

For the Farm Wife and Family



LAST-OF-SUMMER HINTS

By Mrs. Richard C. Spence

For the lunch-box set, sandwiches are standard fare from now through May. So this is a good time to talk about them.

For variety, use whatever breads or rolls you may have on hand. Sandwiches can be made of raisin bread, caraway rye, date-nut bread, pumpernickel, English muffins, hamburger buns, etc.

You can let your imagination go reckless in the fillings. Combine liverwurst, mustard, lettuce and dill pickles. Try mashed sardines and hardcooked egg yolks, lemon juice and lettuce.

Put peanut butter, apricot marmalade, sliced banana and chopped lettuce between slices of raisin bread, cream cheese, chopped dates, mayonnaise and lettuce go well between halves of an English muffin.

Here is a spectacular that's a little bit too much for a packed lunch, but it's great for Saturdays — any time of the year. To one slice of buttered rye bread, add Swiss cheese, lettuce leaf, fresh tomato slices, cooked chicken slices, thousand island dressing, hard-cooked egg slices, and bacon crumbles. Cut into halves, diagonally, and top with a second bread slice also cut into halves. Garnish with pickle slices.

If you're still picking pickles in your garden and are at your wit's end to know what to do with them, here is a recipe for Fresh-Pack Dill Pickles to try. This recipe makes 7 quarts of dill pickles (packed 7 to 10 to a jar).

FRESH-PACK DILL PICKLES

- 17 to 18 pounds cucumbers, 3 to 5 inches long
- About 2 gallons 5-percent brine (¾ cup pure granulated salt per gallon of water)
- 6 cups vinegar
- ¾ cup salt, pure granulated
- ¼ cup sugar
- 9 cups water
- 2 tablespoons whole mixed pickling spice

Whole mustard seed, 2 teaspoons per quart jar OR garlic, if desired, 2 whole cloves per quart.

Dill plant (fresh or dried), 3 heads per quart jar OR dill seed, 1 tablespoon per quart jar.

Wash cucumbers thoroughly with vegetable brush. Drain. Cover with the 5-percent brine (¾ cup salt per gallon of water). Let set overnight. Drain. Combine vinegar, salt, sugar, water, and mixed pickling spices tied in a clean, thin, white cloth; heat to boiling. Pack cucumbers into clean, hot, quart jars. Add mustard seed, dill heads or seed, and garlic to each jar; cover with boiling brine to within ½ inch of top of jar. Adjust jar lids. Process in boiling water for 20 minutes. Count processing

time as soon as hot jars are placed into the actively boiling water.

Remove jars and complete seals if necessary. Set jars upright, several inches apart, on a wire rack to cool.

PROPER COOKING METHODS FOR VEGETABLES

Vegetables once were thought of as sulfur and molasses — good for you but not good. But vegetables are glamour foods when you use good cooking methods. There is no one best cooking method for all vegetables. But all methods should be followed carefully. Cook vegetables just to the tender-done stage. Then take from the heat promptly. Vegetables continue to cook a few minutes after they're removed from heat. And overcooking runs more vegetables than any other practice.

Let color be your guide to correct vegetable cookery. Pretty white turnips or cauliflower can be cooked in water to which a small amount of acid has been added. If they are cooked in hard water add a tablespoon of vinegar or lemon juice to the cooking water. Don't overcook any white vegetable. Overcooking, for example, gives sulfur com-

pounds naturally present in cauliflower; a chance to develop a strong flavor.

Orange is the most durable of all vegetable colors. It doesn't change with heat, acid or base. Orange stays bright even when vegetables are wilted, Orange or red vegetables are good to use if serving time is doubtful. They keep color better than white or green ones.

Usually red vegetables are more appetizing if their color is a clear red. But if you like red cabbage with a slightly blue cast, cook it in milk. An acid Harvard sauce will keep beets a clear, bright red. To keep color in beets while cooking, leave at least one inch stem on them and remove their skins after cooking.

Green vegetables have a temperamental color. Cook green vegetables for the first three minutes uncovered. This gives some of the acids which turn green vegetables to bronze a chance to go off into the air. Then cover green vegetables and cook to tender-crisp stage. While you're adding sauces or flavoring to them, they'll finish cooking. General

methods of cooking vegetables are boiling, broiling, baking, pan or stir-frying, steaming or pressure cooking.

Place quick cooking vegetables or precooked vegetables under the broiler and baste with fat, flavored sauce or sugar glaze. Heat until lightly browned. Bake whole vegetables, such as potatoes or onions, in a heated oven and let them cook in dry heat. Or grate or cut them in small pieces and bake covered.

Use a small amount of fat when you pan fry or stir-fry. Add thinly shredded vegetables and stir as they cook. Or add a small amount of liquid and steam the vegetables.

Brown vegetables in fat. Certain vegetables, such as eggplants or onions, are excellent when fried in deep fat with a batter covering. For flavor treats, try vegetable fritters.

Pressure cooking shortens cooking time. But follow directions carefully to avoid overcooking. Check your instruction book for the best time and pressure to use for the vegetables being cooked.

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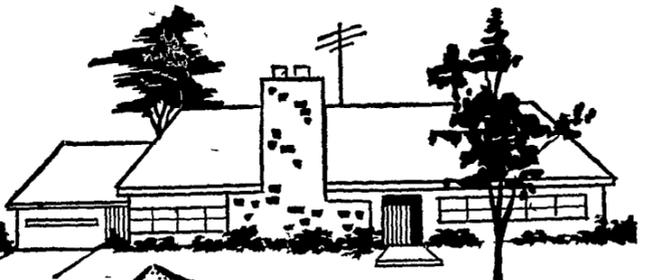
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