CLARK'S RECIPE BOOK

LET THE CLARK KITCHEN HELP YOU FOR QUICKER AND BETTER MEALS

10 2 1274 DAK



Appetising Recipes

KITCHEN EFFICIENCY

Two purposes lie behind the publication of this little book. The first is to show you handy, laboursaving ways in which Clark's Prepared Foods can cut down the time you spend in the kitchen. Then we introduce some practical recipes that provide pleasant and tasty changes in the family menu.

All the recipes are by well-known authorities and have been thoroughly tested by experts. They are just as economical as they are appetizing and nourishing.

me?; c1935?



Clark's Prepared Foods are Pure Foods—even the tiniest details of cleanliness and sanitation are closely watched to ensure that every morsel is as pure as modern efficiency can make it.

Only the choicest meats are selected. These are picked by buyers who make a life work of knowing meat quality, flavour and tenderness. Then there is the Dominion Government inspection with its rigid standards to be met. Every Clark container that holds meat bears the Government "Approved" stamp that guarantees the quality and purity of the food.

Then come the vegetables. From the famous gardens of the St. Lawrence Valley and Ontario, Clark buyers select fresh, perfectly conditioned vegetables and fruits for Clark's Prepared Foods. These, too, must pass expert, strict inspection before they are admitted to our kitchens.

Now let us pay an imaginary visit to the Clark kitchens. You will find them at Montreal, at St. Remi, Quebec, and at Harrow, Ontario. Five minutes within their walls is enough to edge the most jaded appetite.

Chefs, clothed in immaculate white; tables, white and sanitary; even the air that circulates through the kitchens is kept pure and dust-free. The atmosphere of cleanliness and purity is everywhere.

And the cooking processes themselves—modern science, coupled with the best of human skill, combine to produce in Clark's Prepared Foods, dishes as delightfully flavoursome as they are pure and wholesome.

An Ideal of Quality Maintained for Half a Century. When, over fifty years ago, William Clark, the originator of Clark's Prepared Foods, founded the business which bears his name, he was



a pioneer in his ideals of quality. In those distant days much of the prepared food offered for sale was far from all that it should have been. Manufacturers were careless, ignorant of hygenic principles, while inspection and Government requirements were either entirely absent or nothing like as rigid as they are today.

This did not satisfy William Clark. He established his own standards of quality; he resolved that nothing but the finest and best of foods should go into containers bearing his name. In fact he devoted his whole life to work in the interests of the cause for pure food.

The Clark business of today maintains its founder's ideals. "Purity" and "Quality" are watchwords. Constant efforts to improve food standards have been rewarded by more scientific methods, more efficient equipment, and more meticulous systems of hygiene.

The result of all this research and planning is yours today in the wide variety of Clark's Food Products—pure, safe, reasonable in price—that await you on your grocer's shelves.



Delicious Soups



With Celery or Pea Soups. An ornamental and substantial luncheon dish.

1. Poach eggs lightly, and trim to a circle. Dish the soup in very hot plates. Place an egg in the center of each, before serving. Variations—Sprinkle the eggs with—

- a. Paprika,
- b. Grated cheese,
- c. Chopped mint,
- d. Fresh green pepper, run through a mincer,
- e. Coarse crumbs, made hot in the oven and buttered with a dab of bacon fat just before serving.

 Pour hot soup into plates or bouillon cups, and place a spoonful of stiffly whipped cream in the center. Variations—Sprinkle the cream with any of the above—Or with one dessertspoonful of (fresh) mushrooms, fried, minced, and very hot.

3. Make pellets the size of a hatpin head, of any of Clark's Meat Pastes, and dip in white of egg, drop in boiling water for 2 minutes. Drain, and serve 4 to 6 in each plate.

COLD SOUPS FOR WARM WEATHER

1. Using Consomme or Julienne, made with cold water. Put some cracked ice in the bottom of each bouillon cup, and pour over it. a. 1 teaspoonful of "native" sherry. b. 1 teaspoonful of CLARK'S Chili Sauce. Fill with the cold soup. Set a long-stemmed sprig of mint or parsley over the edge of each cup—Or—thread a nasturtium through the crotch of its own leaf, nip stems short, and float it like a water lily.

2. Jellied Bouillon. Mix one tin of either of the above. Heat one half, and dissolve one-half oz. of gelatine in it. Mix together. Fill bouillon cups and set on ice until jellied.

3. "Daisy" Tomato Soup. a. Mix one tin, using cold water. Pour into cups, over cracked ice. Decorate with a sprig of mint. b. Pour into cups, and chill thoroughly. When ready to serve, rub half the white of one hardboiled egg through a sieve into each cup. Grate the half yolk, and pile in the center. Decorate with a sprig of parsley. Serve at once.

QUICK SAUCES OR GRAVIES

Any of Clark's Soups make excellent quick sauces or gravies. They may be made with one half the quantity of water, and given a little extra flavouring. Or slightly thickened with flour or corn starch.

Mixing half a tin of Ox-Tail Soup into the gravy in which it is cooked, will give a new meaning to your Beefsteak and Kidney pie, on special occasions. The scrag end of the veal or multon, cut in neat pieces, heated in Celery Soup and served with toast points, looks as dainty as it tastes. The tail of the roast beef, or the meat from the soup bones, minced, and mixed with Mulligatawny or Mock Turtle Soup, wins a welcome.

For the Invalid. Scraped raw beef, spread between thin slices of bread, toasted on both sides over the heat, cut into fingers, and served to be dipped into CLARK'S Green Pea Soup or Scotteh Broth, invites appetite.

JELLIED SALADS

Using Chicken, Oxtail, Tomato, Vegetable, or Mockturtle Soup. Mix with water as directed. Take half the quantity hot. Dissolve two-thirds of an oz. of gelatine in it. (A little more if the weather is very hot) and mix together. With the Oxtail Soup take out any pieces of bone, replacing the meat. Mold it in a ring shape. When firm, turn out on lettuce leaves, arrange the hearts of the lettuce in the center and serve with mayonnaise boiled dressing. A nourishing yet cooling dish.

With the Tornato Soup add 1 teaspoonful of Worcestershire sauce, a little extra salt, 1 teaspoon of butter (melted in), and mould in small individual shapes, resembling tomatoes.





