Salt away your vegetables.

Worcester Pure Salt
Worcester Salt Co.
New York, N.Y.

Worcester Ivory Salt
Always flows freely

Worcester Jodized Salt
Always flows freely
AWARDED

WORCESTER SALT

THE ONLY SALT IN THE WORLD
AWARDED THESE GOLD MEDALS

- Pan-American Exposition, Buffalo
- American Institute, New York
- Louisiana Purchase Exposition, St. Louis
- Panama-Pacific Exposition, San Francisco

Special processes and huge quantity production make it possible for Worcester to market a superior salt at a surprisingly low price. Wherever the need of salt is indicated, Worcester Salt can be used with confidence. It exceeds in purity even the high standard set for Sodium Chloride (Common Salt) by the United States Pharmacopoeia. (11th Edition P. 340).
The method of keeping vegetables by salting them has been practiced since early times. Our ancestors saved much of their surplus crop by salting it away, and the modern housewife too, can profit by using the fresh vegetables from her garden when in season and salting away the surplus for use later in the year. The method is very easy.

Salt has been known and used as a preservative for thousands of years. Its preservative action is due to the fact that it restrains the growth of micro-organisms that cause spoilage.

### Selection of Vegetables

The first step in preserving vegetables by salt is the selection of the vegetables. Care should be exercised to choose good fresh vegetables in prime condition. Try to get the same maturity throughout the lot to be salted, but avoid overripe vegetables.

### The Choice of Salt

The next step is the selection of the salt to be used.

Now it is a common thing to assume there is not much difference in salt and many people take it for granted. This is because salt is cheap. The fact of the matter is, however, that unless the salt is pure it is likely to contain impurities which contribute their bitter taste to the vegetables. Therefore, it is essential that the salt chosen should be pure. It is poor economy to use a poor grade of salt. You will find it advantageous to insist at your Grocers’ for Worcester Salt. It peps up vegetables and is guaranteed to bring out all their hidden goodness.

*Worcester Salt — 4 Times Gold Medal Prize Winner*
PRESERVATION OF VEGETABLES BY DRY SALTING

THIS METHOD CALLS FOR A LARGE AMOUNT OF SALT, WHICH PREVENTS FERMENTATION

Salt draws water from vegetables by a process known as osmosis, forming a brine that acts to prevent spoilage.

Vegetables, which are particularly well adapted to preservation by the dry salting method include String beans, Corn, Spinach, Chard, Beet tops, Turnip tops and Dandelion greens.

CONTAINERS

Clean earthenware crocks of 2 to 6 gallons capacity are best. Also needed are boards or plates which fit loosely inside the containers. A jar of water or a clean flat stone, not limestone, is used as a weight.

SCALES are needed to weigh vegetables and salt.

OLD TIME SALTED GREEN BEANS

16 lbs. green beans
4 lbs. Worcester salt. (6 cupfuls)

Beans should be salted when young and tender, and only fresh beans should be used. String and wash thoroughly, remove tips. Cut beans into long, thin slivers. Line a clean 2-gallon stone jar with a muslin bag. Sprinkle a layer of salt ¼ inch thick across the bottom. Add a layer of beans about 2 inches thick and with a potato masher press them down very firmly; cover with a layer of salt and press down again, being especially careful to press down firmly around the edges. Continue until all beans and salt have been used, alternating a 2-inch layer of beans with a layer of Worcester Salt just thick enough to cover. Be sure to press down each layer of beans and salt firmly. The last layer should be of salt. Fold

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An easy way to preserve green beans is to pack them with **Worcester Salt** in a large stone crock.

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top of bag over the beans or tie shut. Place a plate on top and weigh down with a clean, heavy stone (not limestone) or a quart jar filled with water or sand and closely sealed. If brine does not form within 24 hours, add a strong brine using a pound of salt (1½ cupfuls) to 2 quarts of water until it just covers the beans.

**CORN**

16 lbs. corn (shelled)
4 lbs. Worcester salt. (6 cupfuls)

Gather when ripe but not too mature. Corn grows stale very quickly and loses its flavor, therefore it should never be allowed to stand long. After husking the ears, boil for 10 minutes to set the juices. Cool and cut the corn from the cobs, then pack in 2-gallon crock lined with a muslin bag. Pack in 3 or 4 inches of corn, then sprinkle with dry salt. Press down well and continue until container is full; the last layer should be of salt. Fold top of bag over corn or tie shut. Place a plate on top and weigh down with a clean, heavy stone (not limestone) or a quart jar filled with water and closely sealed. Store crock in a cool, dry place. If a brine does not form in 24 hours just cover corn with a brine made in the proportion of 1 lb. (1½ cups) of Worcester Salt to 2 quarts of water. Keep crock in a cool place.

