

Kelvin Kitchen

IT'S TOMATO TIME!
It's really half past tomato time. Bushels and pecks of this luscious vegetable now flood the wayside markets and stores with pools of orange-crimson and chartreuse green. And what a tale the price-tags have to tell! Tomatoes are cheap. They are ripe and ready for every use, red for the table, green for the pickle jar. One of the arts of housewifery is to suit the means to the ends, and make the most of today's economical buys for tomorrow's thrifty store. So let's be lavish with tomatoes, using them for canning and pickling and making place for them on the menus from day to day.

We can measure their goodness by two counts: flavor and healthfulness. What is more relishful than the taste of tomatoes? It has the faculty of altering subtly under different methods of preparation. Some one who had never known tomatoes before would hardly guess that the piquant chilled juice which bids us "good morning" at the breakfast table shares identity with the smooth, bland flavor of the cream soup that evening at dinner.

From the health standpoint, tomatoes are a potent, concentrated source of the important vitamin C, an excellent source of vitamin A and a good source of vitamins B and G. By way of review, vitamin C is the element which maintains teeth and bones and protects the body against scurvy; vitamin A is the anti-effective vitamin, promoting resistance to disease, as well as growth and vigor. Drink plenty of tomato juice when you feel the first sniffles of a cold this season. Use it liberally in the children's meals, now when they're starting school.

Little green tomatoes are in great demand for relish, pickles and piccalilli, and red ones are for chili.

Full, ripe tomatoes are refreshing at table, stuffed with meat or vegetable salad, on the warm days; in cool weather, they will be more appetizing baked stuffed and served on a round of toast. Green tomato pie, tomato toast or tomatoes with dumplings, are good supper dishes. Have you ever made tomato sauce for meat loaf by following the white sauce recipe, using strained tomato in place of milk? A tomato cocktail is made with sieved ripe tomatoes and finely chopped onion, celery, raw carrot, cabbage and green pepper. It is seasoned with salt, pepper and one-half teaspoon of sugar and served chilled in cocktail or sherbet glasses, with a dash of French dressing, horseradish or mayonnaise on top.

Be careful that the tomatoes you get are really a huy. They should be globular or heart-shaped, with glossy smooth skins of bright color. When cut cross-wise, they should show well filled seed cavities and thick, meaty walls. Beware of angular, ribbed scarred tomatoes. Those destined for the pickle pot should be merely small green editions of good, ripe tomatoes. By the vegetable time-table, tomatoes take 60 minutes to make in hot (450°) oven; 35 to 40 minutes to boil or steam, and 10 minutes by steam pressure with a pressure of 15 pounds.

Tomato Relish

One peck ripe tomatoes chopped

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and drained, 2 cups chopped celery, 6 onions (medium sized chopped), 2 cups sugar, 3 red peppers, 4 tablespoons salt, 2 ounces ground cinnamon, 2 ounces white mustard seed, 1 quart cold vinegar. Can without cooking.

Chili Sauce

4 quarts chopped and peeled tomatoes, 2 cups chopped onions, 1 cup chopped sweet red pepper, 1 cup chopped green pepper, 1 small hot red pepper, 3 tablespoons salt, 1/2 cup sugar, 1 tablespoon white mustard seed, 1 teaspoon cinnamon, 1 teaspoon allspice, 2 1/2 cups vinegar.

Combine the vegetables, salt and sugar, and cook until the mixture begins to thicken, then add the vinegar and spices, and cook until the mixture becomes a thick sauce. Pour into hot jars and seal immediately.

Spiced Green Tomatoes

5 pounds small, green tomatoes or larger tomatoes, sliced medium thick; 9 cups white sugar, 1 teaspoon whole cloves, 1 tablespoon of stick cinnamon, 1 teaspoon whole allspice, 1 tablespoon white mustard seed, 2 cups vinegar.

Wash tomatoes but do not peel. If small, prick them slightly. Combine sugar, vinegar and spices; bring the mixture to the boiling point and pour it over the tomatoes. Let stand 6 hours or over night. Drain off

liquid and cook until it coats a spoon. Add tomatoes and cook until clear. Seal in clean hot jars.

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