The Salty Salt

Worcester

Ivory Salt

Flows Freely
Worcester Recipes

These recipes, prepared especially for the Worcester Salt Cook Book, will be found delicious and economical. Try them!

Worcester Salt Company
71-73 Murray Street
New York City

United Profit Sharing Coupons, interchangeable with United Cigar Store and other valuable coupons, come with every package of Worcester Salt Products.
USE WORCESTER SALT

For Delicious Seasoning
Use Worcester Salt

Worcester Salt makes it easier for you to season properly because it is so pure and salty, without a particle of bitterness. Worcester Salt seasons right through, instead of just remaining on top of your food. It improves the flavor of your cooking. It gives perfect satisfaction on the table.

Food without salt would not keep you alive, 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 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 natural element, it comes mixed with other minerals. These impurities can only be removed by thorough refining.

Worcester Salt is made by special processes which result in the highest possible degree of purity. It is made under sanitary conditions which prevent impurities from creeping in. No salt can be purer than Worcester Salt. It is made by the oldest refiners of high grade salt in America.

When setting the table provide a salt cellar at each place. This makes it easy for each person to readily add any desired amount of seasoning.

The convenient spout on each moisture proof carton of Ivory Salt and Worcester Iodized Salt makes it very easy for you to fill salt cellars.
IT TAKES THE BEST TO MAKE THE BEST

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*Names of dishes are in italics.*
SOUPS

Vegetable Soup

1 soup bone 1 large can tomatoes
1/2 small head cabbage 1 small bunch parsley
1 stalk celery 3 medium sized onions
3 medium sized carrots 2 or 3 medium sized potatoes

Peel and dice the raw vegetables, add the other ingredients, cover well with cold water, and season with Worcester Salt. Bring to boil and let simmer slowly for several hours. Remove bone and serve.

Tomato Bisque

1 qt. ripe tomatoes 1 stalk celery
1 small onion

Cut up celery and onion in large pieces and put in stewpan with tomatoes. Cook until done then put through colander. Add two tablespoonfuls of cooked rice to the strained soup. Scald one pint of milk and thicken with two tablespoonfuls of butter blended with one of flour; add this to the soup, season with Worcester Salt and serve immediately.

Clam Chowder

1 doz. clams 2 tablespoons chopped parsley
3 onions 4 potatoes
3 pieces of celery 1 small can tomatoes
3 carrots 1/2 lb. lean salt pork, cut small

Add Worcester Salt to taste, pinch of thyme and one bay leaf. Add two quarts of water and juice of clams. Cut all up fine and cook about three hours over slow fire.
Old Fashioned Potato Soup

2 raw potatoes  
1 small onion  
1 tablespoonful butter

1 tablespoonful flour  
1 pint milk  
pinch caraway seeds

Peel the potatoes and cut into small squares. Boil gently until tender in stewpan with one quart of water and a few pinches of Worcester Salt. Then, in another stewpan, mix the onion, cut fine, in one tablespoonful of butter; add the flour, rub all together and let brown. Add the milk, stir until smooth, then put potatoes in and let boil for a few minutes. The pinch of caraway seeds adds an extra delicious flavor.

Oyster Stew

Clean one quart oysters by placing them in a colander and pouring over them \( \frac{3}{4} \) cup cold water. Pick over oysters carefully, removing any bits of shell. Save liquor and heat it to the boiling point; strain through double cheesecloth, add oysters, and cook until oysters are plump and edges begin to curl.

Remove oysters with skimmer, and put in soup bowl with butter, Worcester Salt and pepper. Add oyster liquor strained a second time, and one quart milk heated to a boiling point. Serve with crackers.

Cream of Onion Soup

Put one cup of chopped onions in a quart of water and boil until onions are tender. Use liquid as onion stock. Use two cups of this onion stock, two cups milk, season with Worcester Salt. Then add four tablespoonfuls of flour made into a paste with a little milk. Boil ten minutes, add two teaspoonfuls of butter and serve.
FISH

Fish Fried in Olive Oil
Cut fish in small pieces, season with Worcester Salt and wrap in cloth to absorb moisture; dip in flour then in well beaten egg and fry in hot olive oil.

Spanish Mackerel
Wash fish and split down the back, sprinkle with pepper and Worcester Salt. Add melted butter or oil, put on a greased wire broiler and broil flesh side toward the flame. When brown, turn and brown the skin side. Chop tablespoonful of parsley fine, mix with one tablespoonful oil or butter, add juice of one half lemon. When fish is done, place on plate, pour sauce over, and garnish with quarters of lemon.

