

TX 715

.P165

Copy 1

LINARY WRINKLES



TX

715

.P165

Arnold &
Company
Chicago



Class TX 715

Book . P165

Copyright N^o _____

COPYRIGHT DEPOSIT.





CULINARY WRINKLES

Practical Recipes
- for Using -

ARMOUR'S
EXTRACT
of BEEF

By

MRS IDA M. PALMER



ARMOUR & COMPANY
CHICAGO



TX 915
P. 165

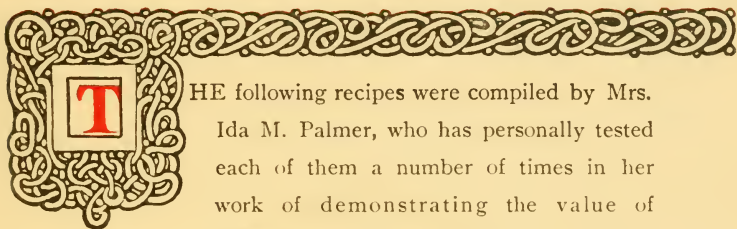
LIBRARY OF CONGRESS
Two Copies received
APR 24 1905
Copyright Entry
Apr. 24, 1905
CLASS a AXc. No:
115042
COPY B.



*Entered according to Act of
Congress in the year 1905, by
Armour and Company,
in Office of the Librarian
of Congress at Washington*

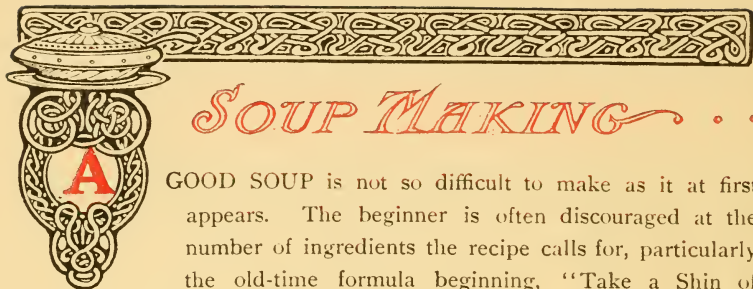


IMPRIMUS



THE following recipes were compiled by Mrs. Ida M. Palmer, who has personally tested each of them a number of times in her work of demonstrating the value of ARMOUR'S EXTRACT OF BEEF for all culinary and household purposes. The personal commendation upon the delicious flavor and tempting appearance of her dishes from ladies in all parts of the United States and Canada has prompted us to publish a few of the favorite recipes. They are easily and economically prepared, and are intended as suggestions to enable those who are not familiar with the use of Armour's Extract of Beef as a culinary article to get the best possible results from their experiments. Housekeepers or their cooks may depend upon these recipes producing satisfactory dishes regardless of how little they may know of preparing soups, sauces, etc.

ARMOUR & COMPANY
CHICAGO



SOUP MAKING . .

A GOOD SOUP is not so difficult to make as it at first appears. The beginner is often discouraged at the number of ingredients the recipe calls for, particularly the old-time formula beginning, "Take a Shin of Beef." Gouffe says that beef broth is the soul of domestic cookery ; but how to get that "soul" out of the shin of beef has proved a difficult problem to many housekeepers and a seeming impossibility to more than a few cooks. Science, however, has kept pace with the demands for more rational feeding and eating, and has succeeded in concentrating the "soul" of the shin of beef into small pots in the form of ARMOUR'S EXTRACT OF BEEF.

With a jar of Armour's Solid, or a bottle of Armour's Fluid Extract of Beef at hand, the cook has, without time or trouble, and with even less expense, the basis of all thick or thin soup. By the addition of the various vegetables, flavorings, etc., to "stock" made with Armour's Extract of Beef, a wholesome soup may be quickly and economically prepared.

SUPPLIES

With but a small outlay one may keep a supply of what is essential for the making of a good soup. Winter vegetables such as turnips, carrots, onions, and celery (the outer stalks of celery—often not suitable for serving) may be used for soups. When celery is expensive, celery salt may be substituted with fairly satisfactory results. Sweet herbs such as thyme, savory, and marjoram, bay leaves, spices, including cloves, allspice, whole pepper, and stick cinnamon should always be kept on hand. These seasonings, with the addition of salt, pepper and parsley, are the essential flavorings for all soups. Flour, corn-starch, arrowroot, tapioca, sago, pearl barley, rice, bread, or eggs are added to give consistency and nourishment.

CULINARY WRINKLES

The Stock, or, rather, the Basis of all Soups

Use ARMOUR'S EXTRACT OF BEEF in quantities indicated as follows:

When a clear soup, such as bouillon, rice, or spaghetti, is to be made, take one teaspoonful of Armour's Extract of Beef to every quart of water.

Soups that have a stock of their own require but one-fourth of a teaspoonful of the Extract to a quart of water.

When used for puree, bisques, or those soups with substance or body to them, take one-half teaspoonful of Armour's Extract of Beef to every quart of water.

* * *

Exact measurements of the required seasonings can not be given, as the success or failure of all soups and sauces depends largely on their being properly seasoned. As a general rule, add salt until the soup is bright-tasting, but not salty; pepper, to the brink of pungency—giving the tone of warmth, not the note of burning.

How to Bind Soups

Cream soups and purees, if allowed to stand, separate unless bound together. To bind a soup, melt butter, and when bubbling add an equal quantity of flour. When well mixed, add to boiling soup and stir constantly.





