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FOR HOME USE

A book of reference on many subjects relative to the table.
Published by the proprietors of
ANGOSTURA BITTERS

For Home Use

This recipe book, containing other helpful and relative general information, has been compiled for private personal use. Invaluable to the Host and Hostess.

(Third Edition)

Angostura Bitters (Dr. J. G. B.) Ltd.
PORT. OF SPAIN, Trinidad, BRITISH WEST INDIES

Prologue

Every product which was first made over a hundred years ago has in some way assisted in the making or marking of history. The Story of Angostura Bitters—internationally, and colloquially known as “Angostura”—takes us from the Battle of Waterloo to make interesting connection with General Bolivar, the debonair “Liberator of South America.”



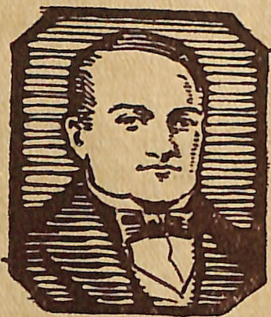
This is “the way” of it: Following their discharge, with honour, from the service in 1815 after their share at Waterloo against Napoleon I, Dr. Siegert, and two or three companions, kindred spirits, were minded to try adventure further afield and ultimately decided on South America as the place for it. That was in 1820 when Bolivar was leading the revolutionary armies of Venezuela, Colombia, Ecuador, Peru and Bolivia.

Attracted by the fight for freedom, the “adventurers,” in various capacities, threw in their lot with Bolivar, who later appointed Dr. Siegert Surgeon-General of the Military Hospital at Guayana.

A newcomer to the equatorial region, Dr. Siegert was unusually and professionally conscious of the enervating influence of the climate. He turned for a palliative to Nature’s resources and made a scientific study of the abundant health-giving herbs and plants of the Tropics.

Four years’ research resulted in his origination in 1824 of a blend of aromatic and tonic bitters which he then named Aromatic Bitters.

Prologue



When first circulating his discovery for use, by his patients, by his family and his immediate friends, Dr. Siegert little knew how wide-spread would become his fame. The Bitters soon acquired such favour among the public that he was encouraged to devote himself almost entirely to the preparation of his compound.

The fact that the initial demand was not created by any form of advertisement, but grew up and spread spontaneously from recommendation is a real proof of the fundamental value of Dr. Siegert's discovery.

The Bitters were exported for the first time in 1830, when a shipment was made to the British island of Trinidad, and to England, and from that date organised manufacture may be said to have begun.

Then it was that the "Aromatic" Bitters were renamed "Angostura" Bitters, after the town of Angostura—Dr. Siegert's headquarters at that time.

It should be mentioned here that the name of the town Angostura was changed in 1846 by the Venezuelan Congress to that of Ciudad Bolivar.

In 1875 the firm, Dr. J. G. B. Siegert & Hijos, which Dr. Siegert had founded, transferred their operations to Trinidad on account of the unsettled politics, punctuated with revolutions, of Venezuela, and established a factory on British territory, having found—as the memorial tablet on the wall of their



Prologue

factory declares : " Under the really liberal Government of Her Majesty the Queen, the protection they desired."

It will be seen, therefore, that the manufacture of Angostura Bitters is a " British Industry," not only on the score of its methods, but also in view of its location during the last fifty-five years.

To-day " Angostura "—meaning Dr. Siegert's Angostura Bitters—is a name familiar the World over. In both remedial and pleasurable ways it enters largely into the daily round of an ever-growing number of users.

Indeed, " Angostura " has found such favour that for the last few years well over *a million bottles* have been sold each year.

The uses of Angostura Bitters . . .

The uses originally intended for "Angostura" were few in number, and specific in character. To-day's uses, though so wide, can be classed under three heads :

- 1.—For immediate tonic effect as an " appetiser " and a strong aid to digestion and as a flavouring for drinks—alcoholic and otherwise.
- 2.—To give pleasurable, distinctive flavour and aroma to soups, sauces and other dishes.
- 3.—For Homely Medicinal purposes.

It is with grateful pride that we express our indebtedness to " Angostura " users, of all stations and nationalities, for much of the information we are now able to present.

With no previous advertisement beyond the excellence of the contents of the Angostura bottle and with no instructions other than those conveyed by the label, it has been left to

The Uses of "Angostura"

actual users to discover, in detail, many of the thousand-and-one ways in which "Angostura" can be employed—with added pleasure and health as a result.

In acknowledgment of the associations developed, during the last century, by the use of Angostura Bitters, this book has been produced with the idea of presenting a useful fund of data to all who may be interested.

On the following pages we give many recipes embodying the benefits to be obtained under heading 1 and on Page 31 onward will be found valuable applications of headings 2 and 3.

Accordingly, these pages are divided into two sections—"Social" and "Domestic"—and a thoughtfully arranged index is given to each section to afford the reader reference to all the items contained herein. (See Pages 44 and 45.)



Social Section

With the good, old-fashioned drinks as a basis, numerous fancy drinks have been evolved during the last twenty years. Even professional mixers of these drinks find it difficult to memorise more than a comparative few of them.

It is hoped that Ladies and Gentlemen will be assisted in their entertaining by the memory-jogging directions for the correct preparation of standard drinks—new and old.

(Pages 6 to 30)



"Mixed Drinks"

A representative collection of Cocktails, good old-fashioned English Punches and Cups, sustaining beverages of the "Egg Nog" type, "Long" drinks and other mixed drinks :

In order that all tastes shall be provided for, we have devoted a section to non-alcoholic drinks, showing how some new and attractive "soft" drinks may be prepared.

Method of mixing :

The mixing of Punches is dealt with, separately, on page 14. There are several ways of mixing Cocktails and allied drinks. Excepting those instances where mixing instructions are given with the recipe, it may be inferred that any one of the following methods can be employed :

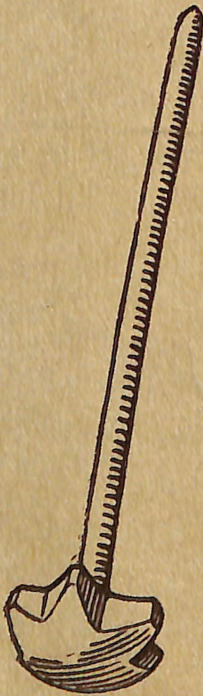
For instance, some prefer to use a Cocktail shaker. The "Standard" Cocktail shaker (for home use) is a nickel or aluminium receptacle specially made for the vigorous shaking up and down of the ingredients.

In the absence of a Shaker, a tall mixing glass or a jug may be used. When ice is an ingredient a fork is preferable to a spoon for stirring, as the ice is melted more quickly. There is a "knack" of making a spoon do this, but it is possessed, with few exceptions, only by professional "mixers."

A suitable strainer will complete the necessary equipment.

As an occasional alternative to the mixing fork or spoon, a "swizzle-stick" may be used. There are numerous types of "swizzle-sticks" available, most of which your Wine Merchant can procure.

The one we are best acquainted with is the Natural West Indian "swizzle-stick," illustrated and described on page 12. Another type is the "Mosser" shown alongside.



Cocktails

It is felt that the following recipes will be of real service, inasmuch as they put at private disposal the same procedure as that followed professionally.

Hints:

Before proceeding to enumerate the various Cocktails it would perhaps be advisable to mention one or two hints which need to be followed for successful results.

For our instructions we have taken the "wineglass" as a standard of measurement, and, as wineglasses vary so much in size, it should be understood that the term "wineglass" represents 2-ozs. of liquid (this applies throughout this book).

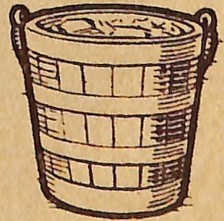
An aluminium "Jigger" of approximately 2-oz. capacity can be used for measuring if preferred.

The Cocktail glass itself must be sufficiently large to permit the serving of a generous Cocktail and at the same time not be more than three-quarters full. In this way there is no danger of spilling—and the participant is better able to enjoy the "bouquet" in anticipation of the drink.

Ice, when obtainable, should always be used, as it adds greatly to the excellence of the Cocktail. Cracked ice is usually preferable to crushed ice, as the latter is apt to dilute the ingredients.

The syrup referred to in many of the recipes is sold by all chemists under the name of "simple syrup." It is but sugar dissolved in an equal bulk of water. It will keep good for any length of time and anyone can make it. Sugar will do equally well, but it is better to keep a bottle of the syrup handy, as it saves the time and trouble of dissolving the sugar (which will not readily dissolve in alcohol).

In dispensing Cocktail drinks—Gin, Scotch and Irish Whiskies, Brandy, Rum and Vermouth are generally used as the most important ingredients, with Angostura Bitters as a necessary flavouring component.



Cocktails

It is almost superfluous to add that in order to ensure the best results none but the best ingredients should be used.

Any good brands of spirits are satisfactory in the preparation of Cocktails, but a word of warning is necessary as regards the Bitters, in consequence of the unscrupulous way in which imitations of "Angostura" have been foisted upon the public.



None but the genuine Dr. Siebert's Angostura Bitters should be used, and your usual wine-merchant or stores will supply you. Stress is laid on this point because it is chiefly to the Angostura Bitters that the delicious flavour and tonic properties of the well-made Cocktail are due.

Better to describe the individuality of "Angostura," we quote the recent expression of one, well versed and with a most sensitive palate, who deliberately and with firm intention declared :—"A cocktail is not a perfect cocktail unless it contains 'Angostura.'"

A hint on Rum

For manifold purposes, and pointedly so as an "extra blanket" in winter time, the right sort of Rum is a good thing to have handy.

For that reason we suggest you may be interested to learn of the existence of "Siebert's Bouquet"—a particularly fine, old, West Indian Rum. "Siebert's Bouquet" costs a little more than ordinary good Rum but is actually cheaper in use because its proof strength is so much higher.

This brand is so good as to be a favourite in the very region where the best Rum comes from. Although not yet in general circulation in this country, it can be obtained for you, readily, by your Wine Merchant from Henderson & Co. (London) Ltd., Finsbury Court, Finsbury Pavement, London, E.C.2.

Cocktails

ABSINTHE COCKTAIL

Use shaker or mixing glass.

