

# VARIOUS

ARMOUR'S MONTHLY  
COOK BOOK, VOLUME 2,  
NO. 12, OCTOBER 1913

Various

**Armour's Monthly Cook Book,  
Volume 2, No. 12, October 1913**

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# Various Armour's Monthly Cook Book, Volume 2, No. 12, October 1913 / A Monthly Magazine of Household Interest

## The Garden in October

October is a fine time to plant every kind of "bulb, root and tuber," also all deciduous plants and shrubs, except those with thin bark or thick, fleshy roots (e.g., birch magnolia).

Clean up and burn diseased plants, manure the garden, plow it and leave it all winter.

Burn asparagus tops and manure the bed. Also make new asparagus and rhubarb beds and plant sets of extra early pearl onions for use next March. Put some parsley plants in a box and place it in a light cellar or in a shed.

Put some frozen rhubarb roots in a barrel of earth in the cellar where they will produce "pie-plant," for winter use. Dig chickory for salad and store in sand in a dry cellar. Blanch endive by tying lightly at the tips.

Pull up cabbages, leaving roots on, and stand upside down on shelf in cellar. Pick cranberries this month. Then cover the bog with a foot of water to drown bugs and to protect from frost. Rake up the fallen leaves and use as a mulch for flowers and shrubs. Hardwood leaves like oak and chestnut contain more plant food than those from soft wooded trees. — *Garden and Farm Almanac*.  
*Doubleday, Page and Company.*

## Every Morning

### A Little Crystal of Thought for Every Day in the Week

#### SUNDAY

Most of us could manage to be fairly happy if we really tried to make the best of things.

#### MONDAY

*Don't get depressed even if things do seem to be going wrong at the moment. Depression will make matters worse rather than better. If you do your duty faithfully, the sun is sure to shine again sometime.*

#### TUESDAY

Many people pride themselves on their plain speaking. An ability to put things pleasantly is really far more valuable. Even fault-finding can be pleasantly done.

#### WEDNESDAY

*It always seems to me that God is probably less anxious that we should fulfil our tasks in life than that we should do our best.*

#### THURSDAY

Of the people who complain most bitterly that they have "no chance" probably a very small proportion would do great things if great opportunities came. "No chance" is a very old excuse.

#### FRIDAY

*Don't give way to selfishness – that detestable vice that we all find it so difficult to forgive in others.*

#### SATURDAY

Even if you don't like your work, try to do it well. It may lead on to your true vocation.

## For the Automobile Visitor

It is the frequent experience of the housewife living in the country or suburbs these days to receive unexpected visits from friends who are touring in automobiles, and she finds she must have something attractive, dainty and nourishing ready at a moment's notice to supplement the cup of tea or coffee so welcome after a hot, dusty trip. It is a wise plan to keep a variety of Summer Sausage on hand, as in a very few minutes delicious sandwiches may be prepared with this, these sandwiches having the charm of novelty. It is impossible to deal in a short article with the many varieties of Summer Sausage, but there are three or four which can be touched upon. To have a thorough understanding of their goodness one must not only read about them but taste them. They are the staple diet in many foreign countries and in the Armour brand the native flavoring has been done with remarkable faithfulness – so much so that large quantities are shipped from this country every week to the countries where they originated.

**Cervelat:** This sausage is made of finest pork chopped fine, smoked and air dried. It is highly spiced. A very delicious way to serve this is to cut thin slices of white bread in rounds just the size of the sausage. Put the meat, cut very thin, between the slices of bread and toast for a minute with a very hot fire. This keeps the exposed sides absolutely dry and the sandwich can be eaten without a fork.

**German Salami:** This sausage will be much appreciated by people who like the smoky flavor of ham and bacon. In it the meat is chopped a little coarser than in the Cervelat, and the spicing is the same as that used in Germany. Serve cut very thin, with rye or bran bread.

**Lackschinken:** This is a very delicately flavored German titbit. It is made of boneless pork loins cured in mild sweet pickle before smoking. It makes delicious sandwiches with white or brown bread sliced thin and lightly buttered.