CULINARY WRINKLES

Brown Soup Stock

Three tablespoonfuls Armour's Extract of Beef
3 quarts cold water
1 sprig marjoram
½ teaspoonful pepper
2 sprigs parsley
4 cloves
½ bay leaf
3 sprigs thyme
1 tablespoonful salt
2 tablespoonfuls butter
½ cup each of carrots, turnips, onions, and celery, cut in dices

DIRECTIONS FOR PREPARING

Melt the butter, add the onion, and brown; then add the vegetables and seasonings to cold water; cover and cook slowly 1 hour; strain carefully and while hot add the Beef Extract, stirring until it is thoroughly dissolved. Add more salt and pepper, if necessary. Cool as quickly as possible.

This stock is used for a number of soups and should be made in considerable quantities and kept in a cool place until it is all used.

Alphabet Soup

One teaspoonful Armour's Extract of Beef
1 quart water
1½ tablespoonfuls butter
½ bay leaf
½ teaspoonful salt
1 teaspoonful chopped onion
1 teaspoonful flour
½ teaspoonful paprika
2 tablespoonfuls alphabets

DIRECTIONS FOR PREPARING

Dissolve Extract of Beef in water; add onion and bay leaf. Cook 10 minutes. Then add butter and flour mixed together, stirring constantly. Let boil, strain, add alphabets. Cook 20 minutes. Season and serve.

CULINARY WRINKLES

Beef Bouillon

Three teaspoonfuls Armour's Extract of Beef
2 quarts cold water
1 sprig parsley
1 tablespoonful salt
 $\frac{1}{2}$ bay leaf
 $\frac{1}{4}$ tablespoonful whole pepper
1 tablespoonful butter
 $\frac{1}{4}$ cup each of carrots, onions, and celery, cut in dices

DIRECTIONS FOR PREPARING

Take the water boiling hot and add the Extract, vegetables, and seasonings; cook 30 minutes; strain and serve in bouillon cups.

Iced Bouillon

Flavor beef bouillon with a small quantity of sherry or Madeira wine, chill and serve cold.

Pea Soup

One teaspoonful Armour's Extract of Beef
1 can peas
1 tablespoonful sugar
1 pint cold water
 $\frac{1}{8}$ teaspoonful paprika
1 tablespoonful minced onion
2 tablespoonfuls butter
1 tablespoonful flour
salt and celery salt

DIRECTIONS FOR PREPARING

Drain peas from their liquor, add sugar, onion, and cold water; let simmer 20 minutes; then rub through a sieve, re-heat, add Extract of Beef, and thicken with butter and flour mixed together. Season and serve.

CULINARY WRINKLES

Cream of Celery Soup

One cup of stock made from Armour's Extract of Beef
3 cups celery, cut in inch pieces
2 cups boiling water
1 slice of onion
3 tablespoonfuls flour
2 cups milk
2 tablespoonfuls butter
salt and pepper

DIRECTIONS FOR PREPARING

Parboil celery in water 10 minutes; drain; add stock; cook until celery is soft and rub through sieve. Scald onion in milk; remove onion; add milk to stock; bind with butter and flour; season with salt and pepper

Easy Vegetable Soup

Two teaspoonfuls Armour's Extract of Beef
2 quarts water
 $\frac{1}{3}$ cup carrots
1 cup potatoes
 $\frac{1}{2}$ onion, chopped fine
 $\frac{1}{2}$ cup celery
3 tablespoonfuls tomatoes
 $\frac{1}{2}$ tablespoonful parsley
2 tablespoonfuls butter
 $\frac{1}{2}$ bay leaf
 $\frac{1}{3}$ cup rice
salt and pepper

DIRECTIONS FOR PREPARING

Chop vegetables and add with rice to water with salt; cook until tender (about 30 minutes); then add Extract of Beef, parsley, bay leaf, and seasonings. Armour's Tomato Bouillon may be used in place of tomatoes—1 or 2 tablespoonfuls Tomato Bouillon to each quart of soup.

CULINARY WRINKLES

Macaroni Soup

One quart Brown Stock, made from Armour's Extract of Beef
¼ cup macaroni, broken in pieces
salt and pepper

DIRECTIONS FOR PREPARING

Cook macaroni in boiling salted water until soft; drain well and add to stock heated to boiling point. Season with salt and pepper and serve. Spaghetti or other Italian pastes may be substituted for macaroni.

Tomato Soup

Two teaspoonfuls Armour's Extract of Beef
1 can tomatoes
1 quart water
bit of bay leaf
2 cloves
1 teaspoonful paprika
1 tablespoonful sugar
1 teaspoonful salt
½ teaspoonful soda
2 tablespoonfuls butter
2 tablespoonfuls flour
1 teaspoonful finely chopped onion

DIRECTIONS FOR PREPARING

Strain the tomatoes, add the water, and cook 20 minutes; add soda, salt, sugar, and Extract of Beef; bring to boil on quick fire; bind with butter and flour; add seasonings. Serve with croutons.

Turkey Soup

Break turkey carcass in pieces, removing all stuffing; simmer in water 2 hours with a slice of onion and a piece of celery; remove from fire and strain; then add one-half teaspoonful Armour's Extract of Beef. Cook 2 tablespoonfuls rice in boiling salted water for 15 minutes, drain, and add to the soup; cook for 10 minutes; season and serve.

