

SALAD SECRETS



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SALAD SECRETS

By
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Some Facts About Salads

VARIETY is the first secret in the serving of salads. Housewives should learn early to avoid serving the same salad or salad dressing too often, even though they may be great favourites. Any palate can be staled by too monotonous a diet. Considering the great number of vegetables, fruits, fowl, fish and meats that can be used as salad ingredients and the number of salad dressings that harmonize with them, variety is easy to achieve.

SALADS IDEAL FOR SUMMER DIET

Salads make an ideal, healthful summer diet. Heavier dishes are not wisely chosen in hot weather. The greens and vegetables in salads supply the roughage necessary to keep the body in good working order, and salads themselves are sufficiently light to prevent the system from becoming sluggish. Physicians of late years are insistent in their advice to the public to eat more and more salads during the warm weather months.

SALAD SECRETS



ON MIXING SALADS

Salads made from good materials can easily be spoiled in the mixing. One of the first things to remember in mixing salads is to handle them gently. They should never be put into the desired shape by heavy pressure. The correct method is to run the fork and spoon down the sides of the salad bowl, gently tossing the salad with an upward movement and letting it mix as it falls back.

Lettuce and green salads require a little different treatment from heavier salads. To get the best effects with this kind of salad, the salad oil should be put on first. The leaves should be tossed about until all are covered with a thin coating of the oil. The other ingredients should then be added and the leaves tossed again. When this thorough method of mixing is employed, only a small quantity of oil is required.

A salad a day keeps the doctor away.

Dressings and Sauces

IT IS the dressing that makes the salad, though all the other ingredients may be right. This is the unanimous opinion of famous chefs and culinary experts everywhere. The importance, then, of taking especial care with salad dressings will be appreciated by all intelligent housewives.

The French or plain dressing and the mayonnaise are in universal use throughout the civilized world. With slight variations they are more universally approved than any others. Either one of these dressings goes well with all kinds of vegetable and fruit salads. As for the sauces served with meat salads, they are usually mixed with mayonnaise for a foundation. In fact all dressings, no matter how elaborate, are merely variations of French or Mayonnaise, and the housewife who has mastered the art of mixing these two dressings is well equipped to make any kind of salad.

In preparing a dressing, no one flavour should be allowed to predominate. The ideal salad dressing is the one that has a delicate and appetising blend of the flavours of all its ingredients. Here is a real salad secret: *A Dash of KEEN'S D.S.F. MUSTARD, apart from giving a certain inimitable tang to salad dressings, blends the other seasonings into a perfect combination. It should be used in all dressings.*

No salad is complete without dressing.

No dressing is complete without Keen's Mustard.

SALADS

MAYONNAISE DRESSING (1)

Into the well-beaten yolks of 2 eggs stir 2 teaspoonfuls of Keen's Mustard, 1 teaspoonful of salt, 1 teaspoonful of powdered sugar. Add 2 tablespoonfuls of lemon juice. Add from $1\frac{1}{2}$ to 2 cups of 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.

MAYONNAISE DRESSING (2)

Have all utensils and ingredients very cold. Take 2 eggs and separate the yolks from the whites. To the yolks add 1 heaping teaspoonful of Keen's Mustard and 2 teaspoonfuls of powdered sugar, 1 teaspoonful of salt, and add a speck of cayenne or a dash of paprika. Mix all thoroughly. Take $1\frac{1}{2}$ cups of salad oil, add a little oil at a time to the above ingredients until a $\frac{1}{2}$ cup is used, beating the mixture constantly with an egg beater. Then take 2 tablespoonfuls of vinegar and 2 tablespoonfuls of lemon juice and add alternately with the rest of the oil until all is used. Continue the beating and add either the 2 stiffly beaten egg whites or $\frac{1}{2}$ cup of cream that has first been beaten stiff.

FRENCH DRESSING

Place $\frac{1}{2}$ cup of salad oil, 2 tablespoonfuls of vinegar, 1 teaspoonful of paprika, 1 teaspoonful of powdered sugar, $\frac{1}{2}$ teaspoonful of Keen's Mustard, 1 teaspoonful of salt and a dash of cayenne in a bottle or cruet. Chill and shake vigorously

just before serving. A little onion juice, garlic or Worcestershire sauce may be added if desired.

BOILED DRESSING

Into a $\frac{1}{2}$ cup of milk put 2 tablespoonfuls of sugar, 1 tablespoonful of flour, 2 teaspoonfuls of Keen's Mustard, $\frac{1}{4}$ teaspoonful of salt. Stir the mixture smooth and add to a $\frac{1}{2}$ cup of cream already heated. Cook resulting mixture over boiling water until thick, then add the beaten yolks of 2 eggs and $\frac{1}{4}$ cup of vinegar. Cook for 3 minutes more. When using dilute with whipped cream if desired.

CREAM DRESSING (1)

Heat $1\frac{1}{2}$ cups of sour cream. Blend and add to the cream 3 tablespoonfuls of flour, 4 tablespoonfuls of sugar, $\frac{1}{2}$ teaspoonful of salt, 2 teaspoonfuls of Keen's Mustard. Cook the mixture over hot water, stirring until thick. Then add 2 tablespoonfuls of lemon juice. This is especially good for a fruit salad.

CREAM DRESSING (2)

1 cup thick sour cream, 1 egg, $\frac{1}{2}$ level teaspoonful salt, dash of paprika, lemon juice or vinegar, $\frac{1}{4}$ teaspoonful mustard. Beat egg, salt, mustard and paprika together. Beat sour cream until thick and fluffy, and stir into the egg mixture. Add lemon juice or vinegar to suit taste. This is delicious when grated cheese is added just before serving. Good on lettuce or cabbage.





FRUIT SALAD DRESSING

Mix 1 teaspoonful of sugar, 1 teaspoonful of salt and $\frac{1}{4}$ teaspoonful of Keen's Mustard thoroughly and place in a saucepan or double boiler. Beat 1 egg slightly, add 1 cup of sour cream and 2 tablespoonfuls of vinegar and whip them all thoroughly with an egg beater. Place this in saucepan also, stir whole and cook until thick. Add a grain or two of cayenne. It may be thinned with whipped cream.

MILD SLAW DRESSING

Mix well together $\frac{1}{2}$ teaspoonful of Keen's Mustard, 1 scant teaspoonful of salt, one-sixteenth teaspoonful of cayenne pepper, 2 teaspoonfuls of sugar, 1 tablespoonful of cornstarch, 2 tablespoonfuls of vinegar, 10 tablespoonfuls of water and $\frac{1}{4}$ cup of cream. Cook the mixture over a slow fire, stirring until thick. Allow to stand over fire for 5 minutes more and then stir in the yolk of an egg.

RUSSIAN DRESSING

Mix 2 tablespoonfuls of thick chili sauce, 2 tablespoonfuls of tomato catsup and 2 tablespoonfuls of Worcestershire sauce together thoroughly. Then add a cup of mayonnaise or boiled dressing.

GOLDEN DRESSING

Mix $\frac{1}{4}$ cup of sugar, 2 tablespoonfuls of flour and 2 teaspoonfuls of Keen's Mustard together. Heat 1 cup of canned pineapple juice and add the mixture to it. Cook over hot water until thick, then add the beaten yolks of 2 eggs and 2 tablespoonfuls of lemon juice. Cook 3 minutes more and when cool add a cup of whipped cream.

