Prepared especially for the Worcester Salt Co. by Mrs. Janet McKenzie Hill, Editor of the Boston Cooking School Magazine.

With an interesting chapter on THE ROMANCE OF SALT.
MEASURING SALT

In every teaspoonful of Worcester Salt there is considerably more sodium chloride (chemically pure salt) than in any other salt. Therefore note that the measurements of salt given in the following recipes apply strictly to Worcester Salt and to no other. The same quantity of any other salt would not give the satisfactory results that Worcester Salt will give you.
These recipes, prepared especially for the Worcester Cook Book, have all been thoroughly tested and will be found unusually helpful in the preparation of tasty dishes.

WORCESTER SALT COMPANY
Largest Producers of High Grade Salt in the World
NEW YORK
Food Without Salt Would Not Keep You Alive.

You would quickly starve to death on a food that contained no salt—even if it were 100% nourishment.

For salt is essential to the formation of gastric juice. Without gastric juice there can be no digestion. Without digestion there can be no nutrition.

Now you understand why we think it is worth while to make salt as pure, sweet and salty as possible, and why it is worth your while to have the best salt in your foods.

Salt comes out of the earth. Like gold or silver, or any other natural element, it comes mixed with other minerals. These impurities can only be removed by thorough refining.

Worcester Salt is made by exclusive processes which result in the highest possible degree of purity. It is also made under sanitary conditions which keep impurities from creeping in. No salt can be purer.

Most salt has a bitter after-flavor. As ordinarily used you may not notice the bitter flavor. But here is an easy way to test salt for yourself.

Make a little brine of Worcester Salt. Do the same with any other salt. Taste these brines one after another. You will note the difference at once. There is no bitterness in Worcester Salt.

Worcester Salt makes it easier for you to season properly because it is so salty, without a particle of bitterness. It improves the flavor of your cooking. It gives greatest satisfaction on the table. If you use Worcester there is no need of having one kind of salt for the table and another for cooking. Worcester is unrivalled for both purposes.
Worcester Salt in Cooking Vegetables

Salt added to water in which green vegetables (as spinach, green peas, sprouts, asparagus, etc.) are to be cooked tends to intensify the color. As the appearance of food has much to do with our taste or distaste thereof, for aesthetic reasons the use of Worcester Salt in the cooking of green vegetables would be a gain. Salt has a tendency to harden cellulose or woody fibre, and by this means sweet juices and other valuable compounds are kept within the cooking vegetable to which it has been added. Thus to retain all nutritive properties possible in the vegetables the use of salt would seem to be indicated. Potatoes and onions, celery, cauliflower, rice and macaroni never taste just right unless the water in which they are cooked be salted. One level teaspoonful of Worcester Salt to each quart of water will be found about right. Parsnips and turnips, which contain an unusual quantity of woody fibre, should be set to cook in unsalted water; then when half cooked add Worcester Salt as above.

The Use of Worcester Salt with Potatoes After Cooking

After potatoes have been cooked in water to which Worcester Salt has been added, drain thoroughly, sprinkle lightly with Worcester Salt and shake the pan back and forth on the hot stove lid, or move to the back of the range and cover with a cloth. Worcester Salt sprinkled on the hot, moist potato, draws out the water and makes the potatoes mealy.

Use of Worcester Salt for Vegetables before Cooking

Insects are liable to be concealed between the flowerlets of cauliflower or leaves of cabbage. By soaking these an hour or more head downwards,
in cold water to which Worcester Salt has been added—a tablespoonful to a quart—the insects lose their hold and drop into the water.

**Court-Bouillon for Boiled Fish**

Remove the head, tail and such other portions of the fish as will detract from its appearance when served. Tie the fish in a napkin or set it on a buttered fish drainer, if one be at hand. Put the fish trimmings in a fish kettle; add half a carrot, a small onion, a stalk of celery, a small red pepper (half a chili pepper will suffice), half a cup of vinegar, two branches, each, of sweet basil and parsley, two tablespoonfuls of Worcester Salt and about two quarts of water. Use no more water than is needed barely to cover the fish. Let boil ten minutes; set in the fish, and let simmer until when tested the flesh separates easily from the bones. Remove the fish to a serving dish and strain off the bouillon for use in making a sauce to serve with the fish, and also for use with any fish that may be left over. If a higher flavored bouillon be desired, cut the vegetables in small pieces and let them cook in butter until softened and browned slightly, then use as above.

