

Culinary Art



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Culinary Art



RECKITT & COLMAN (CANADA) LIMITED

MONTREAL.

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Foreword



Culinary Art is presented to you, the Canadian Housewife, in the hope that it may be helpful and interesting.

You will find within its covers recipes for almost every kind of dish in which Mustard can be used; kitchen hints; the medicinal uses of Mustard; and gummed labels for your pickling jars.

The appetite producing value of Mustard, its effectiveness in improving the flavours of meats, fish, left-overs, etc., and the fact no salad dressing is complete without it, are so well known that little more need be said about it.

If you like this little book, won't you write and tell us? Or better still, tell your friends so that they too may share the secrets of Culinary Art.

RECKITT & COLMAN (CANADA) LIMITED
STATION T, MONTREAL.

Table Service

TABLE SETTING

In arranging the table for each meal certain basic principles should be followed. For instance, silver used with the right hand, is placed to the right of the service plate; silver used with the left hand, to the left. All knives but the butter spreader go to the right, all forks but the oyster fork to the left. Coffee spoons and tea-spoons may be passed with the coffee or tea, placed on the saucer, with each handle parallel to the handle of the cup. Water goblets are placed at the tip of the longest knife and any other glasses to be used are clustered near the goblet.

Dinner napkins are placed folded on the service plate with the lower right hand corner the open corner, unless the first course is to be on the table when dinner is announced. Then the napkins are placed to the left of the forks. At breakfast and lunch the same rule applies.

FOR BREAKFAST

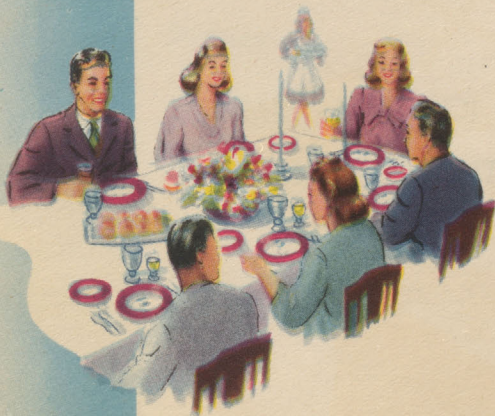
Many people feel that the brighter the table, the better the breakfast. To make your breakfasts inviting, choose vivid shades of earthenware or porcelain and colourful place-mats or table-cloths. As breakfast is the most intimate meal of the day, keep the table appointments and decorations informal, unobtrusive and cheerful.

FOR LUNCHEON

At luncheon or any informal dinner, it is correct to use a runner and individual plate doilies of any desired material, including washable plastic. Any of your favourite table-cloths may be used as an alternative. At luncheon or family dinner the cloth may, if you prefer, be pastel or a gray pattern, rather than white.

FOR DINNER

A formal dinner party calls for a white, damask table cloth on a table pad, with the centre fold running exactly down the centre of the table and the cloth overhanging at least eight inches. A fine lace or embroidered cloth may be used, without a protective mat beneath. White candles in silver or crystal holders are correct, with a centrepiece of flowers, or an arrangement of low, ornamental silver, glass or china.





Hors d'Oeuvres



Hors d'Oeuvres are essentially appetite-sharpeners. Give them mouth-watering flavour by the use of Mustard.

By passing hors d'oeuvres in the living room with cocktails or chilled fruit juices, many hostesses find dinner-time entertaining easier. The hors d'oeuvres add an air of festivity and give the hostess time to bring the hot main course dishes to the table before the guests are seated in the dining room.

CANAPES

Cut bread one-third of an inch thick, then in squares, strips, rounds or any odd shapes. Toast one side and spread with sandwich filling on untoasted side, such as:

Cheese and sliced olives

Sardines and hard boiled eggs

Salmon and tomato

Toasted bacon and pickles

Stuffed celery—soft cheese and mustard together, fill the small sticks of celery with cheese and mayonnaise.

CHEESE BREADS

Bread

1 cup grated cheese

1 teaspoon Mustard

Butter

1 egg

2 tablespoons vinegar

Cut slices of bread one inch thick, removing the crusts. Then cut each slice into three strips. Butter all the surfaces. Combine the remaining ingredients and beat until they thicken. Spread all sides of the prepared bread. Place on a greased baking sheet and bake in a moderate oven (325°F.) for about fifteen minutes watching carefully to prevent burning. The cheese mixture puffs up. These may be prepared beforehand and kept in a cool place until needed. Makes two or three dozen strips.

CHEESE AND BACON HORS D'OEUVRES

1 tablespoon butter

1 beaten egg

¼ teaspoon salt

½ teaspoon Mustard

1 teaspoon Worcestershire Sauce

2 cups grated cheese

6 slices bread

6 slices bacon

⅓ teaspoon paprika

Add butter, egg and seasonings to the grated cheese and mix to a paste. Spread thickly on the bread and cut in small pieces suitable for Hors d'Oeuvres. Cut the bacon in small pieces to correspond with the pieces of bread, place bacon on top of each piece of bread and bake in a moderately hot oven for 5 to 8 minutes or until bacon is crisp. Serve hot.

BISCUITS NOUVELLES

Spread Butter Crisps with cream cheese, softened with mayonnaise. On top, place either a slice of tomato or a slice of cucumber. Garnish in centre with sliced stuffed olive. Arrange on plate.

Hors d'Oeuvres

TOASTED LIVER ROLLS

$\frac{1}{2}$ cup of ground cooked liver
 $\frac{1}{4}$ cup of cream
 $\frac{1}{2}$ teaspoon Mustard

$\frac{1}{2}$ cup of finely chopped bacon
(cooked)
Salt and pepper to taste

Cut lengthwise slices from half a loaf of white bread. Remove the crusts, spread with butter and the above ingredients mixed to a paste. Roll each sandwich, secure with a toothpick and toast until lightly browned in the oven. Makes about 18 rolls.

CHEESE STRAWS

Flaky pie-paste
Grated nippy cheese

Mustard
Salt, cayenne

Roll pie-paste to 1/6-inch thickness. Mix cheese with Mustard and salt and cayenne to taste. Sprinkle generously over pie-paste. Fold paste in thirds from sides and ends, to enclose cheese. Roll to $\frac{1}{4}$ -inch thickness and cut in fingers, about 3 x $\frac{1}{3}$ inches. Twist, if desired. Dust with paprika and bake on lightly-greased pan in hot oven, 425°F., about 8 to 12 minutes. (Note: Allow about $\frac{1}{3}$ teaspoon Mustard, $\frac{1}{3}$ teaspoon salt and few grains cayenne to 1 cup grated cheese).

LOBSTER HORS D'OEUVRES

Chop lobster meat finely and add an equal quantity of yolks of hard cooked eggs, forced through a sieve. Moisten with equal quantities of melted butter and cream and season highly with salt, Mustard and a very little cayenne. Have bread either sauted or toasted, spread with the lobster mixture, cut in sizes suitable for Hors d'Oeuvres and spread with the lobster mixture. Garnish with rings cut from the whites of the hard boiled eggs.

where mustard is specified always use **KEEN'S D.S.F.**



Soups

Soup is served first at meals because it wakens the appetite. This quality is increased by the addition of Mustard. Whether you are having delicious home-made soup, or prepared soup, here is a good suggestion to give either a subtle flavour. Mix $\frac{1}{2}$ teaspoonful of Mustard with a little cold water. Let stand for a minute or two then mix with the soup before serving. Try any one of the recipes following—you'll be delighted.