Baked Salmon au Gratin
Open can pink salmon (size to depend on number of people to be served) and remove all skin and bones. Break salmon up with fork, in juice from can. Arrange a layer of salmon in a baking dish, season with Worcester Salt and pepper, and cover generously with finely shaved or grated American cheese. Repeat with another layer of salmon, and cheese and so on until the salmon is all used up. Finish up with a layer of cheese. Add milk to almost cover, and bake in oven until cheese is melted and top is well browned.

Sauce for Fish
Pour a little of the boiling water the fish was cooked in over yolks of two eggs well beaten, stirring constantly; place back on stove and heat thoroughly; pour over fish and serve immediately.
Clam Fritters

2 eggs 1 pt. chopped clams
½ cup sweet milk ¼ teaspoonful soda
Flour ½ teaspoonful Worcester Salt

First make a batter as follows: beat the eggs, add milk, and enough flour to make stiff batter. To this batter add the chopped clams well drained, beat all thoroughly and lastly before frying add the soda and a few pinches of Worcester Salt. Beat hard and fry in hot fat.

Creamed Oysters

Make cream sauce of one tablespoonful of butter, two of flour, pinch of Worcester Salt and pepper, and a cup of cream. Let cream come to a boil, mix flour with a little cold milk and stir into the boiling cream. Add butter and seasoning. When thick add a pint of oysters, with their liquor, and cook slowly till the edges curl. Serve on toast or in patties.

Lobster à la Newburg

2 lobsters 2 tablespoonfuls flour
2 hard boiled eggs 4 tablespoonfuls lemon juice
½ pint cream 3 tablespoonfuls melted butter

Boil lobsters ¾ hour, break meat in pieces, add hard boiled eggs cut into slices. Blend flour in melted butter over a slow fire; add cream and lemon juice, boil and stir until thickened then add the lobster meat and the slices of egg.
MEATS

Relishes for Meats

With Roast beef use horseradish

Roast pork, apple sauce

Roast veal, tomato or mushroom sauce

Roast mutton, currant jelly

Boiled mutton, caper sauce

Boiled chicken, fricassee sauce

Roast lamb, mint sauce

Roast turkey, cranberry sauce

Boiled turkey, oyster sauce

Venison or wild ducks, black currant jelly

Roast goose, apple sauce

Compote of pigeons, mushroom sauce

Sliced Ham Baked with Potatoes

1 large slice ham, about \( \frac{1}{2} \) inch thick

4 or 5 medium sized potatoes

Wash and pare potatoes. Slice very thin into baking dish and lay slice of ham on top of potatoes. Cover all with milk. Put lid on baking dish and bake slowly in oven for an hour or until potatoes and ham are tender.

Ham and Beef Loaf

Scrapes of boiled ham 2 beaten eggs

1 lb. ground beef \( \frac{1}{2} \) teaspoonful Worcester Salt

Handful of bread crumbs \( \frac{1}{4} \) teaspoonful pepper

Put boiled ham through meat chopper until you have one cup. Add the other ingredients, mix well, form into a loaf and roast in a medium oven until well done.
Corned Beef Hash
Put cooked corned beef through chopper until you have 2 cups, add 3 cups cold boiled potatoes, chopped fine, 3/3 of a cup of hot water, season to taste with butter, Worcester Salt and pepper. Stir over fire 10 minutes, spread evenly, cover the pan and turn flame down so hash will slowly brown, when cooked fold over like an omelet and serve hot.

Lamb Stew
2 1/2 to 3 lbs. shoulder of lamb, cut up
6 medium-sized carrots
6 medium-sized onions
sprig of parsley
Wash meat well, removing excess fat. Peel and cut up carrots and onions. Place all in a stew pan, season with Worcester Salt and pepper and cover with boiling water. Let boil slowly for a couple of hours, or until meat and vegetables are done. Half an hour before stew is finished, add parsley chopped. Just before serving, thicken gravy with flour, blended in cold water. Serve with whole boiled white potatoes.

Lamb Croquettes
2 cups chopped lamb
1/2 cup bread crumbs
1/2 cup mashed potatoes
Moistened with a little milk
1 egg well beaten
Season to taste with Worcester Salt and pepper. Mix all thoroughly, form in cakes and fry.

