

Put Up Pickles, Relishes For Winter Use Is Advice

(By Bureau of Home Economics, U. S. Department of Agriculture.)
At this pickle-making time of year it is well to remember, says the Bureau of Home Economics of the U. S. Department of Agriculture, the tin pickles are not exactly food, they go far toward making real food more interesting. During the winter months, if foods and food ideas run short in variety, pickles will help considerably by giving a different tang to the same old bill of fare. So make your pickles while you may of peaches, pears, watermelon rind, green tomatoes, cucumbers and onions. And this is how, according to the bureau:

The easiest to make are fruit pickles, such as whole pickled peaches, crabapples or pears, cooked in a spicy, sweet-sour syrup.

Then there are quick-process pickles made from vegetables salted down overnight and combined with spices and vinegar the next day without cooking. Next are the brined pickles, also called fermented pickles, because they go through curing process lasting from two weeks to two months—dill pickles and sour cucumber pickles, for example. Sweet pickles, mustard pickles and other mixtures are often made from the vegetables cured in brine.

Last are the relishes, such as tomato catsup, chili sauce and chutneys made of fruits or vegetables spiced and cooked down to a sauce. Whatever the type, the purpose of pickling, says the bureau, is to get a tart, spicy flavor through the vegetable or fruit; to keep or develop attractive color, and to give crispness, especially to vegetable pickles.

Choose fresh, high-quality fruits or vegetables for pickling. Sort fruits for size and stage of ripeness, and keep the ripest in one lot if there is a marked difference. In pickling cucumbers, peaches, or other fruits or vegetables whole, have them uniform in size. Then the pickling liquid penetrates and seasons them evenly. Use a blend of high quality spices. The flavor continues to come out of spices as the pickles stand, so do not use too much spice.

For vinegar for pickling, good quality fresh cider vinegar is preferred. Or for pickling onions alone, use distilled vinegar which is clear and colorless.

Generally, granulated sugar is better than brown sugar in pickles. Sometimes a little brown sugar gives richness. In general, pickles keep better if sealed airtight for storage. Sometimes they will keep satisfactorily in covered jars in a cool place, but there is danger of spoilage.

RECIPES

Pickled Peaches.
8 pounds peaches
4 pounds sugar
2 quarts vinegar
8 2-inch pieces stick cinnamon

Select firm white peaches, preferably clingstones. Wash them well, remove the thin skin with a sharp knife, and stick 2 cloves into each peach. Cook the vinegar, cinnamon and sugar together for 10 minutes, or until the syrup is fairly thick. Add the peaches, cook them gently until tender, but not broken, and let stand in the syrup overnight. In the morning drain the syrup from the peaches and pack the fruit into sterilized jars. Boil the syrup rapidly until thick and pour over the peaches in the jars. Seal, label and store in a cool place. Allow the pickled peaches to stand several weeks to develop flavor before serving.

Pickled Pears and Crabapples.
Wash the fruit, and if Seckel pears or crabapples, leave on stems and scrape off blossom ends. If Kieffer pears, pare, cut in half or quarters and core. Boil pears (but not crabapples) for 10 minutes in water to cover, and pour off the water. For Kieffer pears use one pint of this water to dilute the vinegar for the syrup. Prick the skins of Seckel pears, but not of crabapples.

Boil for five minutes the vinegar, water, sugar and spices tied loosely in cheesecloth. Add the fruit, boil for 10 minutes or until tender, and allow to stand in the syrup overnight. Drain, remove the spice bag, and pack the fruit in sterilized jars. Bring the syrup to boiling temperature, pour over the fruit, seal, and store in a cool place.

Watermelon Pickle.
4 pounds watermelon rind
Lime-water made with 2 quarts cold water and 10 grams, or 2 tablespoons lime
2 quarts vinegar
1 pint water
4 1/2 pounds granulated sugar
2 tablespoons whole allspice
2 tablespoons whole cloves
10 2-inch pieces stick cinnamon

Select rind from a firm, not over-ripe melon, and before weighing trim off the green skin and pink flesh. Cut in inch cubes and soak for 2 1/2 hours in the lime-water. Drain, cover with fresh water and cook for 1 1/2 hours, or until tender, and add more water as it boils off. Let stand overnight in the same water, and next morning drain. Bring to the boiling point the vinegar, 1 pint of water, the sugar, and the spices tied loosely in cheesecloth. Add the drained watermelon, and boil gently for 2 hours, or until the syrup is fairly thick. Remove the spice bag, pack the watermelon in sterilized glass jars, seal airtight, and store in a cool place.

