

NEW AND  
DELICIOUS

*Recipes*



*Use*



LION VINEGAR

"If better Vinegar could be made we  
would make it"

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# F O R E W O R D

THIS booklet of old and new recipes is presented to you with the compliments of the Lion Vinegar Company Limited, who have manufactured White, Malt and Cider Vinegars under Government supervision for over fifty years.

Arrange to try out some of these many vinegar uses in your own home and be sure you order Lion Brand Vinegar.

If more of these booklets are required for yourself or your friends, ask your grocer for additional copies, or write to:

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**THE LION VINEGAR  
COMPANY LIMITED**

Montreal, P.Q.

Quebec City, P.Q.

## NEW AND DELICIOUS RECIPES

**NOTE:**—In the following recipes, the words "Pure Spirit Vinegar" always means "LION" brand—the product of Lion Vinegar Company Limited. Inferior or weak vinegar may spoil any of these recipes. Always use the "LION" brand—in bottles or bulk.

## BEVERAGES

**BLACK CURRANT VINEGAR**

Take 1 lb. of dry currants, 1 lb. of loaf sugar, 1 pint of Lion Pure Spirit Vinegar. Put the currants with the sugar, in a dish, and pour over the vinegar. Let it stand all night. Next morning boil for 20 minutes, strain through a flannel

bag, and press the juice well out. When cold, bottle and cork well.

**RASPBERRY VINEGAR**—Fill a jar with raspberries, pour Lion Pure Spirit Vinegar over them till the jars are full, let it stand 9 days, stirring it every day. Strain it off and to every pint of juice add  $\frac{3}{4}$  lb. white sugar. Boil it as long as any scum arises and bottle for use.

## CANDIES

**VINEGAR CANDY**—2 cups sugar, 2 tablespoons butter,  $\frac{1}{2}$  cup Lion Pure Spirit Vinegar. Put butter into kettle; when melted add sugar and Lion Vinegar. Stir until sugar is dissolved, afterwards occasionally. Boil until when tried in cold water mixture will become brittle. Turn on a buttered platter to cool. Pull and cut same as molasses candy.

**VINEGAR CANDY 11**—Dissolve 3 lbs. of granulated sugar in a half pint cold water; when thoroughly dissolved add tablespoon Lion Spirit Vinegar and a very little water; boil till brittle; remove from the fire and flavour with vanilla. Rub hands with sweet butter and pull till white. Cut into any shapes fancy may suggest.

## CANDIES—Continued

**MOLASSES CANDY**—2 cups of molasses, 2 cups of sugar. Place on the stove, and when the mixture boils, put in butter the size of an egg, and three tablespoons of Lion Pure Spirit Vinegar. Just before removing from the stove, add 1 teaspoon of vanilla. Let the candy boil until it becomes brittle in water, and pour into buttered pans. Pull as soon as cool.

**BUTTERSCOTCH**—One cup of sugar, one cup of molasses,  $\frac{1}{2}$  cup of butter, 1 tablespoon of Lion Pure Spirit Vinegar, pinch of soda. Boil all together until done; pour in buttered pan, and cut in squares, when cold, and wrap in paraffine paper.

## CATSUPS

**CREOLE CUCUMBER CATSUP**—Grate 3 dozen large cucumbers; drain the water off. To every quart of pulp add 3 grated onions, a tablespoonful of cayenne and a teaspoonful each of salt and ground cloves, with a pint of Lion Pure Spirit Vinegar. Put in glass jars and seal. This catsup retains the flavour of the fresh cucumber and is an excellent accompaniment to fish and game.

**PEPPER CATSUP**—Take 4 dozen red peppers, put in a porcelain-lined kettle with a quart each of spirit vinegar and water. Grate 2 roots of horse radish and 6 onions; add to the catsup with 2 tablespoonfuls of mustard seed and 1 of salt; let boil 10 minutes, and stir in a cupful of brown sugar; let boil 1 hour. Thin with a pint of Lion Pure Spirit Vinegar. When cool, bottle.

**MIXED CATSUP**—Take equal quantities of green tomatoes, white onions and cabbage, grind in a sausage mill. Sprinkle with salt, turn into a bag and hang up to drain all night. Put in a jar with 1 oz. each of white mustard seed,



**CATSUPS—Continued**

powdered mace, ground cloves and all-spice; chop 2 pods of red pepper and add. Cover with Lion Pure Spirit Vinegar cold.

**TOMATO CATSUP**—(Recipe is listed under "Tomato Products"—See Page No. 21).

**DRESSINGS**

Use the following recipes for a crowning touch to your salads, and remember that with the addition of Lion Vinegar in the dressing almost any vegetable, fish or fruit can be turned into a delectable, appetizing dish.

**CHIFFONADE DRESSING**—2 tablespoons finely chopped parsley, 2 tablespoons finely chopped red pepper, 2 tablespoons finely chopped green pepper,  $\frac{1}{2}$  tablespoon finely chopped green onion, 2 hard-boiled eggs, finely chopped,  $\frac{1}{2}$  small teaspoon pepper, 8 tablespoons of salad oil and 3 tablespoons Lion Vinegar. Mix the ingredients in order given. After chilling, shake well and add to the salad.

**THOUSAND ISLAND DRESSING**— $\frac{1}{2}$  cupful mayonnaise made with Lion Pure Spirit Vinegar; 2 tablespoonfuls finely chopped pimentos;  $\frac{1}{2}$  cupful cream; 2 teaspoonfuls minced chives; 2 tablespoonfuls tomato catsup; 2 tablespoonfuls Chili sauce; 2 hard-cooked eggs. To the mayonnaise add the chopped pimentos, minced chives, catsup and the Chili sauce. Fold in the cream whipped until stiff and just before serving add the hard-cooked eggs, coarsely chopped. Chill on ice before serving.



**SALAD DRESSING**—2 eggs well beaten,  $\frac{1}{2}$  cup sugar, 1 teaspoon flour, 1 teaspoon salt, pinch cayenne pepper, butter  $\frac{1}{2}$  size of 1 egg,  $\frac{1}{2}$  cup Lion Pure Malt Vinegar, 1 cup water. Boil until thick over steam or asbestos mat.

## DRESSINGS—Continued

**MUSTARD**—Slice an onion in a bowl and cover it with Lion best White Spirit Vinegar, let stand for 48 hours, then pour off the vinegar into another bowl, add a little red pepper, salt, sugar and enough dry mustard to thicken to a cream.