Chicken Croquettes
Chop cold chicken very fine; mix with an equal amount of mashed potatoes, season with butter, Worcester Salt, pepper, a little mustard and a pinch of cayenne pepper. Form, dip in egg and bread crumbs and fry till light brown.
Turkey Filling

3 cups bread crumbs  ¼ teaspoon of thyme
1 onion cut fine  ¼ lb. butter
2 tablespoons chopped  Worcester Salt
parsley  pepper

Add the above ingredients to the bread crumbs, rubbing the butter in well with tips of fingers. If not moist enough, add a little water.

VEGETABLES

Insects are likely to be concealed between the leaves of lettuce, cauliflower, sprouts and cabbage. By soaking these vegetables in cold water to which Worcester Salt has been added—a tablespoonful to a quart—the insects will drop off.

When cooking any vegetables Worcester Salt should always be added to the water, because the salt tends to keep the sweet juices and other valuable compounds within the vegetables.

Time for Cooking Summer Vegetables

Greens, dandelion.......................... 30 minutes
Greens, spinach............................. 20 minutes
String beans............................... 30 to 45 minutes
Green Peas................................. 20 to 30 minutes
Beets........................................ 1 hour
Squash...................................... 45 minutes
Potatoes.................................... 20 to 30 minutes
Corn........................................ 20 minutes
Asparagus................................. 30 to 40 minutes

This time-table applies to young and fresh vegetables.
Time for Cooking Winter Vegetables

Squash ............................................. 1 hour
Potatoes, white ..................................... 1/2 hour
Potatoes, baked ................................. 1 hour
Sweet potatoes, baked or boiled ...... 45 minutes
Turnips ............................................. 1 to 2 hours
Beets ............................................... 1 to 2 hours
Parsnips ............................................ 45 minutes to 1 hour
Carrots ............................................. 45 minutes
Cabbage .......................................... 45 minutes to 1 hour

Bake Potatoes Without Using Oven

Bake Potatoes without using the oven. Save gas expense and avoid an overheated kitchen and get the same delicious baked potato flavor by boiling potatoes in their jackets in a very strong salt solution. Add a half cup of Worcester Salt to each quart of water and boil 30 minutes, for medium sized potatoes. Do not puncture jackets and they will become firm and crusty when removed from the water. The potato can then be easily removed from the skin at the table. Just try potatoes this way once, and you will be simply delighted with the results.

German Fried Potatoes

Take raw potatoes and slice them into a pan containing melted fat. Add one chopped onion and a teaspoonful of Worcester Salt, cover and fry slowly for 45 minutes, turning potatoes when necessary.

Baked Onions

One of the nicest ways of serving onions is to bake them. The method is very simple. Put the onions in a hot oven and bake till tender. Remove the shells very gently, place on a hot dish and serve with butter, Worcester Salt and pepper.
Creamed Onions
Pare, and boil until tender, adding a teaspoonful of Worcester Salt to the water. Drain, cover with milk, and when it has boiled up once remove the onions. Thicken the milk by adding one teaspoonful of cornstarch cooked in one tablespoonful of butter. Season with Worcester Salt, and when sauce is smooth pour over onions.

Mashed Yellow Turnips
Peel turnips and cut up. Cover with boiling, salted water and boil until soft. Remove from fire, drain off water, and mash. When cool enough to handle, place a few tablespoonfuls of the mashed turnip at a time in a piece of muslin wrung out of water and squeeze some of the water out of the turnip. Repeat this operation until you have removed much of the water from all the turnip. Place in a bowl in the ice box until ready to use, at which time, reheat in a double boiler, and add plenty of milk, butter and seasoning. The turnip will absorb the milk and butter in place of the water that has been squeezed out.

Brussels Sprouts
Pick off dead leaves. Destroy insects that may be in the vegetable by washing in cold water to which a tablespoonful of Worcester Salt has been added. Put sprouts in a saucepan, cover with boiling water, add one teaspoonful of Worcester Salt and boil 20 minutes. Serve with butter.
Baked Macaroni or Spaghetti au Gratin

Break half a pound macaroni or spaghetti in two inch lengths, throw into boiling water with a couple of teaspoonfuls of Worcester Salt and boil 15 minutes. Drain in colander and hold under cold water faucet for a few seconds to wash away any sticky, starchy deposit. Take a baking dish and place a layer of macaroni in the bottom; season well with Worcester Salt and pepper, sprinkle generously with small lumps of butter and finely shaved or grated American cheese. Then another layer of macaroni, seasoning, butter, and cheese and so on, repeating this operation until the macaroni is all used up. Finish up with a layer of seasoning, butter and cheese. Lastly cover with milk and bake in oven until brown and thick like pudding.

