

PRESERVING
VEGETABLESBY SALTING, PICKLING AND
FERMENTING

In a recent issue, the *Youth's Companion* published an article under the above heading which gave in a clear and practical manner some very useful directions for preserving vegetables without using either fuel or glass jars. As both fuel and glass jars are difficult to obtain and very high priced when obtainable, a method of keeping vegetables for winter use which does not require either of them is very desirable, and below we print some extracts from the *Youth's Companion* article which is rather too long to print in full in the space available.

The following equipment is necessary: for packing the vegetables use a clean wooden keg or tub, a stone crock or jar, or wide-mouthed bottles or glass jars not suitable for canning. New kegs are best, but old ones if thoroughly cleaned will do very well. A five-gallon crock is the most convenient size. Too large a crock will be apt to cause waste, because when once the vegetables have been opened up it will take longer to use up the whole amount, and some of the vegetables at the bottom may spoil.

Use fine salt, the common kind that can be bought in bulk for cents a pound. Have round covers of board a little smaller in diameter than the necks of the crocks, so that they will slip in and out easily, and will allow for several thicknesses of cheese-cloth between the cover and the side of the crock. Some clean bricks or stones are needed for weights to put on the covers to keep the preserved food under the surface of the brine, and ordinary kitchen scales and a quart measure complete the list of necessary equipment.

The vegetables to be preserved must be young, tender and sound. Some vegetables, like greens and beets, should be packed whole, but others, like string beans and cabbage, should be cut up. All of them should be washed to remove surface dirt, and root vegetables should be thoroughly scrubbed.

To preserve by salting, weigh the vegetables and take one quart of their weight of salt. Pack a layer of vegetables about one inch deep at the bottom of the receptacle and sprinkle it heavily with salt. Continue to pack layers of the vegetables sprinkled with salt until the vessel is nearly full. The weighed quantity of salt should be evenly distributed throughout the whole quantity of vegetable. Pack the material close, and cover it with several thicknesses of clean, cheese-cloth. Over that place a board cover, and on top of that, put a heavy stone or brick. Set the keg or crock in a cool place. In about twenty-four hours, the salt and the pressure should have extracted the juices of the vegetables and formed a brine that will cover them. If enough brine has not formed at the end of that time, make a strong brine by dissolving one pound of salt in two quarts of water, and pour just enough of it into the vessel to cover the round board on the top of the vegetables. The surface of the brine is now treated to prevent moulding or loss of water by evaporation. Set the keg where it is to remain, otherwise the layer of wax or other sealing material will be broken when the container is moved. If ordinary paraffin is used as a sealer, heat it until it begins to smoke and then pour it carefully on the brine until it forms a layer a quarter of an inch thick. Suet or mutton tallow can be used in place of paraffin, or a layer of cottonseed or other wholesome oil can be poured over the surface of the brine. Yet another method of sealing the crock is to replace the board cover, bore a small hole in it, pour in brine until there is no air space left and then plug the hole tightly. Corn on the cob can be salted by packing into a small jar and covering it with brine (one pound of salt to two quarts of water), and then treating it as above described.

When vegetables have been preserved by salting are to be used, drain off the brine and soak them for several hours in clean cold water. Cook the vegetables as usual, but change the water once. In preserving in vinegar, vegetables are first soaked for two or three days in a strong brine (one pound of salt to two quarts of water), and then packed in jars or bottles with strong vinegar. The jars should be filled with vinegar so that there is no air space, and should be tightly sealed. By adding spices, or spices and sugar, to the vinegar, a great variety of products can be obtained. Cucumbers, tomatoes, onions, peaches, pears, apples, plums, and currants can all be pickled with vinegar, sugar and spices. Watermelon rind and ripe cucumbers treated in this way make a very palatable sweet pickle.