THOUSAND ISLAND DRESSING

Mix together $\frac{1}{4}$ cup of thick chili sauce, $\frac{1}{4}$ cup of catsup, 1 tablespoonful of chopped green pepper, 3 tablespoonfuls of pimento pepper and 3 tablespoonfuls of chopped beets. To this mixture add 1 cup of mayonnaise or boiled dressing. For head lettuce salad there is no finer dressing.

TARTAR SAUCE (1)

To a cup of mayonnaise add 1 teaspoonful of chopped pickles prepared in vinegar, a small piece of caper also prepared in vinegar, a sprinkling of chopped parsley (cooked in vinegar), small cube of chive, a slice of onion, a saltspoonful of chopped chevril and fresh tarragon.

TARTAR SAUCE (2)

To $\frac{1}{2}$ cup of mayonnaise, add 1 tablespoonful chopped olives, 1 tablespoonful chopped sweet pickles, 1 tablespoonful parsley. Mix all together.

HOLLANDAISE SAUCE

Beat $\frac{1}{2}$ cup of butter to a cream, add the yolks of 3 eggs one at a time and beat well, then add 1 tablespoonful of lemon juice, $\frac{1}{2}$ teaspoonful of salt and a few grains of pepper. About 5 minutes before serving add $\frac{1}{2}$ cup of boiling water a little at a time, stirring well. Place the bowl in a saucepan of boiling water, and stir rapidly until the sauce thickens like boiled custard. Minced parsley, onion juice or grated onion may be added. The juice and grated rind of an orange added makes a pleasant addition for use with asparagus.



Salads

LETTUCE SALAD

Use only clean, crisp lettuce. It should be torn or broken if it is necessary to make the leaves smaller, as cutting wilts it. For convenience the dressing is often put on the lettuce unmixed. Mix a tablespoonful of oil with a saltspoonful of salt and a $\frac{1}{4}$ teaspoonful of Keen's Mustard. Scatter over the lettuce. Pour over 3 more table-spoonfuls of oil over the lettuce and toss the leaves about until entirely covered. Then add a tablespoonful of vinegar and mix gently, scattering a saltspoonful of fresh pepper evenly over it. Eat at once.

ENDIVE SALAD

Vegetable should be well blanched and crisp, as only the white leaves are to be eaten. Serve the same as lettuce, with French dressing. Chopped chives or a suspicion of onion gives it a very tasty flavour. A "chapon" can be used to advantage in mixing it. Any variety of endive can be used for salad purposes.

TOMATO AND LETTUCE SALAD

Arrange some lettuce leaves in a bowl. Peel and slice tomatoes and set slices on lettuce leaves. Just before serving dress with mayonnaise or French dressing. French dressing is preferable and the accepted way of serving is to put some of the salad on a plate and pour a ladleful of dressing over it.



CUCUMBER AND TOMATO SALAD

Peel and slice cucumbers and tomatoes. Arrange them in alternate layers. Use a French or mayonnaise dressing as preferred. In serving to a number of guests both dressings may be had and passed to the guests for their preference.

POTATO SALAD

Slice cold boiled potatoes into a bowl in layers with onions sliced very thin, or minced very fine, allowing 1 onion to 6 or 8 potatoes. Dress with a liberal quantity of French dressing. Chervil, tarragon or parsley can be sprinkled on top to add to its taste. This salad is good with any cold meat at any time of the year.

POTATO AND EGG SALAD

To a pint of chopped or sliced potatoes add $\frac{1}{2}$ cup of chopped cabbage and celery, a little minced pickle and parsley and 1 hard boiled egg. Serve with boiled dress-ing.





ASPARAGUS SALAD

Boil fresh asparagus, first scraping and cleaning the stalks and tying them into convenient bundles. When boiling, be sure the water comes just below the heads else they will boil to pieces. Then steam in a covered kettle, cooking the tender parts while the stem ends are boiling. Drain and put on ice. Arrange on flat plates, with the heads all turned one way. Serve with French dressing in such a manner that each stalk can be dipped before it is eaten.

CELERY AND APPLE SALAD

Cut clean, crisp stalks of celery into small pieces. Chop apples into similar bits. Have 3 cups of celery to 2 of apple. Mix the two and add mayonnaise in liberal quantities. Serve at once.

CABBAGE AND CELERY SALAD

Two-thirds cabbage chopped or shredded fine and 1/3 celery cut fine. Salt the cabbage and mix with olive oil until all is covered with a fine coating of the oil. Make a dressing of 3 eggs well beaten, 1 scant teaspoonful of Keen's Mustard and the same of salt, 1 large teaspoonful of butter, 1 teaspoonful of sugar and 1/2 cup of vinegar. Mix dressing well together and heat carefully over a boiling kettle, stirring all the time and adding pepper to taste. When it boils or thickens let cool, then spread over the cabbage and celery and mix all together.

STRING BEAN SALAD

String a quart of beans and boil until tender in salted water, drain, cool, and put on ice. Arrange on a dish in a pile with the ends all the same way. Do not break the beans, but keep them whole if possible. Serve very cold, with French or mayonnaise dressing. Any minced salad herb sprinkled on top will give a touch of variety to the flavour.

MIXED FRUIT SALAD

The quantity given here is sufficient for 8 persons. Take 8 oranges, 1 banana, 1/2 lb. candied cherries, 1/2 can peaches, 1/2 can pears, one-sixth can pineapple. Cut all the fruit into chunks, having first removed the skin and the white pulp from the oranges. Have a dressing of 1/2 cup of mayonnaise made with the yolks of 2 eggs only, and enough oil to complete the half-cupful. Just before the salad is wanted mix the mayonnaise with 1 1/2 pints of whipped cream, pour over the salad and gently mix just before serving.

FRENCH FRUIT SALAD

Blanch the meat of a dozen English walnuts. Skin and seed about 2 dozen white grapes. Slice 3 bananas and divide 2 oranges into lobes, cutting each lobe into 3 pieces. Mix all together, spread on lettuce leaves, and serve with mayonnaise dressing.

VERONA SALAD

Take several slices of fresh or canned pineapple. Spread with soft cream cheese. Sprinkle with chopped English walnuts. Put a spoonful of mayonnaise in the centre of each.

GRAPE FRUIT SALAD

Peel a grape fruit and divide in sections. Split the membrane and carefully extract the pulp dividing into little natural sections that will hold the juice, breaking them as little as possible. Put the tender leaves of 2 small or 1 large head of lettuce in a salad bowl and mingle with the prepared grape fruit. Sprinkle with salt and set in a cold place. When ready to serve, cover with mayonnaise dressing, mixing all well together just before serving.

SALADS

CHICKEN SALAD

Boil chicken until tender and then let it remain in broth until quite cold. When cold and well drained, pick the white meat from the bones, carefully rejecting all pieces of skin and small bones. Cut into pieces about half an inch square. Sprinkle with fine salt and put on ice. Cut celery into pieces about $\frac{1}{4}$ inch thick. Have $\frac{2}{3}$ chicken meat and $\frac{1}{3}$ celery. When ready to serve mix with a liberal allowance of mild mayonnaise.