Dried Lima Beans

Cover with cold water and let stand for one hour before cooking. Then put beans into boiling water; cover and cook rapidly. In about one hour they will be tender. Drain off water and stir in butter, Worcester Salt and pepper.

Red Kidney Beans

1 lb. red kidney beans  1 small can tomato soup  
½ lb. lean salt pork, cut fine

Soak beans in cold water over night, next morning pour water off and add 2 quarts of boiling water with salt pork and cook about 3 hours over slow fire. When done add the tomato soup.
Fried Tomatoes
Cut into thick slices large ripe or green tomatoes. Dip the slices in flour to which Worcester Salt and pepper have been added, then dip in beaten egg and then in flour again. Fry in butter until brown. Remove tomatoes, put a little flour in the pan, blend with the butter left in the pan and then slowly add a cup of milk and a pinch of Worcester Salt. Pour over tomatoes and serve.

Spanish Rice
Wash thoroughly 1 cup rice, cook in 2 quarts well salted water, sprinkle rice in slowly so as not to stop water from boiling. Continue rapid cooking for 10 or 12 minutes or until rice is tender, then drain and blanche.

Cook 2 onions, 1 green pepper (cut fine) in butter or oil and ½ lb. mushrooms (sliced) till tender but not brown then add a large can tomatoes and cook until well blended adding Worcester Salt and pepper.

Pour the sauce over the rice in a baking dish adding ¼ lb. American cheese, grated or cut fine, and crumbs to cover top with plenty of butter and bake until thoroughly hot and browned.

MISCELLANEOUS

Welsh Rarebit
2 tablespoonfuls butter ½ lb. American cheese
2 egg yolks ½ cup milk or cream

Melt butter, then add yolks of eggs and gradually milk, cheese and lastly Worcester Salt, red pepper and powdered mustard to taste. Use chafing dish or double boiler.
Apple Fritters
Beat to froth 2 eggs and stir in $\frac{1}{2}$ pint of milk, one teaspoonful of Worcester Salt, 2 cups flour. Pare and core tart apples, cut them in slices, dip in the batter until well covered and fry in boiling lard to a light brown. Drain on paper and sprinkle with powdered sugar.

Apple Sauce
Pare, core and quarter six or eight good sized sour apples. Put in saucepan with $\frac{1}{2}$ cup of water and place over a low flame. When apples are tender, stir in a half cup sugar and mash through a colander.

Pepper Relish
8 green peppers 1 cup sugar
8 red peppers 1 $\frac{1}{2}$ cups vinegar
6 onions 2 teaspoonfuls Worcester Salt
2 tablespoonfuls whole mustard seed
Cut peppers in half, remove seeds and white fibre, put peppers and onions through a meat chopper. Cover with boiling water, let stand 5 minutes and drain. Boil vinegar, sugar and salt together, pour over peppers, mix mustard seed in. Put in jars.

Brine for Pickles
Use $2\frac{1}{2}$ cups of Worcester Salt to each gallon of water and place the green cucumbers in this brine as soon as picked. By using Worcester Salt the pickles will color evenly and there will be no danger of discoloration.
SALADS

**Stuffed Egg Salad**

Hard boil as many eggs as needed, cut in halves the long way, remove yolks, mash fine and mix thoroughly with a little Worcester Salt and pepper, powdered mustard and cayenne, and moisten with vinegar and olive oil; refill whites, sprinkle with paprika and serve on lettuce leaves. Serve with mayonnaise or French dressing.

**French Salad Dressing**

\[
\frac{1}{2} \text{ teaspoonful of } \text{Worcester Salt} \\
\text{Pinch of } \text{pepper} \quad 1 \text{ tablespoonful } \text{vinegar} \\
4 \text{ tablespoonfuls } \text{oil} \quad 1 \text{ tablespoonful } \text{lemon juice}
\]

Put the salt and pepper in a bowl and dissolve them with the lemon juice and vinegar; add the oil slowly and mix well.

**Waldorf Salad**

Four apples diced, 12 English walnuts cut fine; mix with mayonnaise and serve cold on lettuce leaves.

**Tomato and Egg Salad**

Take 4 firm ripe tomatoes, peel and scoop out from the stem end a part of the center. Put on ice until ready to serve, partly fill with mayonnaise and into each tomato insert half a hard boiled egg, serve on lettuce leaves.

