

A Bookful of Uses for Vinegar

Culinary-Medicinal-General
Including selected recipes for PICKLES,
SAUCES, SALADS, CATSUPS, etc.



Canada Vinegars, Limited

112 DUKE ST., TORONTO, CANADA
The largest Vinegar Works in America.

Manufacturers of
**PURE SPIRIT, CIDER AND MALT
VINEGARS**
in Bulk or in Bottles.

Our Pure XXX White Spirit is the very best
and most wholesome vinegar that can possibly
be obtained anywhere.

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 Canada 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 Canada 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 $\frac{1}{2}$ the fruit at a time.

PICKLED PLUMS—4 lbs. Damson plums, 2 lbs. lump sugar, $\frac{1}{2}$ gill of Canada 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 Canada Pure Spirit Vinegar and let stand 12 hours. Drain. To each cup of Canada Pure Spirit Vinegar add $\frac{1}{4}$ cup of sugar, 1 teaspoon each of cinnamon, salt, cloves, nutmeg, cardamom, 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 Canada Pure Spirit Vinegar to 2 cups crushed or grated pineapple and cook slowly until thick and amber-colored. 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 Canada 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.

TOMATO PRODUCTS

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 Canada 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 BUTTER—Peel 10 lbs. of ripe tomatoes. Pour over them 1 pint of Canada Best White Spirit Vinegar. Let stand over night. In the morning put them in a colander and drain well. Make syrup of:—1 pint of Canada 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 CREAM—12 ripe tomatoes, 12 juicy apples, 12 onions; boil all together, then strain through a sieve; then add 1 lb. sugar, 1 pint Canada 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 Canada Best White Spirit Vinegar. Then add two dessertspoonfuls 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 Canada 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 Canada Pure Spirit Vinegar, 2 lbs. tomatoes, 1 Spanish onion sliced, $\frac{1}{2}$ lb. brown sugar, 2 ozs. 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 sauce pan, cover, and cook for 2 hours. Pass through a fine sieve, let the puree remain until quite cold; then fill 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 Canada

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 4 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, flavor with $\frac{1}{2}$ a teaspoonful of curry powder and store.

SPICED TOMATOES—Take red and yellow pear-shaped tomatoes; prick with a fork, sprinkle with salt, let stand over night, pack in a glass jar and cover with Canada Pure Spirit Vinegar, prepared as follows for a $\frac{1}{2}$ gallon jar:—1 pint of Canada 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 it over the tomatoes; after they get cold, tie strong paper over them.

FIG TOMATOES— $5\frac{1}{2}$ lbs. small green tomatoes, $1\frac{1}{2}$ pints Canada 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 procelain-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 Canada Pure Spirit Vine-

gar 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.

ONION PRODUCTS

PICKLED ONIONS—To make brine, allow 2 large 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 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 Canada Best White Spirit Vinegar. Fill jars to overflowing and seal while hot.

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 Canada Pure Spirit Vinegar, a little oil, sprinkle lightly with parsley, then serve.

PICKLED ONIONS

- 100 Small Onion Buttons
- 1 Tablespoonful of Allspice
- 1 Tablespoonful of Black Pepper
- 1 Red Pepper Pod to each
- 1 Pint of Canada 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.

SAUCES

BORDEAU SAUCE—2 quarts chopped cabbage, 1 quart chopped green tomatoes, 3 quarts chopped red peppers, 3 quarts chopped onions, 1 pound sugar, $\frac{1}{4}$ cup salt, $\frac{1}{2}$ ounce celery seed, $\frac{1}{4}$ ounce tumeric, 1 quart of Canada Best White Spirit Vinegar. Chop vegetables fine, mix all together and boil two hours.

CHUTNEY SAUCE—1 dozen 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 seed raisins, 1 ounce whole cloves, 3 pints of Canada Best White 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 Canada Best White 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 garlies, 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 Canada 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 horse-radish, 2 cups sugar, 2 teaspoons each of ground cloves, cinnamon and all-spice mixed in a little Canada Pure Malt Vinegar, 3 cups pure malt vinegar. Boil 3 or 4 hours and bottle hot.