**FRENCH DRESSING**—3 tablespoonfuls of olive oil, 1 tablespoonful of Lion Pure Spirit Vinegar,  $\frac{1}{2}$  teaspoonful of salt or mixed seasoning. Put oil and salt in cold bowl and mix thoroughly. Add vinegar and beat until it thickens. Pour over salad.

**CHEESE DRESSING**—Beat 1 egg,  $\frac{1}{2}$  teaspoon of salt,  $\frac{1}{4}$  tablespoon of mustard and 1 tablespoon of sugar; then add a  $\frac{1}{4}$  cup of water, 1 tablespoon of Lion Pure Spirit Vinegar and cook until thick. Add 1 portion of Neufchatel cheese and stir until melted and smooth.

This dressing is delicious on a salad made of chopped hard-boiled eggs, sliced peppers and chopped olives. Also good on tomatoes with centres scooped out and filled with shredded cabbage mixed with the dressing. Can be used with potato salad.

**BUTTER DRESSING**—1 egg, 1 tablespoonful of Lion Pure Spirit Vinegar, 1 coffeespoon of sugar,  $\frac{1}{4}$  teaspoonful of salt, dash of cayenne pepper, 1 coffeespoon of prepared mustard, 1 tablespoonful of butter. Beat eggs until well blended. Add all ingredients and mix well. Then cook in a double boiler to the consistency of a custard. This dressing is especially adapted to cole slaw.

**MAYONNAISE DRESSING**—Place in a small bowl a yolk of 1 egg and a pinch of cayenne pepper, salt and powdered mustard (or spoonful of prepared mustard) and add a few drops of water. Mix with egg beater while adding olive oil and then Lion Pure Spirit Vinegar.

**DRESSINGS—Continued****ENGLISH SALAD DRESSING.**

The yolks of 3 hard-boiled eggs, 4 tablespoons of salad oil, 2 tablespoons Worcestershire sauce, 2 tablespoons Pure Spirit Vinegar, 1 teaspoon prepared mustard, 1 teaspoon of salt,  $\frac{1}{2}$  teaspoon pepper. Put the yolks through a fine sieve, mix them with the salt, pepper and mustard. Stir in vigorously the salad oil, Worcestershire sauce and vinegar. The boiled whites of the eggs can be used for garnishing the salad. Excellent for cold meat salads.

**HORSERADISH AND CREAM DRESSING—**

One cup freshly ground horseradish,  $\frac{1}{2}$  cup Lion Pure Spirit Vinegar, 1 teaspoon butter, 1 teaspoon flour,  $\frac{1}{2}$  cup cream, either sweet or sour, 2 egg yolks,  $\frac{1}{4}$  teaspoon salt. Melt butter and blend with it smoothly. Do not brown. Add cream and stir. Heat to the boiling point and stir into the beaten egg yolks. Add salt and set aside to cool. When cool add to the horseradish, which has been mixed with the vinegar.

**RUSSIAN DRESSING**—1 cup salad oil, 1 tablespoon Lion Pure Spirit Vinegar, 1 egg,  $\frac{1}{2}$  teaspoon dry mustard,  $\frac{1}{2}$  teaspoon paprika, 1 tablespoon sugar, 1 teaspoon salt,  $\frac{1}{8}$  teaspoon pepper, and 2 tablespoons Chili sauce. Put the egg, seasonings and vinegar in a tall glass. Beat the egg and add the oil gradually. Add the Chili sauce last of all.

**CUMBERLAND DRESSING**—Currant jelly, salt, pepper, Lion Pure Spirit Vinegar and olive oil. To a teaspoon of currant jelly add 1 tablespoon of vinegar, a pinch of salt and pepper and 3 tablespoons of oil.

**INDIAN DRESSING**—Curry powder, salt, pepper, egg, olive oil, and Lion Pure Spirit Vinegar. To a teaspoon of chopped hard-boiled egg, add a



## DRESSINGS—Continued

pinch of curry powder, salt and pepper, a tablespoon of vinegar, and 3 of oil.

**NORWEGIAN DRESSING**—Egg, mustard, salt, anchovy paste, pepper, chives, Lion Pure Spirit Vinegar, and olive oil. Mix a  $\frac{1}{2}$  of yolk of hard-boiled egg with a  $\frac{1}{2}$  a yolk of raw egg, add a pinch of mustard, a tablespoon of vinegar and 3 of oil, and the other ingredients.

**LORENZO DRESSING**—Watercress, Chili sauce, salt, pepper, vinegar and olive oil. Mix  $\frac{1}{2}$  tablespoon of chopped watercress with 2 of Chili sauce, 1 of Lion Pure Spirit Vinegar, and 3 of olive oil. Add a pinch of salt and pepper.

**BAVARIAN DRESSING**—Salt, pepper, mustard, powdered sugar, vinegar and olive oil. Mix them all together with 1 part Lion Pure Spirit Vinegar and 3 parts oil, the other ingredients to suit the taste.

**CREAM DRESSING**—When a cream dressing is required, try the following recipe:  $\frac{1}{4}$  tablespoon of salt,  $\frac{1}{2}$  tablespoon of mustard,  $\frac{3}{4}$  tablespoon of sugar, 1 egg slightly beaten, 2 $\frac{1}{2}$  tablespoons of butter,  $\frac{3}{4}$  cup of cream,  $\frac{1}{4}$  cup Lion Pure Spirit Vinegar. Mix ingredients in top of double boiler, adding vinegar very slowly; cook over boiling water, stirring constantly until thick. Use cold.

## ONION PRODUCTS

**PICKLED ONIONS**—To make brine, allow 2 cups of salt to 3 quarts of boiling water. Peel small white onions, cover with brine, and let stand 2 days. Again drain and cover with brine for 2 days. Again drain and put in more brine that has been heated to the boiling



## ONION PRODUCTS—Continued

point, boil 3 minutes, skim into jars, scattering in small pieces of red pepper, bay leaves, mace, white pepper corns and cloves. Scald enough vinegar to fill jars, adding sugar in proportion of  $\frac{1}{2}$  cup to 2 quarts Lion White Spirit Vinegar. Fill jars to overflowing and seal while hot.