**SPINACH, CHARD, KALE, BEET TOPS, TURNIP TOPS AND DANDELION GREENS**

These vegetables are high in vitamin A content and Niacin (the anti-pellagra vitamin) and make an economical and valuable addition to a balanced diet.

Pick over the greens, discarding any imperfect leaves and tough fibrous stems. Wash carefully in running water or through a number of waters, lifting the greens out each time.

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Use one-fourth as much salt as vegetables by weight, that is, one pound of Worcester Salt (1 1/2 cupfuls) to 4 pounds of vegetables. This proportion of salt largely prevents growth of molds.

Proceed by the method described under corn, except that layers of vegetables should be about 1 inch thick. If a brine does not form in 24 hours after application of the weight, add a strong brine until it comes up to the cover, using 1 lb. (1 1/2 cupfuls) of Worcester Salt to 2 quarts of water.

TO KEEP PEAS, LIMA BEANS, OKRA, GREEN TOMATOES, CAULIFLOWER, PEPPERS AND CELERY

Large or small quantities of vegetables such as these may be conveniently saved by placing in a prepared brine. Cover vegetables with a brine made in the proportion of 2 lbs. Worcester Salt to 1 gallon of water. They will keep well for months. Store in a cool place. Place a loose fitting paraffined wood cover over vegetables to hold them under the brine without crushing them. Keep mouth of crock covered with cloth.

TO USE SALTED VEGETABLES

You will need to experiment with your own batch of vegetables to determine the length of time required for freshening and how long to cook them. If they have been salted only a short time, rinsing them in cold water may be all the freshening they need. When they have been salted for several months they will need to be soaked in cold water for an hour or two before cooking, changing the water several times. The length of time required for cooking will be determined somewhat by the kind and quality of the vegetables and by how long they have been salted. Cook and season as in preparing fresh vegetables, except that salt is omitted.
THE CURING OF VEGETABLES BY FERMENTATION

THIS METHOD CALLS FOR A SMALL AMOUNT OF SALT WHICH ALLOWS FERMENTATION

SAUERKRAUT

8-10 Medium to large heads cabbage (50 lbs. shredded cabbage)
1 lb. 4 oz. Worcester Salt (2 cupfuls)
12 tart apples, if desired
A wooden stamper
A round board (paraf-

fined). Any wood but yellow pine, slightly smaller than opening of crock
A small circular muslin cloth
A one gallon jug
An 8-gallon crock

Select only mature, sound heads of cabbage. After removing all decayed or dirty leaves, quarter the heads, slice off the core portion, and weigh. Shred the cabbage fine, shreds to be not more than 1/8" wide. Weigh out 1 lb. salt (1½ cupfuls) for every 40 lbs. of cabbage.

Into a large enameled pan weigh 5 lbs. of the shredded cabbage, mix thoroughly with 2 oz. Worcester Salt (½ cupful) and pack into the large crock; add, if desired, a cup of apples cut fine and press down the cabbage with a wooden stamper, but do not pound it. Mix another 5 lbs. of cabbage, 2 oz. Worcester Salt, one cup chopped apples and press into crock as before. Continue as before. Continue until all cabbage is used, always pressing. Now cover with the circular cloth, packing around the edges. Next place the board and the jug on top filled with enough water to bring juice to the board, but not submerging the board.

Put in a cool place 60°-70° F. (about room temperature) to ferment. Active fermentation will take place within the first few days, therefore, the level of the brine will have to be watched and

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the amount of water in the jug changed so the board will not be
submerged. In two weeks, examine, remove the scum if any, wash
cloth, picking it up at the edge to catch all the scum; wash board,
jug and sides of crock; and return the clean cloth, board and jug
over cabbage; then cover. After a month to six weeks or when
kraut is fermented it can be packed. One can tell when the kraut
is made by pounding the side of the crock. If no bubbles rise to
the top the fermentation is completed. At higher temperatures
than those recommended above, the fermentation is completed in
a much shorter time, but at the expense of texture and eating
quality.

Pour a layer of hot paraffin over the surface when fermentation
has stopped, making sure all the sauerkraut is airtight, or after
the fermentation is completed, heat the sauerkraut to a simmer
(180°F.) and pack in jars, adding enough of the kraut brine or a
weak brine made by adding one ounce of salt (1 level tablespoon-
ful) to a quart of water to completely fill the jars. Partially seal
and process 5 minutes in a waterbath.

