

Homemade pickles are tasty treats, fun to make

The cucumbers are ripe and plentiful, and it's pickling time. True, it takes a bit of work to make pickles. But they taste so much better than any you can buy that you won't ever be sorry you did it.

I've included some old-fashioned favorites here, as well as some very easy recipes. Even the more complicated ones are well worth the time it takes to prepare them, and I personally think it's rather fun.

The aroma of pickling spices in hot vinegar syrup makes your whole neighborhood smell good. Everyone who passes by will wish they lived at your house.

And those who do live there will be glad they do — especially next winter, when you open a jar of their favorites to accompany a Sunday dinner, or to turn a sandwich delight into a gourmet delight.

PICKLES ARE the "frosting on



kitchen witch

Gundella

the cake" at any meal, but with a lot less calories. One whole dill pickle averages from one to seven calories. And even a whole ounce of the sweet varieties, such as crisp sweet gerkins; bread and butter pickles; slippery jacks, or candied types average only 18-40 calories.

Of the recipes I have included here, Mae Bullock's Sweet Relish is my favorite. Once you have tasted it, store-bought relish will never again satisfy you. You may never want to eat another hamburger without it as long as you live.

It does more to happily domesticate a man than anything else I can think of (with the possible exception of crown roast with cornbread stuffing and hot German potato salad, which is what I'm about to fix for supper tonight).

DILL PICKLES IN A CROCK

These may be eaten after a few days, as what we used to call "half-dones." Or, you may wait several weeks or several months, until they are completely pickled.

10 quarts of water
2 cups salt
1 quart vinegar
several cloves of garlic (optional)
4 tablespoons whole black peppers
1 1/2 peck cucumbers
5 stalks fresh dill

Make a solution of the water, salt, vinegar and peppers, and bring it to a boil. Fill a crock with cucumbers, placing sliced garlic cloves and dill between the layers of cucumbers. Add the hot solution. Cover the crock for at least nine days before using.

MAE BULLOCK'S SWEET RELISH (absolutely the easiest and best pickle relish ever)

1 1/2 quarts diced cucumbers
1 quart diced green tomatoes
2 quarts finely chopped cabbage
1 cup finely chopped celery
6 large onions, finely chopped
2 green peppers (ground)
2 red bell peppers (ground)
3 pounds light brown sugar
1 quart light cider vinegar
3 tablespoons salt
1 tablespoon celery seed
2 tablespoons mustard seeds
1 box pickling spice, sewn into a cheesecloth bag

Bring mixture to a boil, and simmer for 20-25 minutes.

SWEET DILL PICKLES (an unusual pickle you will either love or hate)

cucumbers
salt
dill
1/2 cup light corn syrup
2 cups sugar
2 cups water
onions

1 cup vinegar

Put a good sprig of dill in the bottom of each sterilized jar. Pack with cucumbers, then top with a small peeled onion and 2 teaspoons of salt to each quart jar of pickles. Boil the syrup, sugar, water and vinegar together. Pour over the cucumbers in jars, and seal.

REFRIGERATOR PICKLES I

8-12 cucumbers, unpeeled
1 medium onion per jar
4 cups sugar
1 1/2 tablespoons mustard seed
1/2 cup salt
4 cups vinegar
1 1/2 tablespoon celery seed
1 1/2 teaspoon turmeric

Slice cucumbers into jars and add one sliced onion to each jar. Mix the remainder of the ingredients and pour over the cucumbers and onions, filling jar to 1/4-inch from the top, and screw lid on tightly. (No seal required.) Place in the refrigerator, and let stand for at least 5 days before serving. These will keep in the refrigerator for a year.

REFRIGERATOR PICKLES II

7 cups sliced cucumbers, unpeeled
1 cup chopped onions
1 cup chopped green peppers (optional)
1 tablespoon salt
fresh dill
2 cups sugar
1 cup white vinegar
1 tablespoon celery seed (optional)

Pour salt over cucumbers, onions and peppers and allow to set for one hour. Drain well. Mix the sugar, vinegar and celery seed together and pour over the cucumber mixture.

Put a piece of dill in each jar, cover, and place in the refrigerator.