### PICKLED ONIONS—

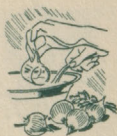
- 100 Small onion buttons
- 1 Tablespoonful of all-spice
- 1 Tablespoonful of black pepper
- 1 Red pepper pod to each
- 1 Pint of Lion Pure Vinegar
- 1 Dozen white pepper corns
- 1 Dozen cloves
- 4 Blades of mace

Select the smallest white button onions. Remove the outer skin, and then remove the inner skin with a silver knife. Steel will blacken the onions. Pack them in well-washed and carefully-dried jars. Then pour over the onions a strong brine and let them stand for 24 hours. At the end of this time pour off this brine and add another, and let them stand 24 hours longer. On the fourth day make another strong brine and let it come to a boil, and throw in the onions, and let them boil just five minutes. Then throw them into cold water for several hours. At the end of 3 hours drain off all water and pack closely in jars, allowing 1 tablespoonful of black pepper, and a red pepper pod to every pint of vinegar. While packing the onions, intersperse them with white pepper corns and the spices, with an occasional piece of mace or cloves. Fill this up with the scalding vinegar and cork or bottle while very hot. If you desire the pickles to be slightly sweet, allow a tablespoonful of sugar to every pint of vinegar. After three weeks they will be ready for use; like all pickles, will be better if allowed to stand a month or two.



## ONION PRODUCTS—Continued

**ONION SALAD**—Peel several mild large onions, cover them with cold water, bring to boiling point and drain. Wash thoroughly several times. Slice thinly, season with salt and pepper, moisten with Lion Pure Spirit Vinegar, a little oil, sprinkle lightly with parsley, then serve.



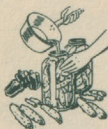
## PICKLES

All leading Retail Grocers, Chain Stores, etc., carry Lion Brand Vinegars (Spirit, Cider and Malt), in bottles, barrels or kegs, at lowest prices. These Vinegars are supplied to consumers for all pickling requirements.

**SOUR PICKLES—ONIONS, CUCUMBERS, GREEN TOMATOES**—The vegetables must first be soaked in brine. Allow  $1\frac{1}{2}$  cups salt to 2 quarts boiling water. Pour over the vegetables and let stand 2 days. Drain and cover with more brine. Let stand 2 days and drain again. Take fresh brine and heat to boiling point; put in onions and boil 3 minutes. Drain and cover with a spiced vinegar made as follows: 1 gallon Lion Best White Spirit Vinegar, 1 cup sugar (optional), 4 red peppers, 2 sticks cinnamon, 2 tablespoons whole all-spice, 2 tablespoons mace. Tie the spices in a cheesecloth bag and boil in vinegar 10 minutes. Pour over vegetables and bottle.

**DILL PICKLE**—Fill a 2-quart jar with medium sized cucumbers, with  $\frac{1}{2}$  dozen small red peppers intermixed. Place some dill in the bottom of a jar, and also a few layers of dill on the top. Put in the bottom of the jar alum about the size of a pea. Boil 2 cups of water, 1 cup of Lion Pure Spirit Vinegar, 1 tablespoon salt, 1 teaspoon white

## PICKLES—Continued



mustard seed and pour over cucumbers hot. Seal tightly. For greater quantities increase ingredients proportionately.

### MUSTARD PICKLES for Mixed Vegetables—Onions, Cucumbers, Green Tomatoes—

Prepare the vegetables for pickling by giving them the brine treatment described in the recipe for sour pickles. Make a dressing from the following recipe:  $\frac{1}{4}$  to  $\frac{1}{2}$  cup sugar, 1 oz. ground mustard, 2 tablespoons flour, 1 pint Lion Best White Spirit Vinegar. Mix the dry ingredients and stir into the hot vinegar. Cook until well thickened. Turmeric may be added to give colour. Pour while hot over the vegetables and bottle.

**SWEET CUCUMBER PICKLE**—Soak 4 quarts of sliced cucumbers, or gherkins, in strong brine for 3 days, then soak in clear water for 3 days, changing water each day. Simmer slowly in weak vinegar with a small piece of alum, for 3 hours and drain; boil together with the following and pour over for 3 days, heating each day: 1 oz. all-spice buds, 1 oz. cinnamon buds, 1 oz. celery seed, 3 pints of Lion Best White Spirit Vinegar, 4 lbs. brown sugar.

**GREEN TOMATO PICKLE**—2 quarts of green tomatoes, 1 dozen good sized onions. Wash and slice tomatoes and onions alternately and sprinkle salt over every other layer. Let stand overnight. In the morning drain the liquor off and almost cover with Lion Best White Spirit Vinegar. Then add 2 dessertspoonfuls mixed spice tied in a muslin bag,  $2\frac{1}{2}$  cups white sugar, 2 dessertspoonfuls mustard and  $\frac{1}{2}$  teaspoon turmeric mixed with a little cold vinegar.

**DILL PICKLES**—Boil and skim 3 gallons of water and 2 lbs. of coarse salt. Select crisp cucumbers

## PICKLES—Continued

from 6 to 8 inches long. Wash and wipe them carefully, then put a layer of them in a big stone jar that will hold at least 4 gallons. Put in a bunch of dill seed on the stalk. Proceed in this way until the jars are full, then lay on plenty of cabbage leaves. On the very top put a large weight. Full up with brine and let it stand. Quiet fermentation takes place. In about 2 or 3 weeks the cucumbers are done.

**MIXED PICKLES**—(Said to be the best recipe on earth)—75 medium cucumbers, sliced in rings an inch thick, 2 quarts small onions, 1 quart green tomatoes, 2 heads of cauliflower cut into small pieces. Soak the whole in two cups of salt and sufficient boiling water to cover pickle. Let stand 24 hours, then wash in cold water. After draining very thoroughly, cover with Lion Best White Spirit Vinegar, and let come to a boiling heat; then add 6 green peppers chopped fine, 1 lb. brown sugar,  $\frac{1}{2}$  lb. white mustard seed, 1 tablespoon cinnamon, 1 tablespoon best quality strong mustard mixed with vinegar.

**SOUR CUCUMBER PICKLES**—Select small cucumbers. Wash the cucumbers, then sprinkle with salt and cover with cold water. Use 1 cup salt to 1 gallon water. The next day drain, rinse and pack into fruit jars or in an earthen crock. Add pepper pods, green or red, and large or small, according to the receptacle used. Sprinkle in, also a few, whole spice. Cover with Lion Pure Spirit Vinegar, scalding hot. Seal fruit jars as in canning fruit, having sterilized the jars before packing in the cucumbers. The pickles will then keep indefinitely.

**CHUTNEY PICKLES**—12 green sour apples, 2 green peppers, 6



## PICKLES—Continued

green tomatoes, 4 small onions, 1 cup of raisins, 1 quart of Lion Pure Spirit Vinegar, 2 tablespoonfuls of mustard seed, 2 of salt, 1 of powdered sugar and 2 cups of brown sugar. Remove the seeds from the raisins and peppers; add the tomatoes and onions and chop all fine. Put the vinegar, sugar and spices on to boil; add the chopped mixture and let simmer 1 hour. Then add the apples, pared and cored; cook slowly until soft. Keep in small bottles well corked.