**Beet Salad**

Boil beets and peel, scoop out beets to form cups; fill with chopped hard boiled egg, cover with mayonnaise and serve on lettuce leaf.
Potato Salad

1 teaspoonful Worcester Salt
6 potatoes
2 medium sized onions
1 egg well beaten
$\frac{1}{2}$ tablespoon flour
$\frac{1}{8}$ teaspoonful mustard

Pare and boil potatoes adding Worcester Salt to the water. When done slice the potatoes and mix with sliced onions. For dressing mix other ingredients well, season with Worcester Salt, let come to a boil and when cool mix with salad.

BAKING, DESSERTS, ETC.

Tea Biscuits

2 cups pastry flour (sifted)
1 teaspoonful Worcester Salt
1 tablespoonful sugar
2 tablespoonfuls lard
4 level teaspoonfuls baking powder

Mix all dry ingredients in flour, sift again. Rub in lard lightly, add enough milk to make very soft dough. Roll $\frac{1}{2}$ inch thick, cut with biscuit cutter, and bake about 15 minutes in quick oven.

Spice Cake

1 cup sugar
$\frac{3}{4}$ cup butter
$\frac{3}{4}$ cup sour milk
1 egg
1 cup chopped raisins
1 tablespoonful all spice
2 cups flour
1 teaspoonful soda

Cream the butter and sugar, add the egg, mix the flour, baking soda and spices, adding the milk and flour mixture alternately. Lastly add the raisins, rolled in flour. Bake in a moderate oven in a well-greased pan.
Ginger Cake

\[
\begin{align*}
\frac{1}{8} \text{ teaspoonful Worcester Salt} \\
\frac{1}{2} \text{ cup sugar} \\
1 \text{ egg} \\
\frac{1}{2} \text{ cups flour} \\
1 \text{ teaspoonful ginger} \\
3 \text{ tablespoonfuls butter}
\end{align*}
\]

Cream the butter and sugar, add beaten egg. Mix dry ingredients and add a small portion. Add molasses and milk mixed together, and flour mixture alternately. Pour into shallow greased baking pans. Bake 30 to 45 minutes in moderate oven.

Crullers

\[
\begin{align*}
2 \text{ cups sugar} \\
3 \text{ eggs} \\
1 \text{ cup sweet milk} \\
1 \text{ tablespoonful melted butter}
\end{align*}
\]

Beat all together then add:

\[
\begin{align*}
\frac{1}{4} \text{ teaspoonful Worcester Salt} \\
1 \text{ teaspoonful grated nutmeg} \\
1 \text{ teaspoonful cinnamon} \\
\text{Grated rind of one lemon}
\end{align*}
\]

Next take:

\[
\begin{align*}
3 \text{ cupfuls flour} \\
2 \text{ heaping teaspoonfuls Baking Powder}
\end{align*}
\]

Mix flour and baking powder thoroughly then sift into the other ingredients and mix well. Then add enough extra flour to give proper consistency to roll out. Fry in hot fat. To make crullers light, put a teaspoonful of vinegar into the grease in which you fry them. The crullers will not then soak up the grease.

Corn Bread

\[
\begin{align*}
1 \text{ tablespoonful melted butter} \\
2 \text{ teaspoonfuls baking powder} \\
\frac{1}{2} \text{ teaspoonful Worcester Salt} \\
1 \text{ egg} \\
1 \text{ cup sugar} \\
1 \frac{1}{2} \text{ cups cornmeal} \\
1 \text{ cup sweet milk}
\end{align*}
\]

Mix the dry ingredients by sifting them together. Add the milk, the well-beaten egg, and the butter. Beat well and bake 20 minutes in a shallow pan in a hot oven.
Sand Tarts

1 lb butter  3 eggs
1 lb. sugar  1 lb. flour
1 heaping teaspoonful baking powder

Cream butter and sugar together. Mix in other ingredients. Let stand over night, roll out very thin and cut with forms. Makes 17 dozen.

Pie Crust

1/4 cup cold water  1 1/4 cups flour
1/2 cup lard  1 1/4 teaspoonful baking powder
1/4 teaspoonful Worcester Salt

Sift dry ingredients together. Add shortening and rub in very lightly with tips of fingers. Add cold water very slowly. Divide in halves, roll out one part thin on floured board and use for bottom crust. When pie is filled, roll out other half for top.

Pumpkin Pie

Stew 1/2 good-sized pumpkin, press through a sieve, and to one cup of pumpkin add 1/2 teaspoonful Worcester Salt, 1/4 teaspoonful cinnamon, 1/3 teaspoonful ginger, 1 beaten egg, 1/4 cup sugar, 1 cup milk. Pour mixture into tin lined with plain pastry and bake until firm.