CULINARY WRINKLES

Ox-Tail Soup

- Five cups Brown Stock, made from Armour's Extract of Beef
- 1 small ox-tail
- ½ cup each of carrots, turnips, onions, and celery, cut in small pieces
- ½ teaspoonful salt
- ¼ cup Madeira wine
- 1 teaspoonful Worcestershire sauce
- 1 teaspoonful lemon juice

DIRECTIONS FOR PREPARING

Cut ox-tail in small pieces, wash, drain, sprinkle with salt and pepper, dredge with flour, and fry in butter 10 minutes. Add to stock and simmer 1 hour. Then add vegetables which have been parboiled 20 minutes and simmer until vegetables are soft. Add salt, pepper, wine, Worcestershire sauce, and lemon juice.

Potato Soup

- One teaspoonful Armour's Extract of Beef
- 3 potatoes
- 1 quart water
- 1 pint milk
- 2 slices onion, minced
- 1 teaspoonful parsley, chopped
- 1½ teaspoonfuls salt
- ¼ teaspoonful celery salt
- ½ teaspoonful paprika
- 2 tablespoonfuls butter
- 1 tablespoonful flour

DIRECTIONS FOR PREPARING

Cook potatoes in boiling salted water; when soft rub through a sieve; scald with onion, add milk slowly to potatoes. Melt half the butter, add flour; stir until well mixed; then stir into boiling soup. Let boil up, add Extract of Beef, and remaining butter, salt, celery salt, paprika, and parsley last.

CULINARY WRINKLES^o

Potage a la Creole

- One teaspoonful Armour's Extract of Beef
- 1 quart cold water
- 1 pint strained tomatoes
- 2 tablespoonfuls butter
- $\frac{1}{4}$ saltspoonful paprika
- $\frac{1}{2}$ cup rice
- 1 tablespoonful finely chopped onion
- 1 teaspoonful salt
- $\frac{1}{2}$ bay leaf
- $\frac{1}{4}$ teaspoonful celery salt

DIRECTIONS FOR PREPARING

Cook the rice and the onion in 1 quart salted water; when rice is done add the strained tomatoes, bring to boil, then add Extract of Beef. Bind with butter and flour cooked together; add seasonings and serve.

Corn Chowder

- One-half teaspoonful Armour's Extract of Beef
- 1 can corn
- 4 cups potatoes, cut in $\frac{1}{4}$ -inch slices
- 1 $\frac{1}{2}$ inch cube salt fat pork
- 1 small sliced onion
- 4 cups scalded milk
- 8 common crackers
- 3 tablespoonfuls butter
- salt and pepper

DIRECTIONS FOR PREPARING

Cut pork in small pieces and fry out. Add onion and cook 5 minutes, stirring often to prevent burning. Strain fat into a stew-pan. Parboil potatoes 5 minutes in boiling water to cover; drain and add potatoes to fat; then add two cups of boiling water. Cook until potatoes are soft, add corn and milk: then heat to boiling point. Season with salt and pepper. Add Extract of Beef, butter and crackers, split and soaked in enough milk to moisten. Remove crackers, turn chowder into a tureen, and put crackers on top.

CULINARY WRINKLES

Croutons

Take a slice of stale bread, remove the crust, cut the bread into cubes about half an inch in size and fry briskly in a small quantity of butter (about enough to cover bottom of frying pan) until the cubes turn a nice brown color. Take them out with a skimmer and throw them into the soup when serving.

Croquettes of Odds and Ends

With Armour's Extract of Beef

These are made of any scraps or bits of good food that happen to be left over from one or more meals, but in such quantities that they can not be utilized separately. For example: A couple of spoonfuls of frizzled beef and cream; the lean meat of a mutton chop; 1 spoonful of minced beef; 2 cold hard-boiled eggs; a little cold chopped potato; a few slices of cold chicken. One or more of these, well chopped and seasoned, mixed with 1 raw egg, a little flour, butter, and stock made from Armour's Extract of Beef, then made in the form of croquettes and browned well in a frying pan or griddle and served on small squares of buttered toast, will surprise housekeepers what a delicious addition these offer for the breakfast or luncheon, as will also the small cost of preparing.





CHAFING DISH WRINKLES



SINCE the days of Madame de Staël the chafing dish has steadily grown in popularity. At one time it was looked upon as a luxury, a fad of the fashionables; but as its fame grew, not only for its dainty and toothsome dishes, but as an economical and convenient way of entertaining, it has come into general use, until today the majority of homes have one or more chafing dishes.

The secret of success with the chafing dish depends largely upon the careful attention to details and preparation. The ingredients should be measured and mixed, and all supplies placed in attractive readiness about the tray, as it is the rapidity of cooking which makes the dishes so much better when done in the chafing dish.

The following recipes are carefully prepared, and the novice, as well as the artist of experience, may depend upon satisfactory results if proportions and directions are followed.

CULINARY WRINKLES

Welsh Rarebit

One-half teaspoonful Armour's Extract of Beef
1½ pounds New York Cream Cheese
2 eggs
½ cup cream or beer
½ saltspoonful paprika
salt to taste

DIRECTIONS FOR PREPARING

Cut the cheese into small pieces; put the cream or beer in dish over hot water pan; as soon as hot, add the cheese. Stir until melted, then add the eggs, well beaten, and the Extract of Beef, first dissolving the Extract in one tablespoonful of water. Season and serve on hot crackers or toast.

Golden Buck

One-half teaspoonful Armour's Extract of Beef
2 cups grated cheese
½ teaspoonful salt
1 cup milk
¼ teaspoonful mustard
⅛ teaspoonful paprika
6 squares buttered toast
6 poached eggs

DIRECTIONS FOR PREPARING

Boil the milk in a granite sauce-pan; add the cheese, mustard, salt, and paprika; stir constantly until the cheese is melted. Have ready the toast; pour enough of the cheese over each piece to cover it; place a carefully poached egg on the top of each piece; dust lightly over with pepper and salt and serve immediately.

