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HOUSEHOLD
Fermented and Pickled
Vegetables Are Good

For cucumbers, green tomatoes, corn, peas, and also string beans, the fermentation process may be successfully used. Wash the vegetables very clean. Remove the strings from the beans. Beets may be packed whole.

Pack the vegetable tightly in a crock or other container, leaving about two inches of room at the top, and pour over them a brine made of 4 quarts of water, 1-2 pint vinegar, 3/4 cupful salt. Cover with the cloth and place the plate or board on top as for salting, and use the weight to press the vegetable under the brine. Watch for bubbles as in salted vegetables. After the bubbles have stopped coming to the top, remove any scum which may have formed, pour hot paraffin over the top and keep in a cool place. You can tell when bubbles have entirely stopped rising by gently tapping the sides of the container; if none rise at that time the contents may be covered.

The fermentation process takes about ten days in summer weather, but longer if the days are cool.

Before cooking, fermented corn must be soaked several hours and the water changed during the soaking. This corn can be used in pudding, chowders, scallops, etc. String beans may be cooked without soaking.

Pickled vegetables have little food value, but they give a variety and flavor to a meal. Do not use alum in pickling as it is not good for the human body. Use only enamel, agate or porcelain-lined utensils on account of the vinegar which must be used. Tie the spices in a cheesecloth bag so that they will not give a dark color to the pickle.

TO SAVE FAT
 Another way to save fat is to use cracklings or scraps of fatty tissue left after frying out lard, suet and other animal fats. After pouring off the clear fat, cool the cracklings, run them through a food chopper and salt slightly. Pack in tins or jars and you can keep for months. They make excellent shortenings for hot bread made of cornmeal and dark flour, also for gingerbread, suet pudding and fruit cake.

Recipes where Honey Replaces the Sugar

Although the sugar market is in somewhat better condition, we should use sugar sparingly, especially just now when we need it for canning and preserving. It is no hardship to substitute the delicious honey dishes for the old ones using sugar.

HONEY LEMON PIE
 Three eggs, 1 lemon, grated rind and juice; 1 1/2 cupfuls boiling water; 1/2 teaspoonful salt; 1/2 cupful honey, (strained), 1 tea spoonful melted butter, 2 table spoonfuls flour.

Put lemon and water in a double boiler, thickening with the flour. Mix the yolks of eggs with the honey. Add to the mixture. Cook until thickened. Add the butter and remove from the fire. Turn into a rich crust, previously baked. Put in the oven to set. Remove and cover the top with a meringue of the whites beaten with three table spoons of honey and a very little lemon juice. Brown lightly.

HONEY MOUSSE
 Three-quarters cupful strained honey, 4 eggs, 1 1/2 cupfuls whipping cream, a pinch of salt, 1/2 teaspoonful vanilla.

Beat the eggs separately, add the honey to the yolks, stirring in gradually. Heat slowly in a double boiler, stirring until thickened. Remove from the fire and cool. Add the stiffly beaten whites of eggs and the cream whipped stiff. Blend together, pack in ice and salt and let stand 4 to 5 hours.

SPICED TOMATOES
 For every 5 pounds of ripe tomatoes use: 2 teaspoonfuls each of cloves, salt, and cinnamon; 1 pint vinegar; and 2 pounds brown sugar. Peel and cut up the tomatoes, add the other ingredients and cook slowly 3 hours.

PRESERVED PUMPKIN RIND
 Remove the inside and peel; cut in 1-inch pieces. Cover with vinegar and let stand over night. Remove pumpkin from the vinegar and add 3/4 pound brown sugar to every pint of vinegar. Put in a bag; 1 teaspoonful cloves, 2 two-inch sticks of cinnamon, 1-2 teaspoonful allspice. Cook vinegar, sugar, and spices slowly 15 minutes; add the pumpkin and cook until the pumpkin is clear.

NASTURIUM VINEGAR
 This tasty, piquant vinegar is delicious with egg salads. Gather enough perfect nasturium pods to fill a quart jar. Cover with hot cider vinegar. Add a few peppercorns, and let stand three weeks. The blossoms may

be used in the same way. A little garlic or onion may be added,

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 New York, July 18.—Through the seizure of the Becker Steel Company of America, a concern with offices at 90 West Street and a plant at Charleston, W. V., by the Alien Property Custodian, the secret German process for making "high-speed" steel will become available for American manufacturers. The steel, which has been made under German patents heretofore, is, because of its peculiar qualities of hardness and toughness, in great demand from tool-makers, automobile manufacturers, and other users of the highest grade steel. The Becker Company is now doing considerable business on United States Government contracts.

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