

... OF ...

## Interest to Women

## REASONS WHY PICKLES ARE SPOILED

(By Marjorie Mills)

Every once in a while we hear an anguished protest from some one that the pickles they've made failed to turn out well. So it might be wise to tell you all the dangers along the path of good pickle making to prevent such catastrophe.

## Reasons Pickles Spoil

Hollow pickles are probably due to improper development of the cucumber on the vine, though they may sometimes result from too long a period between picking and brining. Which means that it's a good stunt to start your pickles as soon after picking as possible.

Shrivelling occurs sometimes in brine and sometimes in the vinegar mixture. This is due to too strong a salt or sugar solution, and may be due to too strong a vinegar.

Dill pickles and other kinds of pickles that are fermented should be kept in a place where there is a limited range of temperature. Such as the one a well ventilated cellar could afford.

Soft or slippery fermented pickles are often due to too weak a brine. Sometimes they result from exposure to air so the pickles must be covered with the brine all over and held down with a plate on which a weight has been placed. Spoilage of the top layer of pickles occurs when the scum is not removed.

Sometimes hard water interferes with the action of the brine and soft pickles result.

Those are some of the pitfalls to avoid in this making of pickles. But don't stop making them—here are tried and true recipes to guide you on your way. We're including the famous Amherst way of canning blueberries for you, too.

## Quick Cucumber Pickle

Place the clean fresh cucumbers in a crock and cover with a salt brine made by dissolving 4 ounces, or about ½ cup of salt in a quart of warm water. A weight will have to

be used to hold the cucumbers under the brine. Let stand overnight. Make a vinegar solution, using 6 ounces (¾ cup) of sugar and 1½ ounces mixed spices (tied in a cloth bag) to each quart of good vinegar and simmer for about 5 minutes. Let stand overnight.

In the morning pour off brine and rinse cucumbers in clean cold water, putting them into an agate pan. Cover with the pickling solution, if vinegar is strong enough to spice remove spice bag, and allow to stand at least two hours (2 to 3 days would be better).

Pack cucumbers into jars and cover with a fresh boiling-hot solution made in the same manner as above. Adjust cover and rubber and process in hot water bath for 5 minutes. Label and store in a cool dry place. Spices and sugar may be varied to suit taste. A 4-gallon crock will hold 12 pounds (¾ bushel) cucumbers. A pint of brine or pickling solution is required for each pound of cucumbers.

## Fermented Pickles

A 4-gallon jar will hold about 12 pounds (¾ bushel) of cucumbers and is very convenient. The following is for that quantity:

Wash the cucumbers, if dirty, pack them in the jar and cover with 6 quarts of a 10 per cent brine (2½ cups salt dissolved in water and made up to 6 quarts). Cover with cheesecloth and a round board or plate and on top of this place a weight heavy enough to keep the cucumbers well below the surface of brine. On the following day 2-3 cups of salt should be added to maintain the strength of the brine. At the end of one week and of each succeeding week for five weeks add ½ cup of salt placed on the cover. If the salt is added directly to the

brine it may sink to the bottom which about ½ cup of salt in a quart of warm water. A weight will have to usually of wild yeasts and molds, will

form on the surface. As this may prove injurious by destroying the acidity of the brine, it should be removed from time to time by skimming. When fermentation is complete which will be in 4 to 6 weeks, the crock may be sealed with melted paraffin until convenient time to continue.

When ready to finish, the pickles must first be freshened to a great extent. If all of the salt is not removed the pickles will taste better and keep better. Salt pickles are freshened by soaking in many changes of cold water. At least three to five changes are required.

After freshening the pickles should be covered with a weak pickle solution—½ water, ½ pickle solution. A good solution is made by using 6 quarts vinegar, 6 ounces mixed whole spices and 3½ pounds sugar. Put vinegar in agate saucepan and bring to boil, dissolve sugar in vinegar and add spices tied in a cloth bag, let simmer 5 minutes and allow to stand overnight with the spices. The spices and sugar may be varied to suit, but an excess of sugar will shrivel the pickles.

After pickles have stood in the weak pickle solution 24 hours they should be removed and placed in a full strength solution in the crock. Twenty-four hours later they may be packed moderately tight into jars and covered with the solution they last stood in or, better still, a fresh made pickle solution. The finished pickle should be processed in a hot water bath for five minutes and sealed.

**Amherst Canned Blueberries**  
Four quarts make 5 pint jars if blanched or 7 if unblanched. This method of canning blueberries will give a product of greatly superior quality to any other method. It results in better fruit flavor, less liquid in the jars, and a better looking pack.