Three dashes Angostura Bitters ;
three dashes syrup ; half wineglass
Absinthe.

Fill with ice, mix well, and strain
into a cocktail glass.

BAMBOO COCKTAIL

Half fill shaker or mixing glass with
fine ice.

$\frac{1}{2}$ wineglass Sherry.
 $\frac{1}{2}$ wineglass Italian Vermouth.
3 dashes Angostura Bitters.

Shake or stir ; strain into cock-
tail glass. Serve.

BLACKTHORNE COCKTAIL

Half fill shaker or mixing glass
with fine ice.

$\frac{1}{2}$ teaspoonful Syrup.
 $\frac{1}{2}$ wineglass French Vermouth.
 $\frac{1}{2}$ wineglass Sloe Gin.
3 dashes Angostura Bitters.

Shake or stir ; strain into cock-
tail glass and serve.

BRANDY COCKTAIL (Fancy)

Use shaker or mixing glass.

3 dashes Maraschino.
3 dashes Angostura Bitters.
2 dashes Orange Bitters.
1 portion Brandy.

Fill with ice, mix, and strain into
a cocktail glass, the rim of which
has been moistened with a piece of
lemon and dipped in powdered
sugar.

BRONX COCKTAIL

Three-quarters fill shaker or mixing
glass with fine ice.

3 dashes Angostura Bitters.
 $\frac{1}{2}$ wineglass Dry Gin.
 $\frac{1}{2}$ wineglass French Vermouth.
 $\frac{1}{2}$ wineglass Italian Vermouth.
1 slice orange.

Shake or stir well, strain into cock-
tail glass and serve.

CHAMPAGNE COCKTAIL

Use thin tumbler.

One lump loaf sugar, saturated
with Angostura Bitters ; one lump
Ice ; one piece Lemon Peel.
Three parts fill with iced Cham-
pagne, stir with spoon and serve.

CHINESE COCKTAIL

Half fill shaker or mixing glass
with fine ice and add :—

3 dashes Angostura Bitters.
3 dashes Maraschino.
3 dashes Curaçoa.
3 dashes Syrup.

1 wineglass Rum (see page 8).

Mix well, strain into a cocktail
glass, add a cherry and squeeze
lemon peel on top.

CLOVER CLUB COCKTAIL

Half fill shaker or mixing glass with
fine ice.

1 teaspoonful Raspberry Syrup.
3 dashes Angostura Bitters.
 $\frac{1}{2}$ wineglass Dry Gin.
 $\frac{1}{2}$ wineglass French Vermouth.
White of one egg.

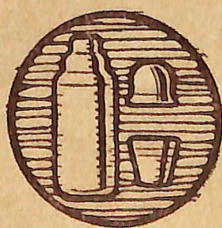
Mix well ; strain into cocktail
glass and serve.

COUNTRY COCKTAIL

Half fill shaker or mixing glass with
fine ice.

1 teaspoonful Syrup.
4 dashes Angostura Bitters.
 $\frac{1}{2}$ wineglass Brandy.
1 wineglass Port.
1 Egg (whisked separately).

Mix well ; strain, grate nutmeg
on top and serve.



Cocktails

EAST INDIA COCKTAIL

Use shaker or mixing glass.

- $\frac{3}{4}$ full fine ice.
- 3 dashes Maraschino.
- 3 dashes Red Curaçoa.
- 3 dashes Angostura Bitters.
- 1 wineglass Brandy.

Shake or stir well; strain into cocktail glass and serve with a piece of twisted lemon peel on top.

FIFTY-FIFTY COCKTAIL

Half fill shaker or mixing glass with fine ice.

- 3 dashes Angostura Bitters.
- $\frac{1}{4}$ wineglass Dry Gin.
- $\frac{1}{2}$ wineglass French or Italian Vermouth to taste.

Mix and strain into a cocktail glass.

GIN COCKTAIL (Fancy)

Use shaker or mixing glass.

- 3 dashes Angostura Bitters.
- 3 dashes Syrup.
- 3 dashes Maraschino.
- 2 dashes Lemon Juice.
- 1 wineglass Gin.

Fill with ice, mix and strain into cocktail glass, the rim of which has been moistened with a piece of lemon and lightly dipped in powdered sugar.

GIN AND ANGOSTURA

See under "Apéritifs" on page 13 where this and a few other drinks of the same character are described.

GRENADINE COCKTAIL

Half fill shaker or mixing glass with crushed ice.

- 1 part Lemon juice.
- 3 parts Grenadine syrup.
- 6 parts Gin.

Mix; strain into cocktail glass. Add 3 dashes Angostura and serve.

IRISH COCKTAIL

Half fill shaker or mixing glass with fine ice.

- 4 dashes Angostura Bitters.
- $\frac{1}{2}$ wineglass Italian Vermouth.
- 1 wineglass Irish Whisky.

Mix; strain into cocktail glass and serve.

MANHATTAN COCKTAIL

Use shaker or mixing glass.

- 3 dashes Syrup.
- 3 dashes Angostura Bitters.
- $\frac{1}{2}$ wineglass Italian Vermouth.
- $\frac{1}{2}$ wineglass Whisky.

Fill with ice, mix, and strain. Add a small twist of lemon peel.

MANHATTAN COCKTAIL (Dry)

Make the same as a Manhattan Cocktail, leaving out the syrup, and serve with an olive.

MANHATTAN COCKTAIL (Extra Dry)

Make the same as the Dry Manhattan Cocktail, using French Vermouth instead of Italian.

MARTINI (Dry)

Use shaker or mixing glass.

- $\frac{1}{2}$ wineglass Gin.
- $\frac{1}{4}$ wineglass Italian Vermouth.
- $\frac{1}{4}$ wineglass French Vermouth.
- 3 or 4 dashes Angostura Bitters.

Add crushed ice and shake or stir well. Serve with small piece of lemon rind or an olive as preferred.

MARTINI (Sweet)

Introduce 3 dashes of syrup and proceed as above. This cocktail should be served with a Maraschino cherry instead of lemon rind or olive.

The two recipes above represent the usual "Martini." There are, however, many other versions of which the two following recipes are examples.

MARTINI COCKTAIL No. 1

- 3 dashes Angostura Bitters.
- $\frac{1}{2}$ wineglass Gin.
- $\frac{1}{2}$ wineglass Italian Vermouth.
- Small piece Lemon Peel.

Fill with ice; mix, and strain into a cocktail glass.

MARTINI COCKTAIL No. 2

- 4 dashes Angostura Bitters.
- $\frac{1}{2}$ wineglass Gin.
- $\frac{1}{2}$ wineglass Italian Vermouth.
- 1 teaspoonful Sherry.
- Small piece Lemon Peel.

Fill with ice; mix, and strain into a cocktail glass.

Cocktails

OYSTER COCKTAIL

Use tumbler.

A few dashes Lemon Juice; one dash Tobasco Sauce; one teaspoonful Vinegar; a few dashes Tomato Catsup; six Oysters with all their liquor. Season to taste with pepper and salt. Mix, and serve with small fork in the glass.

PICCADILLY COCKTAIL (for 10 people)

Half fill shaker or mixing glass with fine ice.

- 1 wineglass Rum (*see page 8*).
- 1 wineglass Gin.
- 1 wineglass Cherry Brandy.
- 2 wineglasses French Vermouth.
- 2 dashes Angostura Bitters.

Mix well, strain into a cocktail glass and serve.

RUM COCKTAIL (Fancy)

Use shaker or mixing glass.

- 3 dashes Angostura Bitters.
- 3 dashes Syrup.
- 3 dashes Maraschino.
- 3 dashes Lemon Juice.
- 1 wineglass Rum (*see page 8*).

Fill with ice, shake well, and strain into a cocktail glass, the rim of which has been moistened with a piece of lemon and lightly dipped in powdered sugar.

SEPTEMBER MORN COCKTAIL

- 3 dashes Angostura Bitters.

The white of an egg; the juice of half a lime; one teaspoonful of syrup; one wineglass Rum (*see page 8*).

Mix well and strain into a fairly large wineglass.

SERVICE COCKTAIL

Put 3 lumps of ice in a mixing glass.

- 3 dashes Angostura Bitters.
- $\frac{1}{2}$ wineglass Italian Vermouth.
- $\frac{1}{4}$ wineglass Brandy.
- $\frac{1}{4}$ wineglass Whisky.

Shake; strain into a cocktail glass and serve.

SIEGERT'S "BOUQUET" COCKTAIL

Half fill shaker or mixing glass with fine ice.

- $\frac{1}{2}$ wineglass Rum (*see page 8*).
- Squeeze Lemon Juice to taste.
- 3 dashes Angostura Bitters.

Mix well and strain into cocktail glass.

THISTLE COCKTAIL

Use shaker or mixing glass.

- 3 dashes Angostura Bitters.
- $\frac{1}{2}$ wineglass Italian Vermouth.
- $\frac{1}{2}$ wineglass Scotch Whisky.

Fill with ice; mix, and strain into a cocktail glass. Add a curl of lemon peel.

TUXEDO COCKTAIL

Half fill shaker or mixing glass with fine ice.

- 3 dashes Angostura Bitters.
- 1 teaspoonful Sherry.
- $\frac{1}{2}$ wineglass Gin.
- $\frac{1}{2}$ wineglass Italian Vermouth.

Mix well and strain into a cocktail glass.

VERMOUTH COCKTAIL (Fancy)

- 3 dashes Maraschino.
- 4 dashes Angostura Bitters.
- 1 wineglass Italian Vermouth.

Fill with ice, and strain into a cocktail glass, the rim of which has been moistened with a piece of lemon and lightly dipped in powdered sugar.

WHISKY COCKTAIL (Fancy)

Use shaker or mixing glass.

- 3 dashes Maraschino.
- 3 dashes Angostura Bitters.
- 1 wineglass Whisky.

Fill with ice and mix till very cold. Strain into a cocktail glass, the rim of which has been moistened with lemon juice and lightly dipped in powdered sugar.

West India Swizzle

This is an old-fashioned Cocktail, simple to make and very popular in the West Indies.

Use large mixing glass.

$\frac{1}{2}$ wineglass of Gin, Whisky, Brandy or Rum (*see page 8*), as preferred.