DINNER CHOWDER

- | | |
|-----------------------------------|---|
| 2 cups diced potatoes | $\frac{1}{2}$ teaspoon Mustard |
| $\frac{3}{4}$ cup minced onion | $1\frac{1}{2}$ teaspoons Worcestershire Sauce |
| $\frac{1}{2}$ cup diced celery | 2 cups milk |
| $2\frac{1}{2}$ teaspoons salt | $\frac{1}{4}$ lb. grated cheese |
| $2\frac{1}{2}$ cups boiling water | 1 tablespoon minced parsley |
| 4 tablespoons butter | 1 cup cooked or canned tomatoes |
| 4 tablespoons flour | |
| $\frac{1}{4}$ teaspoon pepper | |

Combine potatoes, onion, celery, 1 teaspoon of the salt and boiling water in deep kettle. Cover; simmer until tender—about 15 minutes. Meanwhile, melt butter in double boiler. Blend in flour. Add remaining $1\frac{1}{2}$ teaspoons salt and next 4 ingredients, while stirring. Cook, stirring until thickened. Add cheese and stir until melted. Stir into potato mixture. Add parsley and tomatoes. Heat. Serves 4 as main dish.

CREAM OF POTATO SOUP

- | | |
|----------------------------------|---|
| 3 medium potatoes | 1 medium onion chopped |
| 1 stalk of celery, cut in pieces | $1\frac{1}{2}$ tablespoons melted butter or cooking oil |
| $1\frac{1}{2}$ tablespoons flour | 2 cups milk |
| 1 teaspoon Mustard | salt and pepper |

Peel the potatoes, cut in slices and cook with the onion and celery in 3 cups of boiling water until tender, then press the vegetables and cooking water through a sieve. Make a sauce by combining the butter or cooking oil with the flour and Mustard adding the milk gradually and cooking until thickened, stirring constantly. Add the sieved potatoes and season to taste with salt and pepper. Four to five servings.

OLD-TIME PEA SOUP

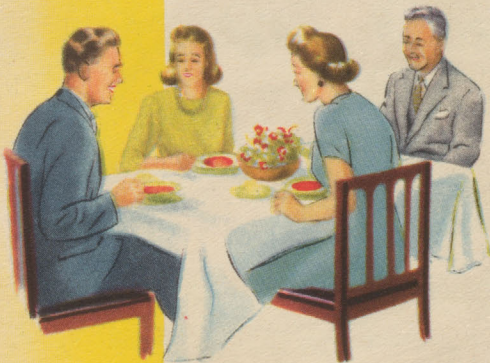
- | | |
|------------------------------|---------------------|
| 2 lbs. yellow peas | 2 tablespoons flour |
| 1 lb. salt pork (score rind) | 1 teaspoon Mustard |

Place peas in pot, cover with boiling water, boil 3 minutes, drain and repeat 3 times. Then cover with boiling water, add salt pork and boil 2 hours. Mix 2 tablespoons flour with 1 teaspoon Mustard and $\frac{1}{2}$ cup water. Add to soup.

TOMATO SOUP

- | | |
|----------------------------|---|
| 3 cups meat stock | $\frac{1}{2}$ small bay leaf |
| 3 cups canned tomatoes | 1 teaspoon Mustard |
| 3 tablespoons butter | $\frac{1}{4}$ cup each—diced carrot, onion, ham, celery |
| 1 teaspoon sugar | salt and pepper |
| 1 tablespoon diced parsley | 4 cloves |

Cook the ham, carrots, onion, celery in the butter until lightly browned. Add tomatoes, seasonings, and cook slowly one hour. Strain, add hot stock, season and serve hot.



Fish



Today we realize it is both patriotic and healthful to serve fish frequently. Fish dishes, hot and cold, become more tempting when livened up with zestful Mustard. For imaginative ways to serve fish, try these interesting recipes.

DEVILED CRABS

(pictured on page 25)

- | | |
|--|-------------------------------|
| 1½ cups flake crabmeat, fresh or
canned | 1 teaspoon Mustard |
| 2 tablespoons butter | 2 tablespoons flour |
| | 1 cup rich milk or thin cream |
| | salt and pepper |

Flake crabmeat, removing all bits of shell. Measure. Melt butter; blend in Mustard and flour. Add milk or cream. Cook over low heat, stirring constantly, until smooth and thickened. Add crabmeat. Season to taste with salt and pepper. Fill shells or ramekins. Cover with butter crumbs. Bake in a moderate oven (350°F.) 20 minutes or until the mixture swells and is brown. Serves 4-6.

CODFISH CASSEROLE

- | | |
|----------------------------|---|
| 1 pound salt codfish | 4 medium potatoes, cut in cubes |
| 1 tablespoon chopped onion | 1½ tablespoons mild flavoured
dripping |
| ½ teaspoon Mustard | 1½ cups milk |
| 2½ tablespoons flour | soft bread crumbs |

Soak the codfish for several hours, drain, cover with fresh water and simmer for 15 minutes. Cook the potatoes in boiling salted water until tender, drain and keep ⅓ cupful of the liquid. Cook the onion in the dripping slowly until tender. Place in a double boiler. Stir in the Mustard and the flour. Add the milk gradually and cook, stirring constantly until thickened. Add the potato liquid, potatoes, codfish and a few grains of pepper. Add salt if desired. Pour into a greased casserole and cover with crumbs. Bake in a moderate oven (375°F.) for about 25 minutes. Six servings.

BAKED STUFFED SALMON

- | | |
|---------------------------------------|----------------------|
| 2 pound piece of salmon | bread crumb stuffing |
| ¾ cup flour | ¼ teaspoon Mustard |
| ¼ teaspoon salt | few grains pepper |
| 4 tablespoons fine-flavoured dripping | |

Wipe the fish with a damp cloth and remove scales, if this has not already been done. Stuff the cavity and sew up the opening. Place salmon, a cut side down, in a greased baking dish. Mix the flour, Mustard, salt and pepper; add the dripping and work it in with the fingertips; spread over the upper cut side of the salmon. Bake in a moderately hot oven (375°F.) about 50 minutes.

FISH CAKES

- | | |
|------------------------|--------------------|
| 3 cups mashed potatoes | 1 egg |
| 1 tin salmon | ½ teaspoon Mustard |
| ½ teaspoon salt | bread crumbs |
| 1 teaspoon onion juice | |

Mix potatoes and salmon and salt; then the onion juice. Make in small cakes. Beat egg, add Mustard, roll cakes in egg, then in bread crumbs. Fry in fat.

MUSTARD SAUCE TO SERVE WITH FISH

- | | |
|----------------------|---------------------------|
| 1 teaspoon Mustard | 1 teaspoon malt vinegar |
| 1 dessertspoon flour | 1 small cup boiling water |
| 1 tablespoon butter | salt and pepper |

Melt butter, stir in Mustard and flour. Then add the boiling water, stirring to keep the sauce smooth. Add the vinegar and season to taste.



Salads and Dressings

Modern nutritional knowledge stresses the importance of serving plenty of fresh fruits and vegetables all year around.

Salad dressings made with Mustard give that extra tasty tang so essential to enliven every salad dish.



GARDEN SALAD

(pictured on page 10)

Lettuce	Sliced radishes
Parsley	Fluted carrot strips*
Tiny onions	Green pepper rings
Sliced cucumbers	Sliced tomatoes

Arrange crisp greens in salad bowl. Add onions, radishes, carrot strips and green pepper rings. Make a border of alternating slices of tomato and cucumber. Serve with French Dressing.

*Cut paper-thin lengthwise slices of carrot. Flute like ribbon candy. Secure with toothpicks. Drop into ice water. Remove toothpicks when thoroughly chilled and crisp. Serves 6.

