

tive organs, causing the digestive juices to flow more freely, thus aiding digestion. However, if many pickles containing vinegar, mustard and such condiments are used the digestive organs are retarded, thus preventing the digestion of other foods.

CUCUMBER PICKLES.

The most common pickle is the green cucumber, and perhaps no other vegetable or fruit is so often spoiled in the pickling. I have seen cucumbers of all sizes gathered and put into a salt brine for several weeks. They were taken out and put in jars and hot vinegar and spices poured over them. These pickles, when served, have a color resembling sauer kraut in a stage of final collapse and are about as pleasing to the palate as olives to the untrained taste.

In making cucumber pickles that will retain their green color and give a crisp, dainty flavor, the best brine is made from one gallon of water to one and a half cups of salt. Only small or medium sized cucumbers should be used and left in the brine three or four days or longer if necessary. While in the brine cover them with a flannel cloth that has been rung out of boiling water. This collects any scum that may gather and also prevents mould. Before pickling take the cucumbers out of the brine and place in cold water for 24 hours. Then put in a clean white cloth to drain over night. Wipe and put them in the preserving kettle (not brass) with vinegar, spices, red pepper and sugar. Tie up cloves and small spices in cheesecloth. Add the red pepper and one cup of sugar to three quarts of vinegar. Cook slowly for two hours. Small onions may be done with cucumbers if desired.

MUSTARD PICKLE.

An excellent mustard pickle may be made as follows: Take one quart of small white onions, one quart green tomatoes, one quart green cucumbers, three green peppers, one head of cauliflower and three heads of

celery cut fine. Cut the cauliflower, tomatoes (and cucumbers if necessary) in fairly small pieces and add a dressing made of the following. One-half cup flour, one-half cup mustard, one-half ounce mace in water. To this add one cup sugar, one-half ounce butter, and one and a half quarts of vinegar. Cook all together, stirring gently, till boiled. Then pour this over the vegetables and let stand at simmering point one hour before bottling.

GREEN TOMATO PICKLES.

Slice one peck of green tomatoes, six green peppers and four onions, strew a cup of salt over, and let stand over night. In the morning pour the water off and put in a kettle with a tablespoonful of ground cloves and the same of allspice and cinnamon tied in cheesecloth. Cover with vinegar and boil until soft, after which they may be bottled.

Chowchow can be made by taking one-half peck of green tomatoes cut fine, one-half peck of small onions, parboiled; one-half peck small cucumbers, nine or ten sweet peppers cut fine, one head of cabbage cut fine, one head of cauliflower (parboiled), one-half cup of salt, a large tablespoonful of turmeric, half pound of ground mustard, one pound of sugar, one-half teacupful of cornstarch, and vinegar to cover. This should be put over a fire and let come to a boil. After standing for one hour on the back of the stove it can be bottled.

Ripe tomato sauce is made from one-half peck ripe tomatoes, four onions, one-half head cabbage, six tart apples, one-half pound raisins, three-quarters of a cup of brown sugar, four tablespoonfuls of salt, three of ground cloves, two of allspice and one quart of vinegar. Chop tomatoes, onions and cabbage separately, and let them stand over night. In the morning drain off the liquor and mix with the other ingredients. Boil slowly for one-half hour or until the tomatoes and cabbage are soft.