3 or 4 generous dashes of Angostura Bitters.

$\frac{1}{2}$ to 1 teaspoonful of Syrup, as preferred.

Pour these into mixing glass, add a little more than an equal quantity of cold water or cracked ice and, with a swizzle-stick, swizzle to a froth. Serve in a Cocktail glass or small tumbler.

If ice is used, add also a little water. In this way the foam is created more quickly and is more lasting.

If preferred, this Cocktail can be served "still," *i.e.*, not swizzled but well stirred.

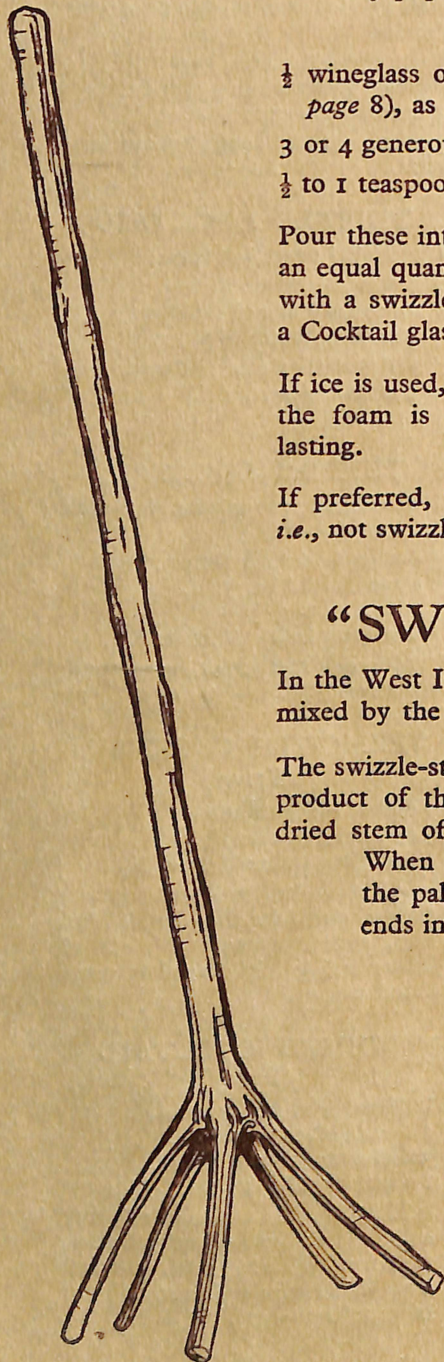
"SWIZZLE-STICKS"

In the West Indies the Cocktail described above is mixed by the swizzle-stick method.

The swizzle-stick (illustrated alongside) is a natural product of the West Indies. It consists of the dried stem of a plant having radiating branches.

When the stem is twirled rapidly between the palms of the hands the forked branch-ends induce a perfect mixture of drinks.

From time to time we have small supplies of the natural swizzle-sticks for disposal. When these are available we are always pleased to forward one, free, to those users of "Angostura" who care to write to the address of our Consignees for Great Britain and Ireland. (See page 43.)



Popular Apéritifs

GIN flavoured with ANGOSTURA

Whilst the previous recipes each enjoy preference, in greater or lesser degree, the following simply-prepared and effective appetiser is held in almost universal favour :

In a liqueur glass put 2 dashes of "Angostura" (more if preferred) and fill up with Dry Gin. With Sweetened Gin, 3 or 4 dashes of "Angostura" make the best combination.

From a mistaken sense of "finesse," some bar attendants when mixing this drink will immediately eject all the "Angostura" that will leave the glass.

This means that only a small proportion of the bouquet and tonic value is retained.

When next you order this little apéritif, stipulate that all of the "Angostura" be retained and you will gain *the full* pleasure and benefit.

The old and ever-new favourite, "Gin flavoured with Angostura," has brought in its train other simple and comparatively inexpensive drinks ; of these the following are becoming very popular :

SHERRY flavoured with ANGOSTURA

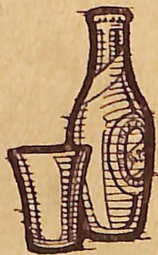
To one portion of dry Sherry, add 3 or 4 dashes of Angostura Bitters. With other than dry Sherries 4 or 5 dashes per glass will give the best results.

VERMOUTH (*Italian*) flavoured with ANGOSTURA

To get the most from this drink, 6 dashes of Angostura Bitters should always be taken . . . differentiation should be made between Italian and French Vermouth—the latter requiring only 3 or 4 dashes of "Angostura."

BRANDY flavoured with ANGOSTURA and WHISKY flavoured with ANGOSTURA

To one portion of spirits, add 3 or 4 dashes of Angostura Bitters . . . adding table waters, as desired. In the case of liqueur Brandy or Whisky, the drink can be prepared in the same way as that given above for Gin.



Punches and Cups

For mixing Punches in quantities it is well to expend care on the choice of mixing bowls. Endeavour to obtain the best porcelain-lined ware.

In preparing Punches containing milk or eggs, the milk or eggs—the latter partially whisked—should be added very carefully and *gradually*, the mixture being *stirred continuously*. (When hot wines or spirits are present, they should be poured, slowly, over the milk and partially beaten eggs.)

If each egg is broken into a separate glass before being introduced to the actual drink, there will be no danger of a bad or stale egg spoiling the rest of the ingredients.

When all the ingredients of a cold Punch have been put into the mixing bowl, stir well with a wooden spoon or fork, preferably oak, and set the mixture in an ice box or very cold place, allowing it to stand not less than five hours, nor more than ten.

Important : When Champagne, Apollinaris, and Soda Water are ingredients of Punches or Cups, they should not be added to the mixture until the last moment—just before serving. Otherwise, the gas with which they are charged would escape and leave the drink “flat” and insipid.

Do not, unless you prefer to, put ice into the basic mixture for cold Punches, as it is far better to apply an ice “surround.” In this way : Procure a serviceable vessel of the same depth as the mixing bowl. Broken ice can then be packed between the bowl and the containing vessel. If rock-salt is sprinkled over the surface of the ice, a freezing effect much colder than that of plain ice is obtained.



Cracked ice can be prepared by wrapping a few lumps in a cloth and beating them with a hammer.

In completion, and to give a decorative appearance to the Punch bowl, pin a white linen cloth around

Punches and Cups (contd.)

the outside of the containing vessel and arrange colourful fruits, berries or leaves over the surface of the ice "surround."

For a large party or reception it is advisable to place 3 or 4 Punch bowls in convenient positions and so avoid discomfort for your guests when the contents are in general demand.

Each bowl will, of course, be accompanied by a Punch ladle and a sufficient number of Punch glasses or cups and napkins.

A reminder: Sugar or syrup can always be put in but not taken out. In mixing, therefore, it is best to sweeten progressively—according to taste.

"*Individua.*" Portions of Punch

It is not always desired that a Punch should be prepared in "bulk" or quantity. There are occasions when only one or two portions are required.

There are several simple recipes for the quick preparation of this type of drink, and we give a selection of them on page 18.



Punches and Cups

ARTILLERY PUNCH

(For 30 people)

Use large bowl for mixing.
 $\frac{1}{2}$ lb. Sugar or more to taste.
Juice of 6 Lemons.
2 tablespoonfuls Angostura Bitters.
1 quart Claret.
1 quart Sherry.
1 quart Scotch Whisky.
1 quart Brandy.

Mix well, and ice either as instructed on page 14 or by pouring into another bowl in which a block of clear ice has been placed. Pour in 1 quart of Apollinaris and serve in punch glasses or cups.

BISHOP PUNCH

Roast an orange before a fire or in hot oven. When brown, cut it in quarters and drop the pieces, with a few cloves, into a small porcelain-lined vessel, and pour in 1 quart of hot Port. Add 2 teaspoonfuls Angostura Bitters and 6 lumps loaf sugar. Stir well and let the mixture simmer over the fire for 30 minutes. Serve with nutmeg grated on top in stem glasses.

BLACK VELVET PUNCH

(For 10 people)

$\frac{1}{2}$ lb. white Sugar or more to taste.
Juice of 6 Lemons.
1 tablespoonful Angostura Bitters.
1 quart Guinness Stout.
1 quart Champagne.

Pour the Champagne and Stout into the well-mixed lemon juice, sugar and "Angostura." Ice cold. Serve in punch glasses dressed with fruit.

BROWN VELVET PUNCH

(For 12 people)

$\frac{1}{4}$ lb. white Sugar, or more to taste.
Juice of 6 Lemons.
1 tablespoonful Angostura Bitters.
1 quart Claret.
1 pint Port.

Pack bowl in fine ice, and when contents are very cold, add 1 quart of Champagne. Serve in punch glasses or cups dressed with fruit.

CAMBRIDGE PUNCH

In 2 quarts of milk, heat slowly 1 wineglass of syrup, the peel from 2 lemons and about a dozen bruised bitter almonds. When the mixture is well brewed, strain and allow to simmer whilst the following are added, stirring steadily all the while:

The whites of 3 Eggs, previously whisked in a little cold milk.

1 pint Brandy.

1 pint Rum (*see page 8*).

1 tablespoonful Angostura Bitters.

Sweeten further to taste, then mull the punch to a froth and pour into a previously warmed bowl and serve immediately in hot punch glasses.

CHAMPAGNE CUP

Use large glass jug.

1 teaspoonful Syrup.

3 slices Orange.

3 slices Lemon.

1 rind of Lemon.

1 slice Cucumber Peel.

1 teaspoonful Angostura Bitters.

$\frac{1}{2}$ wineglass Brandy.

$\frac{1}{2}$ wineglass Maraschino.

$\frac{1}{2}$ wineglass white Curaçoa.

1 wineglass Sherry.

1 quart Champagne.

1 bottle Soda Water.

Add 2 or 3 lumps of ice; ornament with fresh mint or fruit, and serve in tall champagne glasses.

CHAMPAGNE PUNCH

Put in a large bowl:

2 tablespoonfuls of Syrup.

1 tablespoonful Angostura Bitters.

3 Oranges, sliced.

3 Lemons, sliced.

1 Pineapple, sliced and quartered.

2 bottles of Champagne.