**Court-Bouillon Sauce for Fish**

Melt three tablespoonfuls of butter; in it cook three tablespoonfuls of flour and a scant half teaspoonful, each of Worcester Salt and pepper. When bubbling throughout remove from the fire and let cool, then add half a cup of court-bouillon and stir until smooth; add one cup more of the fish broth and stir over the fire until smooth and boiling; add the yolk of an egg, beaten into a tablespoonful of creamed butter; stir over the fire but do not let the sauce boil. Finish with a tablespoonful of lemon juice.
Small Cucumber Pickles (Sour)

\[ \frac{1}{4} \text{ cup of Worcester Salt} \]
2 quarts of small cucumbers
Cold water to cover
2 tablespoonfuls mustard seed
2 tablespoonfuls nasturtium seed
1 tablespoonful whole cloves
Vinegar as needed

Wash the cucumbers and dispose in a layer in an agate dish, sprinkling each layer with Worcester Salt; pour on cold water and let stand twenty-four hours. Drain, rinse in cold water and dispose in fruit jars. Scald the spices with enough vinegar to cover the cucumbers, pour over the cucumbers in the jars, filling them to overflow; adjust the rubber and sterilized covers and set aside in a cool place. When a few cucumbers are gathered daily from a garden, after standing over night in Worcester Salt and water, throw into a bowl of vinegar to remain until a full can has been collected. Pack into the can and fill to overflow with fresh vinegar, scalded with the seeds.

Pickled String Beans

2 quarts of young, tender string beans
\[ \frac{1}{4} \text{ cup of Worcester Salt} \]
1 quart of vinegar (about)
4 or 5 chili peppers
1 tablespoonful of celery seed
6 pearl onions
1 tablespoonful of white mustard seed

Prepare the beans as for boiling and dispose in an agate or earthen dish in layers, a sprinkling of Worcester Salt between each layer. Let stand twenty-four hours, then drain, rinse in cold water and drain again. Pack in two-quart size fruit jars, adding the seeds and peppers. Scald the vinegar and onions and pour over the beans in the jars, filling them to overflow. Adjust the covers as in canning.
Green Tomato Sweet Pickles

1 peck of green tomatoes
1 cup of Worcester Salt
2 quarts of boiling water
1 quart of vinegar
4 pounds of sugar
3 red pepper pods
1 tablespoonful of white mustard seed
2 tablespoonfuls of whole cloves
1 gallon of vinegar

Remove and discard a thin slice from the blossom ends, and the hard part around the stems of the tomatoes, then cut the tomatoes in slices of uniform thickness. Sprinkle the slices with the salt, as they are cut, cover and set aside over night. In the morning drain, add the boiling water and quart of vinegar and let boil fifteen minutes, then drain off and discard the liquid. Cook together ten minutes, the gallon of vinegar, the sugar, pepperpods cut in strips, and the seeds and cloves tied in a bag. Add the prepared tomatoes and let simmer gently nearly one hour, stirring occasionally. Remove the spices and store in fruit jars. Let the syrup cover the tomato completely. Prepare cucumber sweet pickle by this same recipe.

Green Tomato Sauce

4 quarts of sliced green tomatoes
6 large white onions, sliced
6 green peppers, sliced
1 1/2 tablespoonfuls of Worcester Salt
1 quart of cider vinegar
1 tablespoonful of ground mustard
1 tablespoonful of horse radish
1 tablespoonful of black pepper
1 teaspoonful of ground cloves
2 teaspoonfuls of ground cinnamon
2 cups of brown sugar

Put all the ingredients over the fire in a clean gate dish and let simmer slowly about five
hours—not longer. Stir often, to avoid burning. Store in small fruit jars.

**French Pickle**

1/2 peck of green tomatoes
1 head of cabbage
15 white onions
10 large green cucumbers
1 cup of Worcester Salt
3 quarts of cider vinegar
3 pounds of brown sugar
1 ounce of celery seed
3/4 pound of mustard seed
3 red peppers, chopped fine
3/4 pound ground mustard
1 teaspoonful of curry powder
1 cup of olive oil
1 quart of vinegar
3/4 cup of turmeric

Chop fine the tomatoes, cabbage, onions, and cucumbers. Put the vegetables and salt in a porcelain dish in alternate layers; let stand over night, then drain, pressing thoroughly and discarding the liquid. Heat the three quarts of vinegar, the sugar, turmeric, celery and mustard seeds and red peppers to the boiling point, and pour over the vegetables. Let stand over night; drain the liquid from the vegetables, re-heat and again pour over the vegetables; repeat this process the third morning, then when the mixture becomes cold, stir into it the ground mustard and curry powder, mixed with the oil and vinegar. Store in an earthen jar or in glass cans.

**Mustard Pickles**

1 quart small cucumbers
1 quart slices of large cucumbers
1 quart of button onions
1 quart of cauliflower in flowerlets
1 cup of Worcester Salt

Cold water to cover

Sprinkle the Worcester Salt over the vege-
tables in layers, pour on the water and let stand twenty-four hours. Drain off the salt water and measure it. Scald the salted water and pour it, at once, over the vegetables. When the brine is cold, drain it off and take as much vinegar as there was of the brine. To each quart of vinegar allow one cup of brown sugar, one cup of ground mustard and a half a cup of flour. Heat the vinegar to the boiling point; sift together the sugar, flour and mustard, mix smooth with a little of the hot vinegar and gradually add all the vinegar; let boil and stir until smooth, then pour over the pickles. Store in an earthen jar or in glass cans.