STUFFED EGGS IN TOMATO JELLY

1 1/4 tablespoons plain unflavoured gelatine	2/3 teaspoon salt
1/4 cup cold water	6 eggs (hard cooked)
2 cups tomato juice	1/2 teaspoon Mustard
1 teaspoon sugar	1 teaspoon lemon juice
	4 stuffed olives, chopped
	1 tablespoon vinegar

Soak the gelatine in cold water and dissolve in the hot tomato juice. Add the sugar, vinegar and salt and allow to chill. Split the hard cooked eggs, remove the yolks. Mash and mix with Mustard, lemon juice and the olives. Refill the whites. When the jelly begins to thicken pour half of it into wet individual molds. Add the stuffed eggs and chill until the jelly is set, then add the remainder of the jelly and allow it to set and chill thoroughly. Unmold and serve on lettuce with mayonnaise. Six servings.

CHICKEN SALAD

2 cups diced chicken	1/2 teaspoon salt
1 cup diced celery	1 teaspoon Mustard
1/2 cup diced pineapple	1/8 teaspoon pepper
1/3 cup chopped sweet pickle	1 teaspoon paprika
2/3 cup mayonnaise	lettuce

Combine chicken, celery, pineapple, and sweet pickle. Mix seasonings (except paprika) with 1/2 cup mayonnaise. Fold into chicken mixture. blend thoroughly and serve on beds of lettuce. Garnish with remaining mayonnaise and paprika. Serves 4.

JELLIED VEGETABLE SALAD

1 envelope (1 tbsp.) unflavoured gelatine	1/2 teaspoon salt
6 tablespoons cold water	5 tablespoons granulated sugar
2 tablespoons cider vinegar	1 cup boiling water
1 tablespoon lemon juice	1/2 cup diced celery
	1 cup shredded cabbage
	1 cup diced, cooked carrots

Soften gelatine in cold water. Mix the vinegar, lemon juice, salt, sugar and boiling water together. Bring to the boiling point and add softened gelatine. Stir until gelatine dissolves. Chill until syrupy. Fold in vegetables. Chill until firm. Serve with Salad Dressing. Serves 4-6.

Salads and Dressings

FRENCH DRESSING

$\frac{1}{2}$ cup salad oil
 $\frac{1}{4}$ cup vinegar

1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon Mustard

Place the ingredients in a glass jar. Just before serving, shake the contents well.

NOTE—French Dressing may be varied by adding 2 tablespoons of chopped olives, 1 teaspoon finely chopped onion, 2 tablespoons finely chopped parsley, or 2 tablespoons finely chopped sweet pepper, either red or green.

BOILED SALAD DRESSING

1 tablespoon Mustard
 $\frac{1}{2}$ tablespoon salt
3 tablespoons sugar
4 tablespoons flour

$1\frac{1}{2}$ cups milk, sweet or sour
 $\frac{1}{2}$ cup vinegar
2 tablespoons butter
few grains cayenne
2 eggs

Mix the dry ingredients in the top of the double boiler, slowly add the vinegar and beaten eggs. Then add the milk. Cook over boiling water until smooth and thick, stirring constantly, then cook fifteen minutes longer. Remove from the heat, and add the butter.

RUSSIAN DRESSING

1 cup mayonnaise
 $\frac{1}{2}$ cup chili sauce
1 teaspoon Worcestershire Sauce
1 teaspoon Mustard

$\frac{1}{8}$ teaspoon salt
2 tablespoons minced pimiento
1 tablespoon minced green pepper
1 tablespoon chopped pickle

Mix well and serve over hearts of lettuce, shredded cabbage or endive. Serves 6.

TOMATO FRENCH DRESSING

1 tablespoon Mustard
1 teaspoon salt
3 tablespoons sugar
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{2}$ cup vinegar

1 cup salad oil
1 tablespoon grated onion
1 tablespoon chopped green pepper (optional)
 $\frac{1}{2}$ can condensed tomato soup

Mix the dry ingredients in a sealer, stir in the salad oil, add the onion and green pepper and let stand 5 to 10 minutes. Add the vinegar and the soup, cover tightly and shake well until thick and blended. Makes about $2\frac{1}{2}$ cups.

MAYONNAISE DRESSING

Into the well-beaten yolks of 2 eggs stir 2 teaspoons Mustard, 1 teaspoon salt, 1 teaspoon powdered sugar. Add 2 tablespoons lemon juice. Add from $1\frac{1}{2}$ to 2 cups salad oil gradually, beating the mixture constantly. Add a little more lemon juice if it becomes too thick to beat, then add the remainder of the oil.

COTTAGE CHEESE DRESSING

$\frac{2}{3}$ cups sweetened condensed milk
 $\frac{1}{2}$ cup vinegar
 $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ teaspoon Mustard
 $\frac{1}{2}$ teaspoon paprika
 $\frac{1}{2}$ cup cottage cheese

Blend thoroughly sweetened condensed milk, vinegar, salt, Mustard and paprika. Force cottage cheese through sieve and add to mixture, beating until smooth. If desired, 1 package (3 ounces) cream cheese may be used in place of cottage cheese. Makes $1\frac{1}{3}$ cups.



Meats



For more than two hundred years Mustard has been served as a condiment, for Mustard, like pepper and salt, enhances the fine flavour and gives new zest and piquancy to all meat dishes.

It stimulates the appetite and thus aids digestion. Try the tasty recipes below and you will agree that Mustard is truly "Mealtime Magic".

OVEN BAKED HAM

(pictured on page 15)

Place ham fat side up on rack in roasting pan. For tender (uncooked) ham, wrap ham loosely in inner paper wrapping. Bake in a moderately slow oven (325°F.) 25 minutes per pound. One hour before the end of total baking time remove from oven, remove paper and rind. Combine $\frac{1}{4}$ cup brown sugar, 1 tablespoon Mustard, 1 cup liquid honey, $\frac{1}{2}$ cup orange juice. Pour over ham. Bake 45 minutes longer. Remove from oven. Slice oranges; quarter slices. Arrange on ham in flower pattern with maraschino cherries; secure with whole cloves. Bake 15 minutes longer, basting frequently with the orange juice glaze.

KIDNEY STEW SUPREME

(pictured on page 21)

1 $\frac{1}{4}$ lbs. kidney (lamb, veal, pork or beef)	1 teaspoon Worcestershire Sauce
1 $\frac{1}{2}$ cups chopped onion	3 $\frac{3}{4}$ cups water
3 tablespoons fat or salad oil	4 tablespoons flour
1 $\frac{1}{2}$ teaspoons salt	3 cups hot, seasoned, mashed potatoes
$\frac{1}{8}$ teaspoon pepper	6 eggs
	$\frac{1}{8}$ teaspoon Mustard

Cube kidney; soak 1 hour in salted water. Drain. Brown with onion in fat or salad oil. Add salt, pepper, Mustard, Worcestershire sauce, water. Cover; simmer 30 minutes. Thicken gravy with flour. Pour into casserole. Make potato border with 6 wells. Break egg in each well. Bake in moderate oven (350°F.) for 30 minutes. Serves 6.

BAKED SAUSAGE ROLL

$\frac{1}{2}$ pound sausages	$\frac{3}{4}$ cup milk
$\frac{1}{8}$ cup chopped onion	2 teaspoons Mustard
2 cups once-sifted pastry flour or	2 tablespoons cold water
1 $\frac{3}{4}$ cups once-sifted hard-wheat flour	3 teaspoons baking powder
	$\frac{1}{2}$ teaspoon salt
4 tablespoons shortening, chilled	

Cut the sausages into $\frac{1}{2}$ -inch pieces and pan-fry until cooked through and well browned; drain from the fat. To the sausage fat in the pan, add the onion and cook until golden; drain from the fat. Mix the sausages and onion. Measure and sift together twice, the flour, baking powder and salt. Cut in the shortening finely. Form a well in the dry ingredients, add the milk and mix lightly. Turn out on a lightly-floured canvas or baking board and roll into a rectangle about $\frac{1}{8}$ -inch thick. Blend the Mustard and cold water and spread over the rolled-out dough; cover with the sausage mixture and roll up like a jelly roll; dampen edges and seal well. Place on a greased cookie pan and bake in a hot oven (425°F.) about 30 minutes. Slice for serving; pass tomato (or other) sauce.