LOBSTER SALAD

Pick the meat of a lobster from the shell, carefully avoiding any small pieces of shell. Cut up into $\frac{1}{2}$ inch bits, sprinkle lightly with fine salt and, when ready to serve, mix with a little more than its own bulk of crisp lettuce torn into convenient size pieces. Pour over the whole a mayonnaise dressing made strong with Keen's Mustard. Hard boiled eggs harmonize with the taste and can be used to swell the bulk of the salad. If a more acid flavour is desired the lettuce can be sprinkled with lemon juice.

EGG SALAD

(1) Boil the eggs 15 or 20 minutes and let them get perfectly cold before cutting. Slice them over crisp lettuce, sprinkle lightly with salt and serve with French dressing.

(2) Cut the eggs in two, lengthwise, remove the yolks. Mix yolks with 1 teaspoonful of mustard, 1 teaspoonful of melted butter to every 5 or 6 yolks, salt and pepper to taste. Fill space in the white of egg again with the above combination and lay on lettuce, then drop salad dressing on and around each egg.

SALMON SALAD

Tinned salmon, properly chilled, can be used. Place some lettuce leaves in a salad bowl and arrange the salmon on them, being careful not to break the fish up too much. Cover with a firm mayonnaise.

SARDINE SALAD

Can be made with either lettuce or celery. To 1 small box of sardines, 2 good stalks of celery or an equal quantity of lettuce is about the right proportion. Serve with mayonnaise or French dressing and garnish with pieces of hard boiled egg.

ANCHOVY SALAD

Cut some celery stalks into small pieces and mix with bottled anchovies. A dozen anchovies will suffice. Cut up hard boiled eggs and mix with celery and fish, nearly as much egg as fish. (Other vegetables, cold boiled potatoes, sliced raw onions, etc., are often added). Serve with French dressing flavoured with onion juice. Tartar sauce is an alternative dressing.



SALAD SECRETS

EGG AND CREAM CHEESE SALAD

Take the yolks of hard boiled eggs and rub to a paste with an equal quantity of cream cheese. Season with salt and paprika and make into egg-shaped balls. Arrange lettuce on a dish and shred the whites of the eggs as fine as possible, make a nest of them upon the lettuce and place the cheese balls in it. About 10 minutes before serving pour over it a white mayonnaise dressing.

HAMBURG SALAD

Divide a plain potato or other vegetable salad, dressed with plenty of French dressing in the usual way. Put half the vegetable salad in the bottom of the salad bowl. On it put $\frac{1}{2}$ pound or more, according to size of salad desired, of tender raw beef that has been chopped fine and highly seasoned with salt, onion juice, cayenne pepper and mustard. Put the rest of the vegetable salad on the beef. Just before serving mix all together.

COLUMBUS SALAD

Have as many hard boiled eggs as are needed. Cut them in halves and remove the yolks, being careful to preserve the whites so that they may be fitted together again. Mix the yolks with mayonnaise dressing, chicken or ham, adding a little lemon juice, butter, salt and pepper. Fill the hollows in the whites with the mixture and re-unite the halves, making them look like whole eggs. Cut a little piece from one end of each egg so that it will stand on end, a la Columbus, and arrange them on endive or lettuce, serving with any dressing liked.

OYSTER SALAD

Scald the oysters lightly in their own liquor only long enough to make them plump and frilled. Let them drain and cool. When ready to serve, mix them with mayonnaise, French dressing or Tartar sauce. Lay each portion on plates of lettuce.

VEAL SALAD

Take veal well and thoroughly done and reject all pieces of gristle as well as hard portions. Mix with an equal amount of white cabbage, chopped fine. Cover the whole with mayonnaise and mix thoroughly.

HALIBUT SALAD

This popular fish salad is made with a boiled halibut, added to one half its bulk of lettuce or celery. French dressing flavoured with onion juice goes well with it, as does Hollandaise sauce.

SUPREME SALAD

This salad is made by cutting cold roast game, roast goose or any other domestic fowl into small dice and mixing with an equal quantity of cold boiled potatoes cut up in the same way. These are arranged in layers, sprinkled with pepper, salt and finely minced chives, and over all is poured a dressing made of equal parts of oil and vinegar with Keen's Mustard to suit the taste. The salad should be allowed to stand to absorb the dressing before being served.

BIRD'S NEST SALAD

Take cream cheese and mould into egg shaped balls with the smooth side of a butter pat or wooden knife. Have them about the size of a robin's or pigeon's egg. Arrange from 3 to 5 in nest made from shredded lettuce of the centre leaves of head lettuce, arranged like a cup and trimmed to look like a bird's nest. Serve with mayonnaise or French dressing.

MOCK CRAB SALAD

Take 3 parsnips and 1 onion. Run the parsnips through the meat chopper. Cut the onion fine and mix with the parsnips. Mix well with mayonnaise dressing.

MUSCOVITE SALAD

Arrange a bed of torn lettuce in a salad bowl. Peel 4 tomatoes of medium size, cut fine and mix with 6 sardines chopped up after the skin and bones have been removed. Place on the lettuce and serve with mayonnaise or French dressing.

WALNUT SALAD

Scald the meat of $\frac{1}{2}$ pound of English walnuts and remove the skins. Skin and cut into small cubes 2 eating apples. Mix the two thoroughly and place on lettuce leaves. Make a dressing from 1 tablespoonful of sweet cream, 1 tablespoonful of sugar and $\frac{1}{4}$ teaspoonful of Keen's Mustard and pour over whole.

SALADS

POINSETTIA SALAD

Soak 2 tablespoonfuls of gelatine in $\frac{3}{4}$ cupful of cold water. Pour over it 1 cup of boiling water. Add $\frac{1}{4}$ cup of vinegar, the juice of 1 lemon, one-third cup of sugar and $\frac{1}{2}$ teaspoonful of salt. Set aside to cool. While cooling, pare and cut rather fine 1 large apple or 2 small ones, enough to fill a cup. Cut fine 4 canned pimientos and have ready 1 cup of chopped pecan nuts. Add the apple, pimiento and nuts to the gelatine mixture when it is cool and pour into a ring-mould. Set in the ice-box. When firm, turn out, fill the centre with mayonnaise and lay pieces of pimiento on top to represent a poinsettia. Surround with lettuce leaves.

LOS ANGELES FRUIT SALAD

Peel and dice 4 apples. Cut 1 lb. of white grapes in two, seed, and add to apples. Cut a little celery fine and add in. Mix in 1 cup of chopped nuts. Add and mix in thoroughly 4 tablespoonfuls of mayonnaise. Serve on leaves of lettuce.

HOSPITALITY SALAD

Arrange nests of lettuce leaves on individual plates. Cut firm, medium-sized tomatoes lengthwise into sixths. Place 3 of these with ends touching on a bed of lettuce. Heap centre with well-drained canned pineapple, garnish with mayonnaise and top with a ball of cream cheese sprinkled with paprika.

