

Remove seed and the sections from the peppers and circles the brine, let stand one hour. Remove from brine and pour 1 gallon of hot water with 1 tablespoon of alum over the peppers and let stand overnight. Drain well. Prepare filling as follows:

1 doz green peppers
1 doz red peppers
1 doz onions, peeled
1 cup sugar
1 teaspoon red pepper
1 cup vinegar

peppers and onions
in food chopper. Mix
and cover with boil-
ing water and let stand
10 minutes. Drain and
let stand 10 minutes.
Place in a jar and
add salt, sugar, pep-
per and vinegar. Sim-
mer 5 minutes. Fill the
jars with relish. Seal
with the following solu-
tion which has been
brought to a boil.

8 cups vinegar
2 cups water
1 cup sugar
1½ tablespoons mustard
seed
1 tablespoon salt
1 tablespoon stick cinna-
mon
1½ tablespoons celery
seed
Seal each jar as soon as
filled with boiling vinegar
solution

* * *

UNCOOKED RELISH
1 pint sweet red peppers
(chopped)
1 pint sweet green peppers
(chopped)
1 quart cabbage (chopped)
1 pint white onions (chop-
ped)
2 teaspoons celery seed

4 cups sugar
1 quart vinegar
2 or 3 hot peppers
5 tablespoons salt
Put each vegetable through
food chopper, using coarse
blade. If vegetables are
covered with liquid, drain off
and discard liquid. Measure
each vegetable after chop-
ping. Mix vegetables with the
salt and let stand overnight.
Next morning drain off as
much liquid as possible and
discard. Add spices, sugar,
and vinegar to drained vegeta-
bles and mix well. Pack in
to sterilized jars and seal at
once.

CHERRY RELISH
2 cups pitted cherries
1 cup seedless raisins
1 teaspoon cinnamon
½ cup brown sugar
¼ teaspoon cloves
½ cup honey
½ cup vinegar
¾ cup pecan nutmeats
Mix all of the ingredients
except the pecans and cook
slowly 1 hour. Then add the
pecan nut meats and cook 3
minutes longer.

Pour into sterilized jars
and seal at once.

* * *

INDIA RELISH
4 large green peppers
(sweet)
4 large red peppers
(sweet)
12 green tomatoes
6 cucumbers (6-in. long)
2 large onions
6 tablespoons salt
2 cups chopped cabbage
2 little red hot peppers
2½ cups sugar
3 cups vinegar
3 tablespoons mustard seed
1 tea spoon turmeric
½ teaspoon ground mace
1 teaspoon cinnamon
2 teaspoons ginger root
3 bay leaves (1 teaspoon
crushed)
Remove seeds from pep-
pers. Put peppers, tomatoes,
cucumbers, and onion thro-
ugh the food chopper, using
coarse blade. Stir sa't into

vegetables. Let stand over-
night. Next morning place
the vegetables in a colander
and press down firmly to
force out as much of the
brine as possible. Shred cab-
bage very fine, then chop a-
cross shreds, chopping fine.
Combine all the vegetables.
Place over low heat and
seal at once.

**Best Food Buys
Buyers Market in Fresh Produce**

It's a buyer's market at the produce stands these days. Their large assortment of vegetables are at the peak of quality and abundance. The question, if any, is which of the varied array to buy—price is virtually no object, reports Tom Piper, Penn State Extension Marketing Agent, for most all are reasonable now.

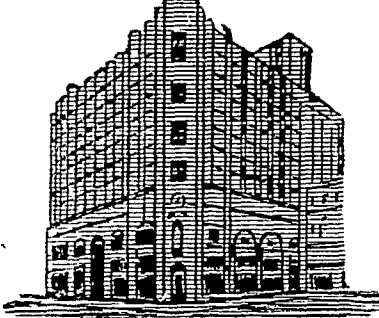
Fresh sweet corn and eastern grown round type potatoes are outstanding best buys this week. Other good buys are cabbage, celery, tomatoes, squash, peppers, and Romaine lettuce. Cucumbers, Iceberg lettuce, green beans and eggplant are priced much lower now than in many months.

Stepped up harvesting operations in local orchards is increasing the volume of fresh fruit at local markets

Good buys this weekend include blueberries, Lodi and Transparent apples, nectarines, pums and lemons. Peach supplies are mostly limited to the semi-clingstone of the varied array to buy—Jer eyland and Red Haven varieties; Golden Jubilee will start to market this weekend

Increasing supplies of cantaloupes and watermelons from nearby areas means lower prices on these popular summer melons. Honeydew, Persian, Casaba and Crenshaw melons are available at reasonable prices.

Broilers-fryers are stealing the value spotlight at most retail meat counters. This item will share feature headlines with the plentiful turkey, fresh pork shoulder, p chops and fore-quarter beef including ground beef and chuck roasts.



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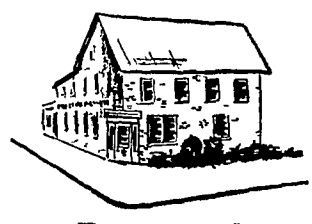
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