

Fall Time Is Pickling Time

By KATHERINE HOWELLS, Instructor in Household Science

WITH the approach of fall, the time is at hand to put up pickles for the year. It is also an opportunity to make use of the many unripened and left-over vegetables in the garden.

Small cucumbers, cabbage, cauliflower, small seed onions, peppers and corn can be pickled in various ways, and come in handy as appetizers and relishes, which we all so enjoy.

There are a few general suggestions which should be kept in mind in working with pickles in order that the best results may be obtained.

Never use a poor grade of vegetable or fruit, vinegar or spices. The fruits or vegetables should be fresh, crisp and unbruised. In putting up cucumbers pick out small even sized ones and leave about one-half inch of stem attached. If the vinegar is too strong it may be diluted, but care should be taken not to dilute too much, otherwise the pickles will become soft from fermentation. The vinegar should not be boiled too long, since this will cause it to lose its strength. Cider vinegar is best to use.

Use spices in moderation, so that the flavor of the products pickled is not concealed. A good idea is to tie whole spices in small cheese cloth sacks so that they can be removed from the vinegar when sufficiently flavored. If they are allowed to boil in the vinegar too long they are apt to impart a bitter flavor to the product.

In preparing products for pickling it is best to soak them over night in a brine. This process draws out some of the undesirable juice in the product and develops crispness. By the withdrawal of the liquid in this process, the vinegar is not diluted and there is less danger of spoilage.

Too strong a brine should not be used, however, as the pickles will shrivel. A good proportion to use for the brine is one cup of salt to one gallon of water.

Never use brass, copper or tin utensils to cook the pickles on account of the corrosive effect of the acid of the vinegar upon these metals.

Use earthen jars or glassware to pack the pickles. The jars need not be sealed but the product must be completely covered with the vinegar to insure its keeping.

Here are a few varied recipes which may serve as suggestions in putting up the winter supply of pickles:

Plain Cucumber Pickle

After washing the brine from the cucumbers, allow them to stand in fresh, cold water for three hours. Drain and cover with a weak solution of vinegar and allow them to stand for two or three hours.

Boil together five minutes, the following ingredients:

- 1 qt. vinegar
- ½ cup whole black peppers
- 1 pod red peppers
- 1 lb brown sugar
- 2 tsp. cloves
- 1 tbsp. mace

This amount is for one gallon of pickles. Drain the cucumbers, pack into jars, fill with vinegar syrup and seal.

Mixed Pickles

- 4 lb cabbage
- 4 qt. green tomatoes
- ½ doz. medium sized onions
- 1 doz. cucumbers
- ½ doz. green peppers
- 1 pint vinegar
- 1 lb sugar

Clove, cinnamon, allspice, ¼ oz. each. Chop ingredients separately and very fine. Mix all together and put in alternate layers of the mixture and salt. Let stand over night. Squeeze dry and cover with cold vinegar. Let it stand 24 hours and drain again.

Mix the vinegar and the spices, add the sugar, boil five minutes, and pour over the chopped vegetables. Allow to stand for several hours. Pack in jars, cover with spiced vinegar, process for 15 minutes at 180 degrees Fahrenheit (or simmering temperature) and seal.

Corn Relish

- 1 doz. ears of corn
- 1 head cabbage
- 3 sweet red peppers
- 3 sweet green peppers
- 1 qt. vinegar
- 1 cup sugar
- 2 tsp. mustard
- 1 tbsp. salt
- 1 tbsp. celery salt

Blanch the corn for two minutes and cold dip for a few seconds before cutting from the cob.

Chop the cabbage and peppers, mix with the corn and cook together for 20 minutes. Pack into sterilized jars, add the hot vinegar which has been boiled for five minutes with the spices, and seal.

Beet Relish

- 1 qt. cooked beets
- 1 small head cabbage
- 1 c. grated horseradish
- 1 c. sugar
- 2 tbsp. salt
- 2 tsp. mustard
- 2 tsp. celery salt
- 1 pt. vinegar

Put the beets and cabbage thru a food chopper, add the other ingredients in the order given. Let stand 24 hours before using.

Pickled Onions

- 2 qt. small onions
- 1 qt. white vinegar
- 2 tbsp. salt
- 1 red pepper
- ½ pt. water
- ½ tbsp. sugar

Peel the onions, cover with boiling water and cook two minutes. Remove immediately to cold water. Drain thoroughly. Pack in jars, putting in strips of red pepper. Boil the vinegar, sugar, salt and water for about five minutes. Pour over the onions and seal.