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 Canada Pure Spirit Vinegar and $\frac{1}{3}$ 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 Canada 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 Canada Pure Spirit Vinegar. Mince the onion and ham, fry in butter; add other ingredients and cook in saucepan for 10 minutes; skim and strain, serve hot.

VINAIGRETTE SAUCE—4 tablespoons of salad oil, 2 tablespoons of Canada 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.

DRESSINGS

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 of Canada Pure Malt Vinegar, 1 cup water. Boil until thick over steam or asbestos mat.

MUSTARD—Slice an onion in a bowl and cover it with Canada 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.

BEAN DRESSING—3 pints of Canada Best White Spirit Vinegar, 2 lbs. brown sugar. Boil together, then mix 1 cup mustard, $\frac{1}{2}$ cup flour, 1 tablespoon tumeric, 1 teaspoon salt with a little cold vinegar. Pour into boiling vinegar. Boil all together 10 minutes. Boil 1 peck of beans until cooked. Put into bottles. Pour hot dressing over and seal. Cooked peas, or raw onions, or small cucumbers may be added.

FRENCH DRESSING—3 tablespoonfuls of olive oil, 1 tablespoonful of Canada 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 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 Canada 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 centers scooped out and filled with shredded cabbage mixed with the dressing. Can be used with potato salad.

BUTTER DRESSING—1 egg, 1 tablespoonful of Canada 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 egg 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 cold slaw.

MAYONNAISE DRESSING—Place in 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 Canada Pure Spirit Vinegar.

ENGLISH SALAD DRESSING—The yolks of 3 hard boiled eggs, 4 tablespoons of salad oil, 2 tablespoons Worcestershire sauce, 2 tablespoons Canada Pure Spirit Vinegar, 1 teaspoon

prepared mustard, 1 teaspoon of salt, $\frac{1}{2}$ teaspoon pepper. Put the yolks through a fine sieve, mix with them 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 Canada 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 flour 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 Canada 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, Canada 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 Canada Pure Spirit Vinegar. To a teaspoon of chopped hard boiled egg, add a pinch of curry powder, salt and pepper, a tablespoon of vinegar, and 3 of oil.

NORWEGIAN DRESSING—Egg, mustard, salt, anchovy paste, pepper, chives, Canada 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, 1 tablespoon of vinegar and 3 of oil, and the other ingredients.

LORENZO DRESSING—Watercress, chili sauce, salt, pepper, vinegar and olive oil. Mix $\frac{1}{2}$ a tablespoon of chopped watercress with 2 of chili sauce, 1 of Canada 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 Canada 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 of Canada Pure Spirit Vinegar. Mix ingredients in top of double boiler, adding vinegar very slowly; cook over boiling water, stirring constantly until thick. Use cold.

PICKLES

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 Canada 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.

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 Canada Best White Spirit Vinegar. Mix the dry ingredients and stir into the hot vinegar. Cook until well thickened. Tumeric may be added to give color. Pour while hot over the vegetables and bottle.

SWEET CUCUMBER PICKLE—Soak 4 quarts 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 Canada 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 every other layer. Let stand over night. In the morning drain the liquor off and almost cover with Canada Best White Spirit Vinegar. Then add 2 dessertspoonfuls 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.

DILL PICKLES—Boil and skim 3 gallons of water and 2 lbs. of coarse salt. Select crisp cucumbers 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 till the jars are full, then lay on plenty of cabbage leaves. On the very

top put a large weight. Fill up with brine and let it stand. Quiet fermentation takes place. In about 2 or 3 weeks the cucumbers are done.

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 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 Canada Pure Spirit Vinegar, 1 tablespoon salt, 1 teaspoon white mustard seed and pour over cucumbers hot. Seal tightly. For greater quantities, increase ingredients proportionately.

