

in canning owing to the greater amount of preservative used, viz., vinegar and salt, generally spices and sugar also.

## DRYING

Accomplished by exposure to air and sun or the heat of a fire. Care must be taken in the drying process in the case of fruits and herbs, to protect them from dust and insects.

## CANNED FRUITS

**Strawberries**—Wash, preferably by putting fruit in a sieve and pouring water over it. Do not let fruit stand for any length of time in water, as it extracts color and flavor. Cook below boiling point in syrup for one hour either in jars or in the kettle. A syrup of one pound of sugar to two and a half cups of water is sufficiently strong, though a stronger solution is often used on account of the difficulty of keeping strawberries. The long cooking ensures their keeping and cooking below boiling point preserves color and shape.

**Raspberries**—Are best cooked in the cans according to general directions. The lightest syrup is sufficiently strong for the taste of most people. Stronger may be used if desired.

**Cherries**—Cooked as raspberries. If of a very sour quality and very firm they are best cooked directly in a kettle and filled into jars.

**Peaches**—Wipe the fruit, place in boiling water long enough to loosen the skins, remove the skins and cook at once, as they soon discolor. Cook in syrup in a kettle, a few at a time, lift from the kettle and place in jars as they become cooked enough, which will be when they are soft and clear. When the jar is filled with fruit, pour in the boiling syrup and seal. A syrup made of three cups of water to one pound of sugar will be found strong enough. Cut in halves or quarters may sometimes be desirable.

**Pears**—Wipe and pare. Cook whole, leaving the stems on, or, if desired, quarter and core them. Cook same as peaches.

**Plums**—Cook same as peaches. They will probably require a stronger syrup. Many people like the addition of a few whole cloves. Prick the skins if anxious to keep them from bursting. If very hard it may be best to steam them till they are fairly soft before putting them to cook in the syrup.

**Pineapple**—Remove skins and eyes, then cut in cubes, shred or put through a grinder. For serving as fruit it is