**Mortadella,** a favorite Italian sausage, is made from lean pork ham meat chopped very fine. The flavoring is delicious, the careful blending of spices giving a distinctly foreign touch.

In many restaurants throughout the country they serve, as in foreign countries, a slice or two of Summer Sausage as an appetizer before beginning the meal. This custom is rapidly spreading into the home, and Summer Sausage now has an established place in the daily bill of fare.

# **Armour's Monthly Cook Book**

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**No. 12**

## Editorial

In Germany the government maintains a system of education in what is called intensive farming. Through instructors who go about the country, the farmers are taught how to get a bigger yield from the same area of soil. The work of these wonderful teachers is supplemented by women domestic science teachers who in the same manner visit the homes in their districts and instruct the good *Haus Frau* on how to improve, economize, and systematize in kitchen and household work.

The manner in which these women instruct is, I am sure, of especial interest to the Cook Book readers, inasmuch as the method is in a way practically the same as what the Cook Book is doing. Where they teach by hand and mouth the Cook Book has taught through its exchange of ideas, contest stories, and recipe contests, the object being the same in both cases that of instruction, education and economy in the kitchen and saving of steps in the housework.

It is truly said of Germans that they are the most frugal and economical of all people. In the past the usual method has been to exert this frugality with what is already on hand in the larder left-overs, so to speak. One point of the modern instruction of these wandering domestic science teachers, as they go from home to home, is to show the economy of systematic buying of groceries, meats and vegetables. Where the practice in the past has been to buy a little, so there is not much expenditure of money, German housewives are now taught the economy of buying in bulk, because it is cheaper, and there is never any waste of food in a German home, no matter how much of it there may be on hand.

Neither is there any good reason why there should be any waste of food in an American home. Economy or frugality comes from knowing how, and not from any stingy purpose, as some ill-advised people think.

The methods of these teachers show that this wonderful nation is alive to the fact that the high cost of living is in our own waste and carelessness, that oftentimes we do not make the most of what we have or what we are given to do with.

## **The Subject of Desserts**

Although a meal satisfies your hunger you should have dessert, because the educated palate craves that particular spice as a proper finish. Scientists tell us that a dinner digests better because of a tasty dessert, which, they say, gives the final stimulus necessary to dispose of the food previously received.

The simple desserts are the best desserts, and none is more pleasing to the eye and the palate or so easily made or so frequently served in an imperfect manner, than custards.

With a supply of good eggs in the pantry the housewife need never be at a loss for a tasty custard, and if she is wise enough to buy Armour's Fancy Selects when she orders eggs from her market man their goodness will be reflected in her desserts. Aside from their goodness their extra large size will always recommend their use to the wise housewife. They come packed in an extra large carton.

### **Custard Puddings**

These being the more easily made may be considered first. They may either be steamed or baked but the mixture is the same in either case. Allow two eggs and a teaspoonful of sugar to each half pint of milk. Beat the eggs with sugar thoroughly, but do not froth them, as the custard must be as smooth and free from holes as possible. Add the milk slowly, also a few drops of flavoring essence – vanilla, almonds or lemon. Pour into a buttered mould (or into individual moulds), set in a pan of hot water and bake until firm. Chill thoroughly and turn out on serving dish. Serve with sugar and cream. A pleasing addition to the above is made by garnishing the sides of the mould with strips of Canton ginger before pouring in the custard.

### **Coffee Custard**

Make an infusion of coffee by pouring half a pint of boiling milk on a heaping tablespoonful of powdered coffee. Put it aside to settle, and when cold strain off the milk and use with the eggs as in previous recipe.

### **Boiled Custard**

This is also made from milk and eggs and is usually served instead of cream with stewed or preserved fruit. "Boiled" custard is rather a misnomer as on no account must the boiling point be reached in cooking, for if the custard bubbles it curdles. As soon as the custard begins to thicken the saucepan must be taken from the fire and the stirring continued for a second or two longer. If the cooking is done in a double boiler the risk of boiling is very much lessened.

## Everyday Uses of Armour's Grape Juice

Give your family Armour's Grape Juice as an everyday beverage and their bodies will be kept healthy without drugs.