CULINARY WRINKLES

Lobster a la Newburg

One-fourth teaspoonful Armour's Extract of Beef
2 pounds lobster
 $\frac{1}{4}$ cup butter
 $\frac{1}{2}$ teaspoonful salt
few grains paprika
slight grating nutmeg
1 tablespoonful sherry
1 tablespoonful brandy
 $\frac{1}{3}$ cup thin cream
yolks of 2 eggs

DIRECTIONS FOR PREPARING

Remove lobster meat from shell and cut into small pieces. Melt butter, add lobster, and cook 3 minutes. Add seasoning and wine; cook 1 minute. Then add cream, Extract of Beef, and yolks of eggs, slightly beaten. Stir until thickened. Serve with toast.

Creamed Lobster

One-half teaspoonful Armour's Extract of Beef
1 can lobster
1 tablespoonful flour
 $\frac{1}{8}$ teaspoonful paprika
1 pint cream
2 tablespoonfuls butter
 $\frac{1}{8}$ teaspoonful salt

DIRECTIONS FOR PREPARING

Melt butter in chafing dish; add flour, stirring constantly. Add cream and let it cook until it begins to thicken. Add Extract of Beef (dissolved). Season and add lobster and heat slowly. Serve with brown bread or toast.

CULINARY WRINKLES

Eggs a la Creme

One-half teaspoonful Armour's Extract of Beef
6 eggs
1 tablespoonful butter
 $\frac{1}{2}$ pint milk
1 tablespoonful flour
 $\frac{1}{2}$ teaspoonful salt
pepper to taste

DIRECTIONS FOR PREPARING

Boil the eggs 15 minutes; remove the shells and cut them in halves crosswise. Slice a little off the bottom to make them stand. Put the butter in a frying pan to melt, then add the flour. Mix until smooth, add the milk, and stir constantly until it boils. Add the Extract of Beef (previously dissolved), salt and pepper. Stand the eggs on a heated platter; pour the sauce over and around them. Serve very hot.

Mock Mince Pie

One-half teaspoonful Armour's Extract of Beef
4 common crackers, rolled
 $1\frac{1}{2}$ cups sugar
1 cup molasses
 $\frac{1}{3}$ cup lemon juice or vinegar
1 cup raisins, seeded and chopped
 $\frac{1}{2}$ cup butter
2 eggs well beaten
spices

DIRECTIONS FOR PREPARING

Mix ingredients in order given, first dissolving Extract of Beef in one-third cup boiling water. Add spices to taste. Bake between crusts. This quantity will make two pies.

CULINARY WRINKLES

Stewed Mushrooms

Wash one-half pound mushrooms. Remove stems, scrape, and cut in pieces. Peel caps and break in pieces. Melt 3 tablespoonfuls of butter in chafing dish; add mushrooms. Cook 2 minutes; sprinkle with salt and pepper; dredge with flour, and add one-half cup of Brown Soup Stock made with Armour's Extract of Beef.

Cook slowly 5 minutes and serve on toast.

Fricassée of Dried Beef

One-fourth teaspoonful Armour's Extract of Beef
1 cupful dried beef, chopped fine
1 tablespoonful butter
 $\frac{1}{2}$ pint milk
2 eggs

DIRECTIONS FOR PREPARING

Melt the butter in the milk in chafing dish. Add the Extract of Beef, and the beef and cook about 5 minutes. Add the beaten eggs slowly, and stir until the sauce is thick. Serve on toast or fried bread.

English Monkey

One-half teaspoonful Armour's Extract of Beef
1 cup stale bread crumbs
1 cup of milk
 $\frac{1}{2}$ cup fresh cheese cut in pieces
1 tablespoonful butter
1 egg
salt and paprika

DIRECTIONS FOR PREPARING

Soak bread crumbs 15 minutes in milk; melt butter in chafing dish and add cheese; when cheese has melted, add soaked crumbs, Extract of Beef, and egg—slightly beaten. Season, cook 3 minutes, and pour over toasted crackers.

CULINARY WRINKLES

Shredded Ham with Currant Jelly

- One-quarter teaspoonful Armour's Extract of Beef
- $\frac{1}{2}$ tablespoonful butter
- 10 grains paprika
- $\frac{1}{3}$ cup currant jelly
- $\frac{1}{4}$ cup sherry wine
- 1 cup cold cooked ham, cut in small strips

DIRECTIONS FOR PREPARING

Melt butter and currant jelly in the chafing dish; add Extract of Beef, paprika, wine, and ham. Simmer 5 minutes.

Shrimps a la Creole

- One cup Brown Soup Stock made from Armour's Extract of Beef
- $\frac{1}{2}$ pint shrimps
- 1 teaspoonful minced onion
- 2 tablespoonfuls butter
- $\frac{1}{2}$ teaspoonful salt
- 1 cup strained tomato juice
- 1 teaspoonful chopped parsley
- 1 tablespoonful flour
- $\frac{1}{2}$ saltspoonful paprika

DIRECTIONS FOR PREPARING

Prepare the shrimps by rinsing, draining and cutting in pieces; brown the onion in butter; add the flour, stirring constantly, and add the stock and tomato juice. When the sauce begins to thicken, add the shrimps, parsley, and seasoning; cook until shrimps are heated through.