Chili Sauce

50 ripe tomatoes
1 dozen peppers
9 large white onions
1 cup of brown sugar
8 teaspoonfuls of ginger
8 teaspoonfuls of cloves
8 teaspoonfuls of allspice
2 quarts of vinegar
4 tablespoonfuls of Worcester Salt

Remove the skins from the tomatoes and onions; chop the onions and peppers very fine. Put all the ingredients over the fire together and let boil gently one hour, stirring often. Strain, and if not of sufficient consistency, let boil a little longer. Set aside in bottles corked and covered with sealing wax, or in fruit jars secured as in canning.

French Dressing
(for lettuce or fruit salad)

Mix half a teaspoonful of Worcester Salt and one-fourth of a teaspoonful of paprika; add one tablespoonful of lemon juice and mix thoroughly; add one tablespoonful of vinegar and four to six tablespoonfuls of olive oil and mix again.
Ripe Cucumber Sweet Pickle

Pare the cucumbers with a silver knife, cut in quarters and scrape out all seeds and soft parts. For about two quarts of prepared cucumber take one-fourth a cup of Worcester Salt, sprinkle each piece of cucumber with the salt as it is laid in an agate or earthen dish, cover with cold water and let stand twenty-four hours. Drain, rinse in cold water and put over the fire to cook in a fresh supply of water. When about tender, drain again. The cucumber should be weighed before cooking. For seven pounds take three and one-half pounds of sugar, one pint of vinegar, one cup of water, four ounces of stick cinnamon and two ounces of cloves. Make a syrup of the sugar, vinegar and water, put in the cucumber and spices and let cook until the cucumber looks transparent. Skim into jars; reduce the syrup and use to fill the jars to overflow. Seal as canned fruit.

Tomato Catsup

\[ \frac{1}{2} \text{ bushel of ripe tomatoes} \]
\[ \frac{1}{2} \text{ cup of Worcester Salt} \]
\[ \frac{1}{2} \text{ pound of sugar} \]
\[ 1 \text{ tablespoonful of cayenne pepper} \]
\[ 1 \text{ tablespoonful of ground ginger} \]
\[ 2 \text{ tablespoonfuls of ground celery seed} \]
\[ 2 \text{ tablespoonfuls of ground mace} \]
\[ 2 \text{ tablespoonfuls of ground mustard} \]
\[ 1 \text{ tablespoonful of ground cloves} \]
\[ 1 \text{ tablespoonful of grated garlic} \]
\[ 1 \text{ quart of vinegar} \]

Boil the tomatoes in a clean, white-lined dish until tender; strain to exclude skin and seeds. Let boil until well reduced, stirring often; add the vinegar and let simmer until quite thick; add Worcester Salt, spices and garlic, mix thoroughly and heat again to the boiling point. Store in sterile bottles. Use new corks. Cover
with sealing wax. Fruit jars may be used as in canning.

Mayonnaise Dressing

Beat the yolk of one egg, add one-fourth a teaspoonful of Paprika and half a teaspoonful of Worcester Salt and beat again, then use an egg beater and beat in two teaspoonfuls of vinegar or lemon juice; beat vigorously, then add a teaspoonful of olive oil and continue the beating; add oil, a teaspoonful at a time, three or four times, beating vigorously meanwhile, then add the oil by the tablespoonful, until a cup in all has been used. Finish with one tablespoonful of boiling water, beating it in, in the same manner as the oil. By adding all the acid to the yolk before oil is used the egg beater may be used from the beginning and the larger surface over which the oil is spread lessens the liability of the mixture to curdle. The boiling water at the last also assists in preventing the "turning" or curdling of the sauce after it has been set aside. After the sauce is mixed cover with an earthen dish and set aside in a cool place.

Mayonnaise Dressing, Italian Style

Prepare the ordinary mayonnaise dressing as above. Put a rounding teaspoonful of Italian tomato paste into a bowl; add a teaspoonful of fine-chopped pimento or one-fourth a teaspoonful of pulp scraped from the inside of a chili pepper; mix thoroughly; then beat in, a drop at a time, olive oil to make a smooth paste, of a consistency to blend with the mayonnaise. Beat the tomato mixture into the mayonnaise and the dressing is ready. If a silver fork be used to mix the oil into the paste, the dressing will be improved if the tines be first rubbed over with a bit of garlic.
Sardine Mayonnaise

Prepare a cup of plain or Italian mayonnaise. Skin and bone three sardines and pound them to pulp; add the sifted yolks of three hard cooked eggs and one-fourth a teaspoonful of Worcester Salt and pound again; press through a sieve; beat in a few drops of olive oil, then gradually beat in the mayonnaise dressing. This dressing is suitable for fish or potato salad or for fried fish, fish croquettes or salt codfish balls, and makes a most excellent sandwich filling.

Plain Cooked Salad Dressing

Scald half a cup of milk in a double boiler. Mix two level tablespoonfuls of flour, one-fourth a teaspoonful of mustard, and half a teaspoonful of Worcester Salt, with one-fourth a cup of cold milk, then stir into the hot milk; continue to stir until the mixture thickens, then cover and cook ten minutes. Beat one whole egg or two yolks, add one tablespoonful of sugar and beat again, then stir into the hot mixture; continue stirring until the egg is set, then remove from the fire and gradually beat in one-fourth a cup of hot vinegar, and last, two tablespoonfuls of butter.