For the fermentation method: cabbage, string beans, and beet and turnip tops, are best fermented by the dry salt method. Prepare as for salting. Weigh vegetables, and then take three pounds of salt for every one hundred pounds of vegetables, three per cent. of salt by weight. Spread a one-inch layer of vegetables on the bottom of the crock, sprinkle with salt, and continue until the container is nearly full. Cover with several thicknesses of cheese-cloth tucked down at the sides; place the board and stone on top, and set the crock in a warm room. If after twenty-four

hours the material is not covered with brine, make a solution of three-quarters of a cupful of salt in a gallon of water, and pour enough of it into the container to cover the board. As the fermentation goes on, bubbles will rise and will continue to form until fermentation ceases. Shake the keg slightly, and if no bubbles rise the container should be moved to a cool place and the surface of the liquid covered with paraffin or other sealing material. Should the surface begin to mould, the upper layers of the vegetables can be scraped off, a fresh cloth added, and a new layer of paraffin poured over the top.

For fermenting cucumbers, green tomatoes, beets, corn, and green peas, make a brine of three-quarters of a cupful of salt to a gallon of water, and add one cupful of vinegar. When thoroughly dissolved pour over the vegetables in the container and proceed as for the dry salting fermentation. To use successfully these methods of preserving, it is necessary to follow the directions and to observe a few simple precautions. Metal containers must never be used; tubs of yellow pine are likely to impart an undesirable flavor. All utensils should be scrupulously clean. The proportions of salt and vegetables should be weighed carefully and only pure water used for making the brine. It is especially necessary to prevent the surface of the brine from moulding, and when containers are set aside to ferment they should be watched carefully and any scum of mould that forms on the liquid should be scraped off from day to day. The fermented or salted foods should be stored in a clean, cool place where they will be protected from rats and mice.

ONTARIO'S FISH-DINNERS OF
LONG AGO

A fish diet was not entirely unknown to the inland communities of Ontario thirty years ago. The red herring, ay, for that fish, the red herring:—

"Every place was a temple, and all seasons summer."

Ontario feasted on the game fish of "cricks" and rivers, and larger waters, the salmon and whitefish of the great lakes. The areas of consumption for these fish were local rather than provincial. The red herring was popular as a restorative for the faded appetite of the roysterer who had imbibed deeply and was trying to sober up. The boxes of red herring were always open. The whole assembly of a salted codfish was hoisted in front of the general store shortly after sunrise and taken in after sundown. The place that the salted codfish occupied in the busy marts of Ontario commerce was thus celebrated by Canada's greatest poet, Mr. R. K. Kernighan, "The Khan," of Rockton, Ont.:

Homelick-to-night, my heart is sick,
As in the days of yore
I walk again the village street,
I see the village store,
The same old-time cod-fish still
Dangles at the door.

The red herring was a relish for breakfast or tea. The salted codfish and the Labrador herring in barrels were welcomed on the tables of people wearied with their winter diet of pork, fresh and salted. A meal of Labrador herring and potatoes or salted codfish was a banquet that parched the throat of the banqueter with a thirst such as never blistered the throat of a wanderer on the desert of Sahara.—*Toronto Telegram.*

FOOD THRIFT IN RHYME

The National Food Commission of the United States, like Silas Wegg, has "dropped into poetry," to express its sense of the need for the preservation of food, and its effort has produced the following:

From our constant daily reading we see the thing we're needing is the stuff for fully feeding folks at home and folks afar. For the daily papers tell us facts and figures that compel us to be wide-awake and jealous of the waste we should debar. Bread and butter, beans and berries, kraut and cabbage, cheese and cherries, and the eggs of Tom and Jerries should be saved throughout the land, so that ours, the fruitful nation, may prevent the quick starvation of the balance of creation in the troublous times at hand. Though it seems inconsequential each small slice of bread's essential to keep famine pestilential from ourselves and our allies; waste of food is unpropitious, unpatriotic, pernicious, and has consequence as vicious as a swarm of German spies. All our logic and our reason prove in nothing short of treason if we let the growing season find us idly looking on, not considering nor caring for the famine which is staring in our faces, nor preparing for the days when summer's gone.—Let us then do what we ought to by devoting all our thought to saving foodstuffs as we're taught to by the manuals complete which the National Commission has prepared in large edition for improving the condition of our stock of things to eat. This is something worth your trying, for by canning and by drying all the things that you've been buying you'll find, from the beginning, that you've helped our troops in winning by the drying and the tinning, which have stocked your pantry shelves.