**PICKLED CABBAGE**—4 large heads of cabbage, 4 teaspoonfuls fine salt,  $\frac{1}{2}$  teaspoon pepper,  $\frac{1}{4}$  cup mustard seed,  $\frac{1}{4}$  cup mixed pickle spices, 1 cup sugar, 2 quarts Lion Pure Spirit Vinegar. Select large heavy cabbage, take off the outside leaves, cut in quarters and slice in thin shreds, using cabbage cutter. Sprinkle the salt over the cabbage, mix thoroughly and let stand over night. Drain slightly and add the pepper and mustard seed, mix and place in crock. Add sugar and pickle spices, tied in a bag, to the vinegar, bring to the boiling point slowly, and pour the boiling liquid over the cabbage to cover. If, after cooling, the vinegar does not cover cabbage, add more hot vinegar. May be used cold, or when heated, as a vegetable in place of sauerkraut. Will keep indefinitely.

**PICKLE RECIPE FOR CUCUMBERS**—Make a salt brine strong enough to float a fresh egg. Put cucumbers in container, cover with the brine and weight them down so they will be covered. Leave them for 5 days; draw off all of the brine and test it again, with an egg. If it will float, the brine is still the proper strength. Cover the cucumbers again and leave 4 days. Then test the cucumbers by splitting one open. If the green vegetable is gone, they are all



## PICKLES—Continued

ready for process. Put cucumbers in vessel of cold water, heating same to about 123 degrees Fahrenheit, or about as hot as one can bear the hand for a few seconds. Let stand until cold, then remove the cucumbers to container you wish to keep the pickles in, filling same about  $\frac{7}{8}$  full of 1% tumeric. Close container to stop evaporation. If container is not closed, add Lion Pure Spirit Vinegar occasionally to keep the pickles firm and crisp.



**PICKLED BEETS**—12 medium-sized beets, 1 quart Lion Pure Spirit Vinegar, 2 tablespoons horseradish, 1 teaspoon ginger, 1 teaspoon whole mace, 1 cup brown sugar. Boil beets and remove skins. Then pack in jars. Heat the vinegar and spice in a granite kettle. Remove from the fire and add horseradish. Pour over beets while hot and seal at once.

**PICKLED BEANS**—String a quarter of a peck of tender green beans, throw them into a kettle of boiling water, add 1 teaspoon salt, and boil 25 minutes. When done, drain in a colander; let stand until cold, then put into glass or stone jars, sprinkle lightly with cayenne, add 1 tablespoon whole mustard, 1 tablespoon chopped horseradish and cover the whole with Lion Pure Strong Spirit Vinegar.

**PICKLED CARROTS**—Steam young carrots until tender. Boil together 1 pint Lion Pure Spirit Vinegar, 1 tablespoon brown sugar, some hot pickling spice; put in the carrots and allow to simmer for 15 minutes. Can boiling hot.

**PICKLED ONIONS**—(See recipe on page No. 8)

## PICKLES—Continued



### NINE-DAY SWEET PICKLE—

(Very delicious and appetizing). 4 quarts of cucumbers, 4 quarts of onions, 2 cauliflowers. After preparing the above, put in brine for three days, then soak in water for three days, and drain off the water.

Cover pickles with weak vinegar, simmer slowly until tender, then draw off the weak vinegar. Add a small piece of alum.

Make a syrup as follows: 4 lbs. granulated sugar, 3 pints Best Lion Spirit Vinegar, 1 oz. whole allspice, 1 oz. cassia buds. Bring this mixture just to a boil, and pour over pickles. Draw the syrup off the next day, re-heat and pour over pickles again. The third day draw off, re-heat and allow the mixture to remain in the pickles. Seal.

## PICKLED FRUITS

**APPLE PICKLE**—3 large tart apples, 12 large green tomatoes, 1 large head celery (or celery to taste), 4 large onions, 4 large sweet red peppers, 1 cup light brown sugar, 1 pint Lion Pure Spirit Vinegar, 5c worth mustard seed (white). Chop tomatoes, then salt, let stand over night, drain through colander, put all together in granite kettle, chopped. Stir and heat thoroughly, but do not boil. Bottle and seal.

**SWEET PICKLED PEACHES, PEARS, SWEET APPLES, CRAB APPLES**—1 peck prepared fruit, 1 quart Lion Pure Spirit Vinegar, 1 cup water, 2 oz. stick cinnamon, 1 oz. whole cloves, 4 lbs. sugar. Boil sugar, vinegar and spices twenty minutes. Dip peaches in boiling water, and rub off the fur, but do not peel. Pare other fruits. Stick fruit with whole cloves. Put in syrup and cook until soft, using half the fruit at a time.



## PICKLED FRUITS—Continued

**PICKLED PLUMS**—4 lbs. Damson plums, 2 lbs. lump sugar,  $\frac{1}{2}$  gill of Lion Pure Spirit Vinegar, mix sugar and vinegar and put in a fairly hot oven until it forms a syrup. Rub the plums and prick them all over with a darning needle, then drop them into the boiling syrup. Boil ten minutes, ladle out, and when all are boiled, pour the syrup over them.

**PICKLED CRANBERRIES**—Stick a coarse sewing needle through each berry. Pack in a jar. Cover with Lion Pure Spirit Vinegar and let stand 12 hours. Drain. To each cup of Lion Pure Spirit Vinegar add  $\frac{1}{4}$  cup of sugar, 1 teaspoon each of cinnamon, salt, cloves, nutmeg, cardamon, coriander and grated lemon peeling. Let simmer 10 minutes. Pour over the berries and let stand until cool. Seal.

**PINEAPPLE RELISH**—Add  $\frac{1}{2}$  cup brown sugar, 1 teaspoonful cinnamon,  $\frac{1}{4}$  teaspoonful cloves,  $\frac{1}{4}$  teaspoonful salt and  $\frac{1}{4}$  cupful Lion Pure Spirit Vinegar, to 2 cups crushed or grated pineapple and cook slowly until thick and amber-coloured. Chill and serve with meat.

