

Sauerkraut can be an easy-to-make treat

POLLY'S POINTERS



POLLY FISHER

DEAR POLLY — I have a real bumper crop of cabbage this year and I'd like to try making sauerkraut, but I can't find any recipes. Can you tell me how to do it? — JAN

DEAR JAN — Sauerkraut is easy to make, and it requires just a little time and attention each day while the cabbage ferments. Here's the procedure.

First, you need one or more large stoneware crocks or big glass jars. A gallon jar will hold 5 pounds of cabbage; if you're making sauerkraut in quantity, 5-gallon pickling crocks are ideal. Wash the crock or jar thoroughly and rinse with very hot water to make sure that it is scrupulously clean.

Wash, core and shred the cabbage. Using 3 tablespoons pickling salt

(pure salt with no added iodine or other additives) for each 5 pounds cabbage, layer cabbage and salt in the crock or jar, tamping it down well to make sure there are no air bubbles and to bruise the cabbage slightly to get the juices started. Finish with a layer of salt, cover the crock or jar with a clean, sterile cloth (a cotton towel or cheesecloth that you've boiled for five minutes is fine) and weigh it down with a plate or a plastic bag full of water. Set the crock aside in a cool place (about 68 to 72 degrees) to ferment.

By the second day, there should be enough brine to cover the cabbage. If not enough liquid has formed, you should add brine made by dissolving 1½ teaspoons pickling salt in 1 cup water until the cabbage is covered.

Each day while the cabbage ferments, remove the cloth, skim off any scum, and re-cover with a fresh, clean sterile cloth and clean plate.

After about two weeks, the bubbles should stop rising to the surface and the sauerkraut will be light golden and nicely sour-tasting. It's ready to eat! At this point, the sauerkraut must be stored in the refrigerator, or it may be canned and processed in a boiling-water bath, 15 minutes for pints and 20 minutes for quarts.

I'm sending you a copy of my newsletter "Canning Fruits, Tomatoes and Pickles," which describes the complete procedure for boiling-water-bath canning, should you want to can your sauerkraut. It does not, however, include the above instructions for making sauerkraut, so be sure to cut this column out of the newspaper!

DEAR POLLY — My 3-year-old "decorated" the refrigerator several months ago with a number of stickers, and now I'm having a hard time getting them off. How can I get the stickers off the door? — C.K.

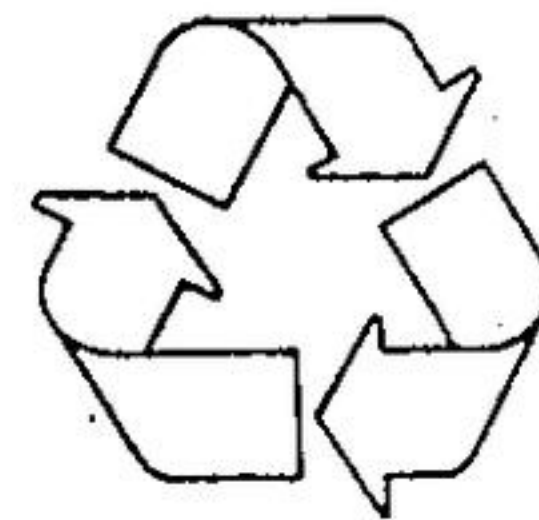
DEAR C.K. — If scraping at them with the dull side of a table knife doesn't get them up, try this: With masking tape, tape several layers of paper toweling over the stickers, then saturate the toweling with a half-and-half mixture of hot water and vinegar. Let sit for 20 minutes or so. This should loosen the edges of the stickers enough so they can be quickly ripped off. Then remove any gluey residue by rubbing with a cloth saturated with vegetable oil. Finish up with a mild detergent solution to remove all traces of oil and glue. — POLLY

DEAR POLLY — I am writing in

response to a letter from a lady who complained that the post office didn't have stamps that appealed to young people. Where has she been? Didn't she like the carousel stamps, or the wildlife series or the steamboat series, or the love stamps? How about the Lou Gehrig stamp that came out in June? Any child should be interested in the "state" stamps. Mother could even have ordered the first day cancellations from all the cities where George Washington stopped on

the way to his inauguration. Parents should be more interested in their local post offices. The children would become fascinated with stamp collecting! — BETTY
Don't throw it away, reuse it! Polly's newsletter "Recycling Bottles, Boxes and Cans," will show you how to turn dozens of throwaways into handy items that can be used around the home and yard.

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