Meats

MEAT LOAF

- 1½ pounds hamburger
- 2 slices bacon, diced
- 1 onion, chopped
- 1½ teaspoons salt
- 1 teaspoon celery salt
- ⅛ teaspoon pepper
- 2 teaspoons Mustard
- 1 cup canned tomatoes
- 1 egg
- 1 cup cracker crumbs
- ½ teaspoon paprika
- 1 tablespoon butter
- parsley

Put hamburger in large dish, adding bacon and onion. Mix well and add all other ingredients except ¼ cup cracker crumbs and paprika and butter. Mix thoroughly. Place in greased baking dish, cover with remaining cracker crumbs, garnish with paprika, dot with butter, and bake in a moderate oven (350°F.) 1 hour. Garnish with parsley and serve with tomato sauce. Serves 6.

DEVILED FRIED CHICKEN

- 3-3½ lb. chicken
- ¾ cup flour
- 3 teaspoons Mustard
- 3 teaspoons salt
- ¼ teaspoon pepper
- milk
- fat or salad oil
- 1 tablespoon Worcestershire Sauce
- 1 garlic clove

Have chicken disjointed at market. Sift flour, mustard, salt and pepper. Dip pieces of chicken first in milk, then in flour mixture. Fry in shallow fat or salad oil (1-1½ inches deep) heated to 375°F., to which the Worcestershire Sauce and garlic have been added, until golden brown. Drain. Place chicken in pan. Bake, uncovered, in moderate oven (350°F.) for about 20 minutes.

STUFFED ROAST VEAL

- 1 tablespoon butter
- 1 teaspoon parsley
- ½ teaspoon sage, marjoram and thyme
- salt and pepper
- ¼ teaspoon Mustard
- 1 small onion
- 1½ cups fresh bread crumbs
- 2 eggs

Mix all well together with beaten egg. Bone veal, stuff with the above mixture. Roast in hot oven; baste well; 25 minutes per pound and 25 minutes over. Serve with tomato sauce.

Meats

MEAT BALL DUMPLINGS

- | | |
|--|---------------------------------|
| 1 pound minced lean beef | 2 tablespoons milk |
| 1 teaspoon salt | 3 tablespoons heated dripping |
| $\frac{1}{4}$ teaspoon pepper | 3 cups once-sifted pastry flour |
| $\frac{1}{2}$ teaspoon Mustard | 6 teaspoons baking powder |
| $\frac{1}{2}$ teaspoon prepared horse-radish | $\frac{3}{4}$ teaspoon salt |
| $\frac{1}{4}$ cup finely-chopped onion | 4 tablespoons shortening |
| 1 cup soft bread crumbs | 1 cup tomato juice (about) |

1 egg, slightly beaten

Loosen the minced beef with a fork and sprinkle with salt, pepper, mustard, horse-radish, onion and bread crumbs; mix together lightly. Combine the beaten egg and milk; add to meat mixture and mix lightly. Form into 16 balls and pan-fry in the dripping. Measure and sift together twice, the flour, baking powder and salt. Cut in the shortening finely. Stir in sufficient tomato juice to make a soft but not sticky dough. Turn out on a lightly-floured canvas or baking board and knead lightly for a few seconds; roll into a rectangle about $\frac{1}{4}$ -inch thick; and cut into 4-inch squares. Place a meat ball on each square and bring the four corners of each together over the meat ball and seal edges. Arrange on a baking pan and bake in a hot oven (450°F.) about 15 minutes. Serve hot with suitable gravy.

MACARONI MEAT LOAF

- | | |
|--------------------------------------|---|
| $\frac{3}{4}$ pound minced beef | 1 teaspoon Mustard |
| $1\frac{1}{4}$ pounds sausage meat | 2 teaspoons Worcestershire Sauce |
| 1 teaspoon salt | $2\frac{1}{2}$ cups unrinsed cooked ready-cut macaroni (about 1 cup before cooking) |
| 2 tablespoons finely-chopped onion | 1 egg, beaten |
| 2 tablespoons finely chopped parsley | |

Loosen the minced beef and sausage meat with a fork; sprinkle with salt, onion and parsley and mix lightly. Blend the Mustard and Worcestershire sauce; sprinkle over meat mixture, then add cooked macaroni and beaten egg. Mix lightly and turn into a greased loaf pan. Bake in a moderate oven (350°F.) about $1\frac{1}{2}$ hours.

HUNGARIAN STEW

- | | |
|--|--------------------------------|
| $2\frac{1}{2}$ lbs. beef removed from bone | 2 tablespoons flour |
| 1 teaspoon salt | 2 teaspoons Mustard |
| $\frac{1}{4}$ teaspoon pepper | 4 cups bouillon or water |
| 1 onion minced | $\frac{1}{4}$ cup tomato juice |
| | 4 tablespoons butter |

Cut meat in cubes, fry in pan until brown, add chopped onion, seasoning and flour, continue frying 10 minutes, pour stock over and cool until tender, then add tomato juice and a little cream.

SWISS STEAK SAVORY

- | | |
|--|-----------------------------------|
| 2 lbs. round steak | 1 teaspoon salt |
| 2 small kidneys | 1 tablespoon Worcestershire Sauce |
| 8 tablespoons flour | $\frac{1}{2}$ teaspoon Mustard |
| $\frac{1}{2}$ teaspoon ginger | 4 onions |
| $\frac{1}{8}$ teaspoon mixed dry herbs | |

Cut steak and kidneys in small pieces. Mix flour, ginger, salt and mixed herbs and roll meat in mixture. Put in casserole, add Mustard and Worcestershire sauce. Cover with boiling water and simmer 3 hours. Add onions and cook 1 hour longer.

HAMBURGER MUSTARD

(pictured on page 10)

- | | |
|-------------------------------|---|
| $1\frac{1}{2}$ lbs. hamburger | 1 garlic clove, crushed |
| $2\frac{1}{4}$ teaspoons salt | 2 cups thinly sliced onions |
| $\frac{1}{8}$ teaspoon pepper | parsley |
| | $1\frac{1}{2}$ tablespoons Worcestershire Sauce |

Combine hamburger, salt, pepper and Worcestershire sauce. Form into 2 large thin patties. Rub pie pan with garlic. Place 1 patty in pan. Spread with made Mustard; top with onions. Place second patty on top. Brown lightly under broiler. Turn top patty and brown. Invert hamburger "sandwich" into another pie pan and brown under broiler. Turn top patty and brown. Cover (use first pie pan as cover) and bake in a moderate oven (350°F.) for about 40 minutes. Cut in six wedges. Garnish with parsley. Serves 6.

Sandwiches



Sandwiches are so versatile and so universally popular, they may be served at almost any time of the day or night. From hearty, lunch-time sandwiches to dainty pinwheel delicacies, all are improved by the magic of Mustard. To vary your sandwiches in many delightful ways, try these many appetizing suggestions.

SANDWICH FILLINGS

- Meat**—(a) Sliced very thin and spread with made Mustard.
(b) Minced, mixed with celery, olives, Mustard, pickle.
(c) Corned beef, plus Mustard, and rubbed to a paste.
- Fish**—Salmon, sardine, lobster, etc., mixed with Mustard pickle, celery, olives, cucumber, radishes, parsley, cress.
- Eggs**—Hard cooked and mashed, mixed with Mustard pickle, green peppers, capers, anchovy paste.
- Cheese**—Cream or grated cheddar—plus nuts, pimento, olives, preserved ginger, marmalade, crushed pineapple.
- Nuts**—(a) Combined with raisins, preserved ginger, marmalade, pineapple, jelly, jam, cheese, dates, figs.
(b) Peanut butter, with addition of dates, ginger, pineapple, cheese, olives, figs, celery.
- Vegetable**—Tomato, cucumber, crisp lettuce, green pepper.