Instead of serving fruit in the morning serve a wineglassful of Armour's Grape Juice undiluted. If taken at the beginning of breakfast do not add ice. For children, water may be added if desired.

In moistening mincemeat use Armour's Grape Juice instead of jelly or wine. In making "Brown Betty" use Armour's Grape Juice instead of water and molasses and you will find it richer and more delicious.

In making sauce for all kinds of fruit puddings, use Armour's Grape Juice, hot or cold, thickened when necessary with a little cornstarch.

When making fruit salad to be served as a dessert, pour over the mixed fruits, immediately before serving, a cup of Armour's Grape Juice.

In serving grape fruit, after carefully removing the white pith, pour over each portion a wineglassful of Armour's Grape Juice.

Many people find it difficult to take raw eggs when recommended by their doctor. This difficulty is removed by breaking the egg into a glass of Armour's Grape Juice. The egg is swallowed easily and in addition to the nourishment obtained there is the tonic value of the rich fruit from which the grape juice is taken.

### The Sweet Places

I want to go back to the sweet mysterious places,  
The crook in the creek-bed nobody knew but me,  
Where the roots in the bank thrust out strange knotty faces,  
Scaring the squirrels who stole there timidly.

I want to lie under the corn and hear it rustle,  
Cool and green in a long, straight, soldierly row,  
I am tired of white-faced women and men of iron.  
I want to go back where the country grasses grow.

To the well-remembered pasture's shadiest corner,  
Where under the trees the wild ferns wove their laces;  
Hearing the whip-poor-will's voice in its strange, rich sadness —  
I want to go back to the old beloved places.

### Unafraid

Sleep lifts the flower-soul with gentle hand,  
And breathes upon it till the petals close  
Softly and drowsily; and, faint, there grows  
A melody from some far shining strand.  
The waking vision's holden to, till, fanned

By vagrant winds from distant ports, it blows  
The singing lips of dreams into the rose.  
The white Night leans to kiss the nodding land.  
Thus, in a kindred way, will Brother Death  
At the appointed hour let fall his breath  
Upon my soul, which such kind dreamlessness  
Of pillowing, after Life's storm and stress.  
I shall lie unafraid, my petals furled,  
To bloom anew within some fairer world.

– *Exchange*

### **To Bleach White Silk**

When either white silk fabric or embroidery has become yellowed from careless washing, it may be bleached in the following manner:

Dissolve two ounces each of salt and oxalic acid in six quarts of cold water.

Soak the silk in this until the yellow tinge disappears. This will take about an hour in ordinary cases.

Rinse immediately in several clear waters.

### **VERIBEST CANNED MEATS – save work and worry**

## Informal Porch Suppers

If you are fortunate enough to possess a wide porch or a stretch of lawn do not forget your less fortunate friends, and give an occasional informal party there while the weather is still fine. Food always tastes so much better in the fresh air and when friends are present it makes the affair nothing more than a kind of glorified picnic. There are few more pleasant ways of entertaining than by giving a porch party. It is very little trouble to arrange an affair of this kind – less than the average picnic indeed – and grown people usually enjoy it more as it is much more comfortable to sit in a chair before a real table than to perch on a log or rock while eating. A porch party is an ideal way of entertaining for the woman who has to do her own work. Most of the dishes can be prepared the day before, making the serving easier.

If not convenient to have a large table a number of small card tables placed close together will answer the purpose. Charming table sets of white crepe paper can be bought for very little and save very materially in the doing up of the linen.

Prepare as much as possible early in the day. If you have sandwiches wrap them in a damp napkin; if cold drinks are wanted have them well chilled, your glasses and straws handy, have your silver and china ready at hand so that when your guests arrive you may devote your time and attention to them. The following menus are not hard to prepare and the dishes will be found most palatable and suited to every purse: Veribest Canned Meats, the standby of the housewife who combines economy of time with excellence of quality, are used in many of them. There is a wide range of these meats delicious and many ways of using them. Every pantry should have at least one shelf devoted to them so that the housewife need never be at a loss for the basis of a good meal.

