

into sink filled with cold water. Slice (do not scrape) the kernels into bowl. There should be about 6 cups; set aside.

Combine all remaining ingredients except cabbage in large enameled, stainless steel or oven-glass kettle. Boil for 5 minutes. Add corn kernels and cabbage and bring mixture to a boil over high heat, stirring. Boil for 1 minute.

Fill, cap and process canning jars as directed, using 10 minutes for ½ pints, 15 minutes for pints. Makes about 10 cups, about 10 calories per tablespoon.

SWEET-HOT RED PEPPER RELISH pictured on page 117

A brilliant orange relish with a flavor that is subtly herbal as well as sweet-hot. Serve with cream cheese or cottage cheese on toast or rusks, or spoon a bit on your plate to accompany cold chicken, turkey or pork. For a different flavor, stir a small amount of this relish into mayonnaise for an unusual binder to a meat or seafood salad.

10 large red bell peppers, seeded and chopped (about 8 cups)
1 cup finely minced, seeded fresh hot peppers
4 large Greening apples, peeled and chopped (about 4 cups)
3 tablespoons kosher or pickling salt
2½ cups cider vinegar
3 cups sugar
½ teaspoon thyme
¼ teaspoon fennel seed

Combine red peppers, hot peppers, apples and salt in non-metal bowl and let stand at room temperature, loosely covered with a towel, for 3 to 6 hours, as convenient. Drain well and discard juice.

Combine vinegar, sugar, thyme and fennel seeds in large stainless steel, enameled or oven-glass pot and bring to a boil. Add vegetable-fruit mixture and boil gently, stirring often, over moderate heat until most of the liquid has evaporated and the remaining mixture is syrupy and rather thickish. Should take about 20 minutes.

Fill, cap and process canning jars as directed, timing 10 minutes for ½ pint jars. Makes 7 to 8 cups, about 24 calories per tablespoon.

PICCALILLI

This mixture is sweet and more sauce-like than pickle-like.

3½ pounds small, all-green tomatoes, cored, halved, then sliced (to make about 10 cups)
3 large green peppers, halved, seeded and thinly sliced
2 tablespoons chopped fresh hot pepper, seeded and finely chopped
6 small onions, halved and thinly sliced (about 3 cups)
¼ cup kosher or pickling salt
1 pound cabbage, cored and very finely chopped (about 4 cups)
2½ cups cider vinegar
1½ cups packed brown sugar
½ cup light corn syrup
2 tablespoons mustard seed
2 teaspoons celery seed
½ teaspoon ground allspice

Combine tomatoes, green and hot peppers, onions and salt in non-metal bowl and let stand 3 to 6 hours. Drain well; stir in cabbage.

Combine vinegar, sugar, corn syrup, mustard seed, celery seed and allspice in large enameled, stainless steel or oven-glass pot and bring to a boil. Add drained vegetable mixture and boil gently until mixture is somewhat thickened, about 30 minutes.

Fill, cap and process canning jars as directed, timing 5 minutes for pint jars. Makes about 10 cups, about 15 calories per tablespoon.

SPICED BEET-CABBAGE RELISH

A crisp, sweet condiment with Eastern European overtones. The distinctive caraway flavoring provides a savory complement to roast duck, pork and smoked fish! (continued)

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