Ice Cream Pie

Scald 1 pint milk after taking enough to mix with 1/3 cup flour, add 5 tablespoonfuls sugar, 1/4 teaspoonful Worcester Salt, the flour which has been made smooth with the cold milk and the well beaten yolks of 2 eggs. Cook in double boiler until it thickens, stirring constantly. Take from fire, add 1/2 teaspoonful lemon extract. Pour while hot into a baked rich pie shell, cover with a meringue made from the 2 egg whites and 2 tablespoonfuls sugar, then bake about 20 minutes in a moderate oven.
Prune Fluff
Wash, soak, cook and strain ½ lb. prunes, then chop fine, removing pits. Make a jelly with 1 tablespoonful gelatine, 1 cup of the prune juice (or 1 cup boiling water), juice of 2 oranges and 1 cup granulated sugar. Pour over the chopped prunes, mix well, then put on ice until firm. Serve with whipped cream. A pinch of Worcester Salt and a little lemon juice brings out the flavor.

Fudge
½ cup milk 1 teaspoonful vanilla
2 cups sugar 1 tablespoonful butter
¼ pound unsweetened chocolate
Mix ingredients together in a saucepan and boil until it forms a ball when a little is dropped into cold water, then beat until quite thick and pour out on buttered tin.

Plum Pudding
3 cups bread crumbs ¼ lb. lemon peel
2 cups flour ¼ lb. orange peel
1 cup brown sugar ½ teaspoonful Worcester Salt
1 cup molasses ½ teaspoonful ginger
1 package seeded raisins ½ teaspoonful cinnamon
1 package seedless raisins ½ teaspoonful nutmeg
½ lb. suet chopped fine ¼ teaspoonful cloves
¼ lb. citron 6 eggs
One cup of grape or other fruit juice improves the flavor. Mix thoroughly all dry ingredients then add eggs one at a time, each being mixed thoroughly with the other ingredients before the next one is added. Fill greased molds ⅔ full and steam 8 hours. This recipe will make two puddings.
Rice-Pineapple Dainty

- ½ cup fine cut pineapple (canned)
- ½ cup rice
- ½ cup sugar
- ½ cup cream (whipped stiff)

Cook and blanche rice so each grain is separate. Mix the rice, pineapple and sugar, fold in the cream. Serve in sherbet glasses.

Ice Cream

When making Ice Cream always freeze with Worcester Quick Freezing Ice Cream Salt. It saves time and energy.

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 ¼ 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.
OTHER USES FOR WORCESTER SALT

The purity of Worcester Salt makes it highly suitable for many uses. On the following pages will be found some helpful suggestions that will contribute to your welfare and to the welfare of your household.
The New Intestinal Hygiene. Medical authorities recommend this simple way to correct constipation: About an hour before breakfast if one drinks a pint of water which is neither warm nor cold, to which is added a teaspoonful of Worcester Salt, a thorough flushing of the digestive tract is assured. There is practically no absorption by the system if the alimentary tract is normal.

Experience proves that if one drinks as much salt solution as is possible with comfort (some take three glasses, others an entire quart) no harm can result by taking it daily for an indefinite period. For a quart of water use two teaspoonfuls of salt. The results of this method are a great and pleasant surprise.

There are a few people with debilitated digestive tracts who do not succeed with the above method. When one cannot take the salt solution and have it pass through the intestines in about an hour or an hour and a half there is usually something wrong with the digestive tract and one would do well to consult a physician, since to suffer from constipation is detrimental to health. Anyone in doubt about the condition of debilitated intestines or of the kidneys should consult his physician and be guided by his advice.

The scientific aspects of this method of maintaining intestinal hygiene are discussed by the most eminent authority on foods and nutrition, Professor E. V. McCollum, in his book "Food, Nutrition and Health."* Dr. Morris Fishbein, Editor of the Journal of the American Medical
Association, reviewing this book in the November 1928 issue of Hygia, said: "In the opinion of this reviewer, this book by McCollum and Simmonds is the best small guide to diet and health that is anywhere available."

Food, Nutrition and Health, 2nd ed. 1928, address P. O. Box 25, East End Post Station, Baltimore, Md.

FOR TEETH AND TO HARDEN GUMS. Many people use Worcester Salt exclusively in place of toothpaste or tooth-powder. Worcester Salt has a delicious flavor, it costs much less than toothpaste and it is unrivalled for cleaning the teeth, and keeping the gums hard. Brushing the teeth with Worcester Salt leaves a delightfully clean taste in the mouth.