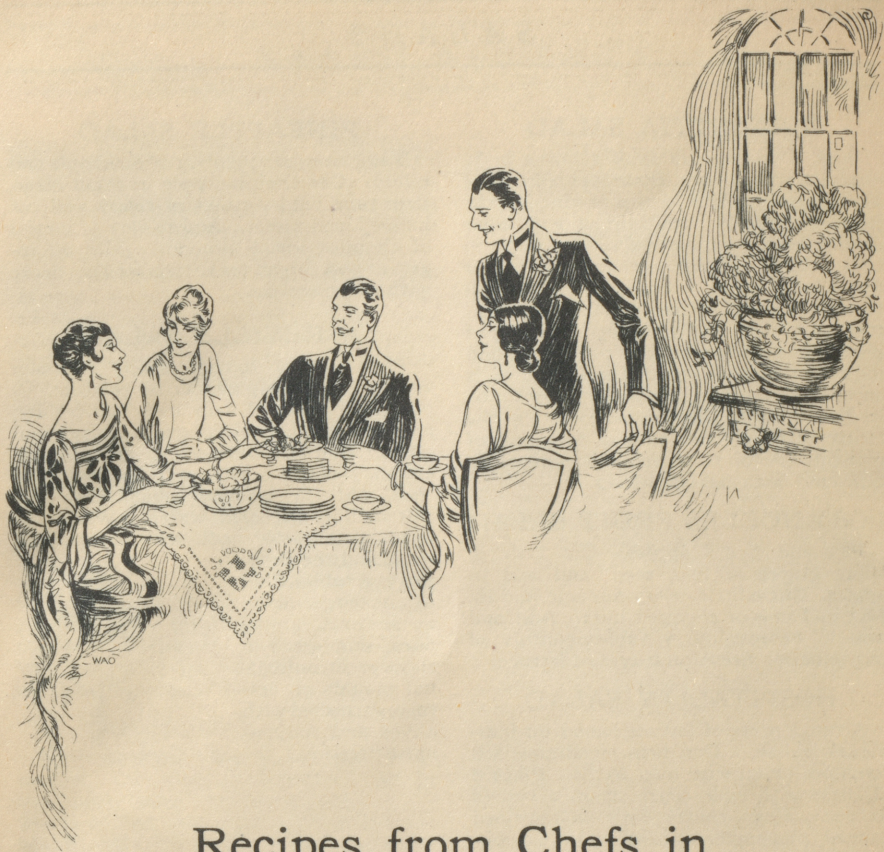
PINEAPPLE SALAD

Take an equal quantity of pineapple and celery. Cut the pineapple in small dices, then take tender stalks of celery and cut into $\frac{1}{2}$ inch pieces. Add to this $\frac{3}{4}$ cupful of chopped sweet almonds. Mix all together and spread on lettuce leaves. Serve with mayonnaise.

ASHEVILLE SALAD

Take 1 cup tomato soup, 3 cream cheeses, 2 tablespoonfuls of gelatine, $\frac{1}{2}$ cup cold water, 1 cup mayonnaise, $1\frac{1}{2}$ cups of chopped celery, green pepper and onion. Boil the tomato soup and add the cream cheeses. Stir until smooth and then add the gelatine which has been softened in the cold water. When the mixture is partly cool, add the mayonnaise and the chopped vegetables. Chill in one large mould or several small ones, and serve in slices or in individual moulds on lettuce, garnished with olives and mayonnaise dressing.





Recipes from Chefs in Canadian Hotels

OFTEN when a housewife tastes an hotel salad she marvels at its exquisite flavour and general superiority. She wonders why she has not been able to achieve a similar effect with her own salads. She forgets for the moment that the chef is a professional; and that he has served long years of apprenticeship as a salad mixer. Rome was not built in a day—and the art of salad mixing is hardly acquired overnight.

Famous chefs have their own ideas about mixing salads. When they prepare a salad, they bring a great deal of technical knowledge and a native genius for cookery into play. They have done a lot of experimenting before finding a recipe that completely satisfies their keen, trained tastes.

Recipes for salads and savouries listed here are contributions from famous chefs who supervise the preparation of food in some of the finest hotels in Canada.

*In the kitchen and on the table
—Keen's D.S.F. Mustard is in the best hotels.*

CHEF'S RECIPES

Recipes supplied by Charles Schneider, Chef de Cuisine, Ritz-Carlton Hotel, Montreal.

LOBSTER THERMIDOR

Have a good sized lobster cooked, cut in two. Split, remove the meat. Place in saute pan with a little butter. After 10 minutes, add some cream sauce and some cream reduced to half the volume. Add a little Parmesan cheese, freshly grated, a pinch of salt, cayenne pepper, and a spoonful of Keen's D.S.F. Mustard diluted with a little cream. Have the lobster shell ready on a plate. Fill it up with this preparation and spread over it some Parmesan cheese. Bake it in a hot oven and serve very hot.

TOMATOES A LA RITZ

Parboil, skin and hollow out tomato. Stuff with freshly grated horseradish, whipped cream and a pinch of Keen's D.S.F. Mustard, salt and pepper. Mix well. Garnish with red pepper cut in dices and serve on leaf of lettuce.

Recipes supplied by Louis Baltera, Chef de Cuisine, Chateau Frontenac, Quebec City.

HORS D'OEUVRES OR SALAD

Pickled Onions a l'Espagnole: bake 3 Spanish onions, peel and put into a stone jar. Make the following dressing:—2 teaspoonfuls of Keen's D.S.F. Mustard, $\frac{1}{4}$ cup of wine vinegar, $\frac{3}{4}$ cup of olive oil, 2 teaspoonfuls of salt, 1 chopped egg, 3 teaspoonfuls of chopped pickles, 1 teaspoonful of parsley. Mix well together, pour the sauce over the onions, and let pickle for 24 hours. Serve on Ravier dish with lettuce leaves. Place strips of pimento on top.

CELERY ROOTS—KEEN

Peel and slice celery roots very thin. If preferred, Julienne. They may also be blanched before seasoning. Season with oil, vinegar, salt, pepper, Keen's D.S.F. Mustard, a little chopped chervil and tarragon. Mix well and serve on a Ravier dish with lettuce leaves.

Recipes supplied by A. Gois, Chef de Cuisine, Windsor Hotel, Montreal.

BROILED FILET OF SOLE

Dip filet in melted butter and bread slightly, then broil on quick fire. Make a sauce from 2 ozs. of butter mixed with 1

oz. of Keen's D.S.F. Mustard, juice of lemon, 1 teaspoonful of Glace de Viande and Fines Herbes. Season to taste and serve very hot. Serve half of the sauce on fillet and half in sauce boat.

SALAD GOURMET

Place some cooked artichoke bottoms and asparagus tips decorated with sweet red pepper on a crisp leaf of lettuce. Make a French Dressing with Keen's D.S.F. Mustard and add to it some chopped egg yolks and chopped green pepper. Sprinkle this sauce freely on the salad when ready to serve.

This Recipe supplied by Raoul Pimont, Chef, Royal Connaught Hotel, Hamilton, Ont.

FISH SALAD

This salad can be made with cold boiled salmon or any other fish. Shred it into small pieces. Put in a bowl some Keen's D.S.F. Mustard, salt, pepper, oil and vinegar and stir it well. Add the fish. Dress it dome shape, cover with mayonnaise, smooth it nicely, strew a few capers on top. Around the edge arrange some white lettuce leaves, hard boiled eggs cut in 8 parts, and on the summit stand a fine stoned olive.