SAVOURY SANDWICH SPREAD

- | | |
|-----------------------------|---|
| 4 eggs | $\frac{1}{3}$ cup granulated sugar |
| $\frac{1}{4}$ pound butter | 1 tin pimento |
| 2 tablespoons Mustard | $\frac{1}{2}$ small onion |
| $\frac{1}{2}$ teaspoon salt | 2 sweet green peppers |
| $\frac{3}{4}$ cup vinegar | $\frac{1}{4}$ pound (1 cup) grated cheese |

Cook the first six ingredients in a double boiler till thick. Then add the pimento, onion and pepper which have been put through a meat chopper and the grated cheese. Cook again until the cheese is melted.

HAM AND CRESS ROLLS

Spread paper thin slices of cooked ham with Mustard moistened with a little vinegar. Cover thin slices of buttered bread with the ham. Place a sprig of cress down the centre, straight or diagonally and roll the slice like a jelly roll or from corner to corner. Cover with a damp towel until needed.

TOASTED CHEESE SANDWICHES

- | | |
|----------------------------------|---|
| 1 cup grated cheese | 6 slices white bread ($\frac{1}{4}$ " thick) |
| $1\frac{1}{2}$ teaspoons Mustard | which have been toasted on one side |

For open-face sandwiches

Mix cheese with Mustard and spread thickly on untoasted side of bread. Put under broiler at moderate heat until cheese is melted and begins to turn brown. (This mixture is also delicious on English muffins, split, and toasted under broiler the same way.)

For closed sandwiches

Spread the Mustard and cheese on untoasted bread and put together as sandwiches. Then spread each outer side of sandwich with $\frac{1}{2}$ tablespoon butter and toast each side under the broiler 'til bread is golden brown. Or, simply brown on both sides in butter in a skillet.

ROLLED SANDWICHES

(a) Cut fresh bread as thin as possible and remove the crusts. Spread with butter and salad dressing. On one side place a stalk of tender celery, or asparagus, or slice of crisp lettuce, roll the bread around it, press the edge down to prevent unrolling.

(b) Turn a fresh loaf of bread on its side and cut one-half inch slices. Remove the crusts, spread with butter, then with pimento cheese mixed to a paste with salad dressing. Roll tightly from side to side like a jelly roll. When firm, cut in one-third inch slices.

Sandwiches



CUCUMBER SANDWICHES

Butter some very thinly sliced bread. Then, with an inverted wine glass, cut out rings of bread a little larger than the cucumber slices. Soak the sliced cucumbers for a few minutes in a mixture of oil, vinegar and a pinch of Mustard and salt and pepper them. Place them between slices of the well buttered bread.

ANGELS ON HORSEBACK

Take 12 pieces of fat bacon spread with Mustard, wrap an oyster in each strip and pin with toothpick. Grill over or under sharp fire and serve on rounds of toast.

HAWAIIAN SANDWICH SPREAD

1 small tin Crushed Pineapple
1 package Cream Cheese
1 teaspoon Mustard
 $\frac{1}{4}$ teaspoon Salt
Cream

Drain pineapple and mix with cream cheese. Mix Mustard, salt and cream to a thin paste, then add sufficient to pineapple and cheese to make desired consistency.

NOTE—Mayonnaise or any dressing may be substituted for cream.

CONCORDIA SANDWICHES

Chicken, currant jelly, butter, mayonnaise, white and brown bread. Chop cold cooked chicken and mix with mayonnaise, using $\frac{1}{4}$ cup of mayonnaise to each cup of chicken. Use as a filling for sandwiches made of brown bread. Make the same number of sandwiches, similar in size of buttered white bread spread with currant jelly or any other red, tart, stiff jelly. Serve a chicken and a jelly sandwich together.

RIBBON SANDWICHES

$\frac{1}{4}$ lb. minced Ham, seasoned with Mustard and pepper
4 tablespoons grated Cheese and a little Butter and Mustard
1 hard boiled Egg and a little Tomato Ketchup
2 minced Apples
1 loaf Bread

Remove all crusts from bread and cut lengthwise into thin slices. Butter each slice. Cover the first slice with a layer of seasoned ham. Then place a slice of bread on top, butter side down. Press well. Next place a layer of grated cheese mixed to a paste with butter and flavoured with made Mustard. Place another slice of buttered bread on that and then a layer of chopped hard boiled egg mixed with ketchup. Repeat this until all the materials and bread are used. Wrap in a damp cloth, put weight on top and leave in a cold place one hour. Cut into thin slices.

NOTE—A Ribbon Sandwich can be made by using up any scraps of meat, fish, vegetable or cheese, flavouring well with Mustard.

TARTAR SANDWICHES

3 large sardines
1 cup minced ham
3 small cucumber pickles, chopped
1 teaspoon Mustard catsup
Vinegar or lemon juice

Bone the sardines, mash and combine with the ham and pickle. Rub Mustard smooth in a little vinegar and add about a teaspoon of tomato catsup. Combine all the ingredients and add enough lemon juice or vinegar to make the right consistency for spreading.

CLUB SANDWICHES

Lettuce, bacon, toast, mayonnaise, chicken, tomatoes, butter. Butter toast, allowing three slices for each person. On the first slice of toast place a lettuce leaf, and a layer of sliced chicken. Spread a slice of toast with mayonnaise, place over the chicken with the mayonnaise side down. On this slice of toast place sliced tomato and crisp slices of bacon. Spread the remaining slice of toast with mayonnaise and turn over the tomato and bacon. Cut the sandwich in triangles. They may be garnished with parsley or stuffed or ripe olives. Another combination is sliced or minced hard-cooked egg, a thin slice of ham, lettuce or shredded green peppers. A thin slice of cold roast pork may be substituted for the chicken. Minced celery may be one of the ingredients and combines deliciously with almost everything.

Left Overs and Miscellaneous

Try these tempting recipes for inviting dishes, made with left-over meat and Mustard. Meat served the second time can be more delicious than ever, if you give it extra tang that only Mustard can impart. Here also are some new and varied recipes made more delicious by the addition of Mustard.

LAMB PATTIES

- | | |
|---|-------------------------------|
| 2 cups finely chopped cold lamb
shoulder | 1 teaspoon salt |
| 1 cup thick white sauce | 1 teaspoon Mustard |
| 2 teaspoons lemon juice | 2 eggs (beaten) |
| | 2 cups cracker crumbs |
| | $\frac{1}{8}$ teaspoon pepper |

Grind meat. Combine with the white sauce and seasonings. Cool thoroughly. Shape into small patties. Dip in egg and cracker crumbs. Brown in deep hot fat. Serve at once. Serves 6.

HAM PIE

- | | |
|--------------------------|--|
| 8 potatoes (medium size) | 2 tablespoons butter |
| salt and pepper | $\frac{2}{3}$ cup cooked ham (chopped) |
| | $\frac{1}{2}$ teaspoon Mustard |

Peel the potatoes and cook in boiling water until tender, then mash thoroughly. Season with the butter, salt and pepper and beat well until light. Butter a baking dish and put into it about one inch of mashed potatoes. Cover the potatoes with a layer of ham about half an inch deep. Sprinkle a bit of the Mustard over the top of the ham. Repeat these layers until the dish is filled, covering the top with mashed potatoes. Dot with bits of butter and bake in a moderate oven (350°F.) until golden brown. Six servings.

MEAT PIE

- | | |
|---------------------------|--------------------------------|
| 1 $\frac{1}{4}$ lbs. beef | $\frac{1}{8}$ teaspoon Mustard |
| 1 cup potatoes | salt, pepper |
| $\frac{1}{2}$ cup carrots | slice of onion |

Cut meat which has been left from pot roast or cold broiled steak into $\frac{1}{2}$ -inch cubes, cook vegetables, make sauce by browning onion in fat, thicken with flour, add seasoning and hot stock or water. Mix meat, vegetables and sauce. Add parsley and pour mixture into buttered baking dish. Cover with crust rolled one-eighth thick and bake 15 to 20 minutes. This recipe serves six people.