Sweet Pepper Mangoes

Soak the peppers in brine (one cup salt to one gallon water) for 24 hours.

When ready to stuff, take from the brine, rinse in fresh water, remove carefully the top, seeds, and white sections. Soak in cold water for about two hours, then drain and stuff with the Dixie relish given below. Pack in jars, fill to overflowing with spiced vinegar, process for about 15 minutes in water bath and seal.

Dixie Relish

- 1 qt. chopped cabbage
- 1 pt. white onions
- 1 pt. sweet peppers
- 4 tbsp. salt
- 2 tbsp. celery seed
- ¾ c. sugar
- 1 qt. vinegar
- 4 tbsp. mustard seed

Soak the peppers over night in brine. Remove the seeds and white portions. Chop fine and mix with other chopped vegetables. Add the spices, sugar and vinegar and let stand over night.

Piccalilli

- 2 cauliflowers
- 2 qt. green tomatoes
- 1 qt. small onions
- 24 medium sized cucumbers
- 3 green peppers

Chop all together and soak over night in a weak brine. Next day scald for a few minutes and drain. Make a dressing of:

- ½ lb mustard
- 4 tbsp. celery seed
- 5 cups sugar
- 1 cup flower
- ½ oz. tumeric

Mix all to smooth paste, add 3 qt. of boiling vinegar and boil two minutes. Pour over pickles when cold. Bottle and seal with paraffin.

Oil Pickles

- 6 doz. small cucumbers (4" long)
- ½ cup salt
- 1 lb small white onions
- 2 tbsp. celery salt
- ½ tbsp. mustard seed
- 1½ cup salad oil
- 1 qt. vinegar

Slice unpeeled cucumbers, sprinkle them with salt and let them stand overnight. Drain and add seasoning and the thoroely beaten oil and vinegar, the vinegar having been added very slowly to the oil.

Sweet Pickle Rings

- 12 medium cucumbers
- 2 cups sugar
- 4 cups vinegar
- 2 tbsp. whole cloves
- 2 tbsp. allspice
- 1 tbsp. whole mace
- 1 tbsp. sliced ginger root
- 2 tbsp. chopped red peppers
- 1 tbsp. salt

Cut cucumbers into one-half or three-fourth inch slices. Sprinkle with salt. Let stand an hour and drain. Put vinegar and sugar in preserving kettle. Tie the spices in small cheesecloth sacks and boil with the vinegar for five minutes. Add the cucumbers. Put into sterilized pint jars while hot. Seal at once.

(Continued on page 8.)

Constipation and Its Dangers

By ANNE MUNDT

"GRANDMA or the old-fashioned nurse is responsible for a large share of the cases of constipation," says Dr. Brady in his book, "Personal Health." True enough, for until recent years, very little attention has been paid to constipation; it was considered somewhat as red hair, some had it and some didn't. But as for there being a scientific reason behind its presence, these grandmothers and practical nurses of ours scoffed at the idea.

What is constipation? Brady fails to state it in definition form; Webster says it is costiveness, and costiveness is so very clearly explained as being "body bound." May I venture a summation of their suggestions? "Constipation is a state of physical disorder caused by intermittent and irregular evacuation of the intestinal contents." How is that?

What causes constipation? In the main there are three causes, habit, dietetic and physical.

The habit causes we are all familiar with—that of negligence in answering the call of nature at a regular time each day and that of irregular unbalanced eating. It is safe to assume that all men are born equal in digestive activities, and he who heeds the call of nature is saved, while he who loiters is lost.

Dietetic causes are numerous, but I place as first in importance and in prevalence, insufficient water drinking. Very few persons who have not made a study of health, have the water drinking habit established firmly enough to insure themselves against constipation.

The diet too limited in fruit, vegetables and fat, or the one not limited enough in meat and concentrated foods are as positive assurance of constipation as April is of May day.

Excessive use of condiments and highly flavored foods is also a recognized cause of constipation.

Of the physical causes, the most important is lack of exercise, either regular or special. The muscles of the abdomen must be exercised regularly, whether in the daily routine of life or by special effort. When these muscles are neglected, they become flabby and loose, the intestinal walls become weak and are incapable of contracting with enough force to discharge the waste materials. With irregular muscle action, the circulation also becomes lax, and its stimulation intermittent. Since exercise is the least expensive aid, it should be employed by every health seeking individual.