Recipe supplied by L. Schickele, Chef de Cuisine, Royal Alexander Hotel, Winnipeg.

BENGALESE DRESSING

Mix well together the yolk of a hard-boiled egg, some Keen's D.S.F. Mustard, a little Tobasco Sauce, Bengal Chutney, ground Black Pepper, Tarragon Vinegar, Worcester Sauce, Paprika, Chopped Tarragon, and dilute with Double Cream.

This dressing is especially recommended for use in all green salads. It is popular with people who prefer a dressing without oil.

Recipe supplied by Maurice Aquarone, Chef de Cuisine, Prince George Hotel, Toronto.

ROQUEFORT CHEESE DRESSING

Mash 3 ozs. of Roquefort Cheese with a fork and place in a bowl. Add 1 teaspoonful of salt, 1 teaspoonful of Keen's D.S.F. Mustard, $\frac{1}{4}$ teaspoonful of paprika, and 4 tablespoonfuls of vinegar. Beat this mixture well, slowly adding 1 cup of olive oil. Complete with a dash of Worcester Sauce. Serve with salads.



Savouries

SAVOURIES are hardly more than tid-bits.

Their excellence depends largely on their flavour and tastiness. They are suitable for light luncheons and suppers. Quite often they are made from left-overs. But they can be made extremely appetising and delectable.

Considering that savouries are very often made from scraps, a palatable flavour is most important in their preparation. A flavour that increases the flow of digestive juices and makes digestion easy is much to be desired.

KEEN'S D.S.F. MUSTARD is indispensable in the making of savouries. Made from rare mustard seed grown in the Lincolnshire fields of England, its flavour is inimitable. It is pungent and, at the same time, subtle. It gives exactly the right amount of zest to meats, fish, eggs, cheese and vegetables—and it accentuates and develops their latent flavours. The best cooks all over the world use it in the preparation of their most famous dishes.

*Monday's left overs are Tuesday's favourite dishes
—with Keen's D.S.F. Mustard.*

SAVOURIES

WELSH RAREBIT

Cook 1 lb. of soft cheese in a chafing dish and add 2 tablespoonfuls of melted butter. Then add, in the order named, $\frac{1}{2}$ teaspoonful of salt, $\frac{1}{4}$ teaspoonful of Keen's Mustard, 1 tablespoonful of Worcester sauce and $\frac{1}{4}$ cup of milk. When smooth and creamy serve on hot crackers or toasted bread.

ITALIAN RAREBIT

Use left over meat, small onion, 2 branches celery, small cucumber, 2 hard boiled eggs, a few radishes. Chop all very fine and mix well together. Sprinkle with 2 teaspoonfuls of Keen's Mustard, pepper and salt to taste. Eat with ordinary bread and butter, toast or crackers.

HAM PIQUANT

Mix 1 tablespoonful of Keen's Mustard, $\frac{1}{4}$ teaspoonful of black pepper and a dash of cayenne with enough milk to form a thick paste. Spread this mixture on 1 lb. of thinly sliced cooked ham. Take $\frac{3}{4}$ of a cup of grated Parmesan cheese and sprinkle each slice with it. Stack the meat in the shape of a brick and tie with string. Bake for 30 minutes in a moderate oven, basting occasionally with the ham fat as it runs out into the pan. When cold remove the string and cut in slices downward through the layers.

DEVILLED TOMATOES

Cut 3 large tomatoes in halves. Mix into a paste 2 tablespoonfuls of butter, 1 egg yolk, 1 teaspoonful of Keen's Mustard, 1 tablespoonful of vinegar, $\frac{1}{4}$ teaspoonful of salt and a few grains of pepper. Spread the paste over the cut surface of the tomatoes and bake for half an hour in a moderate oven.

DEVILLED SCALLOPS

Parboil 3 cups of scallops 5 minutes. Chop them up fine. Mix 1 tablespoonful of tomato catsup or chili sauce with $\frac{1}{2}$ teaspoonful of salt, 1 teaspoonful of Keen's Mustard, a few grains of pepper and the juice of half a lemon. Add the mixture to the scallops and serve on small pieces of toast.

CHICKEN GIBLETS

Dredge 3 lbs. of chicken giblets with 2 tablespoonfuls of flour mixed with 1 teaspoonful of salt and a few grains of pepper, and brown them in a heavy iron pan. Fry 3 large sliced onions in oil or drippings (3 tablespoonfuls), and add 1 tablespoonful of Keen's Mustard, 1 teaspoonful of celery seed, 1 cup of strained tomatoes, 2 teaspoonfuls of salt and 1 tablespoonful of Worcestershire sauce. Pour this sauce over the giblets and simmer 3 hours or more.



SALAD SECRETS

SAVORY BAKED HAM

Make a paste of 2, tablespoonfuls of Keen's Mustard and 2 tablespoonfuls of water. Rub the paste on both sides of a slice of ham, about 1 inch thick. Place the ham in a baking dish, add milk almost to cover and bake in a moderate oven until milk is absorbed and the top of the ham is nicely browned. This requires about 45 minutes.

BAKED EGGS AU GRATIN

Make a white sauce of 3 tablespoonfuls of flour, 2 cups of milk, 3 tablespoonfuls of butter, 1 teaspoonful of Keen's Mustard, $\frac{1}{2}$ teaspoonful of salt and one-sixteenth of a teaspoonful of pepper. Cut 6 hard boiled eggs in half and place on a shallow baking dish. Cover with white sauce and sprinkle with $\frac{1}{2}$ cup of grated cheese and 1 cup of buttered bread crumbs.

SHEPHERD'S PIE

Take the odds and ends of left over meat and cut into small slices. Fry a finely chopped onion in butter, add some peppers and the meat, and stir for 2 minutes. Season with salt and pepper. Cover with broth and let boil for 15 minutes, then add 1 teaspoonful of Keen's mustard. Put the mixture in a deep dish, cover with mashed potatoes and bake in oven until brown.

DEVILLED EGGS

Serve according to the number of eggs used. Boil the eggs hard and cut them in half. Remove the yolks and mash them with a fork. Add salt to taste, a dash of cayenne and enough Keen's Mustard and water to form a paste. Fill the whites of the eggs with this mixture and serve on a bed of lettuce.

MEAT LOAF

Take $1\frac{1}{2}$ lbs. of beef, cut from bones and put through meat chopper. Add 2 beaten eggs, pepper and salt to taste; 1 medium sized onion, cut into small pieces; 1 teaspoonful of Keen's Mustard; 1 cup of cooked potatoes mashed; butter the size of an egg and $\frac{1}{2}$ cup of water. Mix all well together and put in an oblong pan. Bake for half an hour.

CHEESE PUDDING

Mix together 2 cups of bread crumbs, 1 large cup of grated cheese, $\frac{1}{2}$ cup of milk, $\frac{1}{2}$ teaspoonful of Keen's Mustard and 1 teaspoonful of salt. Bake to a light brown colour in a quick oven for 20 or 30 minutes.

HOT CHEESE DREAMS

Mix into a smooth paste: $\frac{1}{2}$ lb. Canadian cheese or $1\frac{1}{2}$ cups of grated cheese, 1 tablespoonful of melted butter, $\frac{1}{2}$ cup of milk, $\frac{1}{2}$ teaspoonful of Keen's Mustard, $\frac{1}{4}$ teaspoonful of paprika, 1 teaspoonful of salt, and 1 egg. Use as sandwich filling between slices of toast or eat with biscuits.