Boiled Dressing for Chicken Salad

Simmer the water in which a fowl has been cooked until well reduced. Put half a cup of this liquid and half a cup of vinegar over the fire in a double boiler and add one teaspoonful of Worcester Salt, one tablespoonful of mustard prepared for table use and half a teaspoonful of paprika. Beat the yolks of five eggs; add a little of the hot liquid and mix until well blended; repeat with a little more hot liquid, then return the whole to the rest of the hot liquid and stir and cook until thickened slightly. Remove from the fire. Half a cup of butter, in little bits, may now be beaten into the mixture, or,
when cold, half a cup of olive oil may be gradually beaten in. When ready to serve pour in half a cup of cream, beaten firm. This quantity will suffice for between one and two quarts of salad material.

Bernaise Sauce

Let two tablespoonfuls of chopped shallot sit on the back of the range in three tablespoonfuls of vinegar until nearly all the vinegar is absorbed; add the yolks of three eggs, one-fourth a teaspoonful of Worcester Salt, one-fourth a teaspoonful of pepper and a small piece of butter, and let cook over hot water, stirring constantly and adding butter, a little at a time, until half a cup of butter has been used. Finish with one tablespoonful of fine chopped parsley. This sauce is of about the same consistency as mayonnaise dressing. It is used either hot or cold, hot preferably, on broiled steak or fillets of beef. Before adding the parsley, the sauce may be strained. If one tablespoonful of the vinegar be chili vinegar the pepper may be omitted.

French Dressing

Mix half a teaspoonful of Worcester Salt and one-fourth a teaspoonful of pepper; add two tablespoonfuls of vinegar and stir until the salt is dissolved, then beat in six tablespoonfuls of oil. If desired half a teaspoonful, each, of mustard and sugar, one or both may be added to the salt and pepper. A teaspoonful of onion juice is an agreeable addition, if the dressing is to be served on tomatoes, lima or string beans. When a quantity of dressing is to be prepared, put all the ingredients into a glass fruit jar, put a rubber in place, adjust the cover secure and shake vigorously. Dressing left over should be stored in glass and in a cool place.
Salad Dressing for Cold Slaw

Beat the yolks of three eggs, a teaspoonful of sugar, half a teaspoonful of mustard (prepared for the table) one-fourth a teaspoonful of paprika and half a teaspoonful (scant) of Worcester Salt; add one-third a cup of vinegar and cook over boiling water, stirring constantly until thickened somewhat. Remove from the fire and beat in three tablespoonfuls of butter, a little at a time. When the butter is thoroughly incorporated into the other ingredients, set aside to become cold. This recipe will make sufficient dressing for a generous pint of shredded cabbage. It may be used for other salads.

Brown Mushroom Sauce (Quickly Made)

Soak a scant fourth of a cup of mushrooms in one cup and a half of rich beef broth, several hours, or over night. Strain out the mushrooms and let simmer in a cup of tomatoes (raw or canned) fifteen minutes, then press through a sieve. Melt and brown one-fourth a cup of butter; add five tablespoonfuls of flour and stir and cook while the flour browns, adding half a teaspoonful of Worcester Salt and half a teaspoonful of pepper, meanwhile, add the beef broth and half a cup of the tomato and mushroom puree and stir until boiling. With canned mushrooms, use as liquid one cup of broth, half a cup of tomato puree and half a cup of the liquid from the mushroom bottle. Add also to the finished sauce a part or the whole of the mushrooms in the can, cut in halves, lengthwise.

Pot Pourri

Put into a jar having a close fitting cover a dozen bay leaves, cut in bits, lemon thyme and common thyme (leaves and blossoms), the rind of two lemons, cut fine, and dried lavender flow-
ers and rosemary blossoms; pour on one ounce each, of spirit of lavender, oil of jasmine, and essence of lemon; these last three ingredients can be obtained at a druggist's. When these are absorbed, add one ounce and a half each, of powdered cinnamon, cloves and allspice, one grated nutmeg, six ounces of powdered orris root, one pound of Worcester Salt, two ounces of salt-petre, powdered fine, and such petals of flowers as are available at the time; stir, then close. Add as you can get them other petals of flowers, orange blossoms, rose petals, clove pinks, jasmine blossoms, syringa, violets and sweet verbena leaves dried and crushed. Stir often, always when adding fresh supplies. If the mixture becomes too moist, add more powdered orris root; if too dry, add salt and saltpeter, mixed together thoroughly (saltpetre is often omitted, it must be powdered before use); musk and bergamot are often added in small quantity.