**PICKLING**

Cucumbers of practically all varieties, sizes and shapes make
good pickles provided they are sound and picked from the vine
before ripe.

To make pickles of the best texture and keeping quality they
should first be thoroughly cured in the brine before treating them
with seasoning and vinegar. In this manner the tissues are better
prepared to absorb the flavored vinegar or syrup. Adequate curing
requires at least five weeks. Shortcuts will not give the same de-
licious results.

In pickling as in dry salting or brining, the choice of pure salt is
important. Worcester Salt has no harmful impurities to impair
the delicious pickle flavor. You can truly depend, at all times,

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on Worcester to bring out the finest flavor of your pack. Worcester Salt holds the record for being the four times Gold medal winner at National Expositions.

**CURING CUCUMBERS OR OTHER VEGETABLES FOR PICKLE**

10 lbs. medium sized cucumbers (or other vegetables) taken from vine before they approach the ripening stage

4 lbs. Worcester Salt (6 cupfuls)

A large crock, 4-6 gallons

Wash and trim vegetables as for cooking. In the case of cucumbers allow ⅛ to ¼ inch of the stems to remain on. Start curing not later than 24 hours after gathering.

Place in crock and cover with a 10 per cent. brine made by dissolving 2⅛ cupfuls (1 lb. 6 oz.) Worcester Salt in 6 quarts of water.

Cover with a cheese cloth and a paraffined board (not pine), or plate that will fit inside the crock, and on top of this place a weight heavy enough to keep the vegetables well below the surface of the brine. Place where the temperature of the brine will be about 86°F. The following day add more salt at the rate of 1 lb. (1½ cupfuls) for every 10 lbs. of vegetables used. At the end of the first week, and at the end of each succeeding week, for five or six weeks, add a scant half cupful (4 oz.) of Worcester Salt. In adding salt always place it on the cover. If it is added directly to the brine, it may sink and as a result the salt solution at the bottom will be very strong, while that near the surface may be so weak that the vegetables will spoil.

Remove any scum (made up usually of wild yeasts and molds) which forms on the surface of the brine. The cloth and plate

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should be washed and scalded, or a clean one used. Do not stir the brine as the air which would be added then might make for spoilage. Correct curing of cucumbers is indicated by an increased firmness, a greater degree of translucency and a change in color from pale green to dark or olive green. So long as any portion of a pickle is whitish or opaque it is not perfectly cured. They are properly cured when on breaking the cucumbers no white or opaque spots or streaks are seen.

When they are cured they may be taken from the brine and pickled, or the brine may be completely covered with paraffin to exclude all air. If the well-cured cucumbers in the brine are sealed with paraffin and kept in a cool place they will keep for months.

**MAKING PICKLES FROM CURED CUCUMBERS**

After the cucumbers have been cured in brine, the excess salt must be removed before they are made into sour, sweet, or mixed pickles. Place the pickles in a suitable vessel, cover them with water, and heat them slowly to about 120° F., at which temperature they should be held for from 10 to 12 hours, being stirred frequently. The water is then poured off, and the process is repeated until the pickles have only a slightly salty taste. Pickles keep better when the salt is not entirely soaked out.

For *sour pickles* drain well and then cover with a 5% acetic vinegar. After a week or two drain off this vinegar which has become diluted with the brine from the pickles and cover with fresh vinegar and seal.

For *sweet pickles* proceed as for sour pickles only to the second vinegar, add sugar and spice in the desired amounts. Usually 4 lbs. sugar and 1 oz. of mixed spices are added to each gallon of vinegar. If these pickles are not sweet enough add more sugar a week later, as too much sugar at the beginning will shrivel the pickles.

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SPICED VINEGAR FOR SWEET PICKLES

1 quart vinegar
1½ cups sugar
1 teaspoon allspice (whole)
1 tablespoon cinnamon (whole)
1 teaspoon cloves (whole)
1 tablespoon white mustard seed

Mix the vinegar and the sugar. Add the spices tied loosely in a cheesecloth bag, heat the mixture to the boiling point, and boil it in a covered saucepan, for 5 minutes. Allow the spices to stand in the vinegar overnight. The kind and quality of spices and quantity of sugar may vary to suit the taste, but too much sugar shrivels the pickles.

SPICED VINEGAR FOR SOUR PICKLES

ALLOW ABOUT 1 QUART FOR EACH 2 QUARTS OF PICKLES

1 quart cider vinegar
½ cup sugar
½ tablespoon celery seed
½ tablespoon white mustard seed

Mix the vinegar and the sugar. Add the spices tied loosely in a piece of cheesecloth, heat the mixture to the boiling point and boil it for 5 minutes. Allow the spices to stand in the vinegar overnight.