**FRUIT COCKTAIL**

**HAM MOUSSÉ, POTATO CHIPS**

**or**

**CREAMED CHICKEN, served in roll,**

**or**

**TONGUE TOAST, CREAM SAUCE**

**or**

**CHICKEN IN ASPIC IN INDIVIDUAL MOULDS**

**POTATOES AU GRATIN**

**TOMATO WAFFLES**

**SALAD ROLLS**

**CHILLED CUCUMBERS**

**MARSHMALLOW PUDDING**

**or**

**FIG CUSTARD**

**COFFEE FRAPPÉ ICED COCOA**

Dissolve the gelatine in the hot water, and add to the ham; season with the mustard, add the cream beaten stiff and pour into a mould which has been previously wet with cold water. Chill. Turn out to serve and garnish with parsley.

### **Creamed Chicken**

Make a plain white sauce of one tablespoonful butter, one tablespoonful flour and one cup of milk with seasoning of salt and pepper. When this is ready add the contents of a can of Veribest Boned Chicken, gently pulling apart the flakes of meat with a fork. When thoroughly heated serve in a roll which has been hollowed out for the purpose, with a garnish of cooked asparagus stalks.

### **Tongue Toast**

Remove the contents of a can of Veribest Lunch Tongue and cut in dice. Add a little cream and the beaten yolk of one egg. Simmer for a few minutes and serve on squares of toast.

### **Potatoes au Gratin**

Dice enough cold boiled potatoes to measure one pint. Put one tablespoonful of butter and the same amount of flour in a saucepan with a little salt and pepper. Cook till well mixed, then add one cupful of milk and stir until smooth and thick. Add the potatoes and simmer five minutes, then pour into a buttered, shallow baking dish. Mix one scant cupful of fine, dry bread crumbs with one tablespoonful of melted butter, spread over the potatoes and place in a hot oven until the crumbs are a golden brown, then serve hot.

### **Marshmallow Pudding**

Make a plain lemon jelly, adding a little sherry wine if desired. Put a layer of sliced marshmallows in the bottom of the mold, and when the jelly has begun to set spread a little of it over them. Continue with jelly and marshmallows till the mold is full, then put away to harden. Serve with whipped cream.

### **A Dainty Dessert**

Lemon and grape juice frappé is another cool dessert that is also light. To make it, boil a pint of water with two cupfuls of granulated sugar for ten minutes and cool it. Then add a little cinnamon and half a cupful of lemon juice, and lastly a quart of Armour's grape juice. Freeze and serve in cups, with a little of the grape juice.

### **Shelving Responsibility**

"I'll ask my husband."

"I don't think my husband would allow me to do that."

"I'm sure Jack would say 'No.'"

Do you know the wife who, whenever she does not want to do anything, always places the responsibility on her husband's shoulders?

She knows quite well that she can do almost anything she likes with her husband, and that there are really precious few things that he *would* say "No" to her doing, but she finds that to say her husband would never allow her to do this, or that, is a very easy way of saying "No" to people without offending them.

But it's not quite fair on the husband really, because, after a time, people begin to think that he really must be rather a bear to be so strict with his wife.

And he gets disliked, very often, accordingly.

If you don't want to do a thing, *say* so; don't make your husband the scapegoat.

Of course the wife who does this kind of thing never dreams that people will blame her husband: it's just a convenient fiction to her.

But people are apt to think less of her husband because of it.

So you'll be wise to find some other excuse when excuses are necessary. — *Exchange*.

## A Necessity in the Pantry

"How can you get along without a ham in the house?" asked one housewife of another; "to me it is as necessary as anything we ever have in our pantry."

This housewife, in saying the above, echoed the sentiments of many others. There is no meat more "necessary" in the house than good ham. Not only is the meat there in all its nutriment but it is preserved – that is, cured and smoked – in such a way that there is given to it a piquancy which whets the appetite and gives a stimulus to the gastric juices, thus aiding – so the doctors tell us – the process of digestion.

In so many cases of convalescence where the appetite is flagging and the digestion weak, ham and bacon are prescribed, both for their tonic and nutritive value.