MEAT SAUCE

- | | |
|---------------------------------------|--|
| 1 cup chili sauce | 1 tablespoon chopped parsley or
chives (optional) |
| 2 tablespoons Worcestershire
Sauce | 1 tablespoon butter |
| 1 tablespoon dry Mustard | $\frac{1}{2}$ peeled clove garlic |

Heat chili sauce; add Mustard, Worcestershire sauce, garlic, parsley or chives, and drippings from the meat. Mix well, then blend in butter. Remove garlic. Pour sauce over hot meat when serving. Superb with hamburger, meat loaf, or spare-ribs.

GLORIFIED RAREBIT

- | | |
|--|--------------------------------------|
| 1 10-ounce can (1 $\frac{1}{4}$ cups) con-
densed tomato soup | 2 eggs, separated |
| $\frac{1}{2}$ cup water | 1 teaspoon Mustard |
| $\frac{1}{2}$ cup finely-diced celery | few grains cayenne |
| $\frac{1}{4}$ cup finely-chopped onion | 2 teaspoons thick condiment
sauce |
| $\frac{1}{2}$ teaspoon salt | 2 cups shredded nippy cheese |
| | few grains pepper |

Empty the soup into a saucepan and blend in the water; add celery, onion, salt and pepper. Cover and simmer, stirring occasionally, until the vegetables are tender—about 20 minutes. Beat the egg yolks slightly and blend in the Mustard, cayenne and thick condiment sauce. Beat the egg whites until stiff but not dry. Stir the cheese into the hot tomato mixture and cook over a low heat, stirring constantly, until the cheese is melted; stir immediately into the egg-yolk mixture. Return all to saucepan and cook, stirring constantly, for 1 minute. Remove from heat, fold in the beaten egg whites and serve at once on freshly-made hot buttered toast.

Left Overs and Miscellaneous

TOMATO MUSTARD SAUCE

- | | |
|-----------------------------------|-------------------------|
| 2 tablespoons butter | dash pepper |
| 2 tablespoons flour | 1 cup milk |
| 2 teaspoons Mustard | 3 tablespoons ketchup |
| $\frac{3}{4}$ teaspoons salt | 2 teaspoons lemon juice |
| 2 tablespoons minced sour pickles | |

Melt butter in the top part of a double boiler. Then stir in the flour, Mustard, salt and pepper. Add the milk gradually and cook over boiling water while stirring until mixture thickens. Add remaining ingredients. Serve over hot baked or fried flounder or cod fillets. Makes 1 cup sauce and serves 4.

And here's a wonderful sauce to use for basting baked fish.

- | | |
|------------------------------|---------------------------------|
| 1 tablespoon Mustard | 1 tablespoon vinegar |
| $\frac{1}{2}$ teaspoon sugar | 1 tablespoon melted butter |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{4}$ cup boiling water |

ONIONS AU GRATIN

- | | |
|------------------------------------|------------------------------------|
| 4 tablespoons butter | 1 teaspoon Mustard |
| 4 tablespoons flour | $\frac{1}{8}$ teaspoon pepper |
| 2 cups milk | $\frac{1}{2}$ cup cheese, cut fine |
| 1 teaspoon salt | 2 cups cooked onions |
| $\frac{1}{4}$ teaspoon celery salt | $\frac{1}{4}$ teaspoon paprika |

Melt butter and add the flour. Blend well and add remaining ingredients, excepting the onions and paprika. Cook until creamy, stirring frequently. Add the onions. Pour into a buttered shallow baking dish, garnish with paprika and bake for 30 minutes in a moderate oven (350°F.). Serves 4.

ESCALLOPED TOMATOES

- | | |
|--|--------------------------------|
| 10 ripe tomatoes or 3 cups cooked tomatoes | 1 teaspoon sugar |
| 2 cups bread crumbs | $\frac{1}{4}$ teaspoon pepper |
| 1 teaspoon salt | 4 tablespoons butter |
| 1 teaspoon Mustard | 1 tablespoon chopped onion |
| | 2 slices buttered bread, cubed |

Slice tomatoes and combine with bread crumbs, seasonings, 2 tablespoons butter and onion. Mix thoroughly. Place in buttered baking dish. Dot with remaining butter, garnish with cubes of bread and bake in a moderate oven (375°F.) for 30 minutes. Serves 6.

BAKED BEANS

- | | |
|-----------------------------|---------------------------------|
| 1 lb. white beans | $\frac{1}{4}$ teaspoon pepper |
| $\frac{1}{2}$ lb. salt pork | $\frac{1}{4}$ teaspoon sage |
| 1 onion | 1 teaspoon Mustard |
| 2 cloves garlic | $\frac{1}{4}$ teaspoon allspice |
| | salt to taste |

Wash, clean 1 lb. of little white beans and soak them over night. Drain off water, cover with fresh water, add salt pork, onion, garlic and sage, salt and pepper. Heat slowly and cook until bean skins burst. Take out meat and slice. Place a few slices on bottom of bean pot. Fill up the pot with the beans, place remaining meat on top. Dissolve the Mustard with a little bean water and pour over the beans and sprinkle with allspice. Cover, and bake slowly 2 hours.





Pickles

Appetizing crunchy pickles, piccalilli, ketchup, beans, green tomato pickle. Choose from the grand recipes below, all made more delicious by the magic of Mustard.

CHOW CHOW

24 small cucumbers	$\frac{1}{2}$ cup flour
2 quarts small pickling onions	$\frac{1}{2}$ cup Mustard
3 heads cauliflower, broken	2 cups brown sugar
2 quarts green tomatoes, sliced	1 teaspoon turmeric
3 carrots, chopped	1 teaspoon Mustard seed
6 sweet green peppers	3 quarts cider vinegar
	2 tablespoons salt

Cut all vegetables small. Pack by mixed layers in a large bowl sprinkling each layer with salt. Place a dish and weight over all and let stand over night. In the morning heat to boiling point and drain. Mix flour, Mustard, sugar, turmeric and mustard seed to a smooth paste with small amount of vinegar. Heat remaining vinegar to boiling point and slowly add the paste. Stir constantly until smooth and creamy. Pour over pickles and seal in jars.

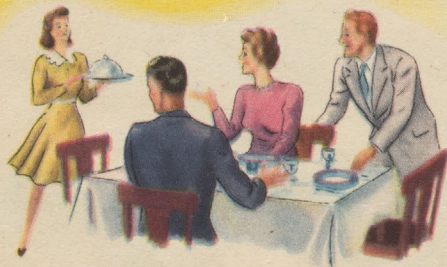
MUSTARD PICKLES

1 quart large cucumbers cubed	1 quart water
1 quart small cucumbers whole	$\frac{1}{2}$ cup salt
1 quart silver-skinned onions	6 tablespoons Mustard
1 quart green tomatoes, chopped coarse	1 tablespoon turmeric
2 red sweet peppers, chopped fine	1 cup flour
1 large cauliflower broken in small pieces	2 cups sugar
2 quarts vinegar	

Wash vegetables, cover with brine solution made by mixing water and salt. Let stand 24 hours—bring to boil in same solution. Drain. Mix together remaining ingredients, and cook until thick. Stir in pickles—heat thoroughly—empty into hot sterilized glass jars; seal. Makes about 6 quarts.

