The Salty Salt

WORCESTER IVORY SALT

It takes the best to make the best

Flows Freely
Worcester Recipes

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

Note the health uses for Worcester Salt—page 24

Worcester Salt Company
71-73 Murray Street
New York City

© 1931, W. S. Co.
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

### CONTENTS

#### SOUPS
- Vegetable Soup ........................................ 1
- Bean Soup ........................................... 1
- Clam Chowder .......................................... 1
- Old Fashioned Potato Soup ......................... 2
- Oyster Stew ........................................... 2
- Cream of Onion Soup ................................ 2

#### FISH AND EGGS
- Spanish Mackerel ...................................... 3
- Baked Salmon au Gratin ............................... 3
- Salmon Croquettes .................................. 3
- Fish Fried in Olive Oil ............................... 4
- Creamed Oysters ..................................... 4
- Lobster a la Newburg ................................. 4
- Eggs au Gratin ...................................... 4

#### FRITTERS
- Apple Fritters ........................................ 5
- Pineapple Fritters .................................... 5
- Clam Fritters ......................................... 5

#### MEATS
- Sauces and Relishes for Meats ....................... 6
- Sliced Ham Baked with Potatoes ..................... 6
- Baked Steak ........................................... 6
- Ham and Beef Loaf .................................. 7
- Veal Loaf ............................................. 7
- Corned Beef Hash .................................... 7
- Stuffed Pork Chops ................................... 7
- Lamb Stew ............................................ 8
- Lamb Croquettes ..................................... 8
- Chicken Croquettes .................................. 8
- Turkey Filling ........................................ 8

#### VEGETABLES
- Time for cooking Summer Vegetables .............. 9
- Time for cooking Winter Vegetables ............... 9
- Bake Potatoes without using oven .................. 10
- Lyonnaise Potatoes ................................... 10
- Sweet Potatoes with Marshmallows ............... 10
- Carrots au Natural .................................... 10
- Creamed Onions ...................................... 11
- Mashed Yellow Turnips ............................... 11
- Brussels Sprouts ..................................... 11
## USE WORCESTER SALT

<table>
<thead>
<tr>
<th>Contents—continued</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Macaroni or Spaghetti au Gratin</td>
<td>12</td>
</tr>
<tr>
<td>Dried Lima Beans</td>
<td>12</td>
</tr>
<tr>
<td>Red Kidney Beans</td>
<td>12</td>
</tr>
<tr>
<td>Fried Tomatoes</td>
<td>13</td>
</tr>
<tr>
<td>Spanish Rice</td>
<td>13</td>
</tr>
</tbody>
</table>

### MISCELLANEOUS

<table>
<thead>
<tr>
<th></th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welsh Rarebit</td>
<td>13</td>
</tr>
<tr>
<td>Apple Sauce</td>
<td>14</td>
</tr>
<tr>
<td>Pepper Relish</td>
<td>14</td>
</tr>
<tr>
<td>Brine for Pickles</td>
<td>14</td>
</tr>
</tbody>
</table>

### SALADS

<table>
<thead>
<tr>
<th></th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stuffed Egg Salad</td>
<td>14</td>
</tr>
<tr>
<td>French Salad Dressing</td>
<td>15</td>
</tr>
<tr>
<td>Russian Dressing</td>
<td>15</td>
</tr>
<tr>
<td>White Grape Salad</td>
<td>15</td>
</tr>
<tr>
<td>Waldorf Salad</td>
<td>15</td>
</tr>
<tr>
<td>Tomato and Egg Salad</td>
<td>15</td>
</tr>
<tr>
<td>Beet Salad</td>
<td>15</td>
</tr>
<tr>
<td>Potato Salad</td>
<td>16</td>
</tr>
</tbody>
</table>

