



PICKLES AND RELISHES

NOW that there are plenty of vegetables all coming on so fast that we can't eat them quickly enough, we must turn our attention to pickle making, as well as to the preserving we have been thinking about lately. In spite of all the modern "food fancies" and the anxiety to eat only the most nourishing of foods, we shall find it quite wise to prepare some pickled vegetables, with which to garnish our cold meat and savouries, and "left-overs." Very few people eat sufficient pickles to irritate the stomach while many an unappetising though healthful dish is made enjoyable in this way. Some pickles can be made with honey and lemon juice, which makes them more acceptable to followers of newer methods. Try these:

Tomato Sauce Without Vinegar

Ten pounds of tomatoes, one pound of honey, quarter of a pound of salt, one ounce of cloves, the juice of eight or nine lemons, one ounce of allspice, three fair-sized onions, and one pound of apples.

Cut the apples up in pieces without peeling. Peel the onions, and cut into blocks, then add the rest of the ingredients. Boil for two hours, then rub through a fine strainer. Boil up again, and put into clean, hot bottles. Cork tightly, and run wax round the cork. Keep in a cool place.

Chutney With Honey

Four pounds of tomatoes, two pounds of sultanas, one pound of dates, one pound of apples, one large onion, one pound of honey, half a teaspoon of ground cloves, one tablespoonful of salt, the juice of two lemons, and half a cup of vinegar. Peel and cut up the tomatoes, apples and onions. Put all together and boil for two hours.

Green Tomato Pickle (Without vinegar)

This is an original recipe, sent by a Daisy Chain Link who signs herself "Molly Rose." Cut up six pounds of green tomatoes in thin slices, sprinkle with salt, and let stand all night. Then drain. Mix the juice of nine lemons with an equal quantity of water, two cups of golden syrup, a teaspoon of salt, and two tablespoons each of mustard and of curry powder. Bring all this to boiling point and then put in the tomatoes and five large onions sliced up thinly. Simmer for one hour. Then thicken with flour mixed smooth with lemon juice or water. A good brand of pure lemon juice may be used instead of fresh lemons, if more convenient.

Small Cucumber Pickles

This is a useful recipe. Wash and wipe about two dozen small cucumbers. Put them in jars, cover with boiling brine which is strong enough to float an egg, and let it stand for twenty-four hours. Take out the cucumbers, wipe them, place them in clean jars, and cover with

hot vinegar spiced with one onion, five whole cloves, half an ounce of mustard seed, and two blades of mace. If white vinegar is used, they will be a much better colour.

Cashmere Chutney (Peaches and Pears)

Pears will be in before very long, so save this recipe. Cut in strips one pound each of pears and peaches. Also cut up fine one ounce of garlic. Boil these in one quart of vinegar until they are tender, but keep the pieces of fruit whole. Add one pound of preserved ginger cut small, one pound of dates, one pound of seeded raisins, one pound of light brown sugar, one ounce of lemon peel, one ounce of citron peel cut fine, one teaspoon of cayenne, and one teaspoon of salt. Add half a bottle of vinegar and boil all together for fifteen minutes. Tinned peaches may be used in place of fresh peaches if they are out of season.

Old English Mint Chutney

This is another favourite:

One pound of firm ripe tomatoes, one pound of sour apples, peeled, eight medium sized onions, half a breakfast cup of mint leaves, pressed down, two and a-half cups of vinegar, three cups of sugar, one cup of raisins, two dessertspoons of dry mustard, two teaspoons of salt, and four chillies. Put all the fruit and the mint leaves through the mincer. Bring the vinegar to the boil, add the mustard previously mixed with a little water. Add the salt and the sugar. Bring to the boil before taking off the fire. Pour over the minced pulp, and mix well. When quite cold, bottle and cork, or cover with paper. Store in a cool place. Leave about ten days before using.

Sweet Piccalilli Pickles

Nearly everyone likes piccalilli, and here is a lovely recipe. Two pounds of green tomatoes, two pounds of small onions, or large ones cut up, two pounds of beans, any variety, one medium sized cauliflower, half a dozen small cucumbers, five pints of vinegar, two cups of sugar, one cup of flour, six tablespoons mustard, and one tablespoon turmeric. Wipe the

vegetables, cut them into neat pieces (save the leaves and stalk of the cauliflower). Cut off the leaves from the thick part, and cut this up too. Put into a brine of one cup of salt to four cups of water, and have enough to cover the vegetables. Stand for forty-eight hours.

