

Pickling Time Near; Suggestions Submitted On Ingredients, Methods

Here is pickling streamlined for modern living! Crisp pickles and relishes without brining! They have the same full flavor as the old-fashioned kind, the same crunch, translucent texture; but they're ready to pop in jars in a matter of little more than an hour.

First of all you key your pickling to distilled white vinegar both as a preservative and as a flavoring agent. Distilled white vinegar, stabilized to an acetic acid strength of 5 per cent (check the label on the bottle to be sure) is first choice for 1953 pickling. Crystal-clear, it not only preserves fruits and vegetables perfectly, but it safeguards their brilliant garden colors. And you'll be delighted with the way its aged-in-wood mellowness brings out the full flavor of foods without dominating them.

Then, we suggest you follow these rules:

About Ingredients

1. Cucumbers and other vegetables should be used within 24 hours after harvesting.

2. Choose fresh, good quality fruits and vegetables free of blemishes and uniform in size. Imperfect and irregular fruits and vegetables can be cut up for relishes.

3. Fruits may be slightly underripe.

4. Wash all fruits and vegetables gently but thoroughly to remove dirt and grit which could start bacterial action.

5. Distilled white vinegar stabilized at an acetic acid strength of 5 per cent is first choice for pickling and preserving. Cider vinegar can be substituted for distilled white, although its deeper color may cause a slight darkening of foods.

6. Use only fresh, whole spices for full flavor. Old spices may give a dusty flavor to pickles.

7. Use water as free from minerals as possible. In areas where water is hard and chemically treated, boil it, let it cool, then remove the scum.

8. Use pure granulated salt rather than ordinary table salt when brining pickles. Impurities in table salt may cause cloudiness and darkening of pickles.

About Equipment

1. The pickling kettle should be aluminum, enamelware or stainless steel. Copper utensils tend to turn pickles a peculiar shade of green; iron may turn them black.

2. Be sure kettle is large enough so pickles will not boil over.

3. You'll find a long handled wooden spoon and a wide-mouth funnel make pickle preparation much easier.

4. When brining pickles use stone crocks, glass, pottery or enamel-lined pans—not metal.

5. Select only perfect jars—no chipped or cracked ones—for packing.

6. Wash jars, glass lids, metal screw caps, rubber rings and wide-mouth funnel in hot soapy water; rinse well. Never reuse rubber rings. Use clean, new ones. Dip these into boiling water just before using.

7. To sterilize, place clean jars, lids and caps in a deep kettle; cover with warm water. Boil, covered, 20 minutes. Remove from boiling water one at a time when ready to fill. If pickles are to be processed, it is not necessary to boil this equipment. Just be sure they

are clean and hot.

8. Because there are many types of lids and closures on the market, be sure to follow the manufacturer's instructions for sterilizing and sealing.

9. Before sealing, run silver knife blade around inside of jar to release air bubbles. Add more liquid if needed.

10. Wipe sealing edges of jars free of food or liquid with paper towels or clean cloths before putting on lid.

About Storage

1. Don't set newly filled, still hot jars in a draft; they may burst. Set on a folded cloth or cake rack. Keep in upright position.

2. When thoroughly cooled, label correctly with name of recipe and date of packing.

3. Check all seals. If jars are not sealed, serve pickles at once. An imperfect seal will mean spoiled pickles in short order.

4. Store in a cool, dry, dark place.

5. If possible, allow pickles to stand 2 months before using. Pickles done the "quick-pickling" way with distilled white vinegar have a better blended, more mellow flavor when permitted to stand several months.

Pepper Relish

4 pounds (18 medium) green peppers, quartered, seeded

1 pound (4 large) onions, peeled, quartered

1 1/2 cups granulated sugar

2 cups distilled white vinegar

1/2 teaspoon ground allspice

2 tablespoons salt

1/2 teaspoon ground ginger

1/2 teaspoon ground cloves

1 teaspoon ground cinnamon

1 teaspoon mustard seed

Put peppers and onions through food chopper, using coarse blade. Drain. Combine remaining ingredients; bring to a boil. Add vegetables and boil gently, uncovered, for 5 minutes. Quickly pack one hot, sterilized jar at a time, filling to within 1/4 inch from the top. Be sure that vinegar solution covers vegetables. Seal each jar at once. Makes 4 pints.

Note: Use this relish within 6 months.