Also somewhat dependent upon exercise is the second physical cause of constipation—a "run down" bodily condition. This state is seldom permanent, since it follows a time of unusual exertion, as an illness, a nervous strain, or mental depression. Unhappily this reaction is reversible, and the cause is sometimes hard to decide.

Incorrect posture, the so-called "flapper slump" and any other posture that throws the abdomen forward and the spine inward, is a detriment not only to the temporary action of the bowels, but also

This article is printed as one of the best papers written in the course in Family Health under the supervision of Miss Florence E. Busse.

tends to permanent displacement of some of the abdominal organs.

Almost historic is the once predominant habit or custom of wearing tight corsets and binding clothes that so prevented the action of the bowels that they became sluggish and often ceased to function alone. The reasons are obvious; the muscles were bound too tightly to be able to move, the contents of the intestines were halted and digestive action ceased, making motion even more impossible. While this situation is no longer serious, it explains why more women than men were troubled with constipation.

Organic disorders are without our control and should be cared for by doctors. The more common ones should be recognized as pelvic diseases, gall stones, dilated stomach and sagging bowels. These chronic causes should have immediate care.

Results of constipation are many and varied, so I shall give you only a few of the more common ones. Minor results may be only minor at first, but with continued neglect, they become serious. These are habitual headaches, foul breath, easily irritated nerves, ill-controlled temper, bad disposition and mental depression. There are many diseases or major results that are advanced by constipation as appendicitis, piles and all painful rectal diseases, diarrhea, gall stones, rheumatism, and hardening of the arteries. Some of these may seem only remotely related to constipation, yet the poisons from the putrefaction in the intestines is absorbed and carried out thru the system.

Remedies or relief vary with individual cases, and many of these should receive professional care, but there are many things that can be done at home that will insure a normal bowel condition. These are:

- a. Drink 2 quarts of water a day.
- b. Eat fresh fruit, coarse foods and many vegetables such as raw cabbage, celery, lettuce, onions, cucumbers, beets, turnips, baked potatoes, green and canned corn, figs, dates, prunes, apples, peaches, grapes, bananas, and roughage foods such as whole cereals, bran.
- c. Exercise the abdominal muscles, by hill climbing, touching finger tips to floor, body pivoting and hearty laughing.
- d. Regular habits of living—eating, sleeping, working, resting and above all, regular daily bowel movement.
- e. Healthful mental attitude. Thru worry, anxiety, nervousness or fear, the digestive organs are disturbed and evacuation is irregular. I think it is Dr. Rannals of Boston who says, "Your stomach rests as easily as your mind."

Medicinal aid is advisable when necessary, but should never be taken except upon professional recommendation. There are two kinds of laxatives, those which reverse osmosis, as epsom salts, and those which affect the nerves, as rhubarb, licorice, and senna leaves. None should be used without a thoro understanding of its nature.

Whether you have ever had or have never had trouble with constipation, it is wise to take special care of the abdominal organs. A little daily attention will preserve the good health you already have and will insure you against future costive troubles.

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(Continued from page 4)

Bordeaux Sauce

- 1 qt. chopped green tomatoes
- 2 qt. sliced cabbage
- 3 onions
- 1 red pepper
- 1 qt. vinegar
- ½ tsp. allspice
- ¾ tbsp. mustard seed
- 1 cup brown sugar

Mix all the ingredients. Boil 25 minutes. Put in sterilized jars and seal.

Mustard Pickles

- 2 head cauliflower
- 1 qt. small onions
- 2 qt. ripe cucumbers
- 1 qt. string beans
- 6 large green peppers

Wash and prepare the vegetables. Cut cucumbers in small pieces and chop the peppers. Soak in brine for 24 hours. Drain. Scald the brine and pour over the pickles. Drain again. Prepare:

- 6 tbsp. mustard
- 1 tsp. celery salt
- ½ cup flour
- 1 tsp. tumeric powder
- 1 cup sugar

Wet this mixture with enough vinegar to dissolve it. Add 2 quarts of vinegar and boil until it thickens, then stir in the pickles, fill the jars and seal.

No doubt there are peaches, pears or watermelons on hand that would be greatly appreciated this winter if pickled or spiced. The following recipe may be used successfully for any of these fruits:

- 2¼ cups brown sugar
- 1 cup medium sour vinegar
- 1 tsp. whole cloves
- ¼ oz. stick cinnamon

Cook the sugar, vinegar and spices for 15 minutes. Add the fruit and cook until tender. Pack into jars. The next day drain off the syrup, reheat and pour over the fruit. Do this four successive days. Then seal and store in a dark place.