MOCK PATE DE FOIS GRAS

Cook a calf's liver (20 ounces) until very tender and grind in a meat cutter. Moisten with 2 tablespoonfuls of melted butter. Work into a paste with the following seasonings: $\frac{1}{4}$ teaspoonful of black or white pepper, few grains of cayenne, $\frac{1}{4}$ teaspoonful of ground nutmeg, $1\frac{1}{2}$ teaspoonfuls of Keen's Mustard, $\frac{3}{4}$ teaspoonful of salt, 3 tablespoonfuls of water in which a minced onion has been boiled, $\frac{1}{4}$ cup liquor from boiling calf's liver. Pack in buttered jars and cover with melted butter. For use as sandwich filling or to be eaten with crackers.

BAKED MUSHROOMS WITH MUSTARD SAUCE

Peel some large size mushrooms and cut off the stems. Butter a shallow baking dish and place a layer of mushrooms (stems upward) in it. Make a thin paste of Keen's D.S.F. Mustard and cold water and mix it with melted butter. Into each mushroom pour a few drops of the mixture. Cover the dish tightly and bake in a quick oven till the mushrooms are tender. This should take about 20 minutes. Remove the cover from dish and pour melted butter over the contents. Serve very hot.

DEVILLED BEEF BONES

Take the bones left from a roast of beef and cut in two or three pieces. Pass them through melted butter and then with the flat of a knife spread on all sides with a paste made from Keen's D.S.F. Mustard, and water. Roll them in bread crumbs and broil slowly. Serve a brown sauce separately, made with a little mustard.



Pickles

THE practice of putting down her own pickles has always been popular with the careful, efficient housewife. She is sure, then, that the vegetables and fruits used are to her liking. She can put down the exact quantity she wants, and can obtain the flavour desired. She knows, too, that the ingredients are in the proportions that please her best.

Housewives have found that **KEEN'S D.S.F. MUSTARD** is invaluable in making their pickles flavourful. To Mustard Pickles, Chutney, Piccalilli, Chili Sauce, Tomato Pickle, Chow Chow, Dixie Relish, etc., a subtle, pungent, appetising tang is imparted by this rare English Mustard.

Because it is a great aid to digestion and because it gives real zest to pickles, **KEEN'S D.S.F. MUSTARD** has no equal as a pickle condiment. Instructions for its use in the preparation of pickles will be found in the following recipes.

*All Pickles are good
Mustard pickles are better
Keen's D.S.F. Mustard makes them best.*

SALAD SECRETS



UXBRIDGE MUSTARD PICKLE

Slice 1 quart of large cucumbers. Halve 1 quart of tiny green tomatoes. Quarter 1 quart of large green tomatoes. Separate 2 large heads of cauliflower into flowerets and cut 8 seeded green peppers into small dice. Place them all together in a large kettle. Pour a gallon of scalding hot vinegar over them and allow the mixture to come to a good boil. Mix $\frac{1}{2}$ cup of salt with 3 cups of sugar, 1 ounce of turmeric, $\frac{1}{2}$ pound of Keen's Mustard and $1\frac{1}{2}$ cups of flour. Moisten with a little cold vinegar. Then stir into the hot mixture carefully so that it will not lump and add 1 quart of large cucumbers and 1 quart of tiny cucumbers. Let come to a boil, stirring constantly. Bottle hot in warm sterilized jars.

DUTCH PICKLE

Mix together $\frac{1}{2}$ gallon of sliced cucumbers, $\frac{1}{2}$ gallon of sliced green tomatoes, $\frac{1}{2}$ gallon of small onions, 1 large shredded cabbage, 2 cauliflowers separated into flowerets, 18 diced red peppers. Do not cut the vegetables too fine. Cook this mixture in weak salt water and strain through a colander. Place 2 cups of flour, 6 cups granulated sugar, 10 cents worth turmeric powder in a kettle and mix with 3 quarts of white wine vinegar. Keep stirring to avoid having mixture become lumpy. Transfer to a saucepan and heat slowly until it thickens. Add vegetables and cook 10 minutes. Bottle in sterilized jars and seal tightly.

PICCALILLI

Chop up 2 quarts of red tomatoes, $\frac{1}{2}$ peck of green tomatoes, 1 head of cabbage, 15 white onions, 10 large green cucumbers, and place in layers in a porcelain dish, a layer of salt between the vegetables. Let

stand over night, then drain, discarding the liquid.

Heat 3 quarts of cider vinegar, 4 lbs. of brown sugar, $\frac{1}{4}$ cup black pepper seed, 1 ounce celery seed, $\frac{1}{4}$ lb. of mustard seed and one-eighth cup turmeric together. Pour over the vegetables and let stand 48 hours. Drain off liquor, and add $\frac{1}{2}$ lb. Keen's Mustard mixed with 1 cup olive oil and 1 quart vinegar, and pour over vegetables. Pack in sterilized jars.

DIXIE RELISH

Soak 1 pint of chopped sweet red pepper and 1 pint of chopped sweet green pepper in brine for 24 hours. Freshen in cold water for 1 hour. Drain well, remove seeds and coarse white sections. Chop separately and measure 1 quart of chopped cabbage, 1 pint of chopped onion and the pepper. Mix them. Add 1 quart of cider vinegar, 4 tablespoonfuls of salt, 4 tablespoonfuls of Keen's Mustard, 1 tablespoonful of celery seed (crushed) and $\frac{3}{4}$ cupful of sugar. Let stand over night in a covered enamel pan. Pack in sterilized jars, pressing the relish down well and getting bubbles out. Process for 15 minutes in water bath 181 degrees Fahrenheit.

MUSTARD PICKLE

Soak over night in brine a mixture containing 1 pint small cucumbers, 1 pint large cucumbers, 1 pint pickling onions, 1 cup string beans cut diagonally in 1 inch pieces, 1 pint cauliflower cut into small pieces, 3 chopped red peppers, 3 chopped green peppers, 1 cup small or sliced carrots, 1 pint small green tomatoes cut in halves or quarters. Drain them and soak them in water for 3 hours. Mix a sufficient amount of vinegar and water in equal quantities to cover the vegetables. Allow them to stand in this vinegar for an hour and then scald them in it.

Mix $1\frac{1}{4}$ cups of white sugar, 4 tablespoonfuls of flour, 1 teaspoonful of turmeric, 1 teaspoonful of celery salt and 4 tablespoonfuls of Keen's Mustard. Add 3 pints of hot vinegar slowly, stirring it to make a smooth paste. Cook the mixture over a pan of hot water until the sauce thickens. Drain the vegetables slowly and thoroughly. Pour the mustard dressing over them while they are hot, and simmer them for 5 minutes. Pack the pickles into hot clean jars and seal.

PICKLES

GREEN TOMATO PICKLE

Wash 5 lbs. of small green tomatoes but do not peel them. Slice them. Mix 3 lbs. of white sugar with 1 tablespoonful of stick cinnamon, 3 teaspoonfuls of whole cloves, 1 teaspoonful of allspice (whole), $1\frac{1}{2}$ tablespoonfuls of Keen's Mustard and 1 quart of vinegar. Bring the mixture to the boiling point and pour it over the tomatoes. Let them stand over night. Drain off the mixture and cook it until it coats the spoon. Add the tomatoes and cook them until they are clear. Seal them in sterilized jars.