Corn Relish

2 1/2 quarts (20 ears) young, tender corn

1 cup (2 medium) chopped green pepper

1 cup (2 medium) chopped red pepper

1 1/4 cups (4 medium) chopped onions

1 cup chopped celery

1 1/2 cups granulated sugar

1 1/2 tablespoons mustard seed

1 tablespoon salt

1/2 teaspoon celery seed

1/2 teaspoon turmeric

2 1/2 cups distilled white vinegar

2 cups water

Husk corn and boil for 5 minutes. Dip in cold water. Cut kernels from cob and measure. Combine all ingredients and boil gently, uncovered, 20 minutes. Pack into clean, hot jars, leaving 1-inch head space. Be sure vegetables are covered with vinegar solution. Adjust covers as jar manufacturer directs. Set jars on wire rack in a covered deep kettle, with boiling water to cover tops of jars 1 inch. Process 15 minutes, counting time from moment active boiling resumes. Remove. Makes 6-7 pints.

Sweet Mixed Pickles

2 medium heads cauliflower (2 quarts flowerets)

2 medium green peppers, cut

Tomato Salad Is Always Favorite

The large firm field tomatoes that you find in the markets now are perfect for this "Roulette Tomato Salad." All you have to do is peel them, hollow out the centers and put them in the refrigerator to chill thoroughly. Just before serving, stuff each tomato with the gently-seasoned mixture of cottage cheese, to which slices of meaty ripe olives, cucumber and minced green onion have been added. For that final touch, top each tomato with a dab of mayonnaise and a sprinkling of paprika. Not only does this make a colorful plate, but a mighty delicious one, too.

Roulette Tomato Salad
6 medium-sized tomatoes
1 cup pitted ripe olives
1 1/2 cups cottage cheese
1/2 cup chopped cucumber
2 tablespoons minced green onion
Worcestershire sauce
Tabasco sauce
Salt
Pepper
Salad greens for garnish
Mayonnaise
Paprika

Peel tomatoes and hollow out centers. Turn cut side down to drain. Chill thoroughly. Slice olives crosswise into rounds. Blend together lightly cottage cheese, olives, cucumbers and onion. Season to taste with Worcestershire sauce, Tabasco sauce, salt and pepper. Place tomatoes on garnished salad plates and fill with olive-cheese mixture. Top each tomato with mayonnaise. Sprinkle with paprika. Serves 6.

Cooking Beef In Outdoors Appeals

Here are good beef cuts for outdoor grilling and using up more of your share of plentiful beef: Hamburgers are improved in flavor by mixing in onion or onion juice along with the salt and pepper; then sprinkle liberally with celery salt and garlic salt just before removing from fire. Steaks of any kind and size are good grilled outdoors but the one-inch is preferred by most. Cubes or chunks of beef round are fine cooked on skewers. These are extra tasty if marinated in French dressing or vinegar and water overnight. If you like a barbecue flavor, baste meat every few minutes with your favorite barbecue sauce. Even large roasts can be cooked successfully outdoors, but this requires a spit or some other means of turning the meat slowly while it is cooking and calls for longer cooking time than oven-roasting.

Powdered fruit pectin is called for in the following recipe. When it's used only a short boiling time is needed. Good yield results, too.

Blackberry Jelly and Jam
To prepare the berries for bin the jelly and jam crush thoroughly about 3 1/2 quarts ripe blackberries (not black-caps). Place in a large sieve lined with a double thickness of cheesecloth and let juice drip through (do not squeeze). Use juice for making jelly; use fruit remaining in sieve for making jam.

To make the jelly, measure 3 1/2 cups juice into a large saucepan. Measure 5 cups sugar and set aside. Add one 2 1/2-ounce box powdered fruit pectin to juice in saucepan and mix well. Place over high heat and stir in sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, skim off foam with metal spoon, and pour quickly into glasses. Cover jelly at once with 1/4 inch hot paraffin. Makes about 7 medium glasses.

To make the jam, put half

Suggestions Given on Preparing, Making Jams



Big Juicy Blackberries are ready for preserving.

of fruit remaining in cheesecloth through sieve to remove some of seeds. Measure 5 cups pulp into a very large saucepan. Measure 7 cups sugar and set aside. Add one 2 1/2-ounce box powdered fruit pectin to fruit in saucepan and mix well. Place over high heat and stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat and skim off foam with metal spoon. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Cover jam at once with 1/4 inch hot paraffin. Makes about 11 medium glasses.