CULINARY WRINKLES

Shrimp Wiggle

- One-half teaspoonful Armour's Extract of Beef
- ½ teaspoonful salt
- 4 tablespoonfuls butter
- 1 ½ cups milk
- 2 tablespoonfuls flour
- ⅛ teaspoonful paprika
- 1 cup shrimps
- 1 cup canned peas

DIRECTIONS FOR PREPARING

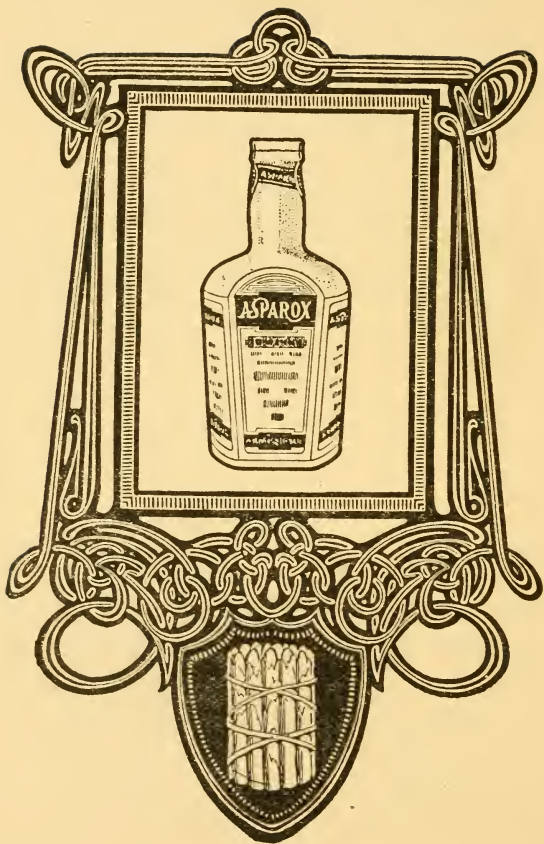
Melt butter and add flour, with salt and paprika, stirring constantly; then pour on gradually the milk as soon as sauce thickens. Add Extract of Beef, and shrimps broken in pieces, and the peas drained from their liquor.

Oyster Pan Toast

- One-fourth teaspoonful Armour's Extract of Beef
- 1 dozen large oysters
- 1 tablespoonful butter
- 1 cup oyster juice
- 2 slices toast
- salt and pepper

DIRECTIONS FOR PREPARING

Melt butter in the chafing dish. As it creams add oysters and juice with Extract of Beef. Season with salt and pepper. Cover and cook 2 minutes. Serve on hot toast, moistened with oyster juice.





ASPAROX



IS selected and concentrated Asparagus juice, retaining all the flavor of fresh Asparagus, and Armour's Extract of Beef. It is intended to be used for basting fowl and game of all kinds, and for seasoning, as well as making a delicious hot drink.

For Basting—Use one tablespoonful of Asparox to a cup of hot water and baste frequently while cooking. The more frequently the fowl is basted, the more tender, juicy and high-flavored the meat will be.

For Sauces, Entrees, Ragouts, Etc.—One or more teaspoonfuls of Asparox, thoroughly stirred into the dish just before removing from the fire, imparts an agreeable piquant flavor.

For Salads—One or more teaspoonfuls in the salad dressing gives an appetizing flavor and aids in its digestion.

As a Hot Drink—Use one or more teaspoonfuls to a cup of boiling water and add a half-ounce of rich milk or cream, and salt or pepper to season.

CULINARY WRINKLES

Veal Croquettes

2 cups cold cooked veal, chopped
½ teaspoonful salt
½ teaspoonful white pepper
yolk of 1 egg
few grains paprika
few drops onion juice
1 cup Thick White Sauce

DIRECTIONS FOR PREPARING

Cool, shape into croquettes, crumb and fry.

To Make Thick White Sauce

Three teaspoonfuls Armour's Asparox
1 cup milk
⅓ cup flour
¼ teaspoonful salt
few grains paprika

DIRECTIONS FOR PREPARING

Place butter in saucepan; stir until melted and bubbling. Add flour mixed with seasonings, and stir until thoroughly blended. Pour on gradually the milk, adding about one-third at a time, stirring until well mixed; then beat until smooth.

Cream Toast, with Asparox

One tablespoonful Armour's Asparox
1 tablespoonful butter
1 scant teaspoonful flour
1 pint cream or rich milk
salt and pepper

DIRECTIONS FOR PREPARING

Let milk come to a boil. Add butter and flour mixed together, then Asparox, and salt and pepper. Bring to a boil, then pour over freshly toasted bread.

CULINARY WRINKLES

Cream of Asparox

Two tablespoonfuls Armour's Asparox
2 tablespoonfuls butter
1 quart milk
 $\frac{1}{2}$ teaspoonful salt
1 tablespoonful flour
1 pinch of celery salt
 $\frac{1}{4}$ teaspoonful paprika

DIRECTIONS FOR PREPARING

Melt butter; add flour, stirring thoroughly. Add milk and bring to boil. Then add the Asparox and seasoning. May be served with croutons.

Murray Hill Potatoes (A la Asparox)

Cut 4 cold boiled potatoes and 6 hard boiled eggs in one-fourth inch slices. Put layer of potatoes in buttered baking dish; sprinkle with salt and pepper. Cover with layer of eggs, repeat, and pour over 2 cups of Sauce Asparox. Cover with buttered cracker crumbs and bake until crumbs are brown.