2 bottles of Soda Water.

Stir gently, add large lump of ice, and serve in glass cups.

CIDER CUP

Proceed in exactly the same way as for Champagne Cup, substituting 1 quart of Cider for the Champagne.

Punches and Cups (contd.)

CLARET CUP

Proceed in exactly the same way as for Champagne Cup, page 16, substituting 2 bottles of Claret for the Champagne.

CLARET PUNCH

Put in a large bowl:

- 3 tablespoonfuls Syrup.
- 1 tablespoonful Angostura Bitters.
- 3 Oranges, sliced.
- 3 Lemons, sliced.
- 1 Pineapple, sliced and quartered.
- 2 wineglasses Brandy.
- 2 bottles Claret.

Stir gently, add 2 bottles Apollinaris and serve in punch glasses or cups.

EGG NOG PUNCH

Use a bowl of 2½ gallons capacity. 1 lb. fine white Sugar. 20 fresh Eggs.

Separate the yolks and beat till thin as water and add the sugar, mixing well with spoon. Then add in this order:

- 2 quarts Old Brandy.
- 1½ pints Rum (*see page 8*).
- 2 tablespoonfuls Angostura Bitters.
- 1½ gallons rich Milk.

Mix well with ladle, stirring continually while pouring in the milk. Sweeten further with syrup, to taste. Beat the whites of the 20 eggs to a stiff froth. Pour this froth carefully over the mixture. In serving, dip out with ladle and put a little of the white on top of each helping, and sprinkle over with nutmeg. Serve in punch glasses.

FISHERMEN'S PUNCH

(For 8 people)

Into a punch bowl pour:

- 2 tablespoonfuls Angostura Bitters.
- 2½ wineglasses Lemon juice.
- 4 tablespoonfuls Syrup or to taste.
- 4 wineglasses Peach Brandy.
- 2 wineglasses Cognac.
- 2 wineglasses Rum (*see page 8*).
- 3 pints ice water.

Stir well, ladle into punch glasses and serve.

HOCK CUP

Proceed in exactly the same way as for Champagne Cup, page 16, substituting 2 bottles of Hock for the Champagne.

HOT RUM PUNCH

Pound to pulp, with a ¼ lb. of white Sugar, the thin peelings of 2 Lemons and add the strained juice of 3 Lemons and a teaspoonful of ground Ginger. Mix well and put into a fairly large, previously warmed punch bowl. Add in this order:

- 1 pint Rum (*see page 8*).
- 1 pint Brandy.
- ½ pint Sherry.
- 1 quart boiling water.

Mix well, sweeten further with Syrup to taste, and allow to stand near fire for 20 minutes. Serve in hot punch glasses with a little nutmeg grated on top.

MOSELLE CUP

Proceed in exactly the same way as for Champagne Cup, page 16, substituting 2 bottles of Moselle for the Champagne.

OXFORD PUNCH

Slice thinly the peel of 5 Lemons and 2 Seville Oranges. Pulp these peelings in a large earthenware jar and add the juice of Lemons and Oranges together with the juice, only, of 4 sweet Oranges. Add 6 glasses Calf's Foot Jelly and stir thoroughly. Pour into the jar 2 quarts of boiling water and allow the mixture to stand near the fire for half an hour. Then strain into a large bowl, previously warmed, and add:

- 1 pint Rum (*see page 8*).
- 1 pint Cognac.
- ½ pint Sherry.
- 1 wineglass Curaçoa.
- 2 tablespoonfuls Angostura Bitters.
- 1 quart Orange Shrub.

Sweeten to taste (commencing with a wineglass of syrup). Stir well, and serve in punch glasses.

SAUTERNE CUP

Proceed in exactly the same way as for Champagne Cup, page 16, substituting 2 bottles of Sauterne for the Champagne.



Individual Punches

BRANDY PUNCH

Half fill large tumbler with fine ice.
2 teaspoonfuls Syrup.
4 dashes Angostura Bitters,
Juice of $\frac{1}{2}$ Lemon.
 $\frac{1}{2}$ wineglass Rum (*see page 8*),
 $1\frac{1}{2}$ wineglasses Brandy.
1 slice of Orange.
1 slice of Pineapple.

Mix well; dress with fruit, and serve with straws.

GIN PUNCH

Half fill mixing glass with fine ice.
2 teaspoonfuls Syrup.
4 dashes Lemon juice.
4 or 5 dashes Angostura Bitters.
 $1\frac{1}{2}$ wineglasses Hollands Gin.
6 dashes Soda Water or Apollinaris.
Shake well, strain into punch glass. Dress with fruit and serve.

HOT IRISH PUNCH

Dissolve a lump of sugar in a little hot water, in a hot punch glass.
3 or 4 dashes Angostura Bitters.
1 wineglass Irish Whisky.
1 piece Lemon peel (twisted).
Fill up with hot water; stir, grate nutmeg on top, and serve.

HOT RUM PUNCH

Dissolve 2 lumps of sugar in a little hot water in an already warmed punch glass.
4 or 5 dashes Angostura Bitters.
1 wineglass Rum (*see page 8*).
1 slice of Lemon with peel attached.
Fill up with hot water, grate nutmeg on top, and serve.

HOT WHISKY PUNCH

Dissolve a lump of sugar in a little hot water in an already warmed punch glass.
3 or 4 dashes Angostura Bitters.
1 wineglass Scotch Whisky.
1 piece Lemon peel twisted over and dropped into glass.
Fill up with hot water, grate nutmeg on top, and serve.

MILK PUNCH

Half fill mixing glass with fine ice.
1 teaspoonful Syrup.
3 or 4 dashes Angostura Bitters.
 $\frac{1}{2}$ wineglass Brandy.
 $\frac{1}{2}$ wineglass Rum (*see page 8*).
Fill up with milk.
Mix and strain into tall, thin glass. Serve with a little grated nutmeg on top.
This punch can be served hot by substituting water for ice, and by heating *almost* to boiling point after the introduction of the milk.

PORT PUNCH

Half fill a large tumbler with fine ice.
1 tablespoonful Syrup.
4 dashes Angostura Bitters.
2 dashes Lemon Juice.
 $1\frac{1}{2}$ wineglasses Port.
 $\frac{1}{2}$ wineglass Brandy.
Stir well, dress with fruit, and serve with straws.

TRINIDAD PUNCH

Put 2 cocktail glasses of fine ice into mixing glass or shaker.
 $\frac{1}{2}$ wineglass Lime or Lemon Juice.
 $\frac{1}{2}$ wineglass Syrup.
1 wineglass Rum (*see page 8*).
4 dashes Angostura Bitters.
When thoroughly mixed (and ice melted) strain and divide into two drinks, grating a little nutmeg on the top of each drink. Add a small piece of Lime or Lemon peel.

WHISKY PUNCH

Use mixing glass half full of fine ice.
2 teaspoonfuls Syrup.
4 or 5 dashes Lemon Juice.
4 or 5 dashes Angostura Bitters.
1 wineglass Whisky.
Mix well and strain into punch glass. Decorate with slice of Orange, add 3 or 4 dashes of Curaçoa on top, and serve.

Egg Nogs, etc.

Hints:

When the ingredients include them, it is always necessary gradually to pour hot wine or spirits over eggs or cold milk—never the reverse. If the liquid is continually stirred whilst this method of mixing is proceeding, the eggs and milk will not curdle.

Do not break an egg into a drink that is being mixed. By breaking it into another glass you will have an opportunity of detecting a doubtful egg ere further damage be done.

PRECAUTION.—Before making up any of the following recipes, first carefully read through the instructions in order to become conversant with the exact procedure when actually making the different drinks.

CLARET FLIP

Half fill mixing glass with fine ice.
2 teaspoonfuls Syrup.
4 dashes Angostura Bitters.
1 Egg (whisked separately).
1½ wineglasses of Claret.

Shake thoroughly, strain into a punch glass, and sprinkle nutmeg on top.

This drink can be taken hot by substituting water for ice, and by heating the whole slowly. Do not boil.

EGG NOG

Half fill mixing glass with fine ice.
1 Egg (whisked separately).
1 tablespoonful Syrup.
3 dashes Angostura Bitters.
1 wineglass Whisky, Sherry or Rum
(see page 8).

Fill up with milk, shake well, strain into a tumbler, and serve with grated nutmeg on top.

HOT EGG NOG

After whisking 1 Egg, put it into a mixing glass and add, stirring continuously:

2 teaspoonfuls Syrup.
4 dashes Angostura Bitters.
½ wineglass Rum (see page 8).
1 wineglass Brandy.

Fill up with hot milk, shake and strain into a tumbler, and serve with grated nutmeg on top.

IMPERIAL EGG NOG

One-third fill mixing glass with fine ice.

1 Egg (whisked separately).
1 tablespoonful Syrup.
4 dashes Angostura Bitters.
½ wineglass Rum (see page 8).
1 wineglass Brandy.

Fill up with milk, shake well, strain into a tumbler, and serve with a little nutmeg sprinkled on top.



Egg Nogs, etc. (contd.)

MULLED CLARET

Put into a dish 4 lumps of sugar.
2 dashes Lemon Juice.
4 dashes Angostura Bitters.
 $\frac{1}{2}$ teaspoonful Cinnamon.
2 Cloves, bruised.
4 Allspice, bruised.
2 wineglasses Claret.

Allow the compound to boil and simmer for 2 minutes, stirring continuously; strain and serve in tumbler.

MULLED CLARET AND EGG (per person)

Into a dish of sufficient depth put the yolks of 2 eggs and, with 1 tablespoonful of fine white sugar, beat to a fine batter. Then, separately, mix :—

2 Cloves, bruised.
4 Allspice, bruised.
1 good pinch Cinnamon.
2 wineglasses Claret.
and allow to boil for 2 minutes.

Pour, gradually, the hot mixture over the eggs, stirring all the while. Strain and serve with a little grated nutmeg on top.

PORT FLIP

Half fill mixing glass with fine ice.
1 teaspoonful Syrup.
3 dashes Angostura Bitters.
1 Egg (whisked separately).
 $1\frac{1}{2}$ wineglasses Port.