DAILY GARGLE. To keep the breath pure and the throat and nose free from infection no preparation is better than Worcester Salt. Use one teaspoonful in a glass of warm water and gargle before retiring.

TIRED ACHING FEET are greatly refreshed after bathing in warm water to which two handfuls of Worcester Salt have been added.

TO KEEP HANDS IN GOOD CONDITION. When the skin feels drawn due to hands being in contact with strong soaps or washing powders, rinse hands in a little warm water to which Worcester Salt has been added. The skin will at once become smooth.

MOSQUITO BITES and other insect bites can be relieved by spreading on a paste made of equal parts of baking soda and Worcester Salt and water.
SALT BATHING FOR VIGOR. Bring the exhilaration of ocean bathing to your bathroom at a cost of only a few cents. Take a Worcester Salt bath regularly. Salt bathing quiets the nerves and makes the skin bloom with health and vitality. Salt bathing is beneficial for ordinary ailments, such as rheumatism and sciatica. Since Worcester Salt is much purer than the salt in the sea, you get a bath that is free from any possibilities of contamination. Use a carton of Worcester Salt to a tub of water. Try it regularly for a time and notice how much better you feel.

FOR SORE THROAT. A very effective treatment is to gargle frequently, especially before going to bed, with a solution of warm water in which has been dissolved a teaspoonful of Worcester Salt.

COLD IN HEAD and stopped up nostrils are cleared by sniffing a solution made of a teaspoonful of Worcester Salt in a glass of warm water. Sniff a teaspoonful of this solution up each nostril. The results are very beneficial. Repeat this treatment every hour until relieved.

IN THE KITCHEN

GRAPEFRUIT is more delicious when sprinkled with a little Worcester Salt. It brings out the full flavor. Try it.

POACHED EGGS are more appetizing and are more evenly cooked when a pinch of Worcester Salt is added to the water before the eggs are dropped in.

CRACKED EGGS can be boiled without the contents oozing out if a teaspoonful of Worcester Salt is added to the water.
IT TAKES THE BEST TO MAKE THE BEST

PANCAKES WITHOUT SMOKING UP THE HOUSE. Make up a little bag of Worcester Salt and use it to rub griddle in place of grease. No odors or smoke will arise and cakes will not stick. Write for a free sample salt bag.

MILK IS MORE EASILY DIGESTED if just a pinch of Worcester Salt is added before drinking. MILK KEEPS MUCH LONGER without souring when a pinch of Worcester Salt is added to the milk when fresh.

BOILED GREEN VEGETABLES KEEP THEIR COLOR when a little extra salt is added to the water in which they are boiled. Cook in an uncovered vessel.

FISH IS MUCH MORE DELICIOUS when soaked for a few minutes before cooking in a strong solution of Worcester Salt. Try it the next time you prepare fish.

FISH WILL NOT STICK TO THE PAN if a little Worcester Salt is sprinkled on the pan just before the fish is put on to fry.

TO EXTRACT BLOOD FROM FRESH MEAT and to make fowl more appetizing, cover with a layer of Worcester Salt and let stand for several hours. Before cooking rinse in cold water.

WHITES OF EGGS BEAT QUICKLY when a pinch of Worcester Salt is added.

CREAM WHIPS VERY RAPIDLY WHEN a pinch of Worcester Salt is added to the cream before whipping.

TO PREVENT ICING FROM SUGARING. Add a pinch of Worcester Salt to the sugar when making cooked icing.
USE WORCESTER SALT

FREEZE ICE CREAM QUICKLY by using Worcester Quick Freezing Ice Cream Salt. Pack the freezer with one part Worcester Quick Freezing Ice Cream Salt to three parts of crushed ice. While packing, turn the handle slowly in order to shake down and pack the ice. After the ice cream is frozen pour off the brine and pack with more ice and salt mixture.

DISCOLORATION ON THE INSIDE OF THE COFFEE POT is quickly removed by rubbing with a little Worcester Salt.

BURNED ODORS FROM OVENS AND STOVES are rendered much less disagreeable when a little Worcester Salt is thrown into the oven.

TO CLEAN SILVER, add $\frac{1}{2}$ cup Worcester Salt and $\frac{1}{2}$ cup soap flakes to sufficient cold water to cover silver in aluminum pan. Remove from fire as soon as it boils. Wash silver in hot soapy water, a few pieces at a time, and dry thoroughly. This method cleans silver beautifully.