On the crisp snappy mornings of autumn when a hearty breakfast is necessary and the appetite has not yet recovered from the jading effects of the hot weather what could be more tempting and more nourishing than a slice of broiled ham – broiled just enough to be thoroughly cooked and yet not enough to discolor the delicious appetising pink color of the meat. Even the aroma thrown out in the process of cooking sends a tempting appeal to the stomach that is impossible to resist.

Buying a whole ham at a time is the best and most economical way of buying ham, as experience will prove. It can be boiled or baked whole and sliced for whatever purpose intended. When baked ham is broiled for breakfast it requires to be cooked just long enough to get hot all the way through.

It is many years since the curing of ham was first tried and in those years much has been accomplished. Today Armour's Star Hams represent perfection in cured ham. In them the highest quality is allied to skillful curing and careful smoking.

From many thousand hams those intended for the Star brand are chosen; the process of curing is a specialty of Armour and Company, and careful smoking over green hickory logs gives the final necessary touch.

They say "the proof of the pudding is the tasting of it" and this applies to Armour's Star Hams as well.

[Many ways of using this, to most people, necessary meat, will be found on page 12.]

## **Halloween Hints**

### **Witch Apples**

Bake large apples from which the core has been removed until soft, but not long enough to burst the skin. When cooked, insert a marshmallow into the core space, put a teaspoonful of sugar on top and a few maraschino cherries. When ready to serve turn over each a scant teaspoonful of brandy and light just as the table is reached. The brandy will burn with a ghastly flame and melt the sugar and marshmallows. Whipped cream served in a bowl is a delicious addition.

### **Witch Cake**

Cream one half cupful of butter with one and one half cupfuls of sugar; add three eggs and beat five minutes; add one cupful of milk. Sift together one third cupful of cornstarch, and two cupfuls of flour, one and one half teaspoonfuls of ground mixed spices, and three teaspoonfuls of baking powder; then add to the mixture. Now add one cupful of seeded floured raisins, also one cupful of chopped nuts. Turn into a well greased loaf cake pan and bake in a moderate oven about forty-five minutes. Frost with a white boiled icing. Melt sweet chocolate to equal one third cupful, flavor with a teaspoonful of lemon juice, add one cupful of boiled chestnuts which have been run through the meat grinder, and enough confectionery sugar to make a paste easily handled. Roll and cut (by pasteboard pattern) black cats or any other Halloween figure, press them into the icing on the sides of the cake.

## Sautéing and Frying

"What is the difference between sautéing potatoes and frying them?" asks a young housekeeper from South Dakota in the Day's Work, and as the subject is of much importance and deserving of more space than may be given to it in the correspondence columns it is answered here.

In a word, to sauté – pronounced sotay – anything, is to cook it in a shallow frying pan with a little fat, turning as one side is browned to let the other color. Cooked potatoes are often warmed over this way. To "fry" potatoes, croquettes, etc., is to cook them in deep boiling fat, immersing the object to be fried while the fat is boiling hot.

That is the difference between sautéing and frying but there are one or two points about frying – this much abused way of cooking – that must be borne in mind if one would have the best results. In frying, a deep kettle must be used and it is wise to keep one for this purpose only. The one called a Scotch bowl is especially made for this purpose and is most satisfactory.

Use only the best fat for frying – an absolutely pure leaf lard which contains neither water nor salt and have your kettle two thirds full, that is, deep enough to quite cover the article to be fried. Once started, this quantity must be kept up, as it reduces slightly with each frying, but the same fat may be used again and again if care be taken to keep it clean and of a good color. After each frying let the fat cool a little and strain to remove crumbs, etc., which would otherwise burn and spoil the fat. If strained when very hot it is apt to unsolder the strainer. Wipe the kettle clean, return the strained lard and set aside until wanted again.

**French Fried Potatoes** are sliced thin or cut lengthwise in strips laid in ice water for half an hour; then dried thoroughly between two towels and plunged into boiling deep fat. As soon as they are delicately browned they are fished out with a split spoon and laid in a hot colander to drain off every drop of fat. Serve at once.