### BAKING, DESSERTS, ETC.

<table>
<thead>
<tr>
<th></th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tea Biscuits</td>
<td>16</td>
</tr>
<tr>
<td>Waffles</td>
<td>16</td>
</tr>
<tr>
<td>Spice Cake</td>
<td>17</td>
</tr>
<tr>
<td>Ginger Cake</td>
<td>17</td>
</tr>
<tr>
<td>Crullers</td>
<td>17</td>
</tr>
<tr>
<td>Corn Bread</td>
<td>18</td>
</tr>
<tr>
<td>Sand Tarts</td>
<td>18</td>
</tr>
<tr>
<td>Pie Crust</td>
<td>18</td>
</tr>
<tr>
<td>Lemon Pie</td>
<td>19</td>
</tr>
<tr>
<td>Pumpkin Pie</td>
<td>19</td>
</tr>
<tr>
<td>Baked Custard</td>
<td>19</td>
</tr>
<tr>
<td>Prune Fluff</td>
<td>20</td>
</tr>
<tr>
<td>Brown Betty Pudding</td>
<td>20</td>
</tr>
<tr>
<td>Hard Sauce for Puddings</td>
<td>20</td>
</tr>
<tr>
<td>Cottage Pudding</td>
<td>21</td>
</tr>
<tr>
<td>Lemon Sauce for Cottage Pudding</td>
<td>21</td>
</tr>
<tr>
<td>Plum Pudding</td>
<td>21</td>
</tr>
<tr>
<td>Old Fashioned Strawberry Shortcake</td>
<td>22</td>
</tr>
<tr>
<td>Ice Cream</td>
<td>22</td>
</tr>
<tr>
<td>Carmel Ice Cream</td>
<td>22</td>
</tr>
</tbody>
</table>

Health Uses for Worcester Salt | 24 |
In The Kitchen With Worcester Salt | 27 |
About The Home With Worcester Salt | 28 |
How Worcester Salt Is Made | 31 |
SOUPS

Vegetable Soup

1 soup bone  1 large can tomatoes
½ 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.

Bean Soup

Soak one pound of dry beans over night in warm water. Draw off the water, add cold water and boil slowly until tender. Add enough water to the beans, as they continue to absorb the water, to make a rich soup liquid. Remove from the fire and strain the liquid into another pot. Mash the softly-cooked beans through a strainer and mix thoroughly in the liquid. Add pepper, Worcester Salt and paprika to taste and serve hot. A grated onion can be added to the beans while cooking if this flavor is liked. A ham bone also enriches the flavor of the soup.

Clam Chowder

1 doz. clams  2 tablespoons chopped parsley
3 onions  4 potatoes
3 pieces of celery  1 small can tomatoes
3 carrots  ½ 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 ¾ 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

Boil two cups sliced onions until tender in covered saucepan, using just enough water so that when onions are cooked nearly all the water has been absorbed. Add 2 cups boiling water and 4 cups milk, scalded, with a small bayleaf. Thicken with ¼ cup flour rubbed in a little water to a smooth paste. Season with Worcester Salt and pepper and cook 10 minutes before serving, stirring frequently. Do not strain. Serves 4 or 5.
**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) 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.

**Salmon Croquettes**

1 cup salmon, canned or left-over, boiled  
1 1/4 cups mashed potatoes  
1 tablespoon chopped parsley  
1 tablespoon chopped onion  
1/4 teaspoon Worcester Salt  
1/8 teaspoon pepper  
1 egg beaten with 1 tablespoon water  
Dried bread crumbs

Mix ingredients thoroughly and shape into croquettes about the size of an egg—roll in dried bread crumbs, dip in egg, then in crumbs again. Fry in deep hot fat, drain on unglazed paper. Serve plain, garnished with lemon rings or serve with cream sauce.
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. Fry in hot olive oil.

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 a 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.