Mix well; strain into punch or champagne glass, and grate a little nutmeg on top.

This drink can be taken hot by substituting water for ice and by heating the whole slowly. Do not boil.

PRAIRIE OYSTER

Into a wineglass, place about a dessertspoonful of Lea and Perrins' sauce, a raw egg, and pepper and salt to taste. To be taken mixed, or with the egg whole, as preferred.

RUM AND BUTTER

Into a tumbler, drop one lump of sugar and dissolve in a little hot water. Then add :—

$\frac{1}{2}$ wineglass Rum (*see page 8*).
1 wineglass hot water.
1 lump Butter (walnut size).

Stir gently and serve with a little nutmeg grated on top.

RUM FLIP

Half fill mixing glass with fine ice.
1 teaspoonful Syrup.
4 dashes Angostura Bitters.
1 Egg (whisked separately).
1 wineglass Rum (*see page 8*).

Mix well, strain into a punch glass and grate a little nutmeg on top.

This drink can be taken hot by substituting water for ice, and by heating the whole, slowly. Do not boil.

SHERRY FLIP

Half fill mixing glass with fine ice.
1 teaspoonful Syrup.
4 dashes Angostura Bitters.
1 Egg (whisked separately).
 $1\frac{1}{2}$ wineglasses Sherry.

Mix well, strain into a punch glass, and grate a little nutmeg on top.

This drink can be taken hot by substituting water for ice, and by heating the whole, slowly. Do not boil.

Long Drinks

Generally speaking, long drinks, when served with ice *in* them, should be accompanied by straws. Drinks to be taken without straws usually have the ice strained away.

If desired, most long drinks can be ornamented with fruits in season. When the drink requires to be strained, the fruit is added after straining.

CLARET LEMONADE

Use large mixing glass.
 $\frac{1}{2}$ tablespoonful sugar.
6 to 8 dashes Lemon Juice.
Half fill with water and a little ice, and mix or shake well. Pour into a tumbler, add 1 or 2 pieces of ice, ornament with fruits in season, and top it off with half a teaspoonful Angostura Bitters and half glass of Claret. Be careful to have the Claret flowing on top of Lemonade, and serve with straws.

JOHN COLLINS

Into a tumbler drop 2 or 3 lumps of cracked ice.
1 teaspoonful Syrup.
4 or 5 dashes Lemon Juice.
4 or 5 dashes Angostura Bitters.
1 wineglass Gin.
Fill up with soda water and serve.

KNICKERBOCKER

Half fill tumbler with fine ice and add :—
Juice of half a Lemon.
4 dashes Angostura Bitters.
1 tablespoonful Syrup.
1 slice of Orange.
1 slice of Pineapple.
 $\frac{1}{2}$ wineglass Curaçoa.
1 wineglass Rum (*see page 8*).
Stir well, and serve with straws.

MORNING GLORY FIZZ

Half fill mixing glass with fine ice.
2 teaspoonfuls Syrup.
4 dashes Angostura Bitters.
4 dashes Lemon Juice.
1 white of an Egg.
1 wineglass of Whisky or Gin,
as preferred.
Shake well, strain into a tumbler, fill up with Apollinaris, Seltzer or Soda Water, and serve immediately, as this drink should be taken while effervescing.

QUENCHER

Half fill mixing glass with fine ice and add :—
4 dashes Angostura Bitters.
2 teaspoonfuls Syrup.
1 wineglass Cognac.
Break an egg into a separate glass, whisk and add. Mix well, strain into a pint glass, and fill up with a cool bottle of dry ginger ale. This makes one of the finest long drinks known.

SHANDY GAFF

This drink is a mixture of equal parts of ginger beer and ale; but lager beer can be substituted for ale if preferred.
This is best mixed when the parts are poured into a large tumbler together.

TODDY (Cold)

Place the peel cut from half a Lemon in a mixing glass with a dessert-spoonful of Syrup and a little Soda Water. Mash the Lemon peel until the extract from the skin has been absorbed by the syrup and water. Then place a piece of ice in a small tumbler and pour a wine-glass of Whisky over it; then strain and add the Lemon peel essence, sugar and water, and serve; or if preferred, use a large tumbler and fill up with Apollinaris or Soda Water.

TOM COLLINS (Brandy)

Into a tumbler drop 2 or 3 lumps of cracked ice.
2 teaspoonfuls Syrup.
3 or 4 dashes Angostura Bitters.
Juice of half a Lemon.
2 dashes Maraschino.
1 wineglass Brandy.
Fill up with Soda Water and serve.

Non-alcoholic Drinks

It is felt the following recipes will be helpful in extending the choice of non-alcoholic or "soft" drinks.

The arrangement of the ingredients in some, and the addition as a flavouring of Angostura Bitters in all, account in great measure for the *added* life, "bite" and zest.

Most of these drinks should be taken through straws, particularly in those cases where ice is present in the liquid.

BULL'S EYE

Into a tumbler put the *rind* only of 1 Lemon, bruising slightly with mixing spoon, and add :

1 teaspoonful Syrup.
1 teaspoonful Angostura Bitters.
3 or 4 pieces of Ice.

Stir and fill up, half with Cider and half with Dry Ginger Ale. Serve.

CIDER COCKTAIL

Use thin tumbler.

One lump cut loaf Sugar saturated with Angostura Bitters. One lump of Ice. One small piece of Lemon Peel.

Fill up with cold Cider, stir with spoon, and serve.

CIDER FRUIT CUP

Almost fill a large glass jug with Cider and add Angostura in the proportion of 1 teaspoonful to 1 pint of Cider.

Then add sliced fruit—apple, orange or lemon, banana and grapes and 2 or 3 pieces of ice. Serve in goblets.

CONCLAVE

Into a large tumbler or punch glass place a piece of ice.

1 tablespoonful Syrup.
1 teaspoonful Angostura Bitters.
1 wineglass of Milk.

Fill the glass with Soda Water and serve after a thorough stirring.

EGG LEMONADE

1 Egg (whisked separately).
Juice of 1 Lemon.
Syrup or Sugar to taste.
3 dashes of Angostura Bitters.

Fill up with Soda Water and serve.

GREEN OASIS

Into a tumbler put :

1 tablespoonful Syrup.
1 tablespoonful Lemon Juice.
3 or 4 dashes Angostura Bitters.
3 or 4 small pieces of Ice.

Almost fill with water and mix thoroughly. Ornament with sliced green grapes and sliced bananas, apples or oranges. Serve with straws.

Non-alcoholic Drinks (contd.)

HORSE'S NECK

Into a tumbler put :

3 or 4 lumps of ice.
Long curl of lemon peel.
3 dashes Angostura Bitters.
Fill up with Ginger Ale.

Serve with slice of Lemon on top.

JERSEY COCKTAIL

Use thin tumbler.

One lump of Ice ; one teaspoonful Syrup ; 4 dashes Angostura Bitters ; one piece Lemon Peel.

Fill up with cold Cider. Stir well and serve.

LEMON FAN

Put a few small pieces of ice in a tumbler and add :

1 teaspoonful Angostura Bitters.
1 small bottle Lemonade.

Stir thoroughly and serve. This simply-prepared drink is a really satisfying thirst quencher.

NOON SHADE

Into a tumbler put :

1 teaspoonful of Syrup.
1 tablespoonful Lime Juice.
2 or 3 lumps of Ice.
1 teaspoonful Angostura Bitters.

Introduce in this order then add, pouring quickly, a small bottle of Dry Ginger Ale and serve. If the Lime Juice is sweetened, omit the Syrup.

WITCH'S BROOM

Into a tumbler put :
1 tablespoonful Syrup.
Juice of half a Lemon.

Stir well, then add 1 teaspoonful Angostura Bitters and, pouring quickly, a small bottle of Soda Water. Serve. (Introduce items in order given above.)

PUSSYFOOT COCKTAIL

Use shaker or mixing glass with a little fine ice.

Juice of one Orange.
Juice of one Lemon or Lime.
Yolk of one egg (beaten).
1 teaspoonful of Apricot Syrup.
Sprig of Mint.
Angostura Bitters to taste.

Shake well and serve in Cocktail glass.

ROCKY MOUNTAIN COOLER

Beat an Egg and pour it into a thin tumbler and add :

1 teaspoonful of Syrup.
4 dashes Angostura Bitters.
Juice of 1 Lemon.

Fill up with Cider, sprinkle nutmeg on top, and serve.

SODA COCKTAIL

Use a large glass.

3 or 4 lumps of ice.
1 teaspoonful powdered Sugar.
4 dashes Angostura Bitters.
1 small bottle of Soda Water.
1 slice Lemon with peel.

Stir with spoon and serve. In mixing, care should be taken that the Soda Water does not run over the glass.

TONIC COOLER

Twist a piece of Lemon rind over a large tumbler and add :

1 teaspoonful of Angostura Bitters.
1 large bottle of Tonic Water.
1 slice of Lemon with peel.

Add 2 or 3 pieces of ice, stir with a spoon and serve.

Wines

Choice—Care—Serving

Although each person must have individual preferences and ideas concerning wines, there are certain customs which are almost universally observed by those who proffer and those who "take" wines.

We have endeavoured to convey these customs, together with some few general practical hints on wines, in such a way that will hold interest for the Connoisseur and be helpful to those who would know more of the accepted ways of general choice, care and serving.

The treatment of this subject could be as extensive as the Lure of the Grape itself—consequently we have employed a condensed form in commenting upon the following leading features :

Choice :

Where experience and knowledge of vintages does not warrant personal choice it is wiser to place reliance on the advice of a reputed expert.

Arising out of the nature of their calling, established wine merchants have pride and pleasure in advising on the commencement or elaboration of a "cellar," and the experience gained by the purchaser in this way would be constructive and not nearly so expensive as might be the case if the new buyer were left entirely to his own resources.

Similarly, when dining out, the assistance of the wine stewards of good class hotels and restaurants is always valuable. In those cases where the wine list does not extend the description beyond generic terms or the names of wine districts, a good maxim is to "gang warily."

Allied with a susceptible and critical palate and the good memory that comes from real interest, the knowledge gained in these ways forms an excellent nucleus for the subsequent expression of personal discrimination and preference.



Wines : Choice—Care—Serving (contd.)