**CHERRY RELISH**—Remove the pits from cherries and drain them. Cover them with a vinegar solution made in the proportion of  $\frac{3}{4}$  cup of Lion Pure Spirit Vinegar to 1 quart of water. After 5 or 6 hours drain the cherries, measure them, and add an equal measure of sugar. Allow the cherries to stand over night. Seal them in glass jars and keep them in a cool, dark place.

**RHUBARB RELISH**—This may be made early in the spring when the supply of pickles has run out. It is very nice and calls for very few ingredients. 1 quart rhubarb cut up, 1 pint Lion Pure Spirit Vinegar, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon allspice,  $\frac{1}{2}$  teaspoon cloves,





*Mr. Vi*

● The Lion Vinegar Company Limited devotes its entire time and attention to the manufacture of fine vinegars—our one and only product—and back of every gallon of Lion Vinegar is the ripe experience of 50 years of vinegar production.

● We manufacture White, Malt and Cider Vinegars, all from the finest ingredients obtainable, and all under strict Government

**LION V**  
**WHITE • MA**

*Best for Pickling, Table an*

*Mr. Vinegar Man says -*

IF BETTER VINEGAR  
COULD BE MADE WE  
WOULD MAKE IT

supervision. From the beginning of processing to final shipping Lion Vinegar never comes into contact with any metal.

● Our manufacturing plants at Montreal and Quebec City are new, modernly equipped in every way. All vinegar is aged and matured in wooden tanks, thus assuring a uniform product with a rich aroma and the full properties of strength and preserving qualities.

**VINEGAR**

**MALT • CIDER**

*able and Household Requirements*

## PICKLED FRUITS—Continued

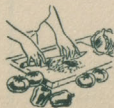
1 teaspoon salt, a little pepper, 1 quart onions cut fine,  $1\frac{1}{2}$  lbs. brown sugar. Boil all together until fairly thick and bottle.

**SAVORY CORN RELISH**—Two dozen ears of corn cut off the cob; add finely chopped: 1 head of cabbage, 4 large onions, 4 green peppers, 1 red pepper, discarding the seeds from the latter. Add 1 quart of Lion Pure Spirit Vinegar and boil till corn is tender. Then add 3 cups brown sugar,  $\frac{1}{2}$  cup salt,  $\frac{1}{4}$  cup of mustard, 1 teaspoon of tumeric,  $\frac{1}{4}$  cup of flour. Add one quart of Lion White Spirit Vinegar to the boiling vegetables, and stir until it is thick enough. Bottle hot.

**CUCUMBER RELISH**—1 dozen cucumbers, 2 quarts small onions, 3 red peppers, 2 tablespoonfuls salt, 1 teaspoonful tumeric, 1 lb. brown sugar, 1 quart Lion Pure Spirit Vinegar,  $1\frac{1}{2}$  teaspoonfuls white mustard seed. Peel onions, slice cucumbers, onions and red peppers thinly; remove the seeds from the red peppers; let them stand one hour well sprinkled with the salt. Drain and add the mustard seed, brown sugar, tumeric and vinegar; cook 45 minutes or until tender. Pour into sterilized jars and seal hot.

## SAUCES

**BORDEAU SAUCE**—2 quarts chopped cabbage, 1 quart chopped green tomatoes, 3 quarts chopped red peppers, 3 quarts chopped onions, 1 lb. sugar,  $\frac{1}{4}$  cup salt,  $\frac{1}{2}$  ounce celery seed,  $\frac{1}{4}$  oz. tumeric, 1 quart Lion Pure Spirit Vinegar. Chop vegetables fine, mix all together and boil for two hours.



SAUCES—Continued

**CHUTNEY SAUCE**—1 doz. sour apples, 1 dozen ripe tomatoes,  $\frac{1}{4}$  pound of brown sugar,  $\frac{1}{4}$  pound of mustard,  $\frac{1}{2}$  pound of chopped onions, 1 pound chopped seeded raisins, 1 ounce whole cloves, 3 pints of Lion Pure Spirit Vinegar.



Grate apples, cut tomatoes in small pieces, add the other ingredients and boil all together until cooked to a pulp, put through colander, turn into jars and seal.

**CHILI SAUCE**—1 peck of ripe tomatoes,  $2\frac{1}{2}$  cups granulated sugar, 4 large onions, 2 red peppers, 2 cups of Lion Pure Spirit Vinegar, salt to taste. 1 large tablespoonful whole mixed spice. Boil gently about  $1\frac{1}{2}$  hours. Then mix  $\frac{3}{4}$  cup cornstarch and stir in. Let boil 10 or 15 minutes. Seal while hot.

**WORCESTER SAUCE**—24 tomatoes, 6 onions, 5 red peppers, 3 garlics, 1 bunch celery, 1 tablespoon cloves, 1 tablespoon all-spice, 1 tablespoon cinnamon,  $\frac{1}{4}$  cup salt; boil all together until soft, put through sieve, add 2 cups brown sugar,  $\frac{1}{2}$  cup mustard, 1 quart Lion Pure Malt Vinegar, cook  $\frac{3}{4}$  hour, put onions, celery, peppers and garlic through the mincer.

**GOVERNOR SAUCE**—1 peck green tomatoes, 6 green peppers, 3 onions, slice ingredients very fine and sprinkle with  $\frac{1}{2}$  cup salt, let stand over night, then pour on 2 quarts water, drain well, put on to cook with 1 grated horseradish, 2 cups sugar, 2 teaspoons each of ground cloves, cinnamon and allspice mixed in a little Lion Pure Malt Vinegar, 3 cups pure malt vinegar. Boil 3 or 4 hours and bottle hot.

## SAUCES—Continued

**HOLLANDAISE SAUCE—**

Melt  $\frac{1}{2}$  cup of butter in a saucepan; add the yolks of 2 eggs and stir well; add 1 tablespoon of Lion Pure Spirit Vinegar and 1-3 cup of boiling water, and keep stirring; season with  $\frac{1}{4}$  teaspoon salt and a pinch of cayenne pepper.

This sauce is excellent for fish, asparagus and artichokes.

**TARTAR SAUCE—** $\frac{1}{2}$  cup of French mayonnaise, 2 tablespoonfuls of chopped olives, 2 tablespoonfuls of chopped pickles, 1 tablespoonful of chopped parsley,  $\frac{1}{4}$  tablespoonful of chopped white onions, 1 teaspoon of mustard. Mix all ingredients and fold into the mayonnaise and serve cold.

**MINT SAUCE—** $\frac{1}{4}$  cup chopped mint leaves, 1 tablespoonful of powdered sugar,  $\frac{1}{2}$  cup of Lion Pure Spirit Vinegar, salt and pepper to taste. Add sugar to vinegar. When dissolved, pour over mint and let stand 30 minutes over slow fire to infuse. If vinegar is too strong, dilute with water. Serve hot with roast lamb.

