

The following vegetables may be preserved by this method: Cucumbers, string beans, green tomatoes, beets, peas and corn.

When salting cucumbers, a layer of dill and a handful of mixed spice may be placed on the bottom and top of the crock. Green tomatoes may also be prepared with dill and spices. Beets should not be peeled or sliced before being fermented or they will lose their colour and flavour. Fermented corn may be used in the preparation of such dishes as chowders or omelets, where the acid taste may not be objectionable, as it might be to some people if the corn were eaten alone.

SAUERKRAUT.

In making sauerkraut the outer green leaves and any decayed or bruised leaves should be discarded, as well as the core.

The cabbage should be shredded with a saw cutter or a sharp knife. After weighing, pack immediately in a water-tight receptacle. It has been found that 1 pound of salt to 4 pounds of cabbage gives the best flavour to the finished product.

The cabbage should be pressed down as firmly as possible and covered with a cloth, board and weight. The weight should be sufficient to cause the brine to rise above the board.

The container should be set in a warm place until fermentation is complete. Before adding a layer of paraffin the scum should be taken off.

It is not necessary to add a layer of paraffin if the sauerkraut is made late in the fall, and can be frozen as soon as the fermentation is complete.

FAVOURITE RECIPES.

PUMPKIN CHIPS:

- 12 pounds pumpkin,
- 1 pound green ginger,
- 2 lemons,
- Sugar.

Cut the fruit into strips one inch square and one-eighth inch thick. Prepare ginger by paring and slicing thinly and boiling one hour in a syrup of equal parts sugar and water. Slice lemons as for marmalade. Put all in a preserving kettle and let stand twenty-four hours, after adding an equal weight of sugar. Boil about one and one-half hours, or until fruit is transparent, and can.

MARMALADE:

- 1 orange,
- 1 grapefruit,
- 1 lemon.

To one pint of finely sliced fruit add three pints of cold water and let stand over night. Cover seeds and white fibre with water in a separate bowl, and strain liquid off seeds into orange the next morning. Boil fifteen minutes, and again let stand over night. The following day weigh, and to each pound of fruit add one pound of granulated sugar. Stir well and boil until a little, well cooked, will jelly.

Pour into jars and when cold cover with melted paraffin.

GREEN TOMATO MINCE MEAT:

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| 1 peck green tomatoes | 2 pounds raisins |
| 1 peck apples | 2 teaspoons cinnamon |
| 6 pounds brown sugar | 2 teaspoons cloves |
| 2 pounds currants | 2 teaspoons allspice. |

Cook three hours.