Pick over and wash the fruit. Put 2 quarts in a square of cheesecloth. Gather up corners of cloth, thus forming a bag, and dip into a kettle of boiling water. This is blanching. At the end of 15 to 30 seconds, depending on proportion of water to fruit, remove from hot water. If spots of juice show on cloth the blanching is sufficient. If not, do again. When spots do appear, plunge immediately into cold water.

Pack into clean, tested jars as tightly as possible, about ¾ quart of fruit per pint jar. Wipe off sealing surface of jar, put on rubber and cover, and bring top clamp into the

## MEAT IN THE WELL-ROUNDED DIET

But the Balance Must Be Made Up of What Meat Lacks—Fruit and Vegetables in Plenty

(By Edith M. Barber)

Man is a carnivorous animal and is generally proud of it. Like the tiger, he loves meat, but prefers it cooked instead of raw. Today, he adds salt to it, although early man got as much salt as he needed from the natural juices of the meat.

Man has always considered meat strengthening and although we know today that other types of food do their part in supplying us with energy and strength, science has shown that man must have protein of good quality to rebuild the tissues which wear out to some extent each day. Children, of course, need an ever increasing amount of tissue-building food until growth has been attained.

While other animal foods, such as milk, cheese, eggs and fish supply us with protein, which is fully as good in quality as that of meat and while some vegetable foods contribute, man still maintains a high respect for meat. Practically everyone likes the flavor which demonstrates its presence by an appetizing odor when the meat is cooked.

There was a time not so long ago when it was believed that meat should be kept low on the diet, on account of the waste products which accumulate during digestion. Further work has shown that man in normal condition of health is able to take care of these even when a comparatively large amount is taken daily. Meat deserves a high place in a well rounded diet, which, however, must give us the things which meat lacks. Plenty of vegetables and fruits some milk and some eggs, some cereals, sweets and fats besides meat belong in the daily menu.

## Frizzled Beef

¼ pound dried beef  
3 tablespoons fat  
3 tablespoons flour  
Pepper  
2 cups milk.

notch on cover. Process in boiling water for 16 minutes if pint jars, or 22 minutes if quart jars. At end of period remove jars from processor and push down side clamp. Allow to cool and then store.

Tear the beef into pieces. Melt the fat in a frying pan and cook the beef in it a few minutes. Sprinkle with the flour and pepper, stir well, add the milk, stir until it boils and boil one minute.

## French Hamburger Sandwiches

12 slices bread  
½ pound raw chopped round steak  
1 tablespoon minced onion  
Salt and pepper  
1 egg  
¾ cup milk  
Butter.

Slice bread. Divide meat into six portions. Spread meat on one slice, sprinkle with onion, salt and pepper; place another slice of bread on top and press together firmly. Cut in half. Beat egg and add milk. Dip sandwich in this mixture and fry in hot fat slowly; brown on both sides.

## COLOGNE AFTER THE BATH IS REFRESHING

Leaves Body Fresh and Fragrant — Men Are Beginning To Appreciate It.

(By Antoinette)

Do you know of anything quite so refreshing, after a long hot day, as to step into a tepid bath, wash away the perspiration and dirt that has accumulated during the day, and finish off with a spraying of eau de cologne?

Using an atomizer seems to be the preferred method for applying. After you spray the eau de cologne on, pat briskly until dry. It will act as a skin tonic, stimulating and revitalizing, as well as leaving the body fresh and delicately fragrant.

Its use is not confined to the women. Men are enjoying its soothing, freshening power. They start out when the patient is tired and hot "snitching" some from wife's or sis-will be found most refreshing, and ter's bottle and find it so pleasing certainly makes for greater comfort

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that they get a supply of their own. They like it as a rubdown after the bath or shower, especially after a round of golf or a game of tennis. They like it after shaving, too. They may turn up their noses at the perfumed colognes, but they have fallen victims to the wiles of the unperfumed brands.

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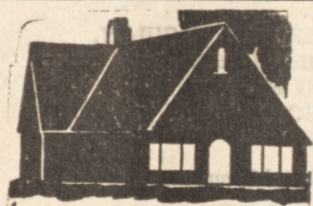
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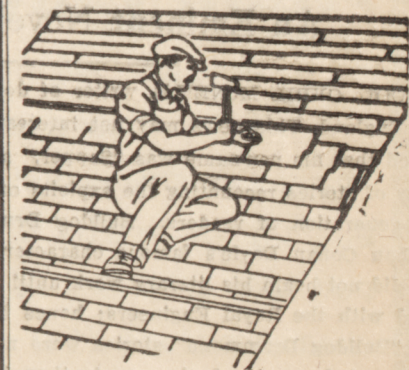
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