A hungry man is glad to eat, Good food at times that ISN'T meat. And so, avoid domestic "scenes," By giving him—CLARK'S Pork and Beans.

CLARK'S BEAN SOUP

Simmer 3 cups CLARK'S Beans, 3 pts. water, 2 slices lemon, and one and a half cups chopped tomatoes, together for thirty minutes. Rub through a sieve. Cook together 2 tablespoons fat, and 2 tablespoons flour. Add the liquid, stirring carefully, and boil enough to thicken. Flavour with 1 tablespoon CLARK'S Chili Sauce, salt and pepper. Strain before serving.

BEAN CUTLETS

Drain the contents of a can of CLARK'S Beans, mash well. Mix with one cup fresh bread crumbs, a finely minced onion, salt, pepper and a raw egg. Turn on to a floured board, cut out in cutlet shape, dip in beaten egg, roll lightly in bread crumbs, and fry in hot fat for eight minutes. Serve on a covered dish, garnished with cooked beet quarters seasoned with a little French dressing and scraped horseradish.

Or-with CLARK'S Tomato Ketchup.

Or-with a sauce made from CLARK'S Tomato-or Mock Turtle-Soup, slightly thickened, and poured round the cutlets.

BEAN PIE

Mix four hot mashed potatoes with one tablespoonful of flour and one of butter. Salt and pepper to taste. Butter a pie dish and line with the potato pastry, flattening it with a spoon to one quarter inch in thickness. Bake in a moderate oven till lightly browned. Fill with CLARK'S Beans (already hot), set in the oven for a few minutes, sprinkle over with chopped parsley, cut and serve like a meat pie.

BEAN AND CHEESE ROAST

1 lb. CLARK'S Beans. 34 lb. Canadian Cheese. 1 onion chopped fine.



1 cup bread crumbs. 1 tablespoon butter. Salt, pepper and paprika to taste.

Run beans and cheese through the mincer. Cook onions in butter, and a little water, mix all thoroughly, shape into a loaf, moisten with melted butter. Bake in moderate oven to a nice brown, basting occasionally with melted butter and water, or good dripping. Serve with CLARK'S Tomato Ketchup, or a sauce of CLARK'S Tomato Ketchup, or a sauce

BEANS AND CORNED BEEF

Mix the Contents of one tin of CLARK'S Beans with Tomato Sauce, with one tin of CLARK'S Corned Beef, broken into small pieces. Serve very hot.

"A little Milk, A little Bread, A little Meat, And then you're Dead." But add some Sauce to Things, and see How very different Life will be.

OYSTER COCKTAILS

Bread the oysters, six for each person. Mix together two tablespoonfuls of CLARK'S Tomato Ketchup, two of Chili Sauce, juice of half a lemon, saltspoon of salt, teaspoon of fresh grated horseradish, (sufficient for six persons). Have oysters and dressing very cold. Put oysters in cocktail glasses, a spoonful of dressing over each, and just before serving sprinkle the top with finely chopped ice, and minced parsley. Serve tiny rolls of brown bread and butter (or thin finger sandwiches) lightly spread with CLARK'S **Paté de Viande**, on the same plate.

HORS D'EOUVRES

As savouries, or to hand with Cocktails.

 Spread small biscuits with yellow cream cheese. Whip one quarter cup of cream very stiff. Beat into it one tablespoonful of CLARK'S Chili Sauce. Pile this in a pyramid on the biscuit, and sprinkle with chopped olives.

2. Mash half a tin of sardines to a paste with two tablespoons of CLARK'S Tomato Sauce. Spread this on thin slices of toast. Cover with grated egg, cut in thin strips, decorate with parsley or capers.

3. Mash half a cream cheese (the white or "Cottage" variety) with one and a half table-spoons of CLARK'S Tornato or Chili Sauce. Prepare stalks of the celery, heaping it as thick as possible. Decorate it with a few shreds of almonds. Serve with small biscuits. CLARK'S Chili Sauce or Tornato Sauce adds an intriguing flavor to Cold Meat, Salads, Vertical as the context of the celery of the ce

Vegetables, Soups, and many other foods, while giving individuality to all sorts of sandwiches.

CHILI FISH POINTS

Rub cooked salmon, cooked whitefish, or equal parts of both, through a sieve. To one cupful of fish, add one-quarter cupful of whipped cream, and two tablespoonfuls of CLARK'S Chili Sauce. Dust well with paprika, and add a few chopped capers. Make slices of very crisp thin toast, and butter lightly. Spread the toast rather thickly with the fish mixture, cut into strips, arrange a little whipped cream on the top, with a caper or two or a shred of pimento, and a sprig of parsley. Serve as a summer fish course. Or they are excellent for a supper dish, with hot cups of CLARK'S Consomme.

CREOLE MAYONNAISE

Beat two tablespoonfuls of CLARK'S Chili Sauce into one cupful of mayonnaise. Add one quarter cup of whipped-or sour-cream. Use as a dressing for cold salmon.

QUICK SALAD FOR COLD MEATS

Cut cold (new) potatoes into dice (real dice, not slices) to make two cupfuls. Add a little diced cucumber, strips of green pepper, or sliced olives. Mix two tablespoonfuls of CLARK'S Tomato Ketchup with the juice of half a lemon, a little salt, and a dash of Worcestershire sauce. Toss the potatoes lightly in this, dish on lettuce leaves, and decorate with slices of lemon and hard boiled egg.

CHILICUKE SANDWICHES

Butter a thin slice of bread. Cover with slices of cucumber. Spread an unbuttered slice with CLARK'S Chili Sauce. Press the two together, trim, and cut in diamonds. Decorate the dish with stuffed olives.

"No Ketchup can Catch-up with Clark's"







"Ready in a Hurry-Saves the Housewife Worry"

Clark's Spaghetti

Nutritious and wholesome--delicious to taste, Full cent per cent value, since none of it's waste, And a boon to the housewife in moments of haste.

MOULDED SPAGHETTI WITH CHICKEN

Cut up (not mince) one tin of CLARK'S Spaghetti with Tomato and Cheese, add onefourth tin of CLARK'S Chicken Soup, and the same of CLARK'S Tomato Soup (undiluted). Beat three eggs, and stir in. Add salt, celery salt, and pepper, to taste. Put in a buttered mold and steam very gently (like a custard) from forty minutes to one hour. Meantime, heat the rest of the Spaghetti and the soups, with one cup of water, in a double boiler, and use as a sauce for the mold when turned out. Sufficient for six to eight people.

