, pineapple, etc., may be shredded and juice squeezed out, making delicious fruit drinks.

**TO SHRED PINEAPPLE**

To shred pineapple, first quarter pineapple and then shred the inside part, to the peeling, which can then be thrown away. This does away with peeling and fresh pineapples may be shred-ded up very quickly. Use COARSE shredder for preserving, the MEDIUM for salads and the FINE for grating.

**HOW TO OBTAIN HEALTH AND MAINTAIN IT**

The five main essentials to obtain health and maintain it are: plenty of pure fresh air, plenty of pure water, proper daily exercises, a clean body, and plenty of raw fruits and vegetables and properly cooked vegetables. Windows should always be kept open while sleeping, two to three quarts of pure water at least, should be used daily. Ten minutes of vigorous exercises daily (exercising all muscles) is valuable for health; two hot baths a week with change of under clothing is also important. A salad each day, should be used and have all vegetables shredded and steamed in their own juices, whole grained bread or cereals, plenty of fresh fruit and use sparingly the following: sugar, syrups, jams and pies, pastry, cake, meat and all de-vitalized foods.

**CLEANING TEETH**

Wash teeth daily with plenty of plain baking soda, using a stiff brush. This whiten's and preserves the teeth and removes all impurities. Rinse牙齿 with water and mouth feels fresh and clean. This positively does no harm to teeth, but instead preserves and beautifies the teeth. Live right and be your own doctor.

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