



SAUCES, SOUPS, POWDER—Mexican dishes, seafoods, eggs, meats, stews.

CINNAMON: Spicy bark of oriental trees. **Whole** — for pickling, preserving, in stewing fruits. Stir coffee, tea and fruit drinks with cinnamon stick. **Ground** — for baked goods, cinnamon toast and desserts.

CINNAMON SUGAR: Perfect blend of sugar and aromatic cinnamon for delicious topping for toast, french toast, waffles, hot cakes, custard and apple dishes.

CLOVES: Nail-shaped flower bud of East Indian clove trees. **Whole** — used for pickling fruits, spicing syrups, studding pork and ham roasts. **Ground** — in baked goods, stews, vegetables and puddings.

CORIANDER SEED: From Morocco, Southern Europe, India. Important in pickling. Add to pea soup, cake and cookie batter, biscuits, poultry stuffing. Rub on pork before roasting. Delicious in apple pie.

CREAM OF TARTAR: For light, fluffy, angel food cakes, sponge cakes, 7-minute icings made with egg whites, fudges, fondants and candies. (Household Hint: Removes stains from aluminum ware.)

CUMIN SEED: Resembles caraway seed in appearance; grown in India, Mediterranean region. **Whole**—boil and pound for Mexican cookery, curry, meat loaf, soups. **Ground**—same as above. Try cumin in rice!

CURRY POWDER: A blend of many spices. Basic in cookery in India. Use to flavor sauces, vegetables, fish, meats, soups, and in making all curried recipes such as lamb, chicken, eggs and curry puffs.

DILL SEED: Imported from India. Used in pickles, cheese soreads and salad dressing. Adds zest to sauerkraut, cabbage, turnips, cauliflower and potato salad.

GARLIC: Salt, Powder, Liquid and Purée. The reputation of French and Italian cooking rests largely on the use of garlic seasoning. Use in many meats, soup and spaghetti dishes, sauces.

GINGER: From Jamaica, West Africa, Asia. **Whole**—for pickling, in chutneys, conserves, baked and stewed fruits. **Ground** —for cakes, gingerbread, fruits, pot roast, other meats.

HERB SEASONING: A delicious blend of herbs and spices to enhance the flavor of roasts, stews, soups, vegetable juices, casserole dishes, and others. Just sprinkle it on.

ITALIAN SEASONING: The secret of the sauce is in this zesty blend of spices. Adds that "certain something" in sauces for Italian cookery, meat loaf, stews, fish and poultry.

stewed fruit. **Ground**—delicious in baked goods, pastries.

MARJORAM: Herb of mint family, from France and Chile. Delicious in stews, soups, poultry, fish sauces. Sprinkle on lamb while roasting.

MEAT TENDERIZER: Brings new enjoyment to less tender cuts of meats — chops, steaks and roasts. Tenderizes as it cooks.

MINT FLAKES: The flakes of a sweet aromatic herb with distinct spearmint flavor. Adds color and taste-appeal to ice cream, fruit salad, custards. Delicious with veal and lamb roasts.

MUSTARD SEED: From California, Montana, Europe and the Orient. **Whole** — use in making pickles, chowder, relishes and chutneys. **Ground** — to flavor meats, sauces, gravies. Many other uses.

NUTMEG: Seed of the fruit from East Indies, British West Indies. **Whole** — grate as needed. **Ground** — for baked goods, doughnuts, puddings, toppings. Enhances the flavor of cauliflower, spinach and many other vegetables.

ONION: Salt, Flakes, Minced and Powder. The humble onion is one of our most versatile seasonings. Use in practically any dish where the distinctive onion flavor is desired.

OREGANO LEAVES: Imported from Italy and Mexico. Good in chili con-carne, vegetables, meats, stuffings, sauces, gravies and eggs. Important in Italian cookery and pizzas.

PAPRIKA: A mild member of the red pepper family. Adds appetizing color and flavor variety to eggs, cheese dishes, seafoods, potatoes, cauliflower, other vegetables. Lends a colorful touch to salads.

PARSLEY FLAKES: Used as a seasoning and garnish for soups, salads, meats, fish, sauces and vegetables. Distinctive, mild parsley taste adds new flavor to leftovers.

PEPPER, BLACK: The universal spice, from the East Indies. **Whole** — used for home grinders and in pickles, soups, and meats. **Ground** — adds flavor to most foods.