Sauce Asparox

One tablespoonful Armour's Asparox
1 pint cream or rich milk
 $1\frac{1}{2}$ tablespoonfuls butter
1 tablespoonful flour
pinch of salt and pepper

DIRECTIONS FOR PREPARING

Heat milk, add butter and flour stirred together. Then add Asparox and boil. Season to taste.

CULINARY WRINKLES

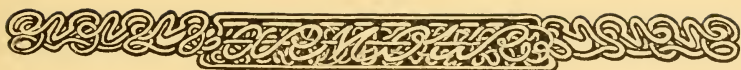
Escalloped Fish

One cup Sauce Asparox
1¾ cups cold white fish
½ cup buttered cracker crumbs
salt and pepper
sprig of parsley

DIRECTIONS FOR PREPARING

Cover bottom of dish with one-half the fish. Sprinkle with salt and pepper, and pour over one-half the sauce. Repeat. Cover with crumbs and bake in hot oven until crumbs are brown.



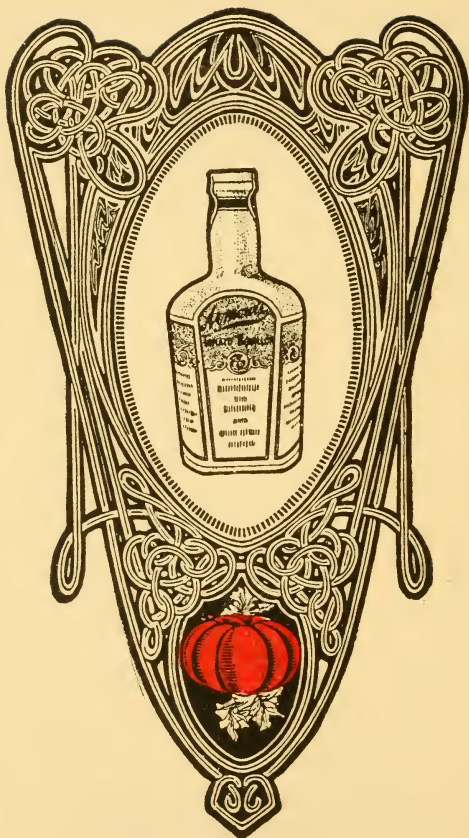


SAUCES FOR FISH AND MEATS

Appropriate Sauces for Serving with—

Roast Beef	{ Tomato Catsup. Grated Horse-radish.
Roast Mutton	Stewed Gooseberries.
Roast Lamb	Mint Sauce.
Roast Pork	Apple Sauce.
Roast Turkey	{ Cranberry or Celery. Plum or Grape Sauce.
Roast Chicken	Currant Jelly.
Boiled Turkey	Oyster Sauce.
Broiled Steak	Mushrooms—Fried Onions.
Pigeon Pie	Mushroom Sauce.
Roast Goose	Apple Sauce.
Fried Salmon	Egg Sauce.
Broiled Mackerel	Stewed Gooseberries.
Boiled or Baked Fish	{ White Cream Sauce. Drawn Butter Sauce.







ARMOUR'S TOMATO BOUILLON



IS A combination of all that is best in fresh ripe tomatoes, spices, herbs, and meat, highly concentrated and deliciously seasoned. It may be used as a relish for vegetables, meat and fish, or as a stock for making a rich tomato soup or refreshing bouillon. **ARMOUR'S TOMATO BOUILLON** supplies tomatoes in a concentrated form for culinary uses. It saves the time and trouble of preparing canned or fresh tomatoes for seasoning purposes. It will keep indefinitely if container is kept corked, and is pure and wholesome.

CULINARY WRINKLES

Suggestions for Using

ARMOUR'S TOMATO BOUILLON

Tomato Bouillon

Two teaspoonfuls Armour's Tomato Bouillon
½ pint boiling water or hot milk
salt and pepper to season

DIRECTIONS FOR PREPARING

Serve in bouillon cups with saltine wafers. When baking beans add a little of Armour's Tomato Bouillon and note the fine flavor.

Baked Fish

Take one-third cup of Armour's Tomato Bouillon. Place in pan with fish. Add a slice of onion and parsley and baste often while fish is cooking.

Oyster Cocktail

Take 1 tablespoonful of lemon juice with half cup of Tomato Bouillon. Season with salt, pepper, and tabasco. Add 1 pint of small oysters, and chill thoroughly before serving.

CULINARY WRINKLES

Sardines a la Creole

Drain choice sardines and lay on strips of toast. Partially cover with Tomato Bouillon and grated cheese, and brown in a hot oven

Tomato Puree

One-half cup Armour's Tomato Bouillon
2 tablespoonfuls butter
1 pint milk
2 tablespoonfuls flour
salt and pepper

DIRECTIONS FOR PREPARING

Melt the butter, add the flour and stir. Add the milk and cook until creamy. Then add Tomato Bouillon and season. Serve with croutons.

Tomato Sauce

One cup Armour's Tomato Bouillon
1 teaspoonful minced onion
1 tablespoonful flour
1 tablespoonful butter
 $\frac{1}{2}$ teaspoonful salt
1 teaspoonful chopped parsley

DIRECTIONS FOR PREPARING

Brown the onion in the butter, add the flour and thoroughly brown. Add the Tomato Bouillon and parsley. Cook until it thickens.