FREEZER PICKLES

2 quarts sliced cucumbers
1 sliced onion
2 tablespoon salt
4 1/2 cups sugar
1 1/2 cups vinegar

Combine cucumbers, onions and salt and let stand two hours. Drain. Cook sugar and vinegar until sugar dissolves. When mixture has cooled, pour over the pickles and mix well. Put in containers and freeze. Pickles are crisp and green.

COMPANY PICKLES

(candied)

These pickles are very good but take lots of work. They got their name because they were saved only for special company dinners.

10 medium cucumbers
8 cups sugar
2 tablespoons pickling spices
5 teaspoons salt
4 cups cider vinegar

Cover whole cucumbers with boiling water, and allow to stand overnight. Drain. Repeat this procedure three more times. On the fifth day, drain, and slice into 1/4-inch pieces. Combine sugar, salt and vinegar. Bring to a boil and pour over the cucumbers. Let stand for two days. On the third day, bring to boiling again and seal in hot, sterilized jars. Makes seven pints.

If you have any questions about these recipes, you may call Gundella at 427-1072. Or, write her at Box 434, Garden City.



Lois Thieleke

home economist, Cooperative Extension Service

Half-stick of butter equals fast-food-meal saturated fat

If you have just gotten the news your blood cholesterol number is high, you are not alone.

More than 60 million Americans have high blood cholesterol. High blood cholesterol is one of the major controllable risk factors for heart disease. The amount of cholesterol in your blood is affected by the amount of cholesterol your body makes as well as the saturated fat and cholesterol in the foods you eat.

Would you sit down and eat a half stick of butter? Guess what, if you eat a large hamburger with cheese, an order of French fries and a milkshake at a local fast food restaurant you are consuming that much saturated fat.

If you want to correct high blood cholesterol and you are eating like an average American, you will have to make some changes. Let's face it, we are all different so there is no one single approach to the cholesterol problem. Biologically, psychologically and lifestyles are very diverse, so then should our approach to cholesterol be individual? Consult with your physician for your specific guideline for lowering cholesterol.

SOME VERY LUCKY people were born with good genes and no matter what they eat, their cholesterol levels stay low. Others, no matter how carefully they eat, can't keep cholesterol levels in a desirable range. Some of us, of course, are in the middle. If your cholesterol is high you need to find out the reason and problems.

"Free of cholesterol" or "no cholesterol" does not mean free of fat. Your body will use the fat and make cholesterol. You will find these labels on margarine, crackers, cereals, mayonnaise, potato chips and other foods. Rule of thumb, in a beef product, for instance, figure half the total fat is saturated. To figure grams of fat in a milk product, figure two-thirds of the total fat per serving is close to the amount of saturated fat. Be alert for names on labels such as coconut oil, palm oil, butter, cream, beef fat and lard. Also look for the presence of whole eggs or egg yolks in baked or processed foods. These can all raise your cholesterol numbers.

Fiber seems to have the power to absorb certain fatty substances in the gastrointestinal tract and escorts them out of the body, therefore preventing the body from using them to manufacture cholesterol in the liver so your cholesterol level goes down.

Dietary fiber sources are grouped according to their ability to dissolve in water. Soluble fibers, those that dissolve in water, include pectin, gums and certain hemicellulose fiber. Foods that contain these soluble fibers include oat bran, dry beans, barley, apples and cranberries (pectin), and other fruits. Insoluble fibers such as wheat bran are of no benefit in lowering cholesterol, though they are important in the diet to control constipation and possibly clean the intestine. Oat bran and dry beans and peas have been found especially effective in lowering serum cholesterol.

BREADS HIGHEST in fiber and lowest in fat are whole wheat, rye and French. Choose English and bran muffins, plain bagels and pita bread. Plan more lunches and dinners that include spaghetti, macaroni, noodles, rice, wheat, cornmeal, barley and bulgur. Choose cream soups less often and instead choose minestrone, chicken noodle, onion, or split-pea soups. Use low-fat crackers such as soda crackers, matzah, melba toast and graham crackers. For dessert, try angel food cake, fig bars, sherbert, frozen non-fat yo-

gurt or ice milk. At snacking time, use popcorn (plain) or fruits and vegetables.

Losing weight often lowers serum

lipids, including cholesterol, and reduces blood pressure, as well as providing other health benefits.



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