SURPRISE PACKAGE-HOT

Cut the tops from hard boiled eggs, just to where the yolk begins. Scoop them out carefully, rub through a sieve, and mix with an equai quantity of CLARK'S Veal, Ham and Tongue Paté. Press back as much as will go into the hollowed eggs. Stick the tops on with raw white of egg and drop into boiling water till thoroughly heated. Cover individual slices of crisp buttered toast with CLARK'S Spaghetti with Tomato and Cheese. Lay the eggs on top, either whole, or sliced in rings with a sharp knife. Decorate with parsley, and serve piping hot.

SPAGHETTI NESTS

Put a layer of CLARK'S Spaghetti with Tomato Sauce and Cheese in the bottom of a baking dish. Cut hard boiled eggs in half, and lay them in it, cut side down. Break up the contents of a tin of CLARK'S Lunch Ham, Corned Beef, or the remains of any cooked meat (the salty sorts for choice). Put a light layer of this on top of the eggs. Make a second layer the same as the first. Cover the top with a layer of white sauce, and a sprinkling of grated cheese. Heat through, and brown on top before serving. Use six eggs, sufficient for six or eight people.

MADE-OVERS

The remains of any cold meat, cut up, and heated with the contents of one tin (or one-half tin) of CLARK'S Spaghetti—may come as a new dish if served in a ring of potatoes, that are

browned in the oven before pouring the mixture in the center.

A spoonful or two of leftover spaghetti, chopped small, is an improvement to a thick soup.

Or it may be cut small, and served on crisp toast with two slices of curled bacon on top.

Or—spread a slice of toast with CLARK'S Devilled Ham cover with hot Spaghetti and Tomato, and place a poached egg on top.



Pate de Viande

SANDWICHES

Butter two slices of sandwich bread lightly, and spread with CLARK'S Paté de Viande. Have some crisped hearts of celery. Cut these in thin slices with a sharp knife, and sprinkle one slice of bread freely with them. Press the other slice over the top, trim, and roll.

These are nice if radishes are used the same way. To crisp them, roll in a wet cloth, and set on ice for an hour or two.

Any of CLARK'S Potted Meats are excellent for Sandwiches, just as they are, or may be varied with:-

1. Slices of CLARK'S Chicken, Inglass Brand.

2. One cup CLARK'S Potted Chicken, three olives, one long cucumber pickle, one tablespoonful capers, mix with mayonnaise.

3. CLARK'S Potted Veal, mixed with chopped hard boiled egg. Season with CLARK'S Ketchup.

4. Thin slices CLARK'S Potted Veal, with chopped pickles, olives, or green peppers.

5. CLARK'S Potted Chicken, and half the quantity of almonds, chopped, and mixed to a paste with cream.

6. Spread bread with cream cheese (Neufchatel). Add thin strips of CLARK'S Inglass Chicken, and dot with red current jelly. For supper sandwiches, to serve with salad, these may be "open" with no covering slices of bread.

7. Grind almonds, walnuts, pecans, and peanuts together. Mix one cup of any of CLARK'S Potted Meats, with one cup of the ground nuts. Shape into a loaf, using stock, milk or tomato juice to mix. Slices of this may be used for sandwiches, or it may be served as a Loaf, with salad, as a hot weather (or supper) dish, making a very nutritious and "BALAN-CED" meal.

Any of CLARK'S Meat Paste and thin slices of tomato. Butter the second slice of bread with mayonnaise instead of butter. Press together, trim and slice.

MOCK CUTLETS

One half pint CLARK'S Potted Veal. One tablespoon finely chopped parsley. One teaspoon salt. One half teaspoon pepper. One tablespoon butter. One level tablespoon flour, One half cup of CLARK'S Consomme, (or milk) Pepper and salt. One egg. Bread Crumbs,



Make a sauce of the butter, flour, and liquid, and mix the veal well with this. Add parsley and seasoning. Shape like cutlet. Beat the egg with one teaspoon water. Roll the cutlets in finely sifted bread crumbs, then in egg, then again in crumbs, and set in a cool place till wanted.

Fry to a delicate brown in hot deep fat. Have ready small pointed sticks, with a paper frill on each. Stick these in the end of the cutlet, to simulate the bone. Make a mound of young green beans, salted, peppered and flavoured, in the center of the serving dish. Lay the cutlets round this and if liked, pour round a sauce made of CLARK'S Mock Turtle Soup, slightly thickened. For a change, pile them round mashed potatoes, or use tomato sauce, made from CLARK'S Tomato Soup.

"The Quality Mark is Upheld by Clark"





"The Joy of the Life of the Modern Housewife"

CLARK'S SAUSAGES

are good fried, and served with a mound of mashed potatoes, or on a bed of CLARK'S Spaghetti.

CAMBRIDGE CRISPS

Mash the contents of one tin of CLARK'S Cambridge Sausage, and mix with a little made mustard, and one beaten egg. Spread half of this on a well floured board. (A well floured hand is the best "spreader"). Shape as nearly into a square as possible, so that there will be no ragged edges. Cover in the same way with about half an inch of mashed potato, and finish with the rest of the sausages. Cut into neat squares with a sharp knife. If prepared beforehand, they will not need to be floured, if they are set in a cool place for an hour or more. Otherwise, flour, before frying to a light crisp brown in plenty of hot fat. These may be served with Roast Chicken, or as a border round a center of peas, creamed cauliflower, chopped cabbage, CLARK'S Spaghetti or CLARK'S Beans.

MIDGET GELATINES

For each expected guest poach one new laid egg lightly, and slip it into cold water. Cut even rounds of CLARK'S Ox Tongue, and lay them in a long dish. Place a trimmed egg on each, another round of tongue on top. Dissolve one package (one ounce) of gelatine in a cup and a half of water, add one scant teaspoonful of tarragon of vinegar, aid a tablespoonful of native sherry. Add these to the contents of one tin of CLARK'S Consomme. When cool, native sherry. Add these to the contents of one of OLLARK S Consomme. When cool, pour over the eggs and tongue very carefully. Do not place them too close together. They should be covered about half an inch above the top. When quite cold, cut out with a sharp round cutter. Lift out carefully with a fish slice, serve with green salad and rolled sandwiches of bread and butter spread with CLARK'S Chill Sauce. Specially recommended for a "party" supper. The discarded aspic can be used as a garnish, chopped up, or melted, strained and used again for molding.

