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and spoil readily. I put the peas in boiling water and boiled about one minute, then drained off water and allowed cold water to run on them until they were thoroughly cold and crisp. Then I packed them closely in sterilized jars and filled up with boiled water salted to suit the taste (the salt having been boiled in the water). Rubbers and tops were put on, and the tops left a little loose for expansion. The water in the wash boiler comes up two or three inches above false bottom, and it is important that the lid of the boiler fits tightly. I boil the jars of peas for 30 minutes on three successive days. Between boilings the tops are screwed down tightly and jars are placed away from draughts. The tops are slightly unscrewed before putting in boiler for second and third boiling, but on no account must the peas be exposed to air or the whole process has to be gone through again.

When canning peas I string and cut, blanch for a few minutes, pack in jars and fill with salted water in the same way as peas, and boil in the same way on three successive days.

Last year I canned Golden Bantam corn in the above way and Evergreen another way with quite a lot of salt. Of the two, I preferred the flavor of the Evergreen when we used it in winter. I consider the method with

at bottom. Pour off clear liquid, strain. Settle a few hours again, pour off clear liquid again and strain. Settle and strain the third time, then bottle. The quantity of water put on lime is of no consequence as only a certain portion of lime is absorbed. It therefore cannot be made too strong.

Milk and White of Egg.

The white of egg which is nearly pure albumen is a very important part



Wire Basket Useful in Handling Fruit for Scalding.

of the invalid's diet, and it can be given in milk without the patient being aware of its presence. Put a teacupful of milk into a bottle with the white of egg, cork tightly and shake for three minutes. A few grains of salt or sugar can be added. If desired, water can be used instead of milk, with lemon juice for flavoring.

Orange Albumen.

Take the juice of a large orange, and put in a glass with the white of egg beaten to a stiff froth and sweeten to taste. It is a wise precaution to strain the orange juice for fear of seeds.

Lemon Albumen.

This is made same as orange albumen, only lemon juice is substituted for orange.

Milk Punch.

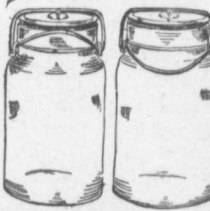
If stimulants are ordered, take half a pint of milk, one tablespoon of brandy or three of sherry wine, a little sugar and grated nutmeg. Pour into a bottle and shake three minutes.

Egg Gruel.

Beat the yolk of an egg thoroughly with a spoonful of sugar. Pour over it, stirring constantly, one cupful of almost boiling milk or water. Flavor to taste and stir in the well-beaten white of an egg.

Egg Broth.

Beat an egg very lightly, add half



Left, position of Spring During Sterilization; right, Spring Tightened After Sterilization.

a teaspoonful of sugar and pour over it has a pint of boiling water. Serve very hot.

Egg Nogg.

Beat an egg very lightly, stir in a teaspoonful sugar, put in glass and fill with milk. Flavor as desired. If stimulants are required, add them last as alcohol cooks the egg if put in before milk.

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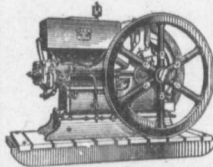
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