

Hints for Homemakers

by SONDRA REID

Don't Discard Rind; Pickle or Preserve It

The rind of melons is usually discarded but the thrifty homemaker may do so with a guilty conscience, thinking about the pickles or preserves that can be made from it.

The process is rather time-consuming but the results impressive. We often have requests for preserved watermelon rind, different from pickles as the melon rind is cooked with a syrup until the syrup is very thick and the rind transparent and plump.

The rind is allowed to stand in the syrup overnight to prevent separation of fruit and syrup. To make certain the preserves will keep it is best to pack the cooled rind and syrup into jars and process them for 15 minutes in boiling water bath.

Stick cinnamon and cloves may be added to the syrup when making preserves, if desired. They are tied in a cheesecloth bag and removed just before putting the preserves into jars. However, the color will be darker when spices are included. Calcium oxide, which helps make the rind crisp, may be purchased at a drugstore.

Cantaloupe pickles, not as well known as watermelon, are a nice addition to a relish tray. Pickles differ from preserves by the use of vinegar and spices and the melon is cooked in the mixture, then packed while still hot.

When preparing watermelon rind for either pickles or preserves remember this arithmetic. A 16-pound melon will make from five to six pounds of rind. One pound of rind is equal to one quart and will make one pint of pickles.

WATERMELON RIND PRESERVES

- 2 tbsp. calcium oxide
- 2 qt. water
- 2 qt. prepared watermelon rind
- 1 lemon, thinly sliced
- 8 cups water
- 4 1/2 cups sugar

Combine calcium oxide (lime) and 2 qt. water in a large bowl. Let stand 4 or 5 hr. Pour off lime water and save, discarding

excess lime which does not dissolve.

Peel strips of melon rind and trim off pink portion. Cut into 1- or 2-in. squares or oblongs. Cover rind with lime water and let stand 1 hr. Drain. Cover with fresh water and boil for 1 1/2 hr. Boil lemon slices in 1/2 cup water.

Combine sugar with 1-1/2 cups water and bring to a boil. Drain watermelon rind and add to syrup. Simmer until rind becomes tender and transparent and the syrup has a honey-like consistency. Add lemon mixture when syrup thickens. Let mixture stand until cold.

Fill clean half-pint jars to within 1/2 in. of top with rind and syrup. Seal jars and process in boiling water bath for 15 min. Makes 5 to 6 half-pints.

Note: A spice bag containing 2 tsp. broken stick cinnamon and 2 tsp. whole cloves may be added to syrup if desired. Just before rind is done, a few drops of red or green food coloring may be added, if wished.

CANTALOUPE PICKLES

- 1 med. underripe cantaloupe
- 1 qt. vinegar
- 2 cups water
- 1 tsp. mace
- 2 3-in. pieces stick cinnamon
- 2 tbsp. ground cloves
- 4 cups sugar

Peel cantaloupe and cut into 1-in. pieces. Combine vinegar and water in saucepan and bring to a boil. Add spices, tied loosely in thin white cloth. Place cantaloupe pieces in a nonmetal container and pour boiling vinegar over them. Let stand overnight. Pour vinegar off into a saucepan and bring to a boil. Add sugar and stir until sugar is dissolved, then add cantaloupe and simmer until transparent, about 1 hr. Pack cantaloupe into hot sterilized jars. Bring syrup to a boil and cook to make a medium syrup if necessary. Pour, boiling hot, over cantaloupe and seal.



LAS VEGAS "FIRST" -- Trudy Thomas (right) is first Negro "Meter Molly" to be employed by Las Vegas Police Dept. as vehicle parking meter officer. At left is Miss Thomas' friend and "mentor," Judy Busch.

CHAMPAGNE BATH LIFTS HAM STEAKS

Champagne ham steaks have high style appeal and are easy for a summer evening.

Marinate the ham steaks in champagne three or four hours then simmer in the champagne in a covered skillet or in a 325-degree oven. Just before serving spread lightly with honey and sprinkle with nutmeg and brown under the broiler or in the skillet.



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