"Left-overs" of tongue—may be used in many attractive ways. For sandwiches, for stuffing eggs, chopped and creamed, with scrambled eggs, mixed with Tomato Sauce, and used under poached eggs, etc. etc.

TOASTAGES

Trim slices of bread neatly, and spread with the sausage meat. Toast on a flat electric toaster, or in the oven. The bread side over the heat, the meat side under it. For Devilled Toastages, spread the meat rather thickly with made mustard, before it goes under the flame.



CLARK'S TONGUE

In glass or tins, is delicious just as it comes out. It is especially good served with salads.

SUPERFINE OUICK LUNCH

Beat one egg well (white and yolk together) and beat into two cupfuls of mashed and flavoured potato. (If fresh potatoes are used for this dish, add milk as well. If cold mashed navoured potato. (If iresh potatoes are used for this dish, add milk as well. If cold mashed potatoes are used, run them through a ricer before using.) Spread a slice of bread with CLARK'S Cambridge Sausage mashed with a fork. Pipe or press the potatoes into a wall round the edge. These may be prepared early, and set away till wanted. When wanted toast the under side of the bread, and finish under the flame, browning potatoes and sausage nicely, taking care that they do not burn. Fill the center with CLARK'S Spaghetti and Tomato, a spoonful of CLARK'S Beans, a poached egg, scrambled eggs, with chopped green peppers, hard boiled eggs chopped in a cream sauce, or creamed chicken.

SANDWICHES

may be made of the sausage meat just as it is, as it is already cooked. Chili or Tomato Sauce is an improvement. For Sandwiches, toast them on both sides, after pressing them well together. Shepherdess Pie—Beat the well whipped whites of two eggs into three cupfuls of mashed and flavoured potatoes. Put these into a baking dish. Cover with a thick layer of Cambridge Sausage—make it piping hot in the oven and brown on top.

HOT ROLL SANDWICH

Dip stale finger rolls in milk, cut in half, and remove a little of the crumb. CLARK'S Cambridge Sausage may be browned in hot fait in a frying pan, or used cold, to fill these, replace tops and set in a brisk oven till piping hot.

CLARKIA EGGS

Boil eggs four minutes, and drop in cold water. Remove shells very carefully, not to break eggs. Mash the contents of one tin of CLARK'S **Cambridge Sausage** with one beaten egg, and completely cover each egg with the mixture. Flour well, and drop in boiling fat, till the sausage meat is delicately browned. This will not cook the egg inside, but merely have the whole hot. Serve in a nest of rice, or on a bed of CLARK'S **Spaghetti**, with Tomato.



"Clark Kitchens Aid with the Finest Foods Made"





Clark's Canadian Boiled Dinner

"Ready in a Hurry-Saves the Housewife Worry"

A SUBSTANTIAL MEAL

Among the old recipes that have come down to us from the early days of Canada's settlement, is one for "Boiled Dinner. It is described as a" succulent dish, satisfying to hearty appetites, very nourishing and strengthening."

These terms of praise describe CLARK'S Canadian Boiled Dinner perfectly. They are exemplified in the tenderness of the prime beef, the richness of the pure stock gravy, the sweet freshness of the numerous vegetables which give it such a delicious flavour. Cooked to perfection, CLARK'S Canadian Boiled Dinner is both "succulent and satisfying." It is a splendid meal for hungry folks. Try a can for to-morrow's dinner.

CLUB SANDWICH

Toast thin slices of bread a nice brown and butter them. While still hot lay on the first one a lettuce leaf then some slices of CLARK'S Chicken, a few chopped olives and pickles, some slices of hot crisp bacon, another lettuce leaf, another slice of toast and serve under a hot cover. Tomato Catsup or Chili Sauce on side.

LYONNAISE TRIPE

Cut CLARK'S Tripe in small strips. Cook two tablespoons onions in the same amount of butter, add the tripe and cook ten minutes. Serve on slices of hot buttered toast. Sprinkle with salt and pepper, dot with butter, and garnish with finely chopped parsley.

BUBBLE AND SQUEAK

Cut together one tin of CLARK'S Corned Beef, one cooked onion, one cup of potatoes, mashed, or chopped, one cup of cold cabbage or spinach, and a half a cup of carrots. Fry together till brown, and serve very hot.

CHICKEN SANDWICHES

Mince and mix together equal quantities of CLARK'S Boneless Chicken and Beef Ham. Add sufficient—gravy—any of CLARK'S Soups—or milk and a small lump of butter to make a soft paste. Season to taste. Stir over the fire, working it very smooth, till thoroughly

blended. Spread on a dish to cool. Cut and butter thin rounds of bread. Sprinkle the buttered sides with grated cheese, and when the meat mixture is cold, put a layer between.





Sliced Smoked Beef



"Where Sanitation Dwells and Quality Excels" —Clark Kitchens

SLICED SMOKED BEEF IN CASES

Use stale Bakers buns, the kind that are baked together in a pan, and each bun is square. Cut the tops off thinly. Scoop out the inside and fry in very deep hot fat, to a delicate brown. Drain on a paper in the oven. Meanwhile heat CLARK'S Sliced Smoked Beef in a cream sauce, add an equal amount of chopped white of hard boiled egg. Fill the cases, grate the yolks over the top, and stick a sprig of parsley in the centre. Set on lace paper doilies to serve.

SAVOURY CUSTARD

Make a custard of three eggs and a scant pint of milk. Salt and pepper to taste. Pour into a buttered ring mold, and bake very slowly in a pan of water, in the oven. When cooked, turn out, and fill the center with one tin of CLARK'S Smoked Sliced Beef, mixed with a good Bechamel Sauce.

Or chip the slices in flakes, and mix into the custard before cooking. Pour Tomato Sauce around it, made of CLARK'S Tomato Soup, slightly thickened.