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PICKLED BEETS

Cook small beets until tender. Plunge them into cold water and slip off the skins. Cover the beets with spiced vinegar as for sweet pickles. Simmer the mixture for 15 minutes. Pack the beets into clean, sterile, hot jars. Cover the beets with boiling spiced vinegar, and partially seal the jars. Process the jars for 20 minutes in a boiling-water bath, then complete the seal.

Very small carrots, stems of Swiss chard, and Golden Wax beans may be pickled in the same way as beets.

SWEET MIXED PICKLES

1 quart sliced cucumbers
1 pint sliced onions
1 pint snap beans, cut
1/2 pint sliced sweet red peppers
1 pint cauliflower, cut in sections
1 pint sliced green tomatoes
1 pint sliced green peppers

Cure the vegetables as given under "Curing Cucumbers for Pickles". Remove extra salt in the vegetables by the usual method of soaking them, and drain off all the liquid. Pour over them a pickling mixture made as follows:

3 cups vinegar
1 cup water
1 1/2 cups sugar
1 tablespoon celery seed
1 tablespoon mustard seed
2 hot red peppers
1 tablespoon mixed pickle spice

Mix and bring to the boiling point and pour while boiling hot over the vegetables. Seal the pickles in sterilized, airtight jars, and store in a cool place.

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KOSHER PICKLES

1 quart vinegar
7 quarts water
3 cups salt (2 lbs.)
1 piece of dill for each jar

1 red pepper (hot) for each jar
½ clove garlic for each jar
1 bushel medium sized cucumbers

Bring water, vinegar, and salt to the boiling point. Place chopped dill, pepper, and garlic in jars. Pack clean cucumbers in jars, and cover with cooled liquid. Seal immediately and set away for three or four weeks before using.

DILL PICKLES

Place in the bottom of a 5 gal. jar a layer of grape leaves, dill and one-half ounce of mixed spice. Then fill the jar, to within 2 or 3 inches of the top, with washed cucumbers of as nearly the same size as practicable. Add another half ounce of spice and layer of dill and a layer of grape leaves. Grape leaves make a suitable covering and have a greening effect on the pickles.

Pour over the pickles a cold brine made of 1 lb. of Worcester Salt, (1½ cupfuls) 1 pint vinegar, 2 gal. water and 4 tablespoons of sugar.

Cover with cheesecloth, and a plate with sufficient weight on top to hold the cucumbers well below the brine. Keep at a temperature of about 86° F. for 10 days to 2 weeks. Skim off the scum which soon forms on the surface. Seal with paraffin or put in smaller sterilized containers. Make sure pickles are covered with brine. Seal and store in a cool place.

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PICKLE TROUBLES

SOFT or SLIPPERY PICKLES, one of the most common forms of spoilage, is due to bacterial action ordinarily resulting from three causes.

1. Too weak a brine. In curing pickles the brine is diluted by the juice which comes out of the pickle and it will become too weak if salt is not added as prescribed during the curing process. Weak brine allows the growth of spoilage organisms.

2. Pickles exposed above the brine may become soft and slippery.

3. Exposure of the brine to air in a warm place after fermentation is completed. Spoilage organisms may grow.

SHRIVELLED PICKLES may be due to too strong a solution of salt, sugar or vinegar. Start with a mild solution and add the extra salt, sugar or vinegar on successive days or weeks as prescribed.

HOLLOW PICKLES are usually due to faulty growth of the cucumber or to letting cucumbers stand too long before brining. They should be brined within a few hours after picking.

HARD WATER may interfere with normal curing. When it must be used, add a little vinegar to overcome alkalinity.

SCUM if allowed to remain, will spoil the vegetables beneath. The part found in good condition often may be saved by carefully removing the spoiled part from the top, adding fresh brine to cover and pouring hot paraffin over the surface.

By careful attention to the foregoing recipes, and with the use of Worcester Salt, the home pickle maker will be assured of excellent results.

Acknowledgment is made to the following sources for the material contained in this booklet; The United States Department of Agriculture, Bulletins 1438, 1762; Oregon State College, Bulletin 576; University of Missouri, Bulletin 423; New York State Agricultural Station and studies conducted at the University of Michigan.

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Tasty, Delicious Vegetables are preserved with **Worcester Salt**

Worcester Salt—Ideal for Salting Vegetables and for Canning

Worcester Salt has been for generations, the Standard of Quality. It is prized because it brings out the finest flavor of foods.

**Worcester Salt Company**

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