But if this fruity goodness is to be preserved to perfection, sterilizing jars and glasses is a must. Paraffining comes next. Use a tin can in which to melt the paraffin. Then place a metal spoon close to the jelly's surface and let the melted paraffin flow over it onto the jelly in a layer about 1/4 inch thick. When it's set, prick any bubbles and pour a second 1/4-inch thick layer of the paraffin. Now slightly tip and swirl the jar or glass to seal edges.

Homemade bean soup has a goodness all its own and it's no chore to prepare when you puree the buttery cooked dry limas in an electric blender. Add bits of cooked ham, bacon or sausage and season to your own taste. Make an extra large recipe and put some in your freezer to enjoy later.

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Bran Muffins With Raisins Appetizing

When your family sees these "Raisin Bran Muffins" on the breakfast table, they'll be tempted into eating a good, nourishing breakfast. The muffins are moist and flavorful with seedless raisins added to the batter. They take only a minute to mix and pop into the oven. Be sure to make enough to have plenty for "seconds".

Raisin Bran Muffins
1 cup seedless raisins
1 cup bran cereal
1 cup milk
1 egg
2 tablespoons melted shortening
1 cup sifted all-purpose flour
4 teaspoons baking powder
1/2 teaspoon salt

Rinse raisins and drain. Soak bran in milk 5 minutes. Add lightly beaten egg, shortening and raisins. Sift together flour, baking powder and salt, and add all at once to first mixture, stirring only to moisten. Fill greased muffin pans about 2/3 full. Bake in hot oven (400 degrees F.) 20 to 25 minutes. Makes 12 to 15 medium-sized muffins.

Peach Party Mold Colorful, Delicious

This "Peach Party Mold" is a great favorite with hostesses everywhere since it is one of those beautiful make-ahead gelatin salads. It doesn't involve too much fixing which goes along ways with our way of lazy summer cooking. Arrange an attractive layer of canned cling peach slices in the bottom of a mold and cover with a thin layer of clear gelatin to hold the peaches in position. Chill until firm and then fill the mold with a whipped gelatin, marshmallow and maraschino cherry mixture.

Peach Party Mold
1 1/2 cups canned cling peach slices
Syrup from peaches
2 packages lemon-flavored gelatin
2 egg whites
1 cup chopped marshmallows
1/2 cup chopped maraschino cherries

M.C.P. Uncooked Jams have the finest flavor (and color) possible, because the usual cooking and boiling are eliminated, and this "flavor-guard" ALL the fresh fruit flavor. Also, you use less fruit and sugar, yet get more jam, for nothing is cooked away. M.C.P. uncooked jams are especially recommended if you wish to make a small batch at a time, for these jams must be kept in the refrigerator, since they are uncooked. For flavor and color, though, they're simply "tops!" (The M.C.P. uncooked jam weighs as much as you'd get in the regular jelly in the M.C.P. PECTIN package... but you can get them free by writing the M.C.P. Kitchen Laboratory, Anaheim, California.)

M.C.P. Cooked Jams may be made up in large amounts at one time and stored on your pantry shelves... and you can't make a finer-flavored uncooked jam than that made with colorless, odorless, tasteless M.C.P. JAM AND JELLY PECTIN. However, the very same cooking that permits shelf storage does cause some loss of fresh fruit flavor, compared with the uncooked jams. Even the shortest boils cannot "flavor-guard" this difference!

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MORE JELLY, TOO when you use the unique M.C.P. juice-pressing method that gives you twice as much juice (and, thus, double the jelly) than ever before from the same amount of fruit! And, this juice is so fully clarified that, using M.C.P. JAM AND JELLY PECTIN, you're sure of the clearest, loveliest jellies you ever saw. For this remarkable juice-pressing method (and the special M.C.P. Jelly Making Set to use it with), send \$1.00 (cash or money order) and 5 M.C.P. PECTIN packages from the M.C.P. Kitchen Laboratory, Anaheim, Calif. You'll more than get your money back in extra jelly when you make your first batch!

LOOK FOR THIS LABEL

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1/2 teaspoon celery salt
Drain peaches. Measure syrup and add enough hot water to make 1 quart liquid. Dissolve gelatin in hot liquid. Arrange a pattern of peach slices cartwheel fashion in bottom of 1 1/2-quart mold. Cover with 1/4-inch layer of gelatin mixture. Chill until firm. Chill remaining gelatin until almost firm. Whip until fluffy. Fold in stiffly beaten egg whites, marshmallows, cherries, celery salt and remaining peaches. Pour over firm layer. Chill until firm. Unmold on serving plate and garnish with additional peach slices and whole cherries, if desired. Serves 8.



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