Bring to scalding point in this brine. Strain carefully. Now pour on four pints of vinegar and bring to the boil. In the meantime, mix the sugar, flour, mustard and turmeric together with the remaining pint of vinegar. Add this, and cook slowly for ten minutes to allow the flour to cook. This keeps beautifully and is a favourite with the men folk.

Red Cabbage Pickle

We have Cabbage Pickles in three colours—red, white, and green! Here is the Red:

Take a fresh dry red cabbage, peppercorns, allspice, sugar and vinegar. Cut the cabbage finely, and sprinkle it with salt. Leave this overnight. To every quart of vinegar, allow one ounce each

Uncooked Cabbage Pickle

This recipe is sent by a grandmother who has brought up a family in the country, and is a real authority on simple home cooking. Cut up your cabbage (or cauliflower if you like), overnight, and sprinkle with salt. In the morning, wash off the salt and drain for half a day. Then put it into the jars, and sprinkle some allspice in the bottom and in the middle and at the top. Cover it with the best vinegar, filling the jars to the top. Tie up and keep in a cool place. As she says, "no cooking and no shrinkage." At the same time as she sent this, people were complaining about their jars full of pickle shrinking till the jars were only half full! It was something to do with the cooking, they thought, but the reason was never really discovered. Has anyone else had this trouble?

of peppercorns, ginger and allspice, also one tablespoon of sugar. Bring to the boil, strain the cabbage, and press into jars. Pour the hot vinegar over it, and it can be used in a week's time.

White Cabbage Pickle

Cut up finely one large white cabbage, and four large onions, and let stand for twenty-four hours. Drain off the water, and boil slowly for quarter of an hour in one quart of vinegar. Mix one cup of flour, one cup of sugar, one tablespoon of curry powder, two tablespoons of mustard, one pint of vinegar. Add to the above, and boil all for ten minutes. Put in jars, and cover when cold.

FROM THE MAIL BAG

Rainspots on Hat

Dear Aunt Daisy,

I have a light navy blue felt hat which is terribly marked and spotted by rain. I was caught in one of the recent storms. I have had the hat only a fortnight, and would be so grateful if you could tell me how to clean it, as it is impossible to wear it in its present state.—"R. B." (Seatoun).

How very disappointing for you — and unfortunate too, for all felt hats do not show rain marks. I wore one all last winter, and got very wet indeed lots of times; but it always showed up unmarked and unblemished when it was dry. I never put it near the fire — just left it in the hall, in the ordinary way, expecting the worst; and getting a pleasant surprise. Mine was a wine colour. However, that is not much comfort for you, is it? Try rubbing the spots carefully and gently with a gum-rubber, or art rubber, it is sometimes called — a soft kind which you buy at stationers' shops. Or you could rub with another piece of felt — cut from another hat. It is always good to rub any material with a piece of its own kind; that is why we rub a marked material between our hands — it is rubbing against itself, as it were. Another good remedy for rain-spotted felt is to rub it with the finest sandpaper, first softened by being rubbed between the hands. In hat factories, they polish felt by holding it against an emery-wheel; but it has to be done very expertly, or the surface is weakened, and you may even rub it nearly into a hole with your sandpaper. It was a factory worker who gave me the hint. Sometimes holding the hat over the steam of a kettle will help. They steam the hats in the factory, of course; but that, too, is an expert job, and done all over at once, and at a certain pressure. I think you will find the gum rubber quite good. If not successful, take it into a milliner's shop and get them to have it done in their workroom.

About Ginger Beer

Dear Aunt Daisy,

I would like to know about making ginger beer. Could you tell me where the plant for making it is obtainable? If it is not obtainable, could you please give me any other recipe. I have listened to your sessions with great interest, and hope that you will be able to assist me.—"Ginger," (Caversham, Dunedin).

You cannot buy the "ginger beer plant," "Ginger," although sometimes if one has a friend who makes that pleas-

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