

# Jewel Cafe

Special Sunday Dinner, \$1.00

- SOUP**  
Chicken, With Okra
- SALAD**  
Lettuce and Tomato, French Dressing
- FISH**  
Baked Chinook Salmon, Court Bouillon
- ENTREES**  
Choice of:  
Fried Spring Chicken, Southern Style  
Roast Young Turkey, Grape Jelly  
Barbecued Suckling Pig, Candied Yams  
Chicken Fricassee, Egg Noodles
- VEGETABLES**  
New Potatoes in Cream String Beans Lyonnaise
- DESSERT**  
Choice of:  
Vanilla Ice Cream  
Fresh Blackberry Roll, Cream Sauce  
Neapolitan Fritters, Fruit Sauce
- DRINKS**  
Tea Coffee Milk Iced Tea

## JEWEL CAFE

610 MAIN ST.

### Domestic Science

#### Reasonable Suggestions For Putting Up Pickles and Relishes

Pickles and relishes are not classed as strictly hygienic food, but there have been so many requests to publish recipes of this class, and as the home-made products are undoubtedly pure, there really seems no reason why these foods should not be used in moderation. To make pickles quite harmless as well as palatable, care must be taken to have the vinegar absolutely pure. Either malt or a white wine vinegar may be used. Brine in which articles for pickles are to be stored should be strong enough to hold up an egg. A pint or two cups of salt to one gallon of water will usually be found the right proportion.

#### Scalding Promotes Absorption of Vinegar

Vegetables for pickling are only to remain over night in a brine; one cup of salt to one gallon water is sufficient. Articles to be pickled lose some of their crispness if scalded, but they will absorb the vinegar more easily.

Pickles stored in stoneware jars will keep for months if the vinegar and spices are of good quality; or they may be packed in fruit jars. Spices and horseradish are an aid in keeping pickles in good condition. And green or red peppers will give a better flavor than pepper-corns.

When removing pickles from the jar use a wooden, porcelain or agate spoon or ladle, as the vinegar attacks metal, causing dangerous compounds.

#### Spiced Vinegar May Be Prepared Readily

A spiced vinegar is excellent for any kind of pickles. It may be prepared by boiling one quart of vinegar with one ounce each of cloves, allspice, ginger, mace, bay leaves and chopped red pepper. Cool before using.

Vinegar should always be just boiled up, either with or without the spices, then allowed to cool before using. Raw vinegar never gives the same mellow flavor as that obtained when the vinegar is scalded.

#### Sugar Has Tendency To Harden the Pickles

Sugar has a tendency to harden fruits and vegetables, and too heavy a syrup may toughen and spoil fruit made into sweet pickles. Some varieties of peaches and all melons should be cooked tender in water before the pickling syrup is added to them.

#### Sweet Pickled Pears

Cut six or eight medium-sized pears in halves, remove core and press one or two cloves into each half-pear. Put half a cup of vinegar, three-inch piece of cinnamon bark, broken in small pieces, and two cups of brown sugar in a sauce-pan over the fire.

When boiling point is reached, add several pieces of the pears and cook until tender, but not broken. Place in a sterilized jar and when all are cooked fill jar to overflowing with the syrup, adjust rubber and covers, and set aside in a cool place. The amount given above is for a one-quart jar. This recipe also applies to peaches, except that for this fruit the peel should be removed.

#### Pickled String Beans

Remove ends and strings from beans, but keep them full length. Cover with boiling water and cook about 15 minutes; drain, rinse in cold water and drain again.

Pour over them scalding hot vinegar enough to cover. These beans will be ready to serve in 24 hours.

#### Pickled Cantaloupe or Watermelon

Peel the fruit, cut into strips, cover with cold water, adding one tablespoon of salt to each two quarts of water and boil gently until very tender, then drain well and pack in sterilized jars.

Boil vinegar enough to cover the fruit, adding two tablespoons of sugar for each quart of vinegar and two tablespoons of whole mixed spices tied in a muslin bag. Let the spices and vinegar boil for 10 minutes, then pour over the fruit in the jars until overflowing. Seal tightly and store in a cool place.

#### Sour Cucumber Pickles

Select small cucumbers, wash, sprinkle with salt and cover with cold water. Use one cup of salt for each gallon of water.

Allow to stand over-night or about 12 to 14 hours, then rinse and pack in fruit jars or crocks. Add green or red peppers, also whole spices. Cover with scalding vinegar. If using fruit jars, sterilize and seal carefully. If stored in an earthenware crock, place a plate with a weight on top to keep the pickles in the vinegar, then cover the jar. These pickles should keep almost indefinitely.

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#### Sweet Cucumber Pickles

Prepare as for sour pickles, adding sugar to taste to the hot vinegar.

Ginger root, horseradish and mustard seeds may be added to the hot vinegar.

#### Piccaililli

One quart of green tomatoes, one pint of red tomatoes, one-half small cabbage, two onions, one green pepper, one small red pepper, three cucumbers, two-thirds cup salt, four cups vinegar, four cups brown sugar, one teaspoon mustard, one teaspoon pepper, one teaspoon celery seed, one teaspoon mustard seed.

Chop the vegetables, cover with salt, and allow to stand over night. Drain and press in a cloth to remove all liquid; add vinegar, sugar and spices and let simmer until clear. This will take about an hour. Store

# The Rex Cafe

Special Sunday Dinner—\$1.25

- Casaba Melon
- RELISHES**  
Sweet Pickles Ripe Olives
- SOUP**  
Cream of Chicken with Rice
- SALAD**  
Cucumber and Tomato Salad
- FISH**  
Baked Columbia River Salmon, Italienne (Long Branch Potatoes)
- ENTREES**  
Choice of:  
One-half Fried Spring Chicken, Cream Gravy  
Baked Sugar Cured Ham, Glazed Sweet Potatoes  
Chicken Fricassee with Dumplings
- VEGETABLES**  
New Corn Saute with Peppers Mashed Potatoes
- Special Punch
- DESSERTS**  
Choice of  
Vanilla or Strawberry Ice Cream  
Cafe Noir

in hot sterilized jars. Canned red tomatoes may be used; two cups equal one pint. This in reply to the question whether the government canned tomatoes may replace fresh ones.

#### Chili Sauce

Twelve ripe tomatoes, one-half teaspoon pepper, three onions, three green peppers, three tablespoons sugar, two tablespoons salt, two cups of vinegar, one teaspoon of cinnamon.

Peel tomatoes and onions and chop all vegetables separately very fine. Combine ingredients and cook slowly about an hour and a half. Two quarts of canned tomatoes may replace the raw ones. If liked highly seasoned, little red chili peppers may be added.

#### Tomato Catsup

One quart can tomatoes, one tablespoon salt, one onion grated, two tablespoons sugar, one-half teaspoon pepper, one-half teaspoon each cinnamon, cloves and nutmeg, two-thirds cup vinegar.

Combine and cook slowly until thick. Put through a sieve, reheat and bottle. If liked a clove of garlic may be added to the catsup.

#### Dill Pickles

Fill a jar with small cucumbers. Between them place a small piece of dill. For each jar add one tablespoon of salt.

Four cold water over the pickles, place a piece of dill on top and seal tightly as for canned fruit. Place in a warm place or in the sun until the liquid becomes cloudy. Then it will become clear again and by that time the pickles are ready for use.

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