Eggs Au Gratin
6 Hard cooked eggs ¼ lb. American cheese
1 pint white sauce Worcester Salt and pepper
Arrange sliced eggs in a baking dish. Season with Worcester Salt and pepper. Pour white sauce over the eggs and cover top with grated cheese. Heat in oven until cheese is melted and slightly brown. Serve on toast. Recipe for white sauce: Heat 2 cups milk in saucepan. Blend 4 tablespoons flour in a cup with cold water until smooth. Add slowly to hot milk stirring constantly and cook until mixture thickens. Add large lump butter and seasoning.
IT TAKES THE BEST TO MAKE THE BEST

FRITTERS

Apple Fritters

1 1/4 cups flour
1 1/2 teaspoonfuls baking powder
1/4 teaspoonful Worcester Salt
1/2 cup milk
1 egg, well beaten
2 tart apples

Mix and sift the dry ingredients. Add gradually the milk, then egg. Pare and cut the apples into medium sized pieces and stir into the batter. Drop by spoonfuls into deep hot fat and fry to a delicate brown. Drain, sprinkle with powdered sugar and serve immediately, plain or with jelly.

Pineapple Fritters

1 cup flour
1 1/2 teaspoons baking powder
1/4 cups canned pineapple cut in slivers
1/2 cup pineapple juice
1 tablespoon melted shortening
3/4 teaspoon Worcester Salt
1 egg (beaten)
1 teaspoon lemon juice

Mix and sift dry ingredients. Add pineapple juice, lemon juice, well-beaten egg and shortening. Mix well. Then stir in pineapple. Drop by tablespoonfuls into deep hot shortening. Fry to golden brown (about 2 minutes). Drain on paper and dust with powdered sugar to serve as a dessert. Serve plain with meat.

Clam Fritters

2 eggs
1/2 cup sweet milk
Flour
1 pt. chopped clams
3/4 teaspoonful soda
3/2 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.
USE WORCESTER SALT

MEATS

Sauces and 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 or parsley sauce
Boiled chicken, fricassee sauce
Roast lamb, mint sauce or mint jelly
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 ½ 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.

Baked Steak

A particularly delicious method of preparing steak is to bake it with a thick layer of Worcester Salt on both sides of the steak. After removing from the oven scrape off the encrusted salt. The steak will not be salty — this method keeps all the delicious meat flavor and juices within the steak.
Ham and Beef Loaf

Scraps of boiled ham 2 beaten eggs
1 lb. ground beef ½ teaspoonful Worcester Salt
Handful bread crumbs ¼ 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.

Veal Loaf

To 1½ pounds veal ground, add one cup of cracker crumbs, one egg well beaten and a small onion chopped fine. Mix together and add a half cup of milk. Form into shape desired and put in double roasting pan, well greased. Add a little hot water after loaf has been put in the roaster. Slices of bacon laid over top of veal loaf adds flavor.

Corned Beef Hash

Put cooked corned beef through chopper until you have 2 cups, add 3 cups cold boiled potatoes, chopped fine, ⅔ 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.

Stuffed Pork Chops

Cut pockets in thick chops. Fill pockets with filling of bread crumbs, a little Worcester Salt and pepper, and one onion chopped fine. Fasten pockets together with toothpicks. Add a little water, cover closely and bake in oven about an hour or until done.
Lamb Stew

2½ 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       ½ cup bread crumbs
½ 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
1 onion cut fine
2 tablespoons chopped parsley
¾ teaspoon of thyme
¼ lb. butter
Worcester Salt
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.

In cooking vegetables do not use any more water than necessary. The water should be boiling rapidly before vegetables are put in. Add one teaspoonful Worcester Salt to each quart of water.

**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 ..................... 1½ 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 45 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.

Lyonnaise Potatoes

To make a tasty dish from leftover boiled potatoes, fry slowly two or three small sized onions sliced fine in melted fat until light brown. Then add potatoes cut in slices, Worcester Salt and pepper, and cook over low flame until thoroughly heated and slightly browned. Stir occasionally to avoid burning and to brown evenly.

Sweet Potatoes with Marshmallows

Peel and boil sweet potatoes. When soft, drain off water, season with Worcester Salt, pepper, a large lump of butter, and mash with a little milk. When smooth, pile in a baking dish, and cover with marshmallows. Place in a warm oven until marshmallows are melted and browned.