MISCELLANEOUS

Molasses Cookies

- One egg
- 1 cup molasses
- 1 tablespoonful ginger
- $\frac{1}{3}$ cup hot water
- 1 cup sugar, brown
- 1 cup shortening, butter and lard
- 1 tablespoonful soda
- 1 tablespoonful vinegar
- a pinch of salt

DIRECTIONS FOR PREPARING

Stir egg and sugar to a cream. Add molasses, shortening, and ginger, stirring all together. Dissolve soda in hot water and add. Put in vinegar last thing before flour. Mix as stiff as sugar cookies.

Wheat Muffins

- Two cups flour
- $\frac{1}{2}$ teaspoonful salt
- 3 tablespoonfuls melted butter
- 1 to $1\frac{1}{4}$ cups milk
- 2 teaspoonfuls baking powder
- 2 tablespoonfuls sugar
- 1 egg

DIRECTIONS FOR PREPARING

Sift together thoroughly, flour, salt, and baking powder. Then add, well beaten together, egg, sugar, melted butter, and milk. Stir well. Bake quickly. (20 minutes.)

CULINARY WRINKLES

Marguerites

Whites of 2 eggs
1 cup chopped pecans
1 cup pulverized sugar
1 teaspoonful vanilla

DIRECTIONS FOR PREPARING

Whites of eggs beaten stiff. Add sugar, stirring well, then pecans and vanilla, stirring all together. Spread the mixture on fresh zephyrettes, and brown slowly in the oven.

Brown Bread

1½ cups Graham flour
½ cup wheat flour
½ cup corn meal
½ cup molasses
1 teaspoonful salt
1 teaspoonful soda
1⅔ cups sweet milk

DIRECTIONS FOR PREPARING

Dissolve soda in milk. Mix dry ingredients and sift. Add molasses and milk. Stir until well mixed. Turn into a buttered mold and steam 2 hours.

Eggs in Cases

Break 5 eggs and leave the yolks in half of the shell, taking care to keep them unbroken. Beat whites until very stiff and arrange on a buttered platter. Make hollows in the whites and drop a yolk in each nest thus made. Dredge with salt and paprika, put in a bit of butter on each yolk, and bake in a moderate oven till set (from 5 to 8 minutes). Garnish with parsley and serve from dish in which they are cooked.

CULINARY WRINKLES

Snickadoodle

Two cups sugar
¾ cup butter
3 teaspoonfuls baking powder
1 cup milk
3 cups flour
2 eggs

DIRECTIONS FOR PREPARING

Stir butter and sugar to a cream; add milk, then flour well sifted with baking powder. Eggs unbeaten put in last thing. Sugar and cinnamon sprinkled on top. Use large tins and spread thin.

Aspic Jelly

For garnishing Salads, Game, and Entrees,
and for the Invalid and Convalescent

One teaspoonful Armour's Extract of Beef
½ package acidulated gelatine
1 pint hot water
1 cup cold water
½ cup sherry wine
2 teaspoonfuls sugar

DIRECTIONS FOR PREPARING

Cover gelatine with cold water; let stand 5 minutes. Then add hot water, sugar, and wine. Strain and put into mold until cold.



TABLE OF PROPORTIONS

- 2 rounding or 4 even teaspoonfuls of baking powder to 1 quart of flour.
- 1 teaspoonful of flavoring extract to 1 quart custard.
- 1 teaspoonful of soda to 1 pint sour milk.
- 1 teaspoonful of Armour's Extract of Beef to 1 quart hot water.
- 1 teaspoonful of mixed herbs to 1 quart soup stock.
- 1 teaspoonful soda to 1 cup molasses.
- $\frac{1}{4}$ teaspoonful of Armour's Extract of Beef to 1 cup hot water.
- 1 teaspoonful of salt to 1 quart of soup stock or 2 quarts of flour.
- 1 tablespoonful of each chopped vegetable to 1 quart soup stock.
- 1 teaspoonful or more, to suit the taste, of Armour's Tomato Bouillon.
- 1 teaspoonful or more, to suit the taste, of Armour's Asparox.

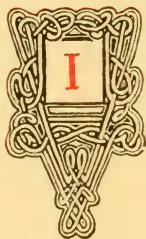




"See that the jar is in a blue carton"



ARMOUR'S SOLUBLE BEEF



IS not an Extract of Beef. The latter is a culinary article for making soups, sauces, etc., while Soluble Beef is a food for the invalid and convalescent.

With Soluble Beef a more nourishing broth may be made than it is possible to make from fresh meat by the usual household methods. One teaspoonful of Soluble Beef is equal in nutriment to from 10 to 20 teaspoonfuls of beef juice.

SOLUBLE BEEF is packed in small opal jars, similar to the one used for Extract of Beef, but the 2-oz. and 4-oz. sizes are in a blue carton. It is designed especially as a food for the invalid and convalescent, particularly for those suffering from affections of the stomach and bowels, or of low vitality. It will keep indefinitely in any climate, and may be taken as desired at any time. Care, however, should be exercised not to use too great a quantity and thereby impart an apparent bitterness to the broth, and to properly season it before serving.

CULINARY WRINKLES

Beef Tea

Nourishing

One-fourth teaspoonful Armour's Soluble Beef
1 cup hot water
salt and pepper to taste

DIRECTIONS FOR PREPARING

Take the water at its first boil, add the Soluble Beef and stir until thoroughly dissolved. Season and serve.

Frozen Beef Tea

An Appetizing Dish for Feverish Invalids

To a cup of the above Beef Tea add a small quantity of French gelatine, previously dissolved in a tablespoonful of water, and set on ice until jellied. Serve cold with salt and pepper to taste.