APPLE CHUTNEY

Soak 2 pounds of white onions in brine overnight. Drain them and put them through the food chopper. Pare 4 pounds of sour apples and put them through the food chopper. Combine 2 pounds of seedless raisins with the apples. Pour 1 pint of cider vinegar over them and let them stand overnight. Add the onions and 1 head of celery, 4 large red peppers, $1\frac{1}{2}$ pounds of sugar, 2 tablespoons Mustard, 2 teaspoons salt, 1 teaspoon turmeric and 3 pints of cider vinegar. Cook the mixture until the vegetables are clear and tender. Seal in sterilized bottles or jars.



CHILI SAUCE

Peel and slice 25 medium-sized ripe tomatoes. Chop up 2 green peppers, 2 red peppers and 8 onions, and combine with the tomatoes. Mix 8 tablespoons of sugar, 4 teaspoons of salt, 1 tablespoon of ground allspice, 1 large stick of cinnamon, $1\frac{1}{4}$ teaspoons of Mustard and 1 quart of vinegar. Pour this over the vegetables. Cook the mixture until it is thick. Seal in sterilized bottles or jars.

Pickles



GOLDEN MUSTARD PICKLES

- | | |
|--------------------------------------|---------------------------|
| 1 qt. small silver onions | $\frac{1}{2}$ cup flour |
| 1 qt. gherkins | 2 tablespoons turmeric |
| 1 medium-sized cauliflower | 2 tablespoons celery seed |
| $2\frac{1}{2}$ cups granulated sugar | $\frac{1}{2}$ cup Mustard |
| | 1 qt. cider vinegar |

Prepare vegetables, peel onions, cut gherkins and cauliflower, put into a cold brine ($\frac{1}{2}$ cup of salt to quart water), add a pinch of alum and allow to stand overnight. Drain vegetables next morning and prepare a sauce of the other ingredients, first mixing the Mustard to a thin paste with a little of the cold vinegar. Combine together and cook until thick, then add vegetables and cook slowly about 15 minutes. Bottle and seal. Makes about 4 quarts.

MUSTARD DILL SACCHARINE PICKLES

- | | |
|-----------------------|------------------------------------|
| 6 qts. cucumbers | 1 qt. onions |
| | 12 sprays dill |
| 1 teaspoon saccharine | 1 cup Mustard |
| 1 heaping cup salt | 1 gal. white wine vinegar and dill |

Scrub cucumbers and put in cold water until firm. Dry each thoroughly, then clip both ends and put in stone jar. Then add

CONNIE'S BUTTER BEANS

- | | |
|--------------------------------|---------------------------|
| 4 quarts butter (or wax) beans | 1 tablespoon celery seed |
| 1 quart vinegar | 2 teaspoons salt |
| 1 cup brown sugar | $\frac{1}{2}$ cup Mustard |
| 1 cup corn syrup | $\frac{1}{2}$ cup flour |
| | 1 tablespoon turmeric |

Clean, remove ends and chop beans into small pieces, then boil in salted water until tender. Drain well. Bring 3 cups of the vinegar, the sugar and corn syrup to the boiling point. Add the celery seed, salt and Mustard, flour and turmeric mixed to a paste with the remaining 1 cup cold vinegar. Bring to a boil and cook in double boiler until thick. Pour over the beans. Heat to boiling point. Seal in hot sterilized jars. Makes about 6 pints.

GREEN TOMATO PICKLES

- | | |
|-----------------------------|------------------------------------|
| 4 quarts green tomatoes | 1 tablespoon ground cinnamon |
| 2 sweet red peppers | 1 tablespoon Mustard |
| 2 small onions | $\frac{1}{2}$ teaspoon celery seed |
| 2 teaspoons ground cloves | 1 teaspoon Mustard seed |
| 2 teaspoons ground ginger | 1 quart vinegar |
| 2 teaspoons ground allspice | 1 lb. brown sugar |
| | $\frac{1}{2}$ cup salt |

Grind coarsely the tomatoes, onions and peppers. Put spices in small bag and boil in the vinegar, with salt and sugar, for 10 minutes. Add the ground vegetables and simmer for 1 hour. Remove spice bag, pack pickle in hot sterilized jars and seal.

PICCALILLI

- | | |
|---------------------------|-------------------------|
| 1 head cabbage | 3 qts. vinegar |
| 1 cauliflower (or 2 cups) | 5 cups brown sugar |
| 2 dozen cucumbers | 6 tablespoons Mustard |
| 2 qts. onions | 1 tablespoon turmeric |
| 2 heads celery | $\frac{3}{4}$ cup flour |
| | 2 red peppers |

Chop all vegetables very fine and let stand in a weak brine over night (except the celery). In the morning drain thoroughly, add the chopped celery and other ingredients and boil one hour, or until desired consistency is obtained.



Pickles

CORN RELISH

- | | | | |
|-------|-------------------------------|-------|-----------------------|
| 2 | tablespoons salt | 1 1/2 | cup granulated sugar |
| 6 | cups coarsely chopped cabbage | 1 1/2 | tablespoons flour |
| 6 | full-sized ears corn | 2 1/4 | teaspoons celery seed |
| 1 1/2 | cups vinegar | 1 1/8 | teaspoon Mustard seed |
| 1 | cup and 6 tablespoons water | 3/4 | cup Mustard |

Add the salt to the cabbage. Let stand 1 hour, then drain well. Cook corn until tender—6-7 minutes—and cut off cob—there should be 6 cups of cut corn. Heat vinegar and 1 cup of the water to boiling point; add Mustard, sugar, and flour, which have been mixed to a paste with the remaining 6 tablespoons of the water. Pour over combined corn and cabbage, and add celery and Mustard seeds. Mix well, heat to boiling, pour immediately into hot sterilized preserve jars, and seal immediately. Makes 4 pints.

PICKLED BEETS

- | | | | | |
|-----|-------------------------------------|---------------|--------------------------|-----------|
| 2 | cups cooked or canned drained beets | 1/2 | teaspoon powdered cloves | |
| 1/2 | teaspoon Mustard | 1/2 | cut clove of garlic | |
| 1 | tablespoon granulated sugar | 6 | tablespoons vinegar | |
| | 1/2 | teaspoon salt | 1/4 | cup water |

Slice the beets thin and place in a bowl. In another bowl measure Mustard, sugar, salt, cloves and garlic. Add vinegar and water gradually while stirring. When the mixture is smooth, pour it over the beets. Put in refrigerator to chill; then remove the garlic, and serve with meat or fish. Serves 6.

MUSTARD PICKLED ONIONS

- | | | | |
|--------|-----------------------------|---|-----------------------------------|
| 3 lbs. | peeled, sliced white onions | 3 | teaspoons Mustard |
| 1 | teaspoon salt | 2 | cups granulated sugar |
| 3 | cups vinegar | 4 | tablespoons mixed pickling spices |

Let onions stand in boiling water to cover for 10 minutes. Drain. Cover with ice water and let stand 30 minutes. Drain, sprinkle with the salt, and place in hot sterilized preserve jars. Simmer together for 10 minutes uncovered, the vinegar, Mustard, sugar and pickling spice, the latter tied in a piece of cheesecloth. Then remove the spice bag, pour this boiling liquid over the onions, and seal immediately. Makes 4 pints.

MUSTARD VEGETABLE RELISH

- | | | | |
|-----|-----------------------------|-------|----------------------|
| 4 | cups finely chopped celery | 1 1/2 | cups sugar |
| 4 | cups finely chopped cabbage | 2 | tablespoons flour |
| 4 | cups finely chopped onions | 1/2 | teaspoon turmeric |
| 1/2 | cup Mustard | 3 | cups diluted vinegar |

Cover celery, cabbage and onions with brine (1/2 cup to 1 quart water). Allow to stand overnight. Drain well. Combine dry ingredients with vinegar. Bring to boiling point. Add chopped vegetables and boil for 20 minutes. Put into sterilized jars. Cool and cover with hot paraffin.