STUFFED POTATOES

Scrub medium sized potatoes (six or eight) and bake in their skins. Cut off the tops, scrape the potatoes out, keeping the shells hot in the oven. Mash or rice the potato, mix rather soft with milk, flavour with pepper, and to each potato add two tablespoonfulls of CLARK'S Sliced Smoked Beef that has been minced or flaked into tiny bits, and a dessertspoon of butter. Beat well, pack back into their skins, leave in the oven just long enough to become thoroughly hot.

BEAN SALAD

Drain one can CLARK'S Beans, mix with one finely chopped onion, two tablespoons vinegar, one of salad oil, one of parsley. Salt and pepper to taste. Arrange on crisp lettuce leaves. Cut a large cold boiled onion lengthwise in eight pieces, cover each piece with CLARK'S Chill Sauce, sprinkle with hard boiled yolk of egg, rubbed through a sieve, and arrange as a border round the beans.







Cooked Corned Beef

"Corned Beef and Cabbage" or "Bacon and Greens," Every "old timer" knows what it means, Here's a variety made from the same, Which is your favorite? "Give it a name."

CORNED BEEF AND CABBAGE

Cut up the contents of one can of CLARK'S Corned Beef. Put it in a double boiler to heat. Dilute the contents of one tin of CLARK'S Oxtail Soup with the same amount of water. Pick out any pieces of bone, and pour over the meat. Cut cooked cabbage through and through with a knife. Pile it in a mound in the center of a hot dish. Pour the Corned Beef in the center, saving some of the gravy without meat, to pour over the cabbage. Serve very hot.

CORNED BEEF WITH CELERY SAUCE

Mix the contents of one tin of CLARK'S Celery Soup with one cup of milk, and put in a double boiler to heat. Cut up one tin of CLARK'S Corned Beef, and add. While this is heating, whip the whites of three eggs very stiff. Beat them into two cups of hot potatoes mashed with milk and butter and flavoured. Line the sides of a baking dish with these, sloping them smoothly back against the sides. Rub with soft butter. Brown in the oven. Pour the meat and sauce in the center, and serve in the same dish.

CORNED BEEF WITH VEGETABLES

Boil carrots, onions, turnips, potatoes, and brussels sprouts, separately. Have the carrots cut in rings, the turnips in cubes, onions and sprouts and potatoes whole. Heat a large deep fireproof platter. Arrange the turnips in piles at the corners. Onions across the ends, greens like a wall at the sides, set in the oven to keep warm for a few minutes. Have the contents of one tin of CLARK'S Corned Beef heated in the contents of one tin of CLARK'S Mulligatawny Soup that has been diluted with half the usual quantity of water. Turn this into the center of the dish. Slice the potatoes over the top, and scatter the carrots over all.

CORNED BEEF CASSEROLE

Using one tin of CLARK'S Corned Beef, cut in slices. Put a layer of raw potatoes, peeled and thinly sliced, on the bottom of a Casserole dish. Cover with a layer of the beef, and sprinkle with chopped onion. Pepper to taste. Repeat. Make the last layer of potatoes. Mix one half-tin of CLARK'S Julienne Soup with one cup of water, and pour over the whole. Use no salt. Bake slowly, about one and a half hours, keeping the cover on till the last ten minutes. After it is removed, butter and brown the top.

BAKED EGGS IN CORNED BEEF CASES

Mix equal parts of CLARK'S Corned Beef (Minced) with mashed potatoes and line well buttered individual casserole dishes with them. Leave a hollow in the center, big enough to hold an egg. Break one in each. Sprinkle with salt and pepper and a dot of butter, and bake in the oven till just firm. Sprinkle with chopped parsley.



Corned Beef Hash

A FAVORITE DISH QUICKLY PREPARED

It is often said that English cookery, which is based on a knowledge of solid food values, is responsible for the growth and strength of the race. However true that may be, there is no doubt that certain old English dishes such as Corned Beef Hash, do possess satisfying and sustaining qualities in the maximum degree.



strength of the race. However true that may be, there is no doubt that certain old English dishes such as Corned Beef Hash, do possess satisfying and sustaining qualities in the maximum degree. Especially does this apply to Clark's Corned Beef Hash—a perfectly balanced combination of prime beef, fresh vegetables and delicious sauces cooked with scrupulous care, under the supervision of chefs who have the genius for putting the very utmost in palatableness into food. As they prepare it, CLARK'S Corned Beef Hash is a real delight which will be welcomed to the family table as often as you care to serve it. Let us persuade you to try a can.

CORNED BEEF HASH

Chop the contents of one tin of CLARK'S Corned Beef into small pieces but do not put through the mincer. Boil some potatoes in their skins. When cold, peel chop, and add them in equal quantity to the meat. Add half a grated onion, a few tablespoons of stewed tomatoes, and some chopped parsley and celery leaves. Put a large tablespoon of butter into a frying pan, and one-fourth cup of boiling water. Pour in the hash, pepper to taste, and let it heat, stirring a little, but taking care not to mash the potato Shape it neatly, and let it stand in the pan till it forms a crust at the bottom, but take care not to let it burn. Do not let it get too dry. Loosen with a cake turner. Turn a warm dish over it, turn pan and dish over together, and serve hot, with CLARK'S Tomato or Chill Sauce.

CORNED BEEF SALAD

Arrange in a salad bowl, a layer of sliced cooked potatoes, one of thin slices of CLARK'S Cooked Corned Beef, one of lettuce shredded and dressed with French Dressing, then thinly slice beets. Repeat. Garnish with beetroot, and sliced hard boiled eggs. Serve with French Dressing.

CORNED BEEF PATE, OR TOAD-IN-THE-HOLE

Cut CLARK'S Corned Beef into moderate sized pieces. Place in a well greased pie dish. Sift one breakfast cup of flour with one teaspoonful of baking powder. Beat one egg thoroughly, add one and a half cups of milk, and beat again. Make a hole in the flour, and stir the milk and egg into it, whip all together, and pour over the meat. Bake about half an hour in a moderate oven, and serve with CLARK'S Ketchup.

CORNED BEEF ON TOAST

Cut CLARK'S Corned Beef very fine. Pour boiling water over it, and let it stand for a few minutes. Drain off, and pour on good rich cream, or milk and butter, thickened with a very little flour. Season with pepper, and serve on toast.