ABOUT THE HOME WITH WORCESTER SALT

TO AVOID A RING AFTER CLEANING with Gasoline. Rub spots on washable goods with a strong solution of Worcester Salt before applying Gasoline.

GASOLINE ODORS can easily be removed from hands by rubbing them with a little moistened Worcester Salt.

PERSPIRATION STAINS may be removed by soaking in a solution of Worcester Salt before washing. Use a handful of salt to each quart of water.
TO SET COLORS in Cotton Goods, before washing the first time soak for 20 minutes in cold water to which a handful of Worcester Salt has been added.

CUT FLOWERS KEEP LONGER when a pinch of Worcester Salt is added to the water in which the flowers are placed.

CLEANING BRASS AND COPPER. Nothing is better for cleaning brass and copper than a mixture of Worcester Salt with an equal quantity of flour and vinegar. Make up a paste of these ingredients and apply to the object to be cleaned. Let the paste remain on for an hour and then rub off. Wash with water and then polish.

TO REMOVE STAINS AND RESTORE WHITENESS, rub washbowls, bathtubs, and toilets with a mixture of Worcester Salt and Turpentine. Original whiteness will be restored.

TO REMOVE STAINS AND DISCOLORATION from China and Earthenware. Rub stains with Worcester Salt moistened with a little water.

REMOVING DIRT FROM CURTAINS. By adding half a cup of Worcester Salt to the water in which curtains are being soaked the dirt loosens more rapidly.

MOTHS IN CARPETS can be prevented by scrubbing the floors with a strong solution of hot water and Worcester Salt just before laying the carpet. Sprinkling Worcester Salt on the carpet before sweeping also helps to destroy moths.

SMOOTHING ROUGH IRONS. Irons that have become rusty, sticky, or rough can be smoothed to a glasslike finish by rubbing with Worcester Salt and a piece of crinkled up paper.
USE WORCESTER SALT

TO REMOVE INK SPOTS from Carpets. Pour Worcester Salt immediately on the wet ink spots, changing the salt frequently. This will soak up the ink and remove the spot. Even old spots may be considerably lightened and made inconspicuous by wetting spots with water and applying a thick coating of Worcester Salt.

BROOMS LAST MUCH LONGER when soaked in a bucket of hot water to which has been added a couple of handfuls of Worcester Salt. The salt strengthens the bristles.

TO KILL WEEDS IN driveways and gutters, wet the ground and sprinkle with a generous quantity of Worcester Salt.

DESTROY POISON IVY by sprinkling the plant with a quantity of moistened Worcester Salt. This protects the children from possible poisoning during their playful ramblings about the yard.

ICY SIDEWALKS AND ICY STEPS. Sprinkle with Worcester Salt and the ice will melt almost immediately.

AVOID AUTOMOBILE ACCIDENTS by rubbing a little moistened Worcester Salt on the outside of the windshield. Worcester Salt prevents snow and ice from collecting on the windshield and distorting the vision.

FOR AUTOMOBILES STUCK IN THE SNOW
To secure traction on ice covered roads or hills throw a quantity of Worcester Salt just in front of rear wheels. The fine salt will immediately melt the ice and snow so that traction on the road can be secured. Always carry a few packages of Worcester Salt in your car during the winter months.
HOW WORCESTER SALT IS MADE

Water is piped into the earth, where Mother Nature has placed salt deposits. The water dissolves the salt and then the salt brine is pumped up, purified, and filtered. It is then passed into vacuum evaporators where it forms into crystals. As the crystals are formed they drop to the bottom of the evaporator.

The salt crystals are then placed in continuous centrifugals where most of the moisture is removed. The salt is then transferred to rotary driers where it is thoroughly dried.

The screening process follows, which grades the salt crystals according to their size. After being uniformly graded the salt is packed in sanitary paper lined barrels, bags, and moisture proof cartons.

From the time the salt brine is pumped from the wells until the salt is packed in sanitary containers, Worcester Salt is not touched by hands.

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. Compare it with any other salt. You will find that it is tastier, saltier, more savory. It is pure salt.
HIGHEST AWARDS

were received by

WORCESTER SALT

at

1893 World's Fair, Chicago
American Institute, New York
1901 Pan-American Exposition, Buffalo
Louisiana Purchase Exposition, St. Louis
1915 Panama-Pacific Exposition, San Francisco
unrivalled for cooking

wax wrapped carton

Always uniform
Smooth fine grain
Saves time
and energy
Kiln dried
Easy to handle
For table and cooking

Worcester Iodized Salt

Prevents simple Goiter