HYDREEN SALAD

- | | | | |
|-----|-----------------------|-----|--------------------|
| 1 | gallon green tomatoes | 1 | quart onions |
| 1/2 | head cabbage | 1/2 | pint green peppers |

Chop fine, mix with a cup of salt and let stand overnight. In the morning drain, and add the following—

- | | | | |
|---|---------------------|---|------------------------|
| 2 | quarts vinegar | 1 | teaspoon cinnamon |
| 4 | tablespoons Mustard | 1 | teaspoon ground cloves |
| 2 | tablespoons ginger | 1 | ounce celery seed |
| 2 | teaspoons turmeric | 2 | cups white sugar |
| | | 2 | teaspoons currie |

Boil about ten minutes and seal.



Kitchen Secrets

To make roast beef more delicious, rub 1 teaspoon of Mustard into the roast before placing the meat in the oven.

For pan-fried steaks of all kinds, dip them in a pie-tin containing $\frac{1}{4}$ cup salad oil, $\frac{3}{4}$ teaspoon Mustard, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper. Or rub the steak thoroughly with 1 teaspoon Mustard, 1 teaspoon sugar and 1 teaspoon salt. Fry quickly in beef fat at intense heat, to preserve the natural beef juices.

To roast a tenderized ham, mix 2 tablespoons of Mustard and 1 cup of brown sugar with enough vinegar to make a paste, spread over ham and cook in usual way.

For a small family, it is thrifty to cook one half a ham and to enjoy hot, freshly baked ham as required. Allow about $\frac{1}{2}$ lb. of ham per meal per person. To roast half a ham (or picnic roll), place the meat, cut side up in a roaster. Rub well into it $\frac{1}{2}$ cup of brown sugar mixed with 1 teaspoon Mustard. Pour into roaster 1 cup of creamy whole milk and bake as directed. For variety, substitute for the milk, a cup of dry ginger ale or 1 cup of canned pineapple or peach juice and garnish when done with pineapple or peach slices.

Boiled ham has extra flavour when you add 1 teaspoon of Mustard to the cooking water.

Roast veal and veal stew are both improved by rubbing a little Mustard into the meat before cooking.

Add a pinch of Mustard to hot, brown gravies and creamy sauces for tang.

A trace of Mustard in hot cheese dishes, always improves the taste.

A pinch of Mustard to each 4 tablespoons of coffee, added to the dry coffee in the percolator, gives new full-bodied flavour and fragrance to your coffee.

In washing fishy dishes, add a little Mustard to the water to cut the odour.



Medicinal

In serious cases such as ACUTE CHEST DISORDERS AND ACUTE RHEUMATISM, a doctor should be consulted.

GENERAL RHEUMATIC PAINS—A hot Mustard bath, followed by gentle massage or exercise. One bath will usually give relief, but the daily or nightly baths should be continued for at least two weeks.

COLDS AND FEVERISH CONDITIONS GENERALLY—A hot Mustard bath. The patient should retire to bed immediately after the bath and be kept as warm as possible with additional blankets, hot-water bottle, etc., if required.

BRONCHITIS AND COUGHS—Mustard pack or poultice. Apply till distinct tingling sensation is felt. Do not keep packs or poultices on for more than 20 minutes. It is important that the patient should keep warm after application.

NEURALGIA OR TOOTHACHE—Mustard poultice. Apply to the nape of the neck or to the affected region till tingling is felt. Keep warm afterwards. Be careful to keep the application away from the eyes.

DEEP-SEATED PAIN—As in Colic, Inflammation of Liver, etc.—Mustard pack or poultice. Keep as warm as possible afterwards.

INSOMNIA—Mustard Bath or Mustard foot-bath immediately before retiring.

UNBROKEN CHILBLAINS—Immersion of the hands or feet in Mustard and water at the same strength as Mustard foot-bath.

LOCAL STIFFNESS, RHEUMATIC and SIMILAR PAINS—Mustard baths for general treatment. Mustard packs or poultices for relief of local pain. Where possible follow with gentle massage or exercise. When children have pains in their joints, consult a doctor.

CONVULSIONS IN CHILDREN—A Mustard bath, the temperature of which should not be over 105°F. A doctor should be sent for at once.



Medicinal

METHOD OF PREPARATION OF MUSTARD

MUSTARD BATH—Mix 2 or 3 tablespoons of Mustard into a paste with cold or tepid water and after a few minutes stir thoroughly in the bath.

MUSTARD PACK—Mix 1 level tablespoon of Mustard to a paste with tepid water. After about 5 minutes has elapsed make up to 1 pint with boiling water. Soak small towel or piece of flannel in this. Remove, wring out, fold and apply to affected part. Leave until a pronounced tingling is felt, but not longer than 20 minutes.

MUSTARD POULTICE (Adults)—Take equal parts of Mustard and flour and make into a paste with lukewarm water. Spread upon a cotton cloth and cover with a second cloth. Apply and leave until a pronounced tingling is felt, but not longer than 20 minutes

FOR CHILDREN AND THOSE WITH SENSITIVE SKINS increase the amount of flour used up to four parts of flour to one part of Mustard.

N.B.—The amount of Mustard and flour to be used must naturally vary according to size of poultice required. Spread evenly and fairly thickly. When using a Mustard poultice or pack for the first time, be specially careful not to leave it on too long. You will soon find the correct length of time for your skin. If through inadvertence the poultice has been left on too long and slight blistering has resulted, treat with olive oil or vaseline.

MUSTARD FOOT-BATH (For Adults and Children)—Mix 1 heaped tablespoon of Mustard to a paste with cold or tepid water and allow to stand for a few minutes; add paste to foot-bath or basin full of water as hot as skin can bear and immerse feet for 10-15 minutes.

MUSTARD FOR MASSAGE—Both in professional massage, and when you massage yourself for pain, the use of dry Mustard is very valuable. Mustard massage brings about a slight perspiration and slowly liberates volatile oils, which have a stimulating effect very desirable in all forms of massage. You should sponge with warm water afterwards.

MUSTARD AS AN EMETIC—In cases of poisoning, with failure of heart or lungs, Mustard is very valuable. Mustard is the only stimulant emetic in existence. It will act directly upon the gastric sensory nerves and induce vomiting long before any drug could be absorbed so as to reach the emetic centre of the system.

DRIVER Q303.1; pg 77

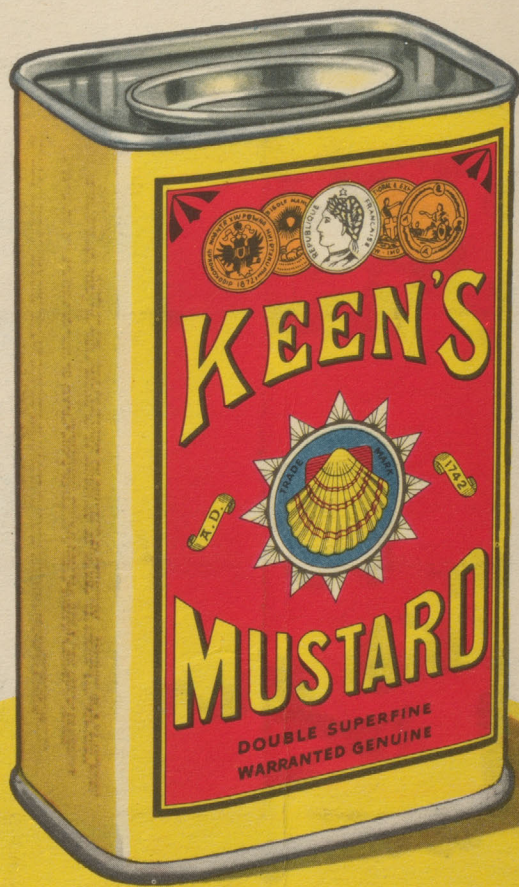
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WHERE MUSTARD IS SPECIFIED *always use* KEEN'S D.S.F.