Carrots au Natural

Slice carrots in long, thin strips. Put in a saucepan and add a large lump of butter, ½ teaspoon sugar, ½ teaspoon Worcester Salt, one teaspoon chopped parsley. Do not add any water. Cover the pan closely and let simmer until carrots are tender, about 20 minutes. Add one tablespoon cream, cook for 2 minutes and serve.
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
Feel 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  
2 egg yolks  
½ lb. American cheese  
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 Sauce

Pare, core and quarter six or eight good sized sour apples. Put in saucepan with ½ cup of water and place over a low flame. When apples are tender, stir in a half cup sugar and mash through colander.

Pepper Relish

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 green peppers</td>
<td>1 cup sugar</td>
</tr>
<tr>
<td>8 red peppers</td>
<td>1 ½ cups vinegar</td>
</tr>
<tr>
<td>6 onions</td>
<td>2 teaspoonfuls Worcester Salt</td>
</tr>
<tr>
<td></td>
<td>2 tablespoonfuls whole mustard seed</td>
</tr>
</tbody>
</table>

Cut peppers in half, remove seeds and white fibre, put peppers and onions through 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 2½ 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

1/2 teaspoonful of Worcester Salt
Pinch of pepper  1 tablespoonful vinegar
4 tablespoonfuls oil  1 tablespoonful 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.

Quick Russian Dressing

Mix 1/4 cup chili sauce with one cup mayonnaise. Blend thoroughly. Serve with hearts of lettuce.

White Grape Salad

Halve and seed one pound white grapes. Cut up quite fine the best part of two heads of celery, and the meat from one-half pound English walnuts. Mix with French Salad Dressing or cream. Serve on crisp lettuce leaves.

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
½ tablespoon flour

½ tablespoon butter
⅛ cup weak vinegar
1 teaspoonful sugar
Pinch cayenne pepper

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
4 level teaspoonfuls baking powder
1 tablespoonful sugar
2 tablespoonfuls lard

Mix all dry ingredients in flour, sift again. Rub in lard lightly, add enough milk to make dough. Roll ½ inch thick on lightly floured board, cut with biscuit cutter, and bake about 15 minutes in quick oven.

Waffles

2 cups flour
1 teaspoon Worcester Salt
3 teaspoons baking powder
1½ to 2 cups milk
2 eggs
½ cup melted butter

Sift the flour, then measure. Mix and sift with the other dry ingredients. Separate the eggs, beat the yolks slightly, then add 1½ cups of milk. Mix into the dry ingredients, beat well. More milk may be required to make a pour batter, depending on the type of flour used. Then add the melted butter, slightly cooled. Beat thoroughly. Finally fold in the stiffly beaten egg whites. Preheat waffle iron until it sizzles when a drop of water is placed on the iron. Bake waffles until crisp and brown. Do not open iron while steam is being emitted as this will cause waffles to fall.
Spice Cake

1 cup sugar  1 cup chopped raisins
3/4 cup butter  1 tablespoonful allspice
3/4 cup sour milk  2 cups flour
1 egg  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

1/2 teaspoonful Worcester Salt  1/2 cup sugar
1 teaspoonful cinnamon  1 egg
1 teaspoonful soda  1 1/2 cups flour
1/2 cup milk or hot water  1 teaspoonful ginger
1/2 cup molasses  3 tablespoonfuls butter

Cream the butter and sugar, add beaten egg. Next mix dry ingredients together, adding a little at a time to the egg mixture alternating with the molasses and milk mixed together. Pour into shallow greased baking pans. Bake 30 to 45 minutes in moderate oven.

Crullers

2 cups sugar  3 eggs
1 cup sweet milk  1 tablespoonful melted butter

Beat all together then add:

1/4 teaspoonful Worcester Salt  1 teaspoonful grated nutmeg
1 teaspoonful cinnamon  Grated rind of one lemon

Next take

3 cupfuls flour  2 heaping teaspoonfuls Baking Powder

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. Deep fry in very 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

1 tablespoonful melted butter
2 teaspoonfuls baking powder
½ teaspoonful Worcester Salt
1 egg
1 cup flour
1 cup sugar
1½ cups cornmeal
1 cup sweet milk

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

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

¼ cup cold water
½ cup lard
1¼ cups flour
½ teaspoonful baking powder
½ 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.
Lemon Pie
Crust must be baked first. Ingredients cooked and put in crust after it is cold.