MIXED PICKLES (said to be the best recipe on earth)—75 medium cucumbers, slice 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 2 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 Canada 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 Canada 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 green tomatoes, 4 small onions, 1 cup of raisins, 1 quart of Canada 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 Canada 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 sauer-kraut. 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 vegetation is gone, they are all 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 Canada Pure Spirit Vinegar occasionally to keep the pickles firm and crisp.

PICKLED BEETS—12 medium-sized beets, 1 quart Canada Pure Spirit Vinegar, 2 tablespoons horse-radish, 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 horse-radish. 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 horse radish and cover the whole with Canada Pure strong Spirit Vinegar.

PICKLED CARROTS—Steam young carrots until tender. Boil together 1 pint Canada 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.**

NINE-DAY SWEET PICKLE (Very Delicious and Appetizing)—4 qts. cucumbers, 4 qts. 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 till tender, then draw off the weak vinegar. Add a small piece of alum.

Make a syrup as follows:—4 lbs. granulated sugar, 3 pts. Best Canada 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 on the Pickles. Seal.

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 Canada Pure Spirit Vinegar. Put in glass jars and seal. This catsup retains the flavor 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 Canada 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, powdered mace, ground cloves and allspice; chop 2 pods of red pepper and add. Cover with Canada Pure Spirit Vinegar cold.

BLACK CURRANT VINEGAR—Take 1 lb. of dry currants, 1 lb. of loaf sugar, 1 pint of Canada 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 Canada 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.

WHEN COOKING

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 Canada 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 vinegar is added to water in which they are boiled.

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

ONION AND CABBAGE ODOR while cooking can be prevented by boiling some vinegar on stove at the same time. Odor of onions or fish removed from pans in which they were cooked by boiling some vinegar in pan.

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

BOILED HAM greatly improved in flavor by adding one-half cup of vinegar to water.

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

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

IF TOO MUCH SALT USED in cooking add a little vinegar and sugar and cook again.

Arrange to try out some of these vinegar uses at your home. You will find it interesting and of considerable value to know of these uses.

MISCELLANEOUS

VINEGAR FOR BEAUTY AS WELL AS COOKING—Vinegar is a valuable addition to the toilet table as well as the work table. For an oily skin, one part of vinegar to nine parts of water makes a splendid wash. Cleanse the skin first by a thorough washing and then wash in the vinegar water and allow it to dry on. Used full strength, vinegar is splendid for whitening and healing the hands when stained and roughened by work.

VINEGAR FOR POISONS—In cases of emergency it is well to remember that spirit vinegar will act as an antidote and relieve pain caused by acid burns, lye, alkali poisoning or quicklime, by soaking the affected parts with vinegar. Vinegar will also counteract poisons taken internally, such as opium, nicotine, hemlock, colchicum and toadstools. Doses: Drink equal portions of spirit vinegar and water in large amounts.

CURE FOR HEADACHES—Soak a cloth in spirit vinegar, and apply to the head; keep it saturated, and rest in a quiet dark room.

VINEGAR SHAMPOO FOR GREASY HAIR
—Use soap and rinse in the usual manner for a shampoo. Then take one-half cup of Canada 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, and you will be amazed at the delightful result.

LUSTROUS HAIR results from putting half cup of vinegar in the rinsing water.

WHITE SOFT HANDS may be obtained by rubbing a few drops of vinegar into the skin twice daily. This also will prevent chapped hands.

FOR SUNBURN—For sunburn on all parts of the body, apply spirit vinegar on a cloth and soak the burned parts. It has a cooling and soothing effect.

CHAPPED HANDS—Hands chapped from the cold, and hands that are flabby from washing clothes will be relieved by the use of 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.

FOR SORE THROAT—Mix a spoonful of salt in a glass of spirit vinegar. Use at frequent intervals as a gargle. This is a real “grand-mother’s remedy” and is always effective.