To Cure Beef or Lambs' Tongues

In the country fresh beef, veal and lamb tongues are readily procured and are much more appetizing, either plain or in aspic jelly, than canned tongues or the pickled tongues procured from a distant market. Simmer gently for twenty minutes, three pounds of Worcester Salt, one pint of sugar or molasses, one ounce and a half of saltpetre (this may be omitted) and seven quarts of spring water, skim while boiling and use when cold. The tongues must be covered with the brine. Let stand from two to five days. To make brine for one tongue, find the quantity of water needed to cover it, and apportion the other ingredients accordingly. If the tongue has been pickled more than three days, soak it in cold water overnight before cooking.
Hollandaise Sauce

Beat half a cup of butter to a cream; add from two to four yolks of eggs, one after another, beating each thoroughly into the butter; add one-fourth a teaspoonful each, of Worcester Salt and paprika and half a cup of boiling water and stir and cook over hot water until the sauce thickens; add the juice of half a lemon and stir vigorously. Too long cooking will cause the sauce to curdle. This sauce is used for boiled fish, fish timbales, hot boiled asparagus and cauliflower, and for cold fillet of beef.

Candied Grape Fruit Peel

Wash the outside of the grape fruit, cut in halves and remove the pulp in the usual manner to serve in glass cups. Cut the skin in halves, again, and pull off all the membrane without disturbing the white part of the rind. Cut the rind in strips with scissors. The strips should be less than half an inch wide. Weigh the prepared peel. Take enough cold water to cover the peel. To two quarts add one-fourth a cup (scant measure) of Worcester Salt; pour this over the peel and let stand twenty-four hours. Drain, rinse in cold water and set to cook in a fresh supply of water, drain and renew the water. Let cook from four to six hours or until the peel is very tender. Take the weight of the peel in sugar and half the weight in water. The water in which the peel was cooked may be used if not too salt. Boil to a syrup; add the peel and let simmer until the syrup is almost absorbed. Set aside to cool in the syrup; reheat a little, remove with a silver fork to a plate of granulated sugar, roll in the sugar and drop on a piece of table oil cloth.
Salted Nuts

Salted almonds, peanuts, cashew, pignolia and pecan-nut meats are considered most appetizing. Pecan-nut meats are not blanched, the others are blanched. Put the nut meats over the fire in cold water and let heat quickly just to the boiling point; drain, rinse in cold water and push off the skins, one by one, from each nut. Sprinkle an agate pan with Worcester Salt. Wet the tips of the fingers of one hand in white of egg, slightly beaten, take up two or three nuts with moistened fingers, coat with the egg and drop on the plate of salt. When the surface of the plate is covered with nuts, dredge with Worcester Salt and set into the oven to brown delicately on one side, then turn to brown the other side.

Citron Melon Preserve

Cut the melon in small pieces (about two inches thick) remove the skin and seeds. Weigh the pieces, also measure them. For four quarts take half a cup (scant) of Worcester Salt and sprinkle it over the melon; pour on cold water to cover and let stand twenty-four hours. Drain, rinse in cold water and put over the fire in fresh cold water to cover; let boil (changing the water if needed to remove salt) until tender, then drain again. Slice three lemons, remove the seeds, let cook in boiling water with two ounces of green ginger-root two or three hours. For each pound of citron take three-fourths a pound of sugar and three-fourths a cup of water; boil and skim and add the lemon, the water strained from the ginger and the lemon; let cook until the pieces are transparent and the syrup is reduced so it will suffice to cover the melon. Store in an earthen jar or in cans.
Banana Parfait

Press banana pulp through a sieve to make one cup and a fourth; add three-fourths of a cup of sugar, the juice of half a lemon and a few grains of Worcester Salt and let cook until scalded throughout, then let chill. Beat one cup and a half of double cream until about the consistency of the banana mixture. Soak one-half a cup of candied fruit, cut fine, in three tablespoonfuls of Jamaica rum, or a syrup of sugar and water over night. Have ready a quart mold packed in equal measures of chopped ice and Worcester Quick Freezing Ice Cream Salt.* Turn the mixture into the mold, filling to overflow, cover with waxed paper and press the cover down tight over the paper. The paper should extend beyond the mold on all sides. Finish packing and let stand about three hours. When half frozen, turn the mold upside down and renew the ice and salt if necessary. Parfaits should be frozen just enough to hold the shape.

Canned Apricot Parfait

Press enough canned apricots through a sieve to make a cup and a half. Simmer the pulp with half a cup of sugar until thick, then let chill. Beat one cup and a half of double cream until firm; fold in the chilled puree and finish as the Banana Parfait. Cook the rest of the apricots and syrup—sifted—with a half cup of sugar and serve, chilled as a sauce for the parfait.

* NOTE: Worcester Quick Freezing Salt is specified here because so many people are accustomed to use coarse salt in freezing cream. Our regular Worcester Salt, however, will give as good results as our Quick Freezing Salt, but as it is so much finer a considerably less quantity will be required.
Coffee Parfait

Soften half a tablespoonful of gelatine in four tablespoonfuls of black coffee. Scald one cup of coffee in a double boiler with one-third a cup of sugar. Beat the yolks of three eggs, add one-third a cup of sugar and a few grains of Worcester Salt. Cook the yolks and sugar in the hot coffee, stirring constantly, until the mixture thickens slightly, then add the softened gelatine and strain into a cool dish. Stir until chilled and thickened a little, then fold in one cup and a half of thick cream, beaten firm, and finish as the Banana Parfait.