1 cup sugar  2 eggs
2 tablespoonfuls Confectioner’s Sugar  1 cup boiling water
1 lemon grated and juice of one 1 teaspoonful of butter
1 heaping tablespoon cornstarch

Blend sugar and butter until well mixed, then add well beaten yolks of eggs, one lemon grated, and juice of one lemon. Add one heaping tablespoon cornstarch mixed in a little cold water to prevent lumps forming. Mix well. Then add one cup boiling water. Cook until like soft pudding. Pour in crust when cold. Whip whites of eggs very stiff, add two tablespoonfuls confectioner’s sugar. Drop on contents of crust and brown slightly in oven.

Pumpkin Pie
Stew ½ good-sized pumpkin, press through a sieve, and to one cup of pumpkin add ½ teaspoonful Worcester Salt, ¼ teaspoonful cinnamon, ¼ teaspoonful ginger, 1 beaten egg, ¼ cup sugar, 1 cup milk. Pour mixture into tin lined with plain pastry and bake until firm.

Baked Custard
4 eggs 1 teaspoonful vanilla
2 tablespoonfuls sugar 1 quart milk
¼ teaspoonful salt Nutmeg

Beat eggs, sugar, salt and vanilla together in a baking dish. Scald milk and add very slowly, stirring constantly. Sprinkle little nutmeg on top. Place in a pan of water in slow oven and bake 30 to 40 minutes. Test with knife which will come out clean when custard is baked.
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.

Brown Betty Pudding

3 cups chopped apples  
2 cups soft bread crumbs  
½ cup sugar  
1 lemon, rind and juice  
¼ teaspoonful cinnamon  
¼ teaspoonful nutmeg  
2 tablespoonfuls butter  
¼ cup water

Melt the butter and add the crumbs. Next mix the sugar, spice and lemon rind. Put ¼ of the crumbs in the bottom of a buttered baking dish, then ½ of the apples. Sprinkle with ½ of the sugar and spice mixture, then add another quarter of the crumbs, the remainder of the apples and the sugar and spice mixture. Sprinkle the lemon juice over this and the water, and put the rest of the crumbs over the top. Cover closely. Cook for 45 minutes in the oven, uncover, brown quickly. To be served plain or with sweet cream.

Hard Sauce for Puddings

½ cup butter  
1 cup powdered sugar  
1 teaspoonful vanilla

Cream butter and sugar and beat well until it is smooth and white. Add flavoring. An egg yolk may be added, if desired.
Cottage Pudding

- ½ cup sugar
- 2 tablespoonfuls melted butter
- ½ cup milk
- 1 teaspoonful baking powder
- 1 cup flour
- ½ teaspoonful salt
- 1 egg

Mix the sugar and melted butter, add egg well beaten. Slowly add the milk and flour mixed with the salt and baking powder. Mix all together well and put into a greased pan to bake about 30 minutes in moderate oven.

Lemon Sauce for Cottage Pudding

- 1 cup boiling water, 2 teaspoonfuls corn starch dissolved in a little cold water: add to boiling water and boil three minutes. Add ½ teaspoonful grated lemon rind. 1 tablespoonful lemon juice, 4 tablespoonfuls sugar. Boil one minute.

Plum Pudding

- 3 cups bread crumbs
- 2 cups flour
- 1 cup brown sugar
- 1 cup molasses
- 1 package seeded raisins
- 1 package seedless raisins
- ½ lb. suet chopped fine
- ¼ lb. citron
- ¼ lb. lemon peel
- ¼ lb. orange peel
- ½ teaspoonful Worcester Salt
- ½ teaspoonful ginger
- ½ teaspoonful cinnamon
- ½ teaspoonful nutmeg
- ¼ teaspoonful cloves
- 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.
Old Fashioned Strawberry Short Cake
Use same dough as for tea biscuits, but without sugar. Put in large cake pan. Bake about 15 minutes in quick oven. When done, split open and put berries inside and on top. This is an old time recipe.