When purchasing wines for home use it is advisable to order a quantity of half-bottles to satisfy those occasions when a half-bottle will be sufficient. Although a half-bottle costs, *pro rata*, a little more than a whole one, the extra cost has more to commend it than excess or waste.

When wines are ordered in hotels or restaurants take particular notice of their brilliant clarity when served. If a wine be dull and lifeless its condition is in doubt, and it should be refused. If a wine is "bitty" with disturbed sediment suitable comment might be passed upon the probable careless handling.

For frequent use in an informal way, the buying of beverage wines—Burgundy, Claret, Chablis, and the like—may be considered, reserving special vintages for formal, "state" and other epicurean occasions.

Storage :

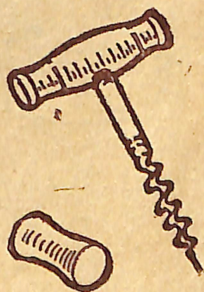
All wines should be kept in a horizontal position whilst in storage, and only be allowed to stand in a vertical position for a few hours before serving. The white "smear" on port bottles should always be kept uppermost during storage.

The horizontal position of full bottles, by preventing the corks from becoming "de-naturalised" and unduly porous, keeps the wine "alive" and in perfect condition.

Constant saturation, combined with age, calls for great care when extracting corks from wine bottles.

A corkscrew with a broad spiral is greatly to be preferred—one of narrow meagre construction would almost surely tear out the centre of the cork and otherwise cause trouble and annoyance.

When opening wines first remove the foil, wire or any other extraneous fitment and wipe the mouth of the bottle before drawing the cork. The contents would be marred by pouring them from a stained or dirty bottle neck.



Wines : Choice—Care—Serving (contd.)

Decanting:

Strictly speaking every wine worth drinking is worth being decanted, although this homage is not always paid. Without exception care in decanting, though seemingly unnecessary at times, should always be practised.

The heavy based or massive cut glass decanters are usually assigned to port and sherry and the more dainty types to the lighter wines.

In a way, this seems to be the natural outcome of the "decantibility" of both port and sherry—these being wines which can be decanted for use within any reasonable time.

The lighter wines being in more occasional demand seem naturally to call for decanter-design in accordance with their "sprightliness."

So that the natural colour of each wine may be allowed to show itself 'twere wiser to choose clear colourless glass for all decanters.



A steady hand is essential in the decanting of all wines—particularly in the case of ports. (The white "smear," it should be noted here, to be kept uppermost during the decanting of port.)

Once the pouring is commenced, the horizontal position of the bottle should be maintained until the contents have been transferred to the decanter or until cloudy liquid is perceived in the neck of the bottle.

To wash decanters never use soap, soda or washing powders. One of the most thorough methods is to place small round shot and warm water in the decanter and shake vigorously, afterwards rinsing in cold water.

Wines : Choice—Care—Serving (contd.)

Serving:

Most wines should be served at round about the temperature of the room—Claret, Burgundy and Chianti particularly. These should not be hurriedly warmed by being placed near a fire or immersed in hot water, but brought into the dining room, if possible, two or three hours before being required, so that they *gradually* acquire the same temperature as the room.

White wines, Sauternes, Graves, etc., can be a shade colder than the temperature of the room—say, 60 to 70 degrees. As a good general guide, “still” white and red wines to be at their best can be served at temperatures ranging from 60 to 70 and from 65 to 75 degrees respectively.

Champagne and other sparkling wines should be served very cold. When these are to be served, ice only sufficient wine for use at one time. Repeated icing, with the resultant variation of temperature, robs the wine of “life.”

It is suggested that wineglasses, like decanters, should be crystal clear to give the eye the benefit of the bright winking colour of the wine.

The glasses should, of course, be of thin “texture,” and the shape, as far as possible, based on the tulip-shaped sherry glass, for the wide-bowled or wide-lipped glass allows a good deal of the aroma of the wine to escape.

To enable the participant to extract the full value from the aroma it is best to serve wines in glasses of generous size and not to fill them to the brim. If the glass is just over half-filled the fragrance and essence is retained in the remaining unfilled part of the glass. Moreover, a subtle compliment is conveyed by this method of serving, both to the vintage and to the guest.



Wines : Choice—Care—Serving (contd.)

Always choose fine glass with bright high lights and, when washing, see that hot water is used for cleansing, cold water for rinsing and a soft " non-hairy " cloth for polishing.

When serving Champagne and sparkling wines do not open the bottle until immediately before serving—otherwise the characteristic effervescence will be almost or entirely lost.

The wide-bowled Champagne glass of one-time favour is now being superseded by the tulip-shaped glass—which is not so guilty, as was the former, of allowing the effervescence to escape, causing the wine to go flat quickly.

Before going on now to outline the suitability of wines for different dishes it would be best perhaps to mention that tobacco and wines are not entirely in sympathy with each other.

Sherry is said to be the only wine which is not robbed of some of its flavour by smoking. All other wines are susceptible and cannot thoroughly be enjoyed in company with pipe, cigarette or cigar—each of which should be reserved for coffee and afterwards.



Order of precedence for the serving of wines : For informal meals where it is the intention to serve one wine throughout, Sauterne, Claret, Burgundy, or Champagne are the ones usually chosen—with the proviso that Claret, owing to its dry character, is not " happy " when served with fish or a sweet dish.

On formal occasions, when several wines are to be served, the lighter of the wines should take precedence—so that the finer and heavier wines may be appreciated progressively.

The list on the following page indicates a suggested sequence of wines for formal dinners and the remarks appended thereto extend certain of the listed indications.

Wines

Usual Sequence for formal dinners

With HORS D'ŒUVRES

French or Italian Vermouth flavoured with Angostura ; Pale dry Sherry.

With OYSTERS

Chablis ; Graves or dry Sauterne, preferably the first named.

With SOUPS

Sherry or Madeira

With FISH

Chablis ; Graves ; Sauterne or Hock (white) . . .

With ENTRÉES

Claret ; Burgundy or Chianti

With ROASTS

Fine red Burgundy or Old Claret

With GAME

Champagne

With PASTRY

Madeira (cool)

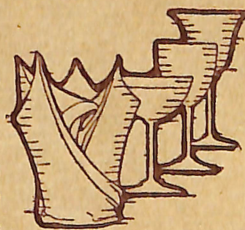
With FRUIT

Malaga ; Port or Tokay

With COFFEE

Liqueur Brandy ; Benedictine or other liqueurs.

For a quiet little dinner of four or five courses it is frequent practice to serve two wines . . . Sherry with the soup and fish and Sauterne, Hock, Claret or Burgundy with the following courses.



Do not serve fine wine with a salad or with dishes in which vinegar is present.

Wines (contd.)

Some people have a preference for fine Claret with Game and it may be mentioned that this same wine is also an excellent companion to the more flavourful cheeses.

Champagne should always be iced in the bottle. Ice should never be introduced to the wine.

In conclusion : All good wines deserve delicate treatment. When they are consumed in copious draughts it is safe to say they are not being appreciated as they should be.

The true wine-lover extracts by sight, scent and taste all that the Grape has to offer.



“Domestic” Section

The following pages are devoted to the collation of a series of “Angostura” uses in the home.

Though this side of Angostura Bitters is, as yet, comparatively little known it is hoped that, upon acquaintance, appreciation will be earned by the distinctive flavour-effect of “Angostura” and by its tonic helpfulness in many homely little ills.



Fruit Dishes, Jellies, Ices, etc.

"Angostura" introduces a delightful possibility by way of tonic and flavour addition to fruits and fruit dishes.

The following suggestions will be very attractive to most palates, and afford an added and healthful enjoyment not to be satiated by continued indulgence.

In some of these recipes we list the ingredients and give, underneath, the method of procedure. We mention this in a precautionary way, as in those cases the whole of the instructions should be read before mixing is commenced.

FRUIT MOULD

In a separate basin, make a lemon or an orange jelly (see page 33). Stand a mould in water, and dip thin slices of fruits, almonds or pistachios in the jelly just before it begins to set and arrange on the bottom and sides of the mould according to some design. Carefully add a spoonful or two of the jelly to hold the nuts or fruit in place and allow to set. Then add fruit and jelly alternately to fill the mould, taking care that each layer is firm before adding another one. Sliced bananas, grapes skinned and seeded, sliced cherries, figs cut in shreds, peaches, apricots and orange slices from which the membrane has been removed, either singly or in combination are good. Serve with whipped cream or custard.

FRUIT SALAD

The addition of a few drops of "Angostura" to the ever popular Fruit Salad will effect a subtle, delicate, and pleasing distinction.

GRAPE FRUIT

With a table knife cut the grape fruit in half, crosswise. With a grape fruit knife, specially made for the purpose, remove the pips and disengage the fruit in each "slice" from the surrounding peel and membrane. Served in this way in the entire half, the loosened slices can readily be extracted by a spoon. A little before serving sprinkle each half with fine sugar and add 4 or 5 drops of "Angostura" on top.

GRAPE ICE

To 1½ lb. of grapes add 2 lb. of sugar and 1½ pints of water, and place over a slow fire, skimming and stirring continually. Bring to the boil and pass through a fine sieve, leaving skin and pips behind. Squeeze the juice of 3 lemons and 1 orange into the mixture and allow to cool. When cold add 2 teaspoonfuls of Angostura Bitters and freeze in the usual way. If this is to be served in glasses add the stiffly whisked whites of 4 eggs when the mixture is about half frozen. Sufficient for 10 or 12 persons.

Fruit Dishes, Jellies, Ices, etc. (contd.)

LEMON ICE

To the juice of 5 lemons and 1 orange add the grated rind of 3 lemons, 2 lb. of sugar and 1 quart of water and place over a slow fire stirring until the sugar is thoroughly dissolved and the peel infused. Remove from the fire and strain. Allow the mixture to cool, add 2 teaspoonfuls of Angostura Bitters and freeze in the usual way. If this is to be served in glasses add the stiffly whisked whites of 4 eggs when the mixture is about half-frozen. Sufficient for 8 or 10 persons.