APPLE CHUTNEY

Soak 2 lbs. of white onions in brine over night. Drain them and put them through the food chopper. Pare 4 lbs. of sour apples and put them through the food chopper. Combine 2 lbs. of seedless raisins with the apples. Pour 1 pint of cider vinegar over them and let them stand over night. Add the onions and 1 lb. of celery, 4 large red peppers, $1\frac{1}{2}$ lbs. of sugar, 2 tablespoonfuls of Keen's Mustard, 2 teaspoonfuls of salt, 1 teaspoonful of turmeric, and 3 pints of cider vinegar. Cook the mixture until the vegetables are clear and tender. Seal it 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 tablespoonfuls of sugar, 4 teaspoonfuls of salt, 1 tablespoonful of ground allspice, 1 large stick of cinnamon, $1\frac{1}{4}$ teaspoonfuls of Keen's Mustard and 1 quart of vinegar. Pour this over the vegetables. Cook the mixture until it is thick. Seal in sterilized bottles or jars.

CHOW CHOW

Peel 1 pint of small onions and cook 10 minutes in boiling water. Separate 1 large cauliflower into flowerets and soak in salted water for $\frac{1}{2}$ hour. Place the cauliflower in a bowl with 6 green peppers and 2 red peppers chopped. Place the onions in a separate bowl. Boil 1 cup of salt in 3 quarts of water for 10 minutes. Skim and pour over the vegetables in the two bowls and let stand over night. Pour off the brine and put the vegetables together in a preserving kettle. Mix 2 tablespoonfuls of Keen's Mustard with 1 tablespoon-

ful of turmeric in $\frac{1}{2}$ cup of water and pour over the vegetables. Add 1 quart of vinegar and heat to the boiling point. Simmer 1 hour, then seal in sterilized jars.

CUCUMBER PICKLE

Peel 6 large ripe cucumbers, remove seeds and cut into $\frac{1}{2}$ inch cubes. Add 3 large onions, cut into small pieces. Sprinkle with salt, let stand over night and drain. Put vegetables in a kettle with sufficient vinegar to cover them.

Mix 2 teaspoonfuls of Keen's Mustard, 2 teaspoonfuls turmeric, 1 tablespoonful of flour, 1 teaspoonful of white pepper, 2 cups of brown sugar, $\frac{1}{2}$ cup of vinegar. Stir this dressing in with the vegetables and boil for $\frac{1}{2}$ hour. Bottle in sterilized glass jars.

PICKLED BEANS

String a quarter of a peck of tender green beans, throw them into a kettle of boiling water, add 1 teaspoonful salt and boil 25 minutes. When done drain in a colander, let stand until cold, then put into jars. Sprinkle lightly with cayenne, add one tablespoonful of Keen's Mustard, 1 tablespoonful chopped horseradish and cover the whole with strong cider vinegar.

PICKLED ONIONS

Skin $\frac{1}{2}$ peck of silver skin onions and sprinkle a cup of salt over them. Leave for 2 hours and pour off the brine, then pack in bottles. Pour on some sharp cold vinegar with a teaspoonful of Keen's Mustard mixed in, along with 3 tablespoonfuls of whole spices. Seal and put away for a few weeks before using.





Sandwich Recipes

NOWHERE are sandwiches so popular as in Canada. They are served on almost all occasions: for luncheon, tea, or late supper, and at any time during the day when a snack is in order.

All kinds of bread are now used in preparing sandwiches: white, whole wheat, rye, graham, etc. If desired the bread may be toasted. Double and triple deck sandwiches have come into being. Everything from hot meats to cold salads are used as filling. There are sandwiches like the Club, a veritable meal in itself, and those like combined cheese and olive—dainty morsels for afternoon tea. In the following pages the housewife will find a variety of sandwiches for every occasion. But in them all **KEEN'S D.S.F. MUSTARD** is used to give them zest and piquancy. It brings out the hidden flavours in fish, meat, cheese and vegetables. No other mustard has the same effect. It makes sandwiches distinctly appetising and pleasing.

Keen's D.S.F. Mustard makes the distinctive sandwich.

SANDWICHES

OLIVE AND NUT SANDWICHES

Chop fine an equal number of olives and nuts and mix with them a good mayonnaise made with Keen's Mustard. Spread on a lettuce leaf and place between slices of well buttered bread.

CUCUMBER SANDWICHES

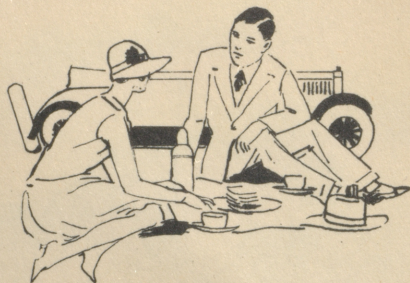
Butter some very thinly sliced bread. Then, with an inverted wine glass, cut out rings of the bread a little larger than the cucumber slices. Soak the sliced cucumbers for a few minutes in a mixture of oil, vinegar and a pinch of Keen's Mustard and salt and pepper them. Place them between slices of the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

CLUB SANDWICH

Mix 1 saltspoonful of Keen's Mustard with a teaspoonful of fresh butter and use to butter 2 slices of toast. Place 4 slices of chicken on toast, a leaf of lettuce, 2 strips of broiled bacon, several slices of tomatoes. Have them arranged in layers. Soak with mayonnaise and season to taste.

PEANUT BUTTER SANDWICH

Beat together $\frac{1}{2}$ cup of peanut butter, $\frac{1}{2}$ cup of chopped pickle, 1 teaspoonful of Keen's Mustard, $\frac{1}{4}$ teaspoonful of salt, 3 tablespoonfuls of hot water. When light, spread between slices of white or whole wheat bread.



FOIE GRAS SANDWICH

Make sandwich filling according to the recipe for Mock Pate de Foie Gras (see section on savouries). Use between slices of thinly cut white bread.

TOASTED CHEESE SANDWICH

Prepare a filling as for Hot Cheese Dreams (see section on savouries). Place between slices of toasted bread.

CHEESE AND NUT SANDWICH

Make a filling by mixing equal parts of cream cheese and pecan nut meats. In enough sweet cream to soften the mixture, add 1 saltspoonful of Keen's Mustard, one-third teaspoonful salt, and pepper to taste. Mix together thoroughly and spread between slices of buttered bread.

TUNA FISH SANDWICH

Place 2 tablespoonfuls of tuna fish in a mixing bowl and rub with the back of a spoon until smooth. Add $\frac{1}{4}$ cupful of finely chopped celery, a few chopped olives and nuts. Make a dressing with 2 tablespoonfuls sweet cream, $\frac{1}{2}$ teaspoonful of sugar, one-third teaspoonful Keen's Mustard. Cover with dressing and spread on buttered bread.

CORNED BEEF SANDWICH

Chop the meat from 1 small can of corned beef fine, and add a large pickle also minced fine. Add a saltspoonful of Keen's Mustard and a lump of butter melted. Add enough water to mix well and cook over fire about 5 minutes. Add pepper to taste while cooking. Allow filling to cool, before spreading on buttered bread.

