



With Fresh Vegetables

and ARMOUR'S EXTRACT OF BEEF you may, with little expense or trouble, make a delicious vegetable soup that will sharpen the most jaded appetite by following the recipe below:

"EASY VEGETABLE SOUP"

Two teaspoonfuls Armour's Extract of Beef. Two quarts water. One-third cup carrots. One cup potatoes. One-half onion, chopped fine. One-half cup celery. Three teaspoonfuls tomatoes. One-half tablespoonful parsley. Two tablespoonfuls butter. One-half bay leaf. One-third cup rice. Salt and pepper.

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

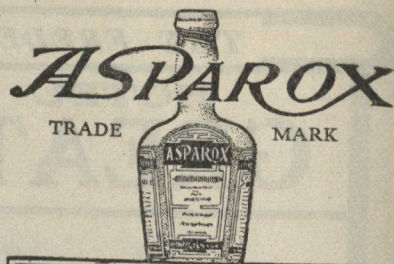
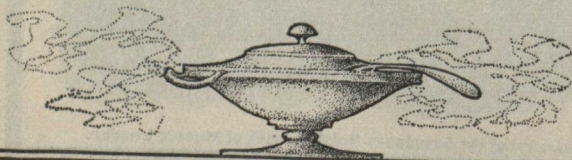
The above recipe, taken from our "Culinary Wrinkles," is one of many that might assist you in giving variety to your daily fare—keeping down your table expenses and lessening the discomforts of hot weather cooking. "Culinary Wrinkles" will be mailed on receipt of your name, address, and a 2c stamp to cover cost of postage.

IMPORTANT

Do not experiment with Beef Extract offered "just as good as Armour's," but insist on having

ARMOUR'S EXTRACT OF BEEF

—the best extract of the best beef. Sold only under the Armour label, by all grocers and druggists.



TRADE

MARK

ASPAROX

ALL THE FLAVOR OF
FRESH, JUICY ASPARAGUS
FOR BASTING FOWLS
AND GAME OF
ALL KINDS

FOR BASTING—Use a tablespoonful of Asparox to a cup of boiling water and baste the fowl frequently while roasting. This gives a tempting flavor and makes the fowl more tender and juicy. Maryland fowls are the finest known because they are fed with a view to produce a high-flavored meat. You may give the same piquant flavor to the home-grown bird by basting with Asparox. Try it the next time you have a chicken, turkey, or duck.

Asparox may be used for preparing bouillon by using a teaspoonful to a cup of boiling water, and add rich milk or cream and season.

OFFER

GOOD UNTIL JUNE FIRST

Asparox is sold by all grocers. If yours cannot supply you, send us his name and one dollar and we will send you prepaid a seventy-five cent bottle of Asparox and a seventy-five cent bottle of Armour's Tomato Bouillon, and a copy of "Culinary Wrinkles."

Address:

ARMOUR LIMITED, TORONTO