LEMON JELLY

To 1½ pints of water add ½ pint of lemon juice, 6 oz. of lump sugar, 2 oz. of leaf gelatine and the shells and slightly beaten whites of 2 eggs. Bring to the boil and simmer for 10 minutes. Cool slightly and add 1½ teaspoonfuls of Angostura Bitters. Strain through a fine scalded cloth. Serve as required when cool. Quantity 1½ pints. If preferred, packet jelly can be used, adding "Angostura" in the proportion of 1 teaspoonful to 1 pint.

MACEDOINE DE FRUITS AU "ANGOSTURA"

If using fresh fruits prepare a syrup. Take 1 lb. of loaf sugar, 1 quart of water, place on stove and bring to boil. When cold, add 2 teaspoonfuls Angostura Bitters. Place fruits in a glass or china dish and pour syrup over. This is very nice to eat with sponge fingers or Genoese cake cut into fingers and sugared over. Tinned fruits should be treated in the same way, except use syrup from fruits in place of prepared syrup.

MELON

A few drops of "Angostura" with melon will add a new and delicious flavour. Over each portion of melon sprinkle sugar to taste followed by a few drops of "Angostura."

ORANGE JELLY

To 1 pint of water add 1 pint orange juice, 4 oz. lump sugar, 2 oz. leaf gelatine and the juice of 2 lemons. Bring to the boil and simmer for 10 minutes. Cool slightly and add 1 teaspoonful of Angostura Bitters. Strain through muslin or fine sieve. (Orange jelly is not cleared as this would spoil the flavour.)



STEWED PRUNES

Before stewing these in the usual way and after the prunes have been soaked for 7 or 8 hours, add 1 teaspoonful of Angostura Bitters. The usual proportion of "Angostura" is 1 teaspoonful to 1 lb. of prunes. This can, of course, be adjusted to taste. To most palates this new flavouring for prunes gives an entirely new character to this old-fashioned dish.

Fruit Dishes, Jellies, Ices, etc. (contd.)

"ANGOSTURA" ICE CREAM

Whisk 3 eggs with 4 oz. of sugar and add gradually, stirring well, 1 quart of boiling milk. Pour into saucepan and heat slowly until mixture thickens. Stir well, do *not* allow to boil. Add 5 teaspoonfuls of Angostura Bitters and Vanilla Essence to taste. Strain and when cold freeze in the usual manner. This recipe produces a "new" ice cream that will be the envy of your friends. Five teaspoonfuls of "Angostura" are right for 1 quart of milk. Less or more in ratio according to the quantity of milk.



When ice cream with the usual vanilla, lemon, orange or chocolate flavour is, of necessity, supplied from an outside source, the delicious and "new" flavour can still be achieved—by sprinkling "Angostura" over each portion of ice cream.

Puddings, Sweet Dishes, etc.

The following recipes will serve as a guide to the many similar in which "Angostura" can be included as a flavouring agent. With some of these dishes a sauce is usually served when, if preferred, the sauce instead of the dish can be flavoured by "Angostura." (See recipes on page 37.)

CHRISTMAS PUDDING

As every Housewife has her own method of making the festive Plum Pudding we content ourselves with suggesting the amount of "Angostura" necessary to add an exquisite, distinctive and *new* flavour: One teaspoonful of "Angostura" to every ten pounds of ingredients is the quantity usually added—more, of course, to taste if preferred.

The same proportion of "Angostura" will give an equally pleasing flavour to Mince-meat.

APPLE CHARLOTTE

To the juice of 1 lemon add $\frac{1}{2}$ teaspoonful of Angostura Bitters and stir thoroughly. Then peel, core and slice 2 lb. of apples and fill a buttered pie dish with alternate layers of apples—sprinkled with lemon juice and sugar—and thin slices of bread and butter—the last layer being bread and butter. Cover with greased paper and bake in a moderate oven for just under an hour.

CHERRY PUDDING

Put 1 lb. of stoned cherries, 1 pinch of cinnamon, 2 table-spoonfuls of water and 3 tablespoonfuls of castor sugar in a jar. Put the jar into a pan of boiling water and cook the cherries until they are really tender.

Mix, separately, 3 oz. of flour to smooth paste with 2 table-spoonfuls of milk, add 1 gill of milk and after well boiling add $\frac{1}{2}$ teaspoonful of Angostura Bitters and 2 oz. of castor sugar. Let this mixture cool, and add the previously beaten yolks of 3 eggs, the grated rind of $\frac{1}{2}$ a lemon and the stiffly whisked whites of the eggs. Put a layer of cherries in the bottom of a buttered mould, then a layer of the mixture and repeat until the bowl is full. Cover with greased paper and bake in a moderate oven for about 45 minutes. Serve with sweet sauce.

FIG PUDDING

Mix, well, 6 oz. of finely chopped suet, 4 oz. of flour, 4 oz. sugar, 4 oz. breadcrumbs, good pinch of salt, a pinch of nutmeg and 8 oz. of finely chopped figs. Beat 2 eggs and add $\frac{1}{2}$ pint of milk to which $\frac{1}{2}$ teaspoonful of Angostura Bitters has been added. Pour this gradually into the dry ingredients, mixing thoroughly. Place in a greased basin and steam for 2 $\frac{1}{2}$ hours. Serve with sweet sauce to taste.



Puddings, Sweet Dishes, etc. (contd.)

LEMON MERINGUE

Put 1 oz. butter, 2 oz. castor sugar, $\frac{1}{2}$ pint of milk, $\frac{1}{2}$ teaspoonful of Angostura Bitters and the grated rind of 2 lemons into saucepan. Boil, then simmer for 15 minutes and pour, stirring all the while, over the beaten yolks of 2 eggs. Crumble 2 sponge cakes and with the juice of 2 lemons add to the mixture. Stir well and pour into a dish previously lined with short crust. Decorate the edges with the pastry and bake in a moderate oven until the mixture is set. Then cover with the stiffly whisked whites of the eggs and sprinkle generously with castor sugar. Replace in oven until the meringue hardens and becomes slightly browned. Serve hot or cold.

PEARS AND RICE

To $\frac{1}{2}$ lb. of rice add 1 pint of milk, 2 oz. castor sugar, a pat of butter, a pinch of salt, and the grated rind of $\frac{1}{2}$ a lemon. Cook slowly until the rice is tender, cool slightly and stir in the previously beaten yolks of 2 eggs. Complete the cooking and press the mixture into a flat-topped round mould and turn out on to a hot dish. Rapidly boil the syrup from 1 tin of preserved pears until about half remains and add $\frac{1}{2}$ teaspoonful of Angostura Bitters. Put in the pears and let them become thoroughly heated, then arrange them in a heap on top and around the rice, adding syrup as desired. Sprinkle with castor sugar and cover with the stiffly whisked whites of the eggs. Sprinkle heavily with castor sugar and bake in moderate oven until the meringue is hardened and slightly browned.

ANGOSTURA TRIFLE

Slice 6 stale sponge cakes in halves putting raspberry jam between top and bottom. Arrange compactly in a fairly wide glass dish. Next put a $\frac{1}{2}$ teaspoonful of "Angostura" in a wineglassful of sherry, mix and pour evenly over the sponge cakes. Arrange on top a neat mound of ratafias or macaroons and cover with a cupful of custard (see page 37). Thoroughly whip $\frac{1}{2}$ pint of cream and lay it gently on the contents of the dish and decorate with angelica, cherries and shredded almonds. Prepare not less than 2 hours before serving.



VICTORIA PUDDING

Mix 3 oz. of flour, 4 oz. breadcrumbs, 8 oz. finely chopped beef suet, 2 oz. grated peel (mixed), 3 oz. dried cherries cut in quarters, 3 oz. sugar and add $\frac{1}{2}$ lb. finely chopped apples. Beat 3 eggs and add 2 tablespoonfuls apricot jam and $\frac{1}{2}$ gill of milk, or cream. Mix well, stir thoroughly into the dry ingredients and beat all well. Pour into a buttered mould, cover with greased paper and steam for about 2 hours. Serve with a suitable sauce, flavoured with Angostura Bitters.

VIENNESE PUDDING

Well beat the yolks of 4 eggs. Heat $\frac{1}{2}$ pint of milk and add sufficient caramel (see page 37) to make it a deep brown colour, then gradually pour the mixture, stirring all the while, over the beaten yolks. Blanch, shred and bake 1 oz. almonds and mix with 5 oz. white bread dice, 3 oz. sultanas, 3 oz. castor sugar, 2 oz. of finely shredded candied peel. Stir in the milk and egg mixture and 3 tablespoonfuls of sherry to which $\frac{1}{2}$ teaspoonful of Angostura Bitters has been added. Cover and allow to stand for an hour. Then turn into a buttered mould, steam for about 2 hours and serve with suitable sauce.

Sauces, etc.

WHITE SAUCE FOR PUDDINGS

(Rich)

Mix to a smooth paste 1 dessertspoonful of cornflour and a little milk. Put $\frac{1}{2}$ pint of milk into a saucepan, add a pinch of salt and bring to the boil. Pour gradually over the cornflour paste, stirring. Return to the saucepan, add $\frac{1}{2}$ teaspoonful of Angostura Bitters, sweeten to taste and simmer gently, stirring continuously for 5 minutes. Lemon juice to taste can be added if desired. Quantity: Just over $\frac{1}{2}$ pint.

WHITE SAUCE FOR PUDDINGS

(Ordinary)

With 2 tablespoonfuls of milk mix 1 tablespoonful of cornflour to a smooth paste. Boil $\frac{1}{2}$ pint of water and pour gradually over the cornflour, stirring. Return to saucepan with 1 tablespoonful of white sugar and boil for 10 minutes, stirring continuously. According to the pudding with which the sauce is served, add $\frac{1}{2}$ teaspoonful of Angostura Bitters or lemon juice as preferred. Quantity: 1 pint.

CARAMEL

Put 1 lb. of white sugar and 2 tablespoonfuls of water in an iron saucepan and stir over the fire until the mixture becomes dark brown. Bring to the boil, add 3 gills of water, stir until boiling point is reached, and add $\frac{1}{2}$ teaspoonful of Angostura Bitters. Simmer until the consistency of syrup is arrived at. Allow to become cold and bottle for subsequent use.