REMOVE THE SHINE ON CLOTHES—

Shiny clothes will lose their polish if soaked or sponged with spirit vinegar before pressing. It will remove the shine, retain the original color of the garment, and no odor of the vinegar will remain.

FRUIT STAINS removed from the hands by washing them in vinegar.

RUST STAINS removed from fabrics by rubbing with vinegar and salt, then put garment in the sun.

STOCKINGS—White stockings remain white if vinegar added to the water in which they are washed. This also will set the color in colored stockings, and will make them wear longer and retain their lustre.

DRINKING GLASSES—Window glass, windshields and all other articles of glass will be made bright if vinegar is added to the water used in washing same.

SET COLORS in clothes and goods of all kinds by soaking 30 minutes, or longer, in one cup of salt, one cup of vinegar and two cups of water.

TEA KETTLE—To remove lime deposit boil a pint of vinegar in tea kettle, then scrape and rinse well.

BRASS, COPPER and other metal vases and dishes easily cleaned by using hot vinegar and salt.

HARD, DRY PAINT BRUSHES can be cleaned by letting them simmer in vinegar for about 10 minutes.

Steel work can be cleaned much easier and better if first wiped over with vinegar.

Diluted vinegar is one of the best things to clean blue serge. Apply it with a sponge.

The light and life of gas mantles are much increased if they are dipped in vinegar and hung up to dry before being used.

A brilliant polish is ensured on furniture if before being polished it is wiped over with a weak vinegar and water.

A warm bath to which a cup of vinegar has been added takes away any stiffness after taking strenuous exercises.

Drop a couple of English walnuts (whole) into the kettle while cooking cabbage or cauliflower. This will take away the unpleasant odor. A pan of vinegar on the back of the stove will have the same effect.

To remove the scent of gasoline from clothes that have been cleaned, wet the cloth used in pressing with a mixture of about one part vinegar and two parts water.

A teaspoon of vinegar added to your cake icing will prevent it from becoming too sugary.

To make pie crust flaky, add one-half teaspoon of vinegar to the water when mixing.

If your enamelware becomes discolored, clean with a paste made of salt and vinegar.

For tired burning feet, soak in hot water to which a little vinegar has been added.

A few drops of vinegar sprinkled on a hot shovel and waved about in a sick room makes an excellent deodorant.

Spots of paint on glass can be easily removed if dabbed with hot vinegar.

Glue, dissolved in hot vinegar will keep soft if the bottle is tightly corked, except during the very coldest weather, and even then dissolves as soon as warmed.

A spoonful of Canada Pure Vinegar added to each can of strawberries when cooking helps to keep their color.

CANADA VINEGAR works like a charm when it comes to cleaning dirt and smoke from the walls and woodwork. Wet a flannel cloth with it and rub.

Canada Pure Vinegar added to water in which fish is cooked makes the meat tender.

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
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
4 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, boiled	20 to 35 min.
Potatoes, baked	30 to 45 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 Vegetables	1 to 2 hrs.

A tablespoonful of vinegar added to the rinsing water will revive the red and pink in any cotton fabric and prevent further fading.

Vinegar and honey mixed in equal parts will stop a tickling throat cough. Vinegar and brown sugar, a tablespoonful at a time with a minute's interval, will stop ordinary hiccough.

No discoloration will follow a knock or blow if a piece of old linen is steeped in vinegar and tied over the place.

In the foregoing recipes, the words "Pure Spirit Vinegar" means "CANADA VINEGARS, Limited" Product. Inferior or weak vinegar may spoil any of these recipes. Use no other than "CANADA" brand.

Kindly receive above recipes with our compliments.

If more of these are required, your Grocer will furnish them on request.

Grocer's Name and Address:

(Place this Booklet in your Recipe Book)

Note to Retail Grocer:—On request we will send you free of charge, 100 or more of these booklets, if you will undertake local distribution of same among your best lady customers. These should increase your vinegar sales largely.

CANADA VINEGARS LIMITED
Toronto