Apricot Bombe Glace

Press the contents of a can of apricots through a sieve, add one quart of cold water and two cups of sugar and stir until the sugar is dissolved, then turn into the can of a freezer. Pack the freezer with crushed ice and Worcester Quick Freezing Ice Cream Salt, using three measures of ice to one of salt. Finish freezing in the usual manner. Have ready a two-quart melon mold partly packed in crushed ice and salt. Let two narrow strips of tough parchment extend through the mold at right angles and out over the sides. Line the mold with the frozen apricots, partially fill the center with a cream mixture; cover with more of the parfait, spread paper over the top, press the cover in place, and finish packing with ice and salt. Use two parts of ice to one of Worcester Quick Freezing Salt.

Cream Mixture for Bombe

Beat one cup of cream until firm throughout. Beat the white of one egg dry, then beat in one-third a cup of sugar and one tablespoonful of vanilla. Fold the cream into the egg mixture and use as above.
Caramel Ice Cream

Cook one cup of sugar to caramel; add one cup of boiling water and let cook until dissolved and quite thick. Beat the yolks of four eggs; add one-fourth a teaspoonful of Worcester Salt and half a cup of sugar and beat again; then cook in three cups of milk scalded in a double boiler until the mixture coats the spoon; add the caramel syrup and one pint of cream. Let scald a moment, then chill and turn into the can of a freezer. Pack with crushed ice and Worcester Quick Freezing Ice Cream Salt. Use three measures of ice to one of salt. Freeze in the usual manner.

Maltese Sherbert

Boil one quart of water and two cups of granulated sugar twenty minutes. Let cool, then add one pint of blood orange juice and the juice of two lemons. Pack in crushed ice and Worcester Quick Freezing Salt and freeze as above. When the maltese or blood oranges are in season they are very juicy and but few are needed to secure the quantity of juice desired.

To Preserve Eggs

For ten dozen eggs pour eight quarts of boiling water over half a cup of Worcester Salt and one pound (about one pint) of common lime. Let it stand until cold and pour over the eggs. The brine must cover the eggs completely. Cover with a board, sprinkle lime and Worcester Salt over the board, especially around the edge, to exclude air. Put an inch layer of Worcester Quick Freezing Salt in a keg or other receptacle; in this set eggs upright, small ends downward and far enough apart that the shells do no come in contact. Cover carefully with salt, and in this dispose another layer of eggs. Continue as many layers as desired. The salt holds the egg upright and excludes the air.
Pressed Beef (Pickled and Spiced)

Take seven pounds of brisket that is not too fat. Rub into one cup of Worcester Salt and 2 rounding tablespoonful of moist brown sugar. Put on a dish in a cool place, and sprinkle the top with a teaspoonful of mixed spices (cloves, mace and pepper) and let stand three days; turn the beef and sprinkle this side with the same quantity of spice and let stand two or three days again. Put over the fire with a carrot, onion, and two stalks of celery cut as for soup. Add also half a green or red pepper and six cloves, with cold water to cover. Heat to the boiling point, then let simmer eight hours or until the meat is tender. Remove to an earthen dish, cover with a plate or cloth and board holding a weight. Next day it is ready to serve. If salted but half the given time, the broth may be used for soup.

To Keep Meat in Hot Weather

Dissolve one pound of Worcester Salt in a generous quart of water. Boil twenty minutes. Skim and let become cold. Soak a clean cloth in the cold brine, wring rather dry and use to wipe over a joint of beef or mutton. Hang the meat where flies can not reach it, or if there be danger of this, tie it first in a coarse muslin bag. Next day the meat will be covered with a sort of scum, wipe off this with a clean cloth, wrung out of fresh water and dry the meat thoroughly; then with another clean cloth wrung out of the brine, wipe over the joint thoroughly. Afterwards wipe with a clean cloth, each day, and when ready to cook wipe with a cloth wrung from fresh water. This method is best adapted to meats that are to be roasted. Meat suitable only for boiling should be pickled or cured in brine.
Grissini

Softened a cake of compressed yeast in one-fourth a cup of scalded-and-cooled milk; mix and add to half a cup of scalded-and-cooled milk, in which a tablespoonful of butter has been melted; add one-fourth a teaspoonful of salt, the white or yolk of one egg, and about two cups of bread flour and stir to a dough. Knead the dough until smooth, then set aside to become light. Shape into small balls, then roll the balls under the fingers (on the board) to make long sticks, the thickness of a lead pencil. When shaped roll very lightly in Worcester Quick Freezing Ice Cream Salt and set side by side in a buttered pan. When again light let bake in a moderate oven to a delicate fawn color. Do not roll too generously in the salt. Grissini should be crisp. Serve with soups and salads. This form of bread was much relished by the late Queen Victoria.
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The largest producer of high-grade salt in the world is the Worcester Salt Company.