CUSTARD

Mix to a smooth paste 1 teaspoonful of cornflour with a little milk. Add 1 pint of milk and 1 teaspoonful of Angostura Bitters. Simmer slowly, stirring continuously, for 4 or 5 minutes and add 2 oz. of sugar. Allow to cool a little, add 1 egg (previously beaten). Heat again, gently, and stir continuously for a few minutes. Do not let mixture boil nor thicken unduly. Allow to cool and serve as required.

Soups, etc.

It will be found that the addition of 3 or 4 dashes (or more to taste) of Angostura Bitters will impart an unusually piquant flavour to many gravies and soups—particularly meat soups. Here we give a few recipes of soups with which “Angostura” can be used to great effect.

OXTAIL SOUP

Cut an oxtail into short lengths and cover with cold water. Add a little salt and bring to the boil; strain and return to the saucepan; add 1 carrot, $\frac{1}{2}$ turnip, 1 onion, a small strip of celery if available, a flavouring of parsley, thyme, bay leaf, 4 peppercorns and a dessertspoonful of Angostura Bitters, or more, to taste. Add about 5 pints of second stock or water, simmer gently for 4 hours, keeping the pan covered. Strain, put the meat aside and when the stock is cold remove the fat. Clear with the white and shells of 2 eggs, strain and repeat, serve with pieces of the tail and diced carrot and turnips. (The larger pieces of tail can be served with a thick sauce.)

MUTTON BROTH

Remove the fat from $1\frac{1}{2}$ lb. of neck of mutton and cut into small pieces. Fill a stewpan with a quart of cold water and add the meat and bones, a little salt, a table-spoonful of pearl barley which has been blanched, and bring slowly to the boil. Skim well and simmer for an hour, then add 1 carrot, $\frac{1}{2}$ turnip, 1 onion and a small strip of celery, all cut into dice, and simmer very gently for 2 hours. Strain and remove the fragments of bone before returning the vegetables to the pan. Add a dessert-spoonful of “Angostura,” or more, to taste. Bring to the boil and sprinkle in a little chopped parsley.

RABBIT SOUP (White)

Cut 1 rabbit into small joints and place in a stewpan, cover with 3 pints of stock and 1 pint of water, bring to the boil and skim well. Add 4 oz. of lean bacon, 1 onion, a little celery cut small, and a bunch of herbs to taste, simmer until the meat is tender (about $1\frac{1}{2}$ hours) and remove the bunch of herbs; melt 1 oz. of butter and mix with 1 oz. of flour, stir in $\frac{1}{2}$ pint of milk and boil. Pour this into the soup and add a teaspoonful of “Angostura” or more, to taste. Season with salt and pepper. Cream may be added if desired.

Soups, etc. (contd.)

OYSTER SOUP

Cut 1 lb. knuckle of veal into small pieces and put into 1 quart of cold water, add an onion and a bay leaf and simmer gently for about three hours, strain, and when cold remove the fat. Remove the black skin from 1 lb. of filleted plaice and simmer the fish in a quart of cold water until reduced to shreds and rub through a fine sieve. Simmer the hearts of 18 oysters in half a pint of the fish stock, add the liquor of the oysters, strain and put aside. Mix the veal and fish stock and bring to the boil. Melt 2 oz. of butter, stir in $1\frac{1}{2}$ oz. of flour and cook for a minute or two, add to the hot stock and stir until boiling. Then add $\frac{1}{2}$ pint milk, oyster liquor, anchovy essence and a dessertspoonful "Angostura" or more, to taste. Season, put the oysters into the boiling soup just before serving—but do not cook—and stir in $\frac{1}{2}$ pint of cream.

JUGGED HARE

As soon as the hare is received the entrails, liver, etc., should be removed; after doing this, wipe and pepper the inside well, and hang up the hare. When required, skin and truss it for roasting—half roast it, basting continuously. Half an hour to an hour is necessary according to age. Then cut the hare into small pieces and place them in a stew jar with an onion stuck with cloves. Add pepper and salt and lemon juice and pour over sufficient stock to cover. Put a lid on the jar and allow the contents to simmer for about $2\frac{1}{2}$ to 3 hours. Then take out the pieces, placing them in a hot dish, and to the gravy in the jar add a glass of port and a teaspoonful of "Angostura" or more, to taste, and more seasoning if required. When about to boil strain the gravy over the hare and serve as quickly as possible. Forcemeat balls may accompany the hare. Red currant jelly is served separately.

Beverages for Invalids

APPLE WATER

2 or 3 cooking apples, remove the skin, core and slice and pour over them a pint of boiling water. Cover and allow to stand until the apples are almost pulp, then strain, add 1 teaspoonful of Angostura Bitters and sweeten to taste. Serve hot or cold as preferred.

BARLEY WATER

Cover 2 oz of pearl barley with cold water and boil for a minute or two and strain. Then put barley in a jug and add 3 lumps of sugar, the pared rind of $\frac{1}{2}$ lemon, and 1 pint of boiling water. When cold, strain and add 1 teaspoonful of Angostura Bitters. Can be served with soda water, if desired.

GRAPE JUICE

Pour 1 pint of water over 2 lb. of grapes. Simmer slowly for 5 minutes. Strain through cheese cloth and add 1 teaspoonful of Angostura Bitters. Sweeten to taste and serve cold.

LEMON WATER

Put the thinly pared rind of 1 lemon, the strained juice of 2 lemons and sugar to taste, into a jug. Add 1 pint of boiling water, cover and allow to stand until cold. Strain and add 1 teaspoonful of Angostura Bitters. Serve hot or cold as preferred.

LINSEED TEA

Wash and drain 1 oz. of whole linseed and simmer for $\frac{1}{2}$ hour in 1 pint of cold water with $\frac{1}{2}$ oz. of liquorice, 2 or 3 lumps of sugar and the pared rind of $\frac{1}{2}$ small lemon. Strain and stir in the juice of $\frac{1}{2}$ lemon and 1 teaspoonful of Angostura Bitters.

OATMEAL WATER

Stir to a smooth paste 2 tablespoonfuls of fine oatmeal in a teacupful of cold water. Then pour into 2 pints of boiling water. Stir well, add a pinch of salt and boil for 30 minutes. Strain, add 1 teaspoonful of Angostura Bitters and serve hot or cold as preferred.

TOAST WATER

Toast a slice of bread brown and hard—not burned. Cover with 1 pint of cold water and soak for about an hour. Strain and add 2 or 3 dashes of Angostura Bitters.

Healthful Hints

That "Angostura" is, in itself, a boon to health is proved by the hearty word of support given to it by the medical profession.

Here is a letter, typical of many and many another, sent to us by a leading practitioner :

"Permit me to express to you my appreciation of the value and usefulness of your Bitters which have been of inestimable service to me in thousands of cases of illnesses during the 15 years since I have been practising. I never go without 'Angostura' and no home should be without it. It often is a panacea."

When the virtues of "Angostura" in the eradication of physical discomfort are known, when "Angostura's" beneficent effect on the general health is experienced—the following uses will be appreciated as fully as they deserve.

"Angostura," the tonic properties of which add such flavour and zest to social drinks, can safely and beneficially be employed as a domestic cordial.

Here are some of the uses discovered, and profited by, through the 100 years of "Angostura's" life.

GENERAL TONIC.—Angostura Bitters are of great value as a tonic where the vitality is a little low and a toning up is necessary. Taken with a little fruit juice before meals "Angostura" has a marked action on the appetite and digestion.

COLDS.—When wet or cold a chill can often be warded off if a tablespoonful of "Angostura" is taken in half a cup of warm water, sweetened to taste. Dissolve the sugar in the warm water before adding the "Angostura."

INFLUENZA.—Taken in the same way as for colds, "Angostura" is decidedly beneficial in lessening the lowering effect of this malady.

PAIN.—A valuable use of "Angostura," known to ladies, is the alleviation of internal pain which may occur at certain times. A teaspoonful to a tablespoonful of "Angostura" in warm sweetened water is very comforting. In obstinate cases great relief can be obtained by repeating the dose once or twice at half hourly intervals.

Healthful Hints (contd.)

ERRORS IN DIET : A tablespoonful of Angostura Bitters with a little sweetened water will do much to relieve ill effects following the partaking of unusual, heavy or rich foods.

FLATULENCE : To counteract this and allied troubles, try 1 to 2 tablespoonfuls of Angostura Bitters in half a cup of previously sweetened warm water. Acute abdominal pains arising from similar causes can often be removed by this simple, handy remedy.

COLIC : Used in addition to the treatment necessary and prescribed by the medical adviser, an equal quantity of "Angostura" and sweetened hot water will afford speedy relief and will stimulate the return of energy.

DYSENTERY : Those who have resided or are about to reside in tropical countries will be all the better armed by a knowledge of "Angostura's" helpful effect.

The following letter is illuminating :

"It may be of interest if I tell you that some years ago in India I was cured by your Bitters of a severe attack of what I knew afterwards to have been dysentery, and I was fortunate in having the bottle in my sideboard, as it was past midnight. I was alone in my bungalow and medical help was miles away. I took one dessert-spoonful and I had no further trouble."

MALARIA, in the first stages, can often be successfully combated by taking a liberal draught of "Angostura" and hot water. During all stages "Angostura," combined with sugar, forms an excellent "mask" for the flavour of quinine.

SEA-SICKNESS : While there is no specific for this affliction, a little "Angostura" and sweetened tepid water or fruit juice, taken before meals on board, will frequently prove an effective preventive—and almost invariably "Angostura" taken in this way will definitely reduce the ill after-effects if sea-sickness should be contracted.

Where to obtain "Angostura"

Below we illustrate the unpretentious bottle which can be seen in almost every licensed establishment and which can be obtained for home use in half or whole bottle size from your usual wine and spirit merchant, or any licensed store.

There is only one genuine "Angostura"—Dr. J. G. B. Siegert's—it being identified by the signature on the bottle wrapper, see the illustration below.

Take care to get *Angostura* Bitters, whose tonic properties and aromatic flavour are not possessed by any other Bitters.



Sole Consignees for Great Britain & Ireland, British Colonies & Dependencies
Henderson & Co. (London) Ltd., Finsbury Court, London, E.C.2

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