SALAD SECRETS



HAM SANDWICH (Minced)

Grind 2 thin slices of cold boiled ham together with 6 sweet pickles, $\frac{1}{4}$ lb. cream cheese, a few English walnuts. Mix one-third of a teaspoonful of Keen's Mustard in some cold water and apply to mixture. Spread mixture between layers of buttered bread.

LETTUCE AND TOMATO SANDWICH

Arrange lettuce leaves and slices of tomato on buttered bread. Cover with mayonnaise made with Keen's Mustard. Salt and pepper tomato if desired.

CREAM CHEESE AND PIMENTO

Moisten cream cheese containing pimentos with a dressing made from sweet cream and Keen's Mustard. Spread on slices of buttered bread.

PLAIN HAM SANDWICH

Place several slices of cold boiled ham on buttered bread. Moisten with paste made by adding water to a little Keen's Mustard.

EGG AND TOMATO SANDWICH

Mince several hard boiled eggs. Arrange minced egg and several slices of tomato on buttered bread. Cover with a mayonnaise made from Keen's Mustard.

DEVILLED TONGUE SANDWICH

Grind up tongue in meat chopper. To a cup of ground tongue add $\frac{1}{4}$ teaspoonful of Keen's Mustard, 1 tablespoonful of soup, and 1 teaspoonful of mayonnaise. Mix into a soft paste and spread on white bread cut very thin.

SALMAGUNDI SANDWICH

To $\frac{1}{2}$ cupful of thick mayonnaise, add 2 tablespoonfuls of whipped cream, 1 dessertspoonful of grated horse-radish and 2 of finely chopped cucumbers. Spread this mixture on bread, then a layer of finely chopped rare beef and cover with more salad dressing.

PREPARED BUTTER SANDWICHES

Warm and beat $\frac{1}{4}$ lb. of butter to a fine cream. Add 2 tablespoonfuls of Keen's Mustard, 2 tablespoonfuls of olive oil, a little salt and pepper and the yolk of an egg. Mix thoroughly and let cool before spreading on bread. Ham or any other meat thinly sliced can now be used as filling.

LEFT-OVER MEAT SANDWICHES

Put the meat, any kind, in a chopper, add salt and pepper and mix well. To 5 tablespoonfuls of the meat, add the following preparation: 1 teaspoonful of Keen's Mustard combined with 2 tablespoonfuls of cream. Mix the meat and the preparation thoroughly. Spread between slices of buttered bread.

CHOPPED CHICKEN SANDWICH

Mix 1 cup of finely chopped cold chicken with 1 teaspoonful of Keen's Mustard, 1 dessertspoonful of melted butter, a little onion juice, a little tomato catsup, chopped celery, salt and pepper to taste. Spread between slices of buttered bread.

HOT DOG SANDWICH

Cut cooked weiner lengthwise down the centre. Spread lightly with Keen's Mustard mixed with cold water for condiment use. Cut a roll in half and use weiner as filling.

Mustard as a Condiment

ATABLE without its little pot of mustard is as incomplete as the table set without pepper and salt, because it is a primary condiment.

As an adjunct to human diet the use of mustard goes back down the centuries to before the birth of Christ. There is a myth that Ceres, the Italian goddess of Agriculture, intimated to mankind that mustard plant in its green state was a most wholesome and desirable herb for the table. Pliny, the Roman naturalist, who was born in A.D. 23, mentions three varieties of mustard seed in his writings. Columella, another Roman writer on agriculture, also mentions it. And there are many indications that the Romans used mustard extensively. It was in general cultivation in England in the 13th century and, across the channel, the old kings of France were very fond of it. Louis XIII was so partial to it that he never retired without a plentiful supply of his favourite condiment close at hand.

In our own time, for the purpose of bringing out the hidden flavours in roasts, chops, steaks, fish and cheese, mustard is without a rival. And scarcely anybody would eat cold cuts or sausages without mustard. It gives these meats exactly the right zest and piquancy and it is the one seasoning of which the palate never tires. Also it has the faculty of neutralizing the richness of fat meats and its virtues as an aid to digestion have long been recognized and appreciated. Nourishment comes not from the food eaten, but from the food digested. Food that is not digested gives little nourishment and a person whose digestion is poor needs great quantities of food. Large quantities of food, apart from being expensive, take their toll on the human system. Mustard, as a digestive aid, saves money and ensures health.

KEEN'S D.S.F. MUSTARD has all the qualities you look for in the best mustard. It is the true English mustard with a flavour that no other mustard can imitate. It is at its best when freshly mixed with a little cold water about ten minutes before each meal.

MUSTARD WILL IMPROVE THE FOLLOWING:

To improve the flavour of roast pork or beef, sprinkle 1 teaspoonful of dry mustard over it before placing in the oven.

When boiling ham, put a teaspoonful of dry mustard in the water. It takes away the greasy taste and gives a nice flavour.

Always put a teaspoonful of dry mustard on top of Boston Baked Beans before you put them in the oven.

The Remedial Value of KEEN'S D.S.F. MUSTARD

FOR generations KEEN'S D.S.F. MUSTARD has shown extraordinary virtues as a remedy for certain ailments. So much so has this been the case that physicians have come to rely on it as one of their most effective aids.

For colds in the head, chest colds, coughs, sore throat, chills, La grippe, sore muscles and fatigue, there is nothing that can quite come up to this old English Mustard as a relief.

The public often has great difficulty in ridding itself of these seemingly trivial illnesses, even when aware of the danger of development into something worse. But the remedy is simple—so simple perhaps that it is overlooked. "Put a mustard plaster on your chest", or "Take a mustard bath and go straight to bed."

Again, there are persons who are affected by fatigue brought on from over work or mental strain. They are perpetually tired. Waking in the morning, they feel they cannot face the business of the day. This fatigue in time becomes chronic—becomes a sickness of the mind, as it were. Yet there is an easy, ready relief in a mustard bath taken before retiring. It increases blood circulation and charges the system with new vitality.

WHEN TO MAKE USE OF A PLASTER OR BATH:

For:

A Cough
A Chest Cold
A Sore Throat

} A Mustard Plaster.

For:

A Cold
A Chill
Sore Muscles
That Tired Feeling
La Grippe

} A Mustard Bath

HOW TO MAKE A MUSTARD PLASTER:—

Mix 2 tablespoonfuls of Keen's Double Superfine Mustard into a smooth paste with cold water. Mix 6 tablespoonfuls powdered linseed with 1/2 pint of boiling water. Stir well into mustard and spread mixture on thick brown paper. Cover with muslin and apply to affected part. Ordinary flour can be substituted for linseed.

The poultice may be kept on from 5 minutes in the case of a child to 30 minutes in the case of an adult.

HOW TO PREPARE A MUSTARD BATH:—

Mix 3 large tablespoonfuls of Keen's Double Superfine Mustard into a paste with cold water and pour into a hot bath. Swirl it around thoroughly. Soaking in a mustard bath brings relaxation and induces sound sleep that leaves one completely refreshed.

This is excellent either as a tub or foot bath in case of extreme cold or exposure.

Keen's D.S.F. Mustard conquers colds.

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.

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