

Beef Tea

Remove all the fat and gristle from round steak. Cut up in small pieces or run through a coarse food chopper. Cover with cold water and let stand for one hour. Simmer gently for two hours and strain carefully into jars. Add salt and pepper to taste. Put on rubbers and tops. Put jars in boiler, sterilize for three hours, follow directions for sealing as given on page 8.

Tongue

Boil until tender peel off the skin and pack in as large pieces as possible in jars. Fill up with stock, season to taste, put on rubbers and tops. Sterilize in the boiler for three hours, and follow directions as given on page 8.

FISH

IT is essential that fish for canning be absolutely fresh. As soon as caught they should be killed with a knife and the blood allowed to run out. Scale them, and remove the skin if it is very tough. Remove entrails and the dark membrane that in some fish lines the abdominal cavity. Also remove the backbone of the large fish.

Let the fish soak in a brine made in the proportion of two tablespoons of salt to each quart of water—this draws out the blood. From ten minutes to one hour will be sufficient, according to the thickness of the fish. Avoid using the brine more than once. Drain well, wipe dry and cut in pieces suitable for serving. Pack in the jar to within half an inch of the top. Add one-half teaspoon salt to each pint jar. Adjust the cover, and process according to the time-table.

Salmon or Halibut

Scale the fish, remove entrails, wash thoroughly, drain, wipe dry. Split, remove the backbone, cut into pieces convenient for packing in jars. Add one-half teaspoon salt to each pint jar, adjust cover and process for three hours. Seal each jar as it is taken from the boiler.

Lobster

Boil the lobster twenty minutes. Remove all edible meat from the shell. Pack into sterilized jars. Add one-half teaspoon of salt to each pint jar. Adjust covers and process three hours. Seal.

SOUPS

CANNING SOUPS

WHEN the first frost compels us to pull up our gardens it is a good time to can our winter supply of soups. By following the directions already given in canning vegetables, the next step, namely soups, can be taken successfully. Fruits and vegetables from the newly-dug gardens should be transformed into palatable, nourishing soups. Some jars of each of your favorite soups should be stored away ready to be prepared in a few moments' time for the winter dinners.

The canning of soups should form just as important a part of the canning season as fruits, vegetables and pickles. Much of this can be made from scraps of meat and vegetables which would otherwise be wasted, and a new lesson in thrift and economy may well be learned.

Besides the recipes given here, it would be very interesting to can some of your own favorite soups. Follow the general directions regarding sterilizing and sealing carefully, making your soup stock or vegetable soups in your own manner, and you will be delighted with your success. Check over the ingredients, carefully noting the length of time each would require if canned as a separate vegetable, then proceed to sterilize for the period of time which would protect the whole product from decay. Then pack in jars.

The following recipes will be found useful for canning soups for winter use:—

Cream of Potato Soup

5 gallons soup stock, 1½ lbs. thin sliced potatoes, ½ lb. butter, 3 tablespoons flour, salt and pepper to taste (about 3 ounces salt).

Method—Boil the sliced potatoes in the soup stock for thirty minutes. Add the seasonings and

butter. Make the flour into a smooth paste, and add it. Cook a few minutes, and pack into jars. Put on rubbers and tops. Put in the boiler, sterilize one and a half hours, and follow directions for sealing as given on page 8.