**VENISON SAUCE—**An old English recipe is: 1 small onion, 1 oz. lean ham, 1 oz. butter, 12 crushed whole peppers, 1 bay leaf,  $\frac{1}{2}$  a small minced carrot, a little thyme and chopped parsley, 1 glass grape juice, 1 large spoon grape jelly, 1 cup Lion Pure Spirit Vinegar. Mince the onion and ham, fry in butter; add other ingredients and cook in a saucepan for 10 minutes; skim and strain, serve hot.

**VINAIGRETTE SAUCE—**4 tablespoons of salad oil, 2 tablespoons of Lion Pure Spirit Vinegar, 1 teaspoon of chopped pickled gherkin,  $\frac{1}{2}$  teaspoon finely chopped parsley,  $\frac{1}{2}$  teaspoon of finely chopped shallots,  $\frac{1}{2}$  teaspoon salt and a pinch of pepper. Mix together and use as required.

## TOMATO PRODUCTS

**TOMATO BUTTER**—Peel 10 lbs. of ripe tomatoes. Pour over them 1 pint of Lion Best White Spirit Vinegar. Let stand over night. In the morning put them in a colander and drain well. Make syrup of: 1 pint Lion Best White Spirit Vinegar,  $1\frac{1}{2}$  cups of strained juice, 3 lbs. of brown sugar, 1 tablespoon salt,  $\frac{1}{2}$  teaspoon red pepper (ground); (1 teaspoon of whole cloves, 1 oz. whole cinnamon, 1 oz. whole all-spice tied in a bag). Have the syrup hot and add the tomatoes. Boil 3 hours or until thick enough.

**TOMATO CATSUP**—Take 1 bushel of tomatoes, cut them into small pieces, boil until soft, then rub them through a wire sieve, add 2 quarts of Lion Best White Spirit Vinegar, 1 pint of salt,  $\frac{1}{4}$  lb. of whole cloves,  $\frac{1}{4}$  lb. of all-spice, 1 tablespoonful of black pepper, 1 good-sized pod of red pepper (whole). Mix together and boil until reduced to one-half the quantity. When cold strain through a colander and bottle, sealing the corks. It will keep 2 or 3 years as fresh as when first made.

**TOMATO CREAM**—12 ripe tomatoes, 12 juicy apples, 12 onions; boil all together, then strain through a sieve; then add 1 lb. sugar, 1 pint Lion Pure Malt Vinegar, 1 tablespoon mustard, 1 tablespoon tumeric, 1 tablespoon celery seed; add cayenne pepper to taste; boil 30 minutes, then bottle.

**GREEN TOMATO PICKLE**—2 quarts of green tomatoes, 1 dozen good sized onions. Wash and slice tomatoes and onions alternately and sprinkle salt every other layer. Let stand over night. In the morning drain the liquor off and almost cover with Lion Best White Spirit Vinegar. Then add two dessertspoons



**TOMATO PRODUCTS—Continued**

mixed spice tied in a muslin bag,  $2\frac{1}{2}$  cups white sugar, 2 dessertspoons mustard, and  $\frac{1}{2}$  teaspoon tumeric mixed with a little cold vinegar.

**GREEN TOMATO SOY**—2 gallons green tomatoes, sliced without being peeled, 12 large onions sliced, 2 quarts Lion Pure Spirit Vinegar, 4 cups brown sugar, 2 tablespoons salt, 1 tablespoon ground mustard, 1 teaspoon black pepper, ground, 1 tablespoon all-spice, 1 tablespoon ground cloves, Mix, cook until tender, stirring often to prevent scorching. Seal when thoroughly cooked.

**TOMATO SAUCE**— $\frac{1}{2}$  pint of Lion Pure Spirit Vinegar, 2 lbs. tomatoes, 1 Spanish onion sliced,  $\frac{1}{2}$  lb. brown sugar, 2 oz. all-spice, 1 oz. black pepper, 2 ozs. salt,  $\frac{1}{4}$  oz. cloves,  $\frac{1}{4}$  teaspoon cayenne pepper. Put all the ingredients into a saucepan, cover and cook for 2 hours. Pass through a fine sieve, let the puree remain until quite cold; then pour into small bottles and cork securely.

**TOMATO CHUTNEY**—Peel sufficient tart apples and green tomatoes to make 7 ozs. each when chopped. Cover with 2 cupfuls of Lion Pure Spirit Vinegar, add 4 ozs. of brown sugar, and simmer until the vegetables and fruit are tender enough to be beaten to a pulp. Pass through the meat grinder four ozs. of seeded raisins, 4 ozs. of small white onions. Turn all into a chopping bowl and with a wooden potato masher crush with 2 ozs. of salt, 1 oz. each of mustard and celery seed and a  $\frac{1}{4}$  oz. of paprika. Cool the cooked mixture, combine with the crushed ingredients, flavour with  $\frac{1}{2}$  a teaspoonful of curry powder, and store.



**SPICED TOMATOES**—Take red and yellow pear-shaped tomatoes;



TOMATO PRODUCTS—Continued

pick with a fork, sprinkle with salt, let stand over night, pack in a glass jar and cover with Lion Pure Spirit Vinegar, prepared as follows for a ½ gallon jar: 1 pint of Lion Pure Spirit Vinegar, 1 teaspoon of cloves, 1 teaspoon of cinnamon, 1 teaspoon of all-spice, 1 teaspoon of pepper, 1 tablespoon of sugar. The spices should be ground. Let this come to a boil and pour over the tomatoes; after they get cold, tie strong paper over them.



**FIG TOMATOES**—5½ lbs. small green tomatoes, 1½ pints Lion Best White Spirit Vinegar, 3 lbs. of sugar, 2 tablespoons celery seed, 1 tablespoon mustard seed, 2 tablespoons cinnamon, 2 tablespoons cloves, 1 tablespoon all-spice. Peel the tomatoes and cover with water. Boil tender, drain, then stick two whole cloves in each. Make syrup and put in spices. Drop in tomatoes and scald. Bottle.