Cucumber and Onion Rings.
1 peck small cucumbers
2 quarts small white onions
1 cup salt
Vinegar
1 cup mustard seed
2 tablespoons celery seed
2 tablespoons peppercorns

Slice the cucumbers and onions about 1/4 inch thick, pack in a crock in layers with the salt sprinkled between, and let stand overnight. In the morning drain in a cheesecloth bag, and press out all the juice possible. Taste before adding the vinegar, and if too salty rinse in cold water. Measure the onions and cucumbers, take half as much vinegar, heat to the boiling point, add the spices and pour over the vegetables. Pack at once in sterilized glass jars, seal, and store in a cool place.

mixture begins to thicken. Then add the vinegar and spices and cook the mixture down until it becomes a thick sauce. Pour into hot sterilized bottles, use new cork stoppers, and dip the bottle tops into sealing wax or melted paraffin. Store in a dark, cool place. The recipe yields about three quarts of sauce.

Dish Relish.
1 pint chopped sweet red peppers
1 pint chopped sweet green peppers
2 tablespoons mustard seed
1 tablespoon celery seed
1 cup sugar
4 tablespoons salt
1 quart vinegar
1 quart chopped cabbage
1 pint chopped white onions

Cut the peppers into quarters, discard the seeds and coarse white sections, and soak overnight in a brine made of 1 cup of salt to 1 gallon of water. Freshen for an hour or two, then drain and chop. Heat the spices with the sugar, salt and vinegar to the boiling point, then pour over the mixed vegetables. Pack the relish in hot sterilized jars, partially seal, and process for 15 minutes at simmering temperature (185 degrees F.). Seal airtight and store in a cool place.

Menus of the Day

(By Mrs. Alexander George.)
Olive Oil Pickle Recipe.
(Dinner using leftovers.)
The Menu.
Meat-Stuffed Tomatoes
Creamed Turnips
Blueberry Muffins Butter
Head Lettuce French Dressing
Sponge Cake Topped with Whipped Cream
Coffee

Meat-Stuffed Tomatoes.
(Using leftovers.)
4 large firm tomatoes
1/2 cup chopped cooked meat
1/2 cup soft breadcrumbs
1 teaspoon chopped onion
1 teaspoon chopped parsley
1 teaspoon chopped celery
1/2 teaspoon chopped green pepper
1/2 teaspoon salt

Peach Sherbet.
1 cup sugar
2 cups water
1/4 cup gelatine.
1/2 cup cold water.
Juice of 1/2 lemon.
Juice of 1 orange.
1 cup fresh peach pulp.
1 egg white.

Start Training of Baby When Crawling Begins Is Way Build Confidence

BY HOWARD W. BLAKESLEE (Associated Press Science Editor.)
CHICAGO.—(P)—Some new, practical psychology which can save a lot of parental worry in training babies was reported to the American Psychological association by Miss Myrtle B. McGraw of the babies' hospital, Columbia university.

She showed that the best time to begin training a baby is when he begins to crawl. That although self-confidence does not begin precisely in the cradle, it can be developed to a high degree with onset of the creeping stage.

Also that when babies show atavistic traits, acts which are evolutionary throwbacks to pre-caveman days, there is nothing to be done about it. The infants will lose those traits, anyhow; and exercises designed to counteract such monkeyshines do not hasten nature's own rate of obliteration.

She compared identical twin boys from the time when they were a few days old to two years. The theory was that until a baby's nervous system has developed sufficiently, there is little use in training them, even if he has the muscles and physique. The experiment was to discover when this nerve development made an infant ready for progress. The weaker twin was selected for training. His stronger brother was allowed to grow up normally. When three weeks old the weaker one was started on daily exercise at sitting erect, stepping and creeping movements. These failed appreciably to hurry his development, possibly because his nervous system was still too immature. But when he reached the creeping stage a striking change occurred in his ability to learn actions requiring skill.

At seven and a half months he began swimming practice, dangling from the end of a strap over a pool like a fish at the end of a line. Within a month he learned to hold his head above water and make effective swimming movements. At one year he voluntarily lowered his head to dive and at a year and a half he was taking real diving springs. His brother, playing in the pool without guidance, was far behind.



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HAMBURGER, fresh ground. Lb. 9 1/2c

SLICED HAM, Swift's Each 9c

Home-makers Bureau

An old standby dessert for fall. Fruit Cobbler

2 cups sliced fruit or berries Enriched baking powder biscuit
1 egg
2-3 cup sugar

Mix egg, sugar and fruit. Any kind of fruit or berries, fresh, canned or dried, may be used. If canned fruit is used, use less sugar; if dried, stew first. Spread in shallow greased baking dish and dot over with butter. Cover with Enriched Baking Powder Biscuit dough that has been rolled out to fit the baking dish, or mixture may be cut in rounds and placed on top. Bake in hot oven (450 degrees Fahrenheit). Serve with hard sauce or cream. Serves six.

For aid in household problems, menu planning or special recipes, send in your request with a self-addressed, stamped envelope to Julia Lee Wright, Director, Homemakers' Bureau, Safeway Stores, Inc., Box 660, Oakland, California.

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