STUFFED GREEN PEPPERS

Cut green peppers in half lengthwise, scoop out all seeds and pith, parboil for five or ten minutes. Mix one part of fine bread or cracker crumbs, with two parts of CLARK'S Beef Loaf, two tablespoons of Clark's Tomato Ketchup, salt and pepper to taste

Set in a baking pan, close enough to hold them steady. Pour some soup stock, or water in the pan. Cook for about half an hour, in a moderate oven basting frequently. For the last five minutes, put a little butter on top. Serve hot, decorated with parsley.

VEAL PATTIES

Roll three or four crackers to powder. Add to one tin of CLARK'S Veal, Ham and Tongue, and wet well with gravy and a little milk. If you have no gravy, stir one tablespoon of butter, and one beaten egg, into two-thirds of a cup of hot milk. Season well to taste, and bake in patty pans, lined with puff paste. Slip out of the pans, before sending to the table.

CREAMED VEAL LOAF WITH PEAS

One can of CLARK'S Veal Loaf. One cupful peas. Two tablespoons butter, one of flour, one cup milk. Blend flour and butter, and make into a sauce with the milk. Put in a double boiler. Add the veal loaf cut in cubes and the peas. Cook ten minutes over hot water till thoroughly heated. A cupful of celery or asparagus may be substituted for the peas.

SOUFFLE-OF CLARK'S LUNCH HAM, CLARK'S CHICKEN, OR ANY OF THE COOKED MEAT

Make a thick white sauce with two tablespoons of butter, two heaping ones of flour, and two cups of milk, stir in two cupfulls of CLARK'S Lunch Ham minced. Flavour, and add beaten yolks of two eggs.

When cold, add the stiffly whipped whites (an extra white is an addition that improves the dish). Thoroughly butter a souffle dish, pour in the mixture, and cook in a moderate oven about half an hour. Serve with sauce made from CLARK'S **Tomato** or **Celery Soup** slightly thickened.

STUFFED TOMATOES

Cut the tops off even sized tomatoes. Mix a tin of CLARK'S Potted Tongue with half the amount of bread crumbs dried and grated. Add some chopped parsley, or green pepper. Scoop out the centre of the tomatoes, and fill with the mixture. Place a curl of bacon on top of each. Set in a pan with a little water, and bake in a slow oven just till the bacon is crisp

"Purity's the Word that Makes Clark Foods Preferred"



COATED EGGS

(Or Surprise Package, Cold)

Cut hard boiled eggs in half lengthwise. Take out yolks, rub through a sieve, with a generous quantity of CLARK'S Chili Sauce. Press back into the halves, stick together with raw white of egg, and coat with CLARK'S Meat Pastes, softened with a little cream to make it spread well. Serve on lettuce.

SAVOURY OMELETTE

Chop or mince the contents of a can of any of CLARK'S Potted Meats. Make an omelette and when almost done, sprinkle with the chopped meat. Shake a little Chili or Tomato sauce over. Fold the omelette over, and serve at once on a very hot dish.

Any of the meat pastes, plain or mixed with Chili or Tomato Sauce, are delicious spread on toast and used as canapes for scrambled or poached eggs. In this case, the canapes should be kept hot in the oven while the eggs are being prepared.

For stuffed eggs—hard boil the eggs, scoop out the centers, and mix with equal parts of the meats and rub through a sieve.

Add a little milk, cream, tomato or chili sauce, to mix smooth, and pile neatly back in the halved whites. Decorate in various ways.

"Inspected Meat is Safe to Eat"-Clark's Government Approved







PREPARED MEATS

To be eaten hot or cold Tripe, Mutton, Beefsteak and Onions

QUICK MUTTON STEW

Empty the contents of one can of CLARK'S Vegetable Soup into a double boiler. Add one can of CLARK'S Mutton and one

Cup of water. Flavour to taste. Serve very hot, with Dumplings. Quick baked Dumplings, may be made from biscuit dough, rolled rather thick, cut with a small round cutter (hardly as big as a wine glass) baked and set around the stew like little pyramids.

SHEPHERD'S PIE

Place the contents of one can of CLARK'S Beefsteak and Onions in the bottom of a fire-proof dish. Add one half the contents of a tin of CLARK'S Soup (any preferred kind) diluted with one third cup of water. Add a layer of sliced tomatoes. Cover with mashed potatoes, dot with butter and brown in the oven.

Any of CLARK'S ready cooked meats can be used in this way. A biscuit dought may be substituted for the potato, if desired,

PERSONAL PIES

Cut up the contents of one can of CLARK'S Beefsteak and Onions and set to heat in a double boiler. Bake rather large thick baked biscuits, (as big around as the top of a large tumbler.) Cut off the tops, scoop out some of the soft inside, fill with the hot meat, replace the tops, and serve very hot. If a sauce is desired, use the contents of one can of CLARK'S Ox Tail Soup, diluted with one half cup of water, and flavoured with a dash of native wine.



CHICKEN SALAD

One tin of CLARK'S Boneless Chicken, cut in small pieces. Half the amount of chopped celery. One tin of CLARK'S Potted Game (or Beef Ham) rolled into balls like marbles. Half a cup of diced cucumber, a few chopped olives, and thin slices of green peppers. Mix all together, lightly, only saving half the little forcemeat balls. Mix with a generous quantity of mayonnaise, into which half a cup of sour cream has been whipped. Arrange on lettuce leaves, and decorate with olives, rings of pepper, and the extra forcemeat balls, as well as parsely and lettuce.



CHICKEN SANDWICHES

To serve with Salad at a supper party. Spread slices of buttered bread with CLARK'S **Boneless Chicken**, carefully cut, using the jelly as well. Strew them with slices of stuffed olive, and chopped celery. Spread a second slice of bread with mayonnaise. Press together, trim and cut in diamonds.

CHICKEN AND HAM PIE

Place alternate layers of CLARK'S Boneless Chicken and CLARK'S Lunch Ham in a fire-proof dish that is centered with a china "chimney." Pour in a gravy made of one tablespoon of butter, two of flour, three fourths of a cup of milk, and one tin of CLARK'S Chicken Soup, cooked together till thickened. No salt will be needed to flavour. Lay two bay leaves on top. Cover with a good pastry, and cook till done. Serve hot, pouring in any extra gravy (boiling) through the "Chimney" just before serving.