**TOMATO CATSUP**—Wash the tomatoes, cut them into halves and press out the seeds. Put the flesh of the tomatoes into a porcelain-lined or an agate kettle; bring quickly to the boiling point, stirring every now and then. Boil for 25 or 30 minutes, and mash through a coarse strainer to remove all skin and seeds. Return this liquid to the kettle and boil it down rapidly to one-half; then add Lion Pure Spirit Vinegar and boil again until thick. Take from the fire, and add all the spices; return to the fire and stir continuously until the catsup comes to a boil. Take from the fire and put at once into clean, well-sterilized bottles; cork with scalded clean corks, and dip, while hot, into sealing wax.

## HELPFUL COOKING HINTS



### TO COOK GOOSE OR DUCK.

Put bird in oven and roast enough to let fat come out, then pour off the fat and pour over 1 cup Lion Pure Spirit Vinegar and water, and baste with this. The result will be a goose or duck with the greasy taste gone and very tender

and delicious. Try it.

**STRING BEANS** are made tender if Lion Vinegar is added to water in which they are boiled.

**ASPARAGUS**—Time required for boiling can be reduced almost half if three tablespoons of Lion Vinegar are added to quart of water.

**ONION AND CABBAGE ODOUR** while cooking can be prevented by boiling some Lion Vinegar on stove at the same time. Odour of onions or fish removed from pans in which they were cooked by boiling some Lion Vinegar in pan.

**INSECTS AND BUGS** on greens, lettuce and vegetables come to surface if left standing about 10 minutes in water to which Lion Vinegar has been added, one part vinegar to five parts water.

**BOILED HAM** is greatly improved in flavour by adding one-half cup of Lion Vinegar to water.

**POACHED EGGS** will hold firm if Lion Vinegar is added to water in which they are cooked. Cracked eggs can be boiled without the white running out of vinegar is added to the water.

**IF SOUR MILK REQUIRED** or buttermilk, add teaspoon of Lion Vinegar to cup of sweet milk and it will sour almost immediately.

**IF TOO MUCH SALT** is used in cooking, add a little vinegar and sugar and cook again.

## HELPFUL COOKING HINTS

### Continued

**CAKE ICING**—A teaspoonful of Lion Pure Spirit Vinegar added to your cake icing will prevent it from becoming too sugary.

**FLAKY PIE CRUST**—To make pie crust flaky, add one-half teaspoon of Lion Vinegar to the water when mixing.

**STRAWBERRIES**—A teaspoonful of Lion Pure Spirit Vinegar added to each can of strawberries when cooking helps to keep their colour.

**FISH**—In baking or boiling cod, haddock, etc., and for other fish dishes, add a little Lion Pure Spirit Vinegar to improve the flavour and make the meat tender.

**CORNEB BEEF**—Add a tablespoonful of Lion Pure Spirit Vinegar to the water in which corned beef is cooked. The added tenderness will surprise you.

**WILTED VEGETABLES**—Can be freshened by placing them in water to which a little Lion Pure Spirit Vinegar has been added.

## HANDY LIST OF HOUSEHOLD WEIGHTS AND MEASURES

Accuracy of measurements is necessary for best results in food preparation. (All measurements level full).

3 teaspoonfuls . . . 1 tablespoon  
 16 tablespoonfuls (dry) 1 cupful  
 14 tablespoonfuls  
 (liquid) . . . . 1 cupful



## WEIGHTS AND MEASURES

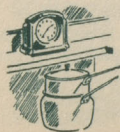
### Continued

2	cupfuls	butter, packed . . . . .	1 lb.
2	"	sugar . . . . .	1 lb.
2	"	meat finely chopped . . . . .	1 lb.
2 $\frac{2}{3}$	"	powdered sugar . . . . .	1 lb.
2 $\frac{2}{3}$	"	brown sugar . . . . .	1 lb.
2 $\frac{2}{3}$	"	oatmeal . . . . .	1 lb.
4 $\frac{3}{4}$	"	rolled oats . . . . .	1 lb.
4	"	flour . . . . .	1 lb.
9 or 10	eggs . . . . .		1 lb.
2	tablespoonfuls	butter . . . . .	1 ounce
2	tablespoonfuls	flour . . . . .	1 ounce

## TIME FOR COOKING

### VEGETABLES

Asparagus . . . . .	15 to 30 min.
Beans, shelled . . . . .	1 to 2 hrs.
Beets (Summer) . . . . .	45 to 60 min.
Beets (Winter) . . . . .	2 to 4 hrs.
Cabbage . . . . .	45 to 60 min.
Carrots . . . . .	45 to 60 min.
Cauliflower . . . . .	20 to 40 min.
Celery . . . . .	20 to 40 min.
Green Corn, boiled . . . . .	15 to 20 min.
Green Peas, boiled . . . . .	20 to 40 min.
Lima Beans . . . . .	1 to 2 hrs.
Onions . . . . .	45 to 60 min.
Parsnips . . . . .	35 to 45 min.
Potatoes, baked . . . . .	30 to 45 min.
Potatoes, boiled . . . . .	20 to 35 min.
Spinach . . . . .	20 to 35 min.
Squash . . . . .	20 to 30 min.
String Beans, boiled . . . . .	1 to 2 hrs.
Tomatoes . . . . .	15 to 20 min.
Turnips . . . . .	30 to 45 min.
Winter Vege- tables . . . . .	1 to 2 hrs.



## FOR CLEANING PURPOSES

## Continued

**Walls**—Lion Pure Spirit Vinegar works like a charm in removing dirt and smoke from walls and woodwork. Wet a flannel cloth with it and rub.

**Paint Brushes**—Hard, dry paint brushes can be cleaned by letting them simmer in Lion Pure Spirit Vinegar for about 10 minutes.

**Sponges**—Sponges which are slimy and sour should be steeped in a solution of two parts water to one part Lion Pure Spirit Vinegar, for a day, to thoroughly clean and disinfect them.

## MISCELLANEOUS USES

**Gas Mantles**—The life and light of gas mantles will be much increased if they are dipped in Lion Pure Spirit Vinegar and hung up to dry, before being used.

**To Soften Glue**—Glue, dissolved in hot Lion Pure Spirit Vinegar will keep soft if the bottle is tightly corked, except during the very coldest weather, and even then it dissolves as soon as warmed.

**Lime Deposits**—To remove lime deposits from tea kettle, boil one pint of Lion Pure Spirit Vinegar in kettle, then scrape and rinse well.

**Fruit Stains on Hands**—Washing the hands in Lion Pure Spirit Vinegar will quickly remove all fruit stains.

**For Paperhanging**—Before sizing, wash the new plaster liberally with ordinary Lion Vinegar, and after soaking in all of the vinegar possible, then proceed with sizing and papering in the regular way. The application of the vinegar will remove the fire from the new plaster, and prevent the paper peeling.

