

Women's Page



from the KELVIN KITCHEN by Joan Adams

(Editor's Note: If you have a question on home-management, send it with a stamped, self-addressed envelope to Joan Adams in care of this newspaper. Miss Adams will answer your question personally).

ALL IN A PICKLE

Kitchens all over the land are sending out an incense that travels to one's very toes—the ravishing smells of chowchow and piccalilli, the perfume of peaches pickling in a cinnamon syrup, the aroma of golden watermelon rind preserves! About this time each year, provident homemakers look through the far-sighted end of a long telescope and see themselves five months hence searching for something to add sweetness and light to cold weather menus. Oh, for a blithe ray of

August sunshine and September snap, when winter comes! That's where pickles and relishes come in.

Wholesome, homemade relishes made of fresh garden vegetables add the needed zest to almost every meat dish, roasts, steaks, fish and fowl, and they aid digestion since their tart vinegar and brine bases stimulate the digestive juices and prepare the stomach for the meal. And how they tickle the taste-buds and make eating an enjoyment! The more jars and glasses of these things we make, the more dollars saved in the grocery budget this winter, for they spell real economy over a period of months.

Never are vegetables and fruits more adaptable and better priced for pickling than now. Little green tomatoes beg to be taken off the vine for tomato preserves and mustard pickles. From the sun-baked floors of August gardens, the larger, ripe tomatoes are pressing their own possibilities for raw tomato relish and chili sauce. Small hot peppers, sweet red peppers, large green peppers, ask us pepperly, "How about pepper hash?" Midget cucumbers, cauliflowerets, clusters of dill, and the tiny smooth white onions so delicious pickled whole, all speak their pieces from market stalls and truck gardens. Why should we resist, when a week of pickling means months of household thrift, color on cold-weather plates and tantalizing flavors for our palates.

Only fresh vegetables and fruits, preferably not more than 24 hours old, should be used for pickling. A treatment of salt water usually prepares them for preservation in brine or vinegar. White pickling vinegar is considered best for most pickles. Mint vinegar, sometimes called for, is made by pouring hot vinegar over crushed spearmint leaves and allowing to cool before pouring off for use. Bleached or soft pickles result from too strong a vinegar. Too much salt, sugar or vinegar makes pickles tough and shriveled. To assure a correct amount of vinegar, weigh the material to be pickled, use one-third its weight in vinegar, and weight the pickles so they are entirely covered with the vinegar and spices.

PICKLED CAULIFLOWER

Steam heads of cauliflower as usual, making sure that they are steamed until just tender. Break cauliflower into small flowerets and put in glass jar. Fill the jars with the following pickle: Mix 1/2 pound of dry mustard with 1 tablespoon tumeric, dilute to a thin paste with white vinegar and stir into 2 quarts of scalding hot vinegar; stir until the liquid begins to thicken, then add a cup of sugar, half a cup of olive oil and 1 tablespoon of mustard seed; simmer 5 minutes and pour into jars. Seal.

MUSTARD PICKLES

- 1 quart small cucumbers.
- 1 quart large cucumbers.
- 1 quart small onions.
- 1 large cauliflower.

2 green peppers.

Brine:

- 4 quarts water.
- 1 pint salt.

Dressing:

- 1 cup flour.
- 1 tablespoon tumeric.
- 6 tablespoons mustard.
- 1 cup sugar.

Vinegar.

Pour brine solution over vegetables which have been cleaned, breaking cauliflower small and chopping green peppers fine. Let stand 24 hours. Heat enough to scald, turn into a colander and drain. Mix flour, tumeric, and mustard with enough vinegar to make a smooth paste. Add sugar and enough vinegar to make 2 quarts. Boil this mixture until smooth, stirring all the time. Add vegetables and cook until heated through. Pack and seal in glass jars.

Sweet Pickled Peaches, Peaches and Melon Rinds

- 7 pounds fruit.
 - 5 pounds sugar.
 - 1 pint vinegar.
 - 1 cup water.
 - 3 sticks cinnamon.
 - 1-3 cup whole cloves.
- Remove the skins and blossom

ends of peaches, retaining the stems. Scald peaches, to remove the skins, or pare them. Watermelon rind should not be too thin; cut away all pink pulp and the thin green rind on the outside. Keep peaches and pears whole, watermelon rind may be cut in squares, rounds, diamonds, etc. Make a syrup of the sugar, vinegar and water; skim and add the spices. Cook peaches and peaches until tender in the syrup, then place in fruit jars and pour the syrup, reduced by cooking, over them. Put the spices in the jars of fruit. Rinds need to be cooked until tender and then finished as the fruit.

It is said that it got so hot recently in Southern Maryland the watermelons exploded in the fields. Well wouldn't you expect regimented melons to do some firing?

Prof. Tugwell called those who don't agree with his AAA program Tory obscurantists, and we understand that General Johnson is peeved because he didn't think of that one first.

— COOPER FOR GOVERNOR —

YOUR CHILD AND THE SCHOOL

By Dr. ALLEN G. IRELAND
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Preparation For School

Although the opening of school may seem to be a long way off, we all know how easy it is to let the days go by. Mid-summer is not too early to be thinking about getting your child ready.



This is decidedly the parent's job, and it is the most important way in which he can help the school do a better job. Learning is not as simple as it appears to be. It means work, and effectiveness in work is a matter of fitness, that is, physical and mental preparedness to do one's best. Teachers know how true it is. Too many of them are burdened with classes of unfit children.

The commonest handicaps are decayed teeth, sore gums, adenoids, diseased tonsils, defective vision, impaired hearing, and malnutrition. To wait until after school opens frequently means loss of time for the pupil and further postponement by the parent. Consult your physician and dentist now. Have these handicaps to good school work removed before your child gets off to a poor start in the new term.

Does your child get milk and other good things to eat at school? This is an important activity of the Parent-Teacher Association, as Dr. Ireland will explain in his next article.

Spanish Flounces A New Note



Schiaparelli started something when she put deep Andalusian flounces on the skirts of her new evening gowns. An ensemble of seraceta crepe makes smart use of a modified Spanish flounce that is becoming to smartly dressed women of all ages.