CLARK'S SLICED SMOKED BEEF

May be served in a variety of ways—shredded and creamed, in tomato gravy on toast, mixed with scrambled egg in a substantial sandwich, plain with potato salad, or as a delightful addition to a beaten omelette.

CHICKEN FORCEMEAT

One cup of CLARK'S Boneless Chicken. Salt, pepper, lemon juice, onion juice. 1 teaspoon chopped parsley. One-half cup soft bread crumbs, one-half cup hot milk, 2 eggs.

Mince the chicken, soak in milk. Mix all the ingredients together, season rather highly, shape in balls, roll in flour, and fry.

"Where Sanitation Dwells and Quality Excels" - Clark Kitchens





Inglass Brand

CHAUFROID DE VOLAILLE

Cover pieces from the Inglass Brand of CLARK'S Boneless Chicken with a paste of Pate de Viande, worked with a little of

CLARK'S Tornato Sauce, till soft enough to spread. Lay them half an inch apart on a platter and mask with thick white sauce. Grate some yolk of egg over, and decorate with sliced olives. Slice CLARK'S Ox Tongue in wafer slices. Arrange the chicken and tongue alternately on a long platter. Garnish with curled celery.

HORS D'OEUVRES OF BEEF AND EGG

Rub hard boiled eggs through a sieve. Mix with just enough of CLARK'S Chili Sauce and chopped parsley to enable them to be rolled into corklike shapes. Roll each one carefully in a curl of CLARK'S Sliced Smoked Beef. Garnish with curled celery.

CHICKEN PATTIES

Using CLARK'S Boneless Chicken and Ox Tongue. Make a Bechamel sauce with one tablespoonful of butter, two level ones of flour, and one and one third cups of milk. Flavour with nutmers, sait and pepper. Cut the chicken in meat small pieces, the tongue in fair slices, and put the chicken only in the sauce to heat. When quite hot, add the yolks of two eggs beaten with a tablespoonful of cream, and stir till thickened over the hot water. Then add one tablespoonful of "native" (sherry) wine and the tongue slices. Put at once into very hot puff pastry cases, decorate with parsley, and set on lace paper doilies, on individual service plates. Use three parts chicken to one part tongue.

TOASTED CHICKEN SANDWICH



Mince Meat

Saves you all trouble--gives you a treat "The Prince of all Mincemeat"--and ready to eat.

CHRISTMAS TEA CAKES

Make some hot biscuits, and while hot, pull open and lift out a little of the soft inside, and refill with CLARK'S Mincement (heated), and serve in a covered dish.

MINCE CUSTARD

Put a layer of CLARK'S Mincemeat at the bottom of a fire-proof pudding dish. Pour over it custard made with three eggs beaten with one-quarter cup of sugar, and two and a half cups milk. Set in a pan of water, and bake very gently in the oven till set. Serve Hot.

RICE CUSTARD

Mix equal parts of CLARK'S Mincemeat and cold boiled rice and bake in a custard as above.

GLORIFIED BREAD PUDDING

Butter slices of stale bread. Lay them in a fire-proof dish, with spoonful of CLARK'S Mincemeat sprinkled between. Pour over a custard made as above, and bake in the same way.

OUEEN OF MINCE PUDDINGS

Soak one scant cup of stale sifted crumbs into two and a half cups of hot milk. Add half cup of sugar, and the beaten yolks of two eggs. Put a layer of CLARK'S Mincemeat in the bottom of a fire-proof dish, pour the mixture over, and bake in a moderate oven till set. Spread another layer of Mincemeat on top, make a meringue of the whites of the eggs, and pile over the pudding. Return to the oven long enough to colour them.









Table Syrups and Molasses

As sweet as Honey And as mild as milk It shines like money And is smooth as silk.

GINGER PUDDING

Four oz. flour, 4 oz. CLARK'S Beef Suet, 2 oz. bread crumbs, 1 oz. brown sugar, 1 teasp. ground ginger, I teasp. soda, a pinch of salt, I cup CLARK'S Table Syrup a little milk to mix the soda in. Mix dry ingredients first, adding soda and milk last. Steam three hours.

PANCAKES

Sift two tablespoons of flour into a bowl with a little salt, and half a teasp. of Baking Powder. Rub one tablespoon of butter into it, and mix to a batter like thick cream, with milk. Beat one egg very light and stir in. Fry by the spoonful in plenty of Butter, and serve with CLARK'S Table Syrup and butter.

APPLE PORCUPINE

Peel and core six large apples. Put them in a baking dish without crowding. Mix one and one half cups of CLARK'S Table Syrup with one half cup of hot water, the juice of one lemon, and a little cinnamon. Set the apples in a baking dish without touching, pour the syrup over, put a dab of butter in each apple. Cook very slowly till soft but not broken. Remove the apples to a serving dish, and let them cool. Boil down the syrup a little if desired. When cold, fill the apples with red currant jelly, stick with split almonds, pour the syrup over, and put a puff of whipped cream on top of each one.

BISCUIT PUDDINGS

Beat 2 oz. of butter to a cream with 2 oz. of sugar. Add 2 oz. flour, sifted with onehalf teaspoon baking powder. Add a scant cup of milk, beat together with the egg beater, pour into hot buttered gem pans, and bake about half an hour. Serve with CLARK'S Table Syrup.

PRINCESS MARY SAUCE FOR LEMON SNOW PUDDING

Just before serving a lemon snow pudding (as a change from custard sauce) whip half a cup of cream Table Syrup slowly over the pudding in the dish in which it is to be served and the cream over that.

> ARKS TABLE SYRU

Table Syrups and Molasses

Molasses, Molasses, Will sweeten your days If used in a dozen **Delectable** ways



GINGERBREAD (EGGLESS)

Two cups CLARK'S Molasses, two teaspoons ginger, two-thirds cup butter, three tea-spoons soda, one cup buttermilk, flour to thicken. Stir the molasses and butter together, add ginger. Put the soda in a cup and pour a little boiling water over it, then fill up cup with buttermilk. Mix thick with flour, but not too thick (just to pour). Ouick oven.