Its total capacity is 1,000,000 pounds a day; and as the works are operated day and night the output is practically up to capacity at all times.

Some idea of the size of the Worcester business may be had from the fact that on one occasion a train of 217 cars was required to carry a single shipment of Worcester Salt to New England alone.

There is hardly a city, town or village in the United States where Worcester Salt is not sold.

The keynote of the Worcester success has been a constant fight for quality. Every foreman constitutes himself an inspector of the product, whether in his own or some other department.

There are two regular inspectors, one night and one day man, who do nothing but watch the product constantly from start to finish.

An instance of Worcester fidelity to a quality-standard is shown by this incident: One Sunday morning the day inspector discovered 800 barrels of finished salt which seemed to him to be below Worcester standard. He went to the head of the works, and condemned the entire 800 barrels. His recommendation was sustained, and the whole lot was thrown away.

Worcester Salt is noted for its purity, sweetness, saltiness and the fineness and uniform size of its crystals. (See page 22.)

It is produced by an exclusive process, which is especially interesting to the housewife, because it shows why Worcester Salt is free from the bitterness common to many salts.
After the preliminary processes the salt brine flows from steel heating tanks into the Vacuum Pans, where it forms into crystals.

As the crystals are formed they drop into the bottom of the pan. The bitter water which contains the impurities natural to salt also separates, and is drawn off every few minutes, while the salt is removed through a chamber at the bottom of the pan.

The advantage of the Worcester process is that by removing the salt from the bottom of the vacuum pan it is not contaminated by the bitter water which in other processes is allowed to accumulate and through which the salt has to be removed. This difference in process gives the Worcester its remarkably sweet taste.

From the time the salt is pumped from the wells, and passed through the settling tanks, the heating tanks, the vacuum pans, the dryers and the sifters, to the bags, Worcester Salt is not touched by the hands.

During the entire series of processes, it is inspected continuously by the superintendent of each department, as well as by the regular inspectors who do nothing else.

Each process is absolutely sanitary, and every precaution is taken to maintain the utmost degree of purity.

Good grocers everywhere sell Worcester Salt. Get it. Test it (see page 3). Compare it with any other salt. You will find that it is tastier, saltier, more savory. And it is as pure as salt can be made.
A Romance of Salt

The earth, as you know, was a long time in the making. It passed through several ages of which geologists have found a partial record in the rocks, the sands and the fossils. Gradual changes in the earth's surface marked these different ages. Land appeared where once flowed the ancient tides, and the seas in turn submerged the primeval swamps. It is generally believed that the great deposits of rock salt which exist in different parts of the world to-day were once the beds of prehistoric seas.

Where these deposits are near the surface, as at Syracuse, N. Y., and in Boone County, Kentucky, their presence is indicated by salt springs or "licks" as they were called by the early settlers. With animals, as with men, the craving for salt is instinctive and these springs were not only sought by the buffalo and deer of our time but by the mastodon, the long-legged bison, and the other animals of an earlier day. Occasionally, as at Big Bone Lick, Kentucky, these springs were in the heart of swamps, where many of the animals in their struggles to reach the salt would become mired and perish, leaving their "big bones" embedded in the mud to this day.

This universal craving for salt is not due to its flavor alone. As already explained in this booklet, salt is absolutely necessary for the formation of gastric juice, without which there could be no digestion. Its flavor, too—or rather, the flavor it brings out in the food—starts the flow of saliva, which also aids digestion.

Salt gets into food by two means—Nature and the salt shaker. Into the meat, especially, and in the cereals, vegetables, and water on which we live, Nature puts a small supply of salt. This supply is not always large enough,
or else it is diminished during the preparation of our foods. Wheat, for instance, has salt in it, but flour has none. It is that part of the wheat discarded by the miller, which contains the salt.

On bread and water, a man can live indefinitely, but in Holland in the olden days, certain classes of criminals were condemned to deep dungeons there to be fed only on water and bread made without salt.

The man on whom such a sentence was passed, shuddered, for it was virtually his death warrant. No one ever survived that sentence long, and it was well known that the pinch or two of salt kept out of each loaf of a prisoner's bread was the means of slowly killing him.

It is not to be wondered at, then, that where salt is so essential to the support of life the craving for it should be so universal and that in ancient days it should have occupied an important place in man's customs and religions.

The early Greeks, also the early Germanic tribes, regarded salt with religious awe, and many bloody battles were fought in those days for the possession of salt springs or streams. To the latter tribes salt was "the special gift of God." They believed that where salt was, there Heaven was near, and that prayers offered near salt were most certain of answer.

The Bible is replete with references to salt. The Israelites regarded salt as a sacred symbol. All the sacrifices were salted, salt standing for purity of mind, for incorruption, and for the fidelity of the covenants established by God with his people.

With other races of people salt stood for additional meanings, especially hospitality.
If you were to spend to-night in the tent of a warlike Arab, you might sleep quite peacefully if he offered you salt at the evening meal. But, if he were to omit that little attention, it would be well for you to beware. The offering of salt to the guest has been the Arab’s way for centuries of saying that the guest is safe in his keeping.

