

## VEGETABLES.

The method of canning most of the vegetables is very similar to that practiced in the canning of fruit except that a longer boiling period is required. In this case, as in fruit, the exclusion of air from the jars is absolutely necessary for successful results.

**Tomatoes:** Tomatoes, which are really a fruit although considered here as a vegetable, may be successfully canned *in the oven*. Nice shaped, sound, ripe but firm tomatoes should be chosen, and over these pour boiling water for five minutes to loosen the skin, which should then be peeled off. Do not cut the tomatoes except where it is necessary to get them into the jars, but pack them into the jars as closely as possible, sprinkle very lightly with salt and fill with fresh, cold water. Set the jars (uncovered) in the oven, on the iron grating, *not* flat on the bottom of the oven.

Let them cook in a moderate heat until the tomatoes are soft, but not broken up (about 30 minutes), after which the jars will be only about three-quarters full. Draw them out on to the oven door, if it drops down, or on to the end of the stove—not on to anything cold—and fill the jars to overflowing, emptying one jar to fill the others. If you use a large spoon and lift them carefully they will break very little. Put on the rubber rings and covers, which should be washed in hot water, and put on while still hot; screw covers very loosely and return at once to the oven for fifteen minutes. Then, as each jar is taken out, screw the cover as tightly as possible and set on something warm to prevent bottles cracking.

When cold, tighten covers again and set away in a dark place. Tomatoes done in this way keep their shape much better than if boiled. If more convenient, however, tomatoes may be boiled and handled in the same manner as that described for berries, except in this case a longer time will be required. Thus, 30 minutes is recommended before sealing tightly and 30 minutes after sealing the first day. On the second and third days they should be boiled one hour each day, the top being loosened to permit steam to escape.

**Beets:** Select young round beets, not more than two inches in diameter, scrub clean, being careful not to break the skin, and boil until tender. Then put in a saucepan the following ingredients:—

- 1 pint malt vinegar,
- 1 pint water,
- 1 cup sugar,
- 1 tablespoon salt,
- $\frac{1}{4}$  teaspoon ground pepper,

and when this is boiling drain the water off the beets, peel off the skins and pack