**German Fried Potatoes** are as a rule cooked and cold before they are sautéed. Some prefer them to the French. To many minds they never get quite rid of the stale taste that clings to the cold potato. The same may be said of stewed cold, cooked potatoes. The least objectionable way of serving them as left-overs is to sauté them.

*"To have bread excite thankfulness, and a drink of water send the heart to God, is better than sighs for the unattainable. To plough a straight furrow on Monday, or dust a room well on Tuesday, or kiss a bumped forehead on Wednesday, is worth more than the most ecstatic thrill under Sunday eloquence. Spirituality is seeing God in common things and showing God in common tasks."* – MALTBIE D. BACOCK.

## The School Child's Sleep

The mother who has a child at school may not be able to help him with his lessons, but there is one thing she can do for him which will benefit him even more, and that is to see that he gets enough sleep.

Insufficient sleep affects the nerves, the temper, the digestion, the mental quickness, and even the morals of children. The child who gets enough sleep is the one who is bright and quick mentally, who grows normally and well, who eats properly and who is not peevish and irritable.

An early supper and an early bedtime are the things for the school child. Then put him in a well-ventilated bedroom and let him have ten or eleven full hours of slumber and he'll wake up bright and healthy and good, too.

Many of the little whining nervous children we see are simply suffering from lack of sleep. Many small naughtinesses simply come from tired nerves and weariness of mind and body. So many mothers notice such a difference in the behavior of children once they have started to school and are at a loss to understand the reason. It is because the daily nap which the child took before he went to school has been given up, but the bedtime hour has not been changed. Consequently the nerves of the child suffer.

Try giving the school child supper at half past five, a nourishing and easily digested supper, too. Then at eight, promptly pack him off to bed. If he doesn't sleep let him sip a cup of hot milk, and sit beside him until he drowzes off. Sleep is largely a habit and will be easily acquired in a few evenings. And oh, the difference it will make to the child in every way. — *Exchange*.

## Hints on Picture Hanging

Hang the pictures from the ceiling or picture rail by means of a thin cord as nearly as possible the color of the walls. When this is done you may, if you like, fill up the spaces left above the smaller pictures by placing therein a miniature, or an old blue plate, or a little plaster relief. This arrangement gives all the space, above or below, upon which to rest your eyes, and is infinitely preferable to the usual way of hanging pictures one over the other or all up and down the walls. Fishing line makes an excellent substitute for picture wire and is much less conspicuous.

## **From the Pantry Shelf**

Keeping the pantry shelf supplied with foods that are easily prepared and served is one of the things which mark the careful housewife. The Veribest list of prepared foods embraces soups, meats, baked beans and many varieties of potted ham, veal, chicken, etc., all of which are perfect. Their use means a saving of time, fuel and energy – with satisfaction for the whole family.

### **CHICKEN MOUSSÉ**

One cup of chicken stock (made from Armour's Chicken Bouillon Cubes), one half teaspoon of salt, a pinch of celery salt, one cup of Armour's Veribest Boned Chicken, two teaspoons of granulated gelatine, two tablespoons of cold water, one cup of beaten cream, one tablespoon of chopped olives, and whites of two eggs. Heat the stock, seasoning and gelatine which has been soaked in cold water. When dissolved, add the chicken finely minced with fork, and the cream. Beat well and fold in the well-beaten whites of eggs. Pour into buttered molds and chill for two or three hours. Serve as salad with mayonnaise. – MRS. A. E. RICHESON, 83 °Canal St., Mt. Vernon, Ind.

### **CHICKEN AND MACARONI**

Put one half package of macaroni in boiling salted water and boil until tender. Drain off all but a very little water and add grated cheese. Stir well, cover and keep hot until the cheese is melted. Have ready a cream sauce made from milk, flour and butter, and when hot add one can of Armour's Veribest Boned Chicken. Mix the macaroni and creamed chicken lightly, and serve on buttered hot toast. – MRS. H. B. HILL, Sarver, Pa.

## **Конец ознакомительного фрагмента.**

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