HOT WATER GINGERBREAD

One cup CLARK'S Molasses, two cups flour. One teaspoon soda, one tablespoon ginger-two to four tablespoons CLARK'S Beef Suet chopped fine, one-half cup boiling water, onehalf teaspoon salt, one-eighth teaspoon cinnamon.

Mix and sift ingredients, add remaining ingredients, bake twenty to thirty minutes.

MOLASSES CANDY

One pint CLARK'S Molasses, one-quarter cup vinegar, one-half cup sugar, one dessertspoon butter, one-half teaspoon saleratus.

spoon butter, one-hall teaspoon saleratus. Dissolve the sugar in the vinegar, mix with CLARK'S Molasses and boil, stirring fre-quently until it hardens when dropped from the spoon into cold water—then stir in the butter and soda, the latter dissolved in hot water. Flavour to your taste, give one hard final sitr, and pour into buttered dishes. As it cools, cut into squares for "taffy" or while soft enough to handle, pull white into sticks, using only the buttered tip of your fingers for that purpose.

MOLASSES CAKES

One cup CLARK'S Molasses, one cup brown sugar, one-half cup lard, one cup buttermilk, two and a half cups flour, two teaspoons baking soda, two tablespoons boiling waterone egg, one teaspoon ground ginger, one teaspoon ground cloves, one-half teaspoon cinnamon pinch salt.

Put CLARK'S Molasses, sugar, lard, spices and a pinch of salt, in a basin to warm. Mix. Add the egg unbroken, also milk. Dissolve the soda in the boiling water and add to other ingredients. Then sift in the flour and beat all ingredients well together in basin. Bake in patty pans in moderate oven for 20 minutes.



DRIED APPLE CAKE

Two cups dried apples, two cups CLARK'S Molasses, one cup butter, two cups brown sugar, two eggs well beaten, one cup sour milk, four cups flour, one teaspoon cassia, one teaspoon allspice, nutmeg to taste, two teaspoons soda. Soak apples overnight in water. In the morning simmer in CLARK'S Molasses one hour, then add the butter. When cool. add brown sugar, well beaten eggs, the sour milk, the flour, the cassia, allspice and a little nutmeg, also the soda.



CLADKS

PEANUT

CLARK'S PREPARED FOODS

PEANUT BUTTER RECIPES

Peanut Butter is everybody's Favourite for Sandwiches. Either plain, mixed with a little of CLARK'S Chili Sauce, with lettuce leaves intersporced or abcreak of characteristics.

with lettuce leaves interspersed, or chopped celery. Do not make the mistake of trying to spread it thin. It should to be as thick as the slice that supports it

piled with Peanut Butter, and served with biscuits, are a pleasant change from cheese.

CLARK'S PEANUT BUTTER MACAROONS

Mix together thoroughly four ounces CLARK'S Peanut Butter, four ounces confectioners' pulverized sugar, the whites of three eggs and a pinch of flour. Let this stand one hour and then beat until flaky. Drop small pieces on well buttered paper and bake in moderate

CLARK'S PEANUT SANDWICHES

One cup vinegar, one cup brown sugar, let boil then add one teaspoon flour, one egg, one quarter teaspoon pepper, salt and mustard, let cool, then add one cup CLARK'S **Peanut** Butter. Put between thin slices buttered bread.

CLARK'S PEANUT COOKIES

One cup CLARK'S Peanut Butter, two tablespoons butter, one cup sugar, three eggs. two tablespoons milk, one quarter teaspoon salt, two teaspoons baking powder, Flour to roll.

CLARK'S PEANUT LOAF

Four tablespoons butter, one cup sugar, one egg, one and a half cups flour, one and a half teaspoons baking powder, half cup milk, one cup CLARK'S Peanut Butter.

CLARK'S PEANUT BUTTER CHOCOLATE FUDGE

Mix together two cups granulated sugar, two ounces chocolate, half teaspoonful creamery butter and just enough water to moisten. Boil carefully until the soft ball stage is reached, then pour in gradually the freshly beaten whites of two eggs stirring and beating constantly. Add one teaspoonful vanilla and two large tablespoons of CLARK'S Peanut Butter and beat cool.

CLARK'S PEANUT BUTTER FUDGE

Mix thoroughly two cups confectioners' or granulated sugar with a half cup of sweet milk and two heaped tablespoons of CLARK'S **Peanut Butter**. Boil exactly five minutes. Remove from fire and beat until it thickens. Pour into buttered platter and cut into squares when cool

CLARK'S PEANUT BUTTER CUP CAKES

With one-half cup CLARK'S Peanut Butter mix one cup sugar, one cup sour cream, one egg, half teaspoonful soda, one teaspoon baking powder and enough four to thicken. Bake in a moderate oven.

Beans with Pork, Chili Sauce Beans with Pork, Plain Sauce Beans with Pork, Tomato Sauce Beef Steak and Onions Beef Suet Boiled Beef Boiled Mutton Boneless Chicken Boneless Pigs Feet Cambridge Sausage Canadian Boiled Dinner Chili Sauce Cooked Tripe Corned Beef Corned Beef Hash Devilled Beef Devilled Ham Devilled Tongue Devilled Veal English Brawn Irish Stew Lunch Ham Lunch Tongue Minced Collops Mincemeat Molasses, Extra Fancy Ox Tongue Pate de Foie Pate de Viande a la Canadienne Peanut Butter Plum Pudding

Potted Beef Ham Potted Beef Potted Game (Venison) Potted Tongue Potted Veal Ready Lunch Beef Ready Lunch Beef Ham Loaf Ready Lunch Beef Loaf Ready Lunch Veal Loaf Roast Beef Roast Mutton Smoked Sausage, Vienna Style Sliced Smoked Beef Spaghetti with Tomato Sauce and Cheese Table Syrup Tomato Ketchup Veal, Ham and Tongue Pates

SOUPS

Celery Chicken Consomme Green Pea Julienne Mock Turtle Mulligatawny Mutton Broth Ox Tail Pea Scotch Broth Tomato Vegetable

INGLASS BRAND

Boneless Chicken Lunch Tongue Mincemeat Ox Tongue Potted Chicken Potted Ham Potted Tongue Sliced Bacon Sliced Smoked Beef

"Where Sanitation Dwells and Quality Excels' --- Clark Kitchens