Celeried Beef Tea

One-half teaspoonful Armour's Soluble Beef
2 tablespoonfuls chopped celery
salt
2 cups water

DIRECTIONS FOR PREPARING

Clean and cook the celery in salted water until tender. Strain. Add Soluble Beef and season. A little milk or cream can be used if desired.

CULINARY WRINKLES

Rice Water

One-half teaspoonful Armour's Soluble Beef
2 tablespoonfuls rice
2 cups cold water
milk or cream
salt and pepper

DIRECTIONS FOR PREPARING

Pick over rice and wash, add to water and boil until tender; strain; add Soluble Beef, stirring until dissolved; season and re-heat. A half inch piece of stick cinnamon may be cooked with rice, and will assist in reducing a laxative condition. Add milk or cream if desired.

Egg-nog

One-quarter teaspoonful Armour's Soluble Beef
1 egg
 $\frac{3}{4}$ cup milk
1 tablespoonful sugar
2 tablespoonfuls wine
1 tablespoonful brandy
salt

DIRECTIONS FOR PREPARING

Beat eggs slightly; add pinch of salt, sugar, and wine. Mix thoroughly; add milk, first dissolving Soluble Beef in milk. Strain. Wine may be omitted and a very slight grating of nutmeg used.

Albumenized Milk

For Invalids and Convalescents

One-quarter teaspoonful Armour's Soluble Beef
1 cup milk
white of 1 egg

DIRECTIONS FOR PREPARING

Put milk in tumbler. Dissolve Soluble Beef in a small quantity of warm water, add, with white of egg, and shake thoroughly until well mixed. A small pinch of salt can be added last.

CULINARY WRINKLES

Cocoa Cordial

Strengthening and Sustaining

One-quarter teaspoonful Armour's Soluble Beef
1 teaspoonful cocoa
1 teaspoonful sugar
 $\frac{1}{2}$ cup boiling water
 $1\frac{1}{2}$ tablespoonfuls port wine

DIRECTIONS FOR PREPARING

Mix cocoa and sugar. Add enough of the water to form a paste. Stir in remainder of water and Soluble Beef and boil 1 minute. Then add wine and serve hot. Useful in cases of chill or exhaustion.

Wine Jelly

A Nutritious and Appetizing Food for Invalids

One-half teaspoonful Armour's Soluble Beef
 $\frac{1}{4}$ package gelatine
1 cup boiling water
1 tablespoonful sugar
 $\frac{1}{4}$ cup cold water
 $\frac{1}{2}$ cup sherry wine
juice of half a lemon

DIRECTIONS FOR PREPARING

Cover the gelatine with cold water, and let stand 30 minutes. Dissolve the Soluble Beef and sugar in hot water, and pour over gelatine, stirring until dissolved. Strain, and add wine and lemon juice. Pour into a mold previously wet with cold water, and stand away to harden. Serve very cold.

CULINARY WRINKLES

Toast Water

For a Weak Stomach

One-quarter teaspoonful Armour's Soluble Beef
Equal measures of stale and toasted bread and boiling water
salt

DIRECTIONS FOR PREPARING

Cut bread in quarter-inch slices, put in pan, and dry thoroughly in a slow oven until crisp and brown. Break in pieces. Add water, first dissolving the Soluble Beef in it. Let stand one hour, strain through cheesecloth and season. This is often beneficial in cases of extreme nausea.



Index

	PAGE
Albumenized Milk	43
Alphabet Soup	11
Appropriate Sauces	31
Armour's Soluble Beef	41
Armour's Tomato Bouillon	33
Asparox	27
Aspic Jelly	38
Baked Fish	34
Beef Bouillon	12
Beef Tea	42
Brown Bread	37
Brown Soup Stock	11
Celeried Beef Tea	42
Chafing Dish Wrinkles	19
Cocoa Cordial	44
Corn Chowder	16
Cream of Asparox	29
Cream of Celery Soup	13
Cream Toast with Asparox	28
Creamed Lobster	21
Croquettes of Odds and Ends	17
Croutons	17
Easy Vegetable Soup	13
Egg-nog	43
Eggs a la Creme	22
Eggs in Cases	37
English Monkey	23
Escalloped Fish	30
Fricassee of Dried Beef	23
Frozen Beef Tea	42
Golden Buck	20
Iced Bouillon	12
Lobster a la Newburg	21
Macaroni Soup	14
Marguerites	37
Miscellaneous	36
Mock Mince Pie	22
Molasses Cookies	36
Murray Hill Potatoes (A la Asparox)	29

	PAGE
Ox-Tail Soup	15
Oyster Cocktail	34
Oyster Pan Roast	25
Pea Soup	12
Potage a la Creole	16
Potato Soup	15
Rice Water	43
Sardines a la Creole	35
Sauce Asparox	29
Sauces for Fish and Meats	31
Shredded Ham with Currant Jelly	24
Shrimp Wiggle	25
Shrimps a la Creole	24
Snickadoodle	38
Soluble Beef	41
Soup Making	8
Stewed Mushrooms	23
Stock for Soups	9
Suggestions for Using Armour's Tomato Bouillon	34
Table of Proportions	39
Thick White Sauce	28
Toast Water	45
Tomato Bouillon	34
Tomato Puree	35
Tomato Sauce	35
Tomato Soup	14
Turkey Soup	14
Veal Croquettes	23
Vegetable Soup	13
Welsh Rarebit	20
Wheat Muffins	36
Wine Jelly	44

PA 24 1905

.H.10

LB Ag '05



LIBRARY OF CONGRESS



0 014 488 833 9 •