PEPPER, WHITE: White, mild-flavored center of pepper berry. **Whole** or **ground**. Use same as black pepper, or in dishes where pepper that doesn't show may be preferred.

PICKLING SPICE: A whole spice mixture made especially for pickling. Gives a delightful flavor to baked cabbage, boiled meats and sauerkraut. Try when boiling seafoods.

POULTRY SEASONING: Fragrant herbs combined with sage to give delicious flavor to stuffing for poultry, meats and fish. Add a little to biscuit dough for a delightful, different taste.

PUMPKIN PIE SPICE: A mouth-watering spice blend for just-right pumpkin pie flavor. Good in cookies, gingerbread and on baked pumpkin.

RED HOT PEPPER: Cayenne, Red Pepper, Small Hot Chillies and Chili Peppers. From West Africa, Mexico, Louisiana, California and others. The most pungent of all spices! Use sparingly — adds hot, zesty flavor.

ROSEMARY LEAVES: A delectable herb for flavoring lamb, soups, stews, fish, meat stocks, boiled potatoes. Sprinkle on beef before roasting.

SAGE LEAVES: Favorite flavor for poultry and meat stuffings. Makes pork dishes extra good; tasty in stews, meat loaf, hamburger. Mix with American cheese for delicious spread.

SAVOR SALT: A flavorful blend of many spices with salt. Adds zest to soups, stews, meats, eggs, vegetables and salads.

SAVORY: This herb of the mint family comes from France and Spain and is ground for easy, delightful flavoring of meats, poultry, dressings and sauces. Try a pinch in biscuit dough.

SEASON-ALL: Just sprinkle on to enhance the flavor of practically any dish; steaks, chops, soups, poultry, salads, eggs, seafoods, sauces. (Reduce other salt to taste.)

SESAME SEED: Imported from Turkey, India and the Orient. Gives a rich, nutty flavor when sprinkled on breads, cookies, vegetables and when used in pastries and casserole dishes.

THYME: An herb imported from France and Spain. Stews, soups, chowders, meats, eggs and tomato dishes gain fastness from thyme. Sprinkle on sliced tomatoes for flavor variety.

TURMERIC: A root of the ginger family with a bright yellow color and appetizing odor. Used for pickling and in making chow-chow, relishes, mustard sauce and curry dishes.

MIXED VEGETABLE FLAKES: Flavorful carrots, tomatoes, celery, cabbage, onions, spinach, green peppers and parsley with water removed. Tasty for soups, stews and casseroles.

ALLSPICE: This delicately fragrant spice tastes like a blend of cinnamon, nutmeg, and cloves. **Whole** — use in pickles, meats, boiled fish and in gravies. **Ground** — use in puddings, relishes, cakes, pies, cookies, and in many vegetables.

ANISE SEED: From a plant of southern Europe, North Africa, Asia. Licorice flavor. Excellent in milk drinks. Sprinkle on sweet rolls, candies and cookies.

BARBECUE SPICE: An exciting blend with slight "smoky" flavor. Reddish-orange-brown in color. Adds zest to meats, poultry, fish, beans and sauces. Excellent for indoor as well as for outdoor cooking.

BASIL: An herb of western Europe, tasty in soups and excellent for flavoring tomato dishes and pastes. Excellent with peas, squash or string beans.

BAY LEAVES: From a laurel tree growing in eastern Mediterranean countries. Use for pickling, in stews, soups, fish, sauces and gravies, vegetables and in tomato recipes. Excellent in meat and seafood cookery.

BELL PEPPER FLAKES: Red and green flakes prepared from California sweet bell peppers. Adds tang and color to soups, meats, stews, fish, omelettes, spreads and vegetable salads.

CARAWAY SEED: From northern Europe, especially Holland. Use in bread, loaf cake, cheese spreads and in casseroles. Sprinkle on rolls, sauerkraut, cabbage, turnips and asparagus.

CARDAMOM SEED: From Ceylon or Guatemala. **Whole** — (a pod containing tiny seeds) for pickling; **Ground** — spicy flavor in many recipes. Sprinkle on iced melon. Use seed in coffee.

CELERY: Flakes, salt and seed — From Europe, India and other countries. Adds zest to eggs, meats, poultry, seafoods, salads, vegetables, sauces, soups, stews, and has many other uses.