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

Worcester Quick Freezing Ice Cream Salt also gives splendid results in Vacuum Freezers.

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 $\frac{1}{2}$ 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. Use the salt from any box of Worcester Salt products.

The health uses for Worcester Salt have the general endorsement of the Medical Profession.
USE WORCESTER SALT

AS AN AID TO HEALTH

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 of ordinary tap temperature (hot, if you prefer) to which is added a teaspoonful of Worcester Salt, a thorough flushing of the digestive tract is assured. There is practically no absorption of salt 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 one glass, others an entire quart) no harm can result by taking it daily for an indefinite period. For one glass of water use a half teaspoonful of salt. 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 eminent authority on foods and nutrition, Professor E. V. McCollum of Johns Hopkins University, in his book "Food, Nutrition and Health."
FOR TEETH AND TO HARDEN GUMS. Use salt, say dentists! Salt is the oldest dentifrice known to mankind. Nowadays dentists are recommending Worcester Salt Toothpaste, the sensational new dentifrice. It contains all the beneficial qualities of pure salt in modern, easy-to-use form. Salt dissolves the germ-carrying yellow film which discolors teeth. It stimulates circulation in the gums, making them firm and healthy. Worcester Salt Toothpaste is refreshing—leaving a delightfully clean after-taste. Worcester Salt Toothpaste also contains milk of magnesia to aid in neutralizing mouth acids. Brush your teeth with Worcester Salt Toothpaste! You will enjoy it more and more every time you use it. Your mouth will sing its praises.

DAILY GARGLE. To keep the breath fresh and pure, and the throat and nose free from infection no preparation can do more 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. It puts new life into feet.

FOR FEMININE HYGIENE. Use 2½ teaspoonfuls of Worcester Salt to each quart of warm water. Worcester Salt solution is cleansing and deodorizing. A plain salt solution, as just described, is less harmful to these delicate membranes than anything else, according to Hygeia, The Health Magazine published by the American Medical Association.
SALT BATHING FOR VIGOR. Bring the invigoration and tonic benefits 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, reserving just enough salt in the carton to massage the muscles and feet as a finish to the bath. Before stepping out of the tub rinse the grains of salt from the body. Try salt bathing regularly for a time and notice how much better you feel.

FOR SHOWER BATHING wet the body, and apply Worcester Salt by hand, rubbing it well over the skin. The result is a tingle of invigoration that is delightfully exhilarating.

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.

COLDs IN THE HEAD and stopped-up nostrils are cleared by sniffing a solution of warm salt water. Sniff several handfuls carefully so as not to get it too far back in the nose. Even better, a bulb syringe might be used to inject the salt water gently into each nostril, while the head is bent forward. This washes away the mucous and other irritating secretions, clears the sinuses and allows them to drain, and shrinks the swollen and inflamed nasal membranes.
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.

IN THE KITCHEN
MELONS or GRAPEFRUIT are 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.

MILK IS MORE EASILY DIGESTED if just a pinch of Worcester Salt is added before drinking.

MILK KEEPS 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 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 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.

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 less disagreeable when a little Worcester Salt is thrown into the oven.

TO CLEAN SILVER, add $\frac{1}{2}$ cup Worcester Salt and $\frac{3}{4}$ 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, COPPER AND PEWTER. Nothing is better for cleaning brass, copper and pewter than a mixture of Worcester Salt with an equal quantity of flour and vinegar. Apply a paste made up of these ingredients. 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.

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.
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 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 spraying with a solution of three pounds of Worcester Salt to a gallon of slightly soapy water. This method is recommended by the U. S. Dept. of Agriculture. As one spraying will not kill the main stems and roots, the plants should be sprayed again as soon as the new leaves are about full grown.

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

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

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

wax wrapped carton

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

WORCESTER

IODIZED SALT

IT TAKES THE BEST TO MAKE THE BEST

Prevents simple Goiter