## LAUNDRY USES—Continued

**Rust Stains**—Rust stains may be removed from fabrics by rubbing with Lion Pure Spirit Vinegar and salt, then put garment in the sun.

**Shine on Clothes**—Shiny clothes will lose their polish if soaked or sponged with Lion Pure Spirit Vinegar before pressing. It will remove the shine, retain the original colour of the garment, and no odour of vinegar will remain. Diluted vinegar is also one of the best things you can use to clean blue serge. Apply it with a sponge.

**Gasoline Scent**—To remove scent of gasoline from clothes that have been cleaned, wet your pressing cloth with a mixture of about one part Lion Pure Spirit Vinegar and two parts of water.

**To Revive Colours**—A tablespoonful of Lion Pure Spirit Vinegar added to rinsing water will revive the red and pink in any cotton fabric and prevent further fading.

## FOR CLEANING PURPOSES

**Ink Remover**—Equal parts of Lion Pure Spirit Vinegar and Linseed oil, applied with a soft cloth, will remove all ink spots from varnished surfaces.

**Furniture Polish**—A brilliant polish can be given to furniture if it is wiped with a weak solution of vinegar and water before it is polished.

**Glassware**—Drinking glasses, window glass, windshields and all other articles made of glass will be made bright and shiny if a little Lion Pure Spirit Vinegar is added to the water used in washing same. Paint spots on glass can be easily removed if dabbed with hot vinegar.

**Metals**—Brass, copper and other metal vases and dishes are easily cleaned by using hot Lion Pure Spirit Vinegar and salt. Steel work can be cleaned much easier and better if first wiped over with Lion Vinegar.

## MEDICINAL USES—Continued

Lion Pure Spirit Vinegar will serve as an antidote and relieve pain caused by acid burns, lye, alkali poisoning or quicklime, by soaking the affected parts with Lion Pure Vinegar. Lion Vinegar will also help to counteract poisons taken internally, such as opium, nicotine, hemlock, colchicum and toadstools. Doses: Drink equal portions of Lion Pure Spirit Vinegar and water in large amounts.

**Sprains**—Bind the affected part with a cloth which has been soaked in Lion Pure Spirit Vinegar. Keep cloth well saturated.

**Sore Throat**—Mix a teaspoonful of salt in a glass of Lion Pure Spirit Vinegar. Use at frequent intervals as a gargle. This is a real "grandmother's remedy," and is always effective.

**Sick Room Odours**—A few drops of Lion Pure Spirit Vinegar sprinkled on a hot shovel and waved about in a sick room makes an excellent and pleasant deodorant, or set a bowl with vinegar on radiator or hot plate in the sick room.

## LAUNDRY USES

**Bluing Stains**—Bluing stains may be removed by boiling about twenty minutes, then adding a cup of Lion Pure Spirit Vinegar to bleach.

**Set Colours**—To set colours in clothes and goods of all kinds (especially blue), soak 30 minutes or longer in two cups of water, to which has been added one cup of Lion Pure Spirit Vinegar and one cup of salt.

**Stockings**—White stockings remain white if a little Lion Pure Spirit Vinegar is added to the water in which they are washed. This will also set the colour in coloured silk stockings, and will make them wear much longer and retain their lustre.

## FOR THE TOILET TABLE—Cont'd

**Greasy Hair**—Shampoo with soap and rinse in the usual manner. Then take one-half cup of Lion Pure Spirit Vinegar, pour into a wash basin full of water, and thoroughly rinse the hair with the solution. Then rinse the hair again with fresh water. You will be amazed and delighted with the result.

**Tired Feet**—To relieve tired, burning feet, soak them in hot water to which a little Lion Pure Spirit Vinegar has been added.

**Onion Breath**—After partaking of onions, eat a little fresh parsley which has been dipped in Lion Pure Spirit Vinegar, to remove the odour from breath.

**Skin Discolourations**—No discolouration will follow a knock or blow if a piece of old linen is steeped in Lion Pure Spirit Vinegar and tied over the place.

## MEDICINAL USES

**Relief for Headache**—Soak a cloth in Lion Pure Spirit Vinegar and apply to head. Rest in a quiet dark room, and keep the cloth saturated.

**Coughs**—Lion Pure Spirit Vinegar and honey, mixed in equal parts, will stop a tickling throat cough.

**Hiccough**—Lion Pure Spirit Vinegar and brown sugar, a tablespoonful at a time with a minute's interval, will stop ordinary hiccoughs.

**Muscle Soreness**—A warm bath, to which a cup of Lion Pure Spirit Vinegar has been added, takes away any stiffness caused by strenuous exercises.

**Poison Antidote**—In cases of emergency (before the doctor comes),





## HOUSEHOLD USES FOR VINEGAR



Here are a number of miscellaneous and unusual uses for vinegar that will come in handy many times in your home. Keep this book where it will always be available for quick and ready reference—and when you buy vinegar always ask for “Lion” Vinegar, in bottles or in bulk.

### FOR THE TOILET TABLE

**Oily Skin**—For an oily skin, one part of Lion Pure Spirit Vinegar to nine parts of water makes a splendid wash. Cleanse the skin first by a thorough washing with soap and water, then wash in the vinegar water and allow it to dry on. When used full strength, Lion Vinegar is splendid for healing the hands when stained or roughened by work.

**Chapped Hands**—Hands chapped from the cold, and hands that are flabby or shrivelled from washing clothes, will be quickly relieved by the use of Lion Pure Spirit Vinegar rubbed in well. You will find this remedy more efficient than any salve or lotion you can buy and much more lasting. Let it dry on the hands.

**Soft Hands**—White soft hands may be obtained by rubbing a few drops of Lion Pure Spirit Vinegar into the skin twice daily.

**Sunburn**—For sunburn on all parts of the body, soak a cloth in Lion Pure Spirit Vinegar and apply to the burned parts. It has a cooling, soothing, healing effect.

**Lustrous Hair**—Lustrous hair results from putting half a cup of Lion Pure Spirit Vinegar in the rinsing water.

# F O R E W O R D

THIS booklet of old and new recipes is presented to you with the compliments of the Lion Vinegar Company Limited, who have manufactured White, Malt and Cider Vinegars under Government supervision for over fifty years.

Arrange to try out some of these many vinegar uses in your own home and be sure you order Lion Brand Vinegar.

If more of these booklets are required for yourself or your friends, ask your grocer for additional copies, or write to:

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LION VINEGAR



*Use*



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HOUSEHOLD  
USES FOR