But, it is a two-sided obligation, binding the guest to peace and friendliness quite as rigidly as it binds the host.

This other side is amusingly illustrated by a Mohammedan story.

One Yaakoob, a respectable man by birth, but a robber by selection, determined to rob the palace of Dirhem, the Governor of Seestan. Excavating a passage one night, he entered the palace, and after making up a convenient bale of gold and jewels, was proceeding to carry it off, when he happened in the dark to strike his foot against something hard on the floor. Thinking it might be a jewel of some sort or other, he picked it up and put it to his tongue. To his equal mortification and astonishment, he found it to be a piece of rock-salt; for, having thus tasted the salt of the owner, his avarice gave way to his respect for the laws of hospitality, and, throwing down his precious booty, he withdrew empty handed to his habitation.

The treasurer of Dirhem, repairing the next day to inspect his charge, was alarmed on discovering the loss. His alarm was quickly followed by astonishment when examination of the abandoned packages near by, proved that not a single article had been carried off. The treasurer reported the amazing circumstances to his master, who had it proclaimed through the city that the author of this proceeding had free pardon, and adding that if he would repair to the palace, the Governor would distinguish
him with favor. Yaakoob relied upon the promise, presented himself, was given public office, rose to power and founded a dynasty.

Salt, which was so closely associated with the religious beliefs and ceremonies of the Israelites, and the early Greeks and Romans, became in later times the subject of many superstitions.

In Scotland a handful of salt was thrown upon the beer mash to keep the witches away. In that country also, it was a custom to sprinkle salt on a new house to bring luck to the occupants.

Love-sick maidens at one time, depended on salt to restore to them their straying lovers.

Three successive Friday nights were chosen, on each of which the maiden threw a pinch of salt upon the fire, accompanying her action with these words:

"It is not this salt I wish to burn,
It is my lover's heart to turn,
That he may neither rest nor happy be
Until he comes and speaks to me."

In Germany mothers used to tell the child who spilled the salt that it would weep as many tears as there were grains spilled.

In ancient Rome, too, the spilling of salt was a calamity, incurring the displeasure of the household gods, while the family salt holder, usually a handsome vessel of silver, was invested with such sacred significance that its loss spelled misfortune.

In India, the Hindoo would lose his life rather than break an oath sworn upon the salt.

During the great Indian mutiny the Sepoys were again and again restrained from joining the mutineers upon being reminded that they had sworn by their salt to serve England's Queen.
In the history of warfare we come to the striking fact that Napoleon owed his failure before Moscow, not to the Russians, but to the loss of his salt supply. To that cause the great physiologists attribute the death of thousands whose wounds refused to heal, and whose systems seemed to invite rather than repel disease.

In the Paraguayan War, 1864 to 1870, during one period of three months the troops were deprived of salt. It was observed that these men died from the slightest wounds, which, refusing to heal, became fatally diseased.

How salt became a contributing cause of the terrible French Revolution, can be told in a few words. Like other necessities of life, salt has been taxed in many lands, but nowhere else were the cruelties of salt taxation carried to such extremes as in France.

There the right to refine and sell salt was given to about fifteen men, with privileges so broad, that poor peasants, who by evaporating sea water procured a supply of salt for their families, were liable to prison or the galleys. These salt monopolists put a price on salt that made it almost prohibitive, except to the rich. Yet, the peasants, knowing salt was necessary to health and life, were compelled by poverty to break the law.

Salt to be used for manufacturing purposes, such as the preparation of leather, was sold at a much lower rate than salt for household use. Harness makers and others in that trade, thinking to save money, took part of this salt to their homes. The monopolists, finding it out then put posion in all salt used for manufacturing.

Such injustices led to many violations of the salt laws, and from four to five thousand poor victims were sent annually to prison or the galleys.
You can imagine how far the iron heel of persecution was driven into the shrinking but snarling peasantry, when there were many other laws as hard to bear as the salt laws. And, it is strange that the aristocratic classes refused to see that each victim unjustly punished, provided a fresh wrong which would be revenged sooner or later. As we all know, those wrongs were revenged far sooner and more furiously than the classes expected.

Salt taxes to-day are rare. In the United States there are no salt taxes, nor have there been any in England for generations. In some countries, however, such as Italy and Japan, the manufacture of salt is a government monopoly. The price to the consumer is very high, and the penalties severe for "moonshining."

So importantly does our government regard salt that its bureaus of Agriculture and Chemistry most carefully watch salt production.

The value of salt to man and to beast, how best it may be used to perfect the products of the dairy and to fertilize the soil, are subjects of continual study in the laboratories and experiment stations of many universities.

The Pure Food movement will prove itself one of the great movements of the Twentieth Century, great, because of its revolution of food producing and preserving methods, and great, because of its almost magical effect upon the nation's health.

Pure salt, like pure sugar, pure butter, pure flour, and fresh eggs, is essential to health.

Man's indispensable need for salt, demands that governments and individuals regard salt no less lightly than any other food, and that you demand from the salt that enters your body, the password "WORCESTER."