THE FISH SUPPLY

TO THE EDITOR OF THE EVENING POST: Sir:—There was a dinner at Coney Island yesterday to celebrate the 324th anniversary of the birth of Isaac Walton. The event was under the auspices of the United Anglers' League of this city, an organization composed of anglers who fish as a sport and who are pledged to secure legislation, national and State, for the protection, conservation, and propagation of food and game fish.

The dinner was attended by over 300 hook and line fishermen, and among those who spoke of the great necessity for the enactment of conservation laws to prevent the extermination of edible fish were Dr. W. T. Hornaday, director of the New York Zoological Park; Dr. Robert T. Morris, writer on fishing; Dr. John Treadwell, Nichols, curator of the American Museum of Natural History; Charles Bradford, editor of *The American Angler*; and State Senator C. F. Murphy, of Brooklyn.

Mayor Mitchell wrote his regrets at not being able to attend the dinner. The Mayor's letter was received with great enthusiasm, especially that part of it which read:

"As I understand it the United Anglers' League is an organization which seeks to obtain and enforce laws for the propagation and protection of food fish, and has already secured legislation in the interest of fishing and fishermen. It seems to me that the League, through its organization and members, could at the present time render a great service in assisting other organizations and committees in preventing waste of food fish, and also in helping to secure laws that will permit our citizens to purchase fish at a price that is not prohibitive."

Mayor Mitchell is right. Unless something is done in the immediate future to propagate and conserve our food fish, especially such salt-water fish as cod, sea bass, flounders, porgies, and black fish, these species of fish will be exterminated.

There is urgent need of cod-fish hatcheries along the Long Island coast. We hear a great deal about the cultivation of land, but very little about the cultivation of our waters. Edible fish are getting scarcer every year. The Mayor's suggestion should be heeded.

J. W. M.

New York, August 10.

—*The New York Evening Post.*CANADIAN PULP MANUFACTURED
IN 1916

The Forestry Branch of the Department of the Interior, Ottawa, has just issued the annual bulletin on the manufacture of pulpwood. The total value of the pulpwood made into pulp in Canada and exported for manufacture elsewhere in 1916 was nearly \$20,000,000, which represents an increase of over 28 per cent. as compared with 1915. The proportion of pulpwood manufactured into pulp in Canada compared with that exported in the raw state is steadily increasing. These and other particulars of this important industry are set out in the bulletin which may be had free by any citizen interested by addressing the Director of Forestry, Ottawa, and asking for the Pulpwood Bulletin for 1916.

THE EVAPORATED APPLE
INDUSTRY

With the apple picking season close at hand and the large quantities of apples grown in Canada, a more timely bulletin than one on the Evaporated Apple Industry, written by Mr. C. S. McGilivray, Chief Travelling Inspector of Fruit and Vegetable Canners, and issued by the Department of Agriculture, Ottawa, could hardly be devised. It speaks of the old time methods when apples were cut into sections and hung up to dry, and then, with many illustrations and drawings, describes in full the progress that has been made in the process, the wholesomeness and nutritive value of the evaporated apple, the implements that can be used, and the structures that are advisable for manufacturing on a scale of different dimensions. The bulletin remarks that the industry is only in its infancy in Canada, but is of great value and importance and open to extensive development. It gives the results of many experiments and, in short, in plain and explicit language, explains very fully the operations that are necessary to bring the evaporated apple up to the highest standard of commercial excellence and nutritive value. The bulletin can be had free by addressing the Publications Branch, Department of Agriculture, Ottawa.

"The primary duty of a Food Controller in Canada and the United States," said Hon. W. J. Hanna in a recent interview, "is to see that the men at the front do not suffer from want of food, and that our Mother Country and our European Allies should not suffer from want of food."

"Have you power to check prices?" Hon. W. J. Hanna was asked.

"Certainly."

"Are you going to exercise it?"

"In the cases where we have the necessary data we will not hesitate to check prices," declared Mr. Hanna.

Minard's Liniment for sale everywhere

FOOD REGULATIONS

AT THE GOVERNMENT HOUSE
AT OTTAWA

Thursday, the 9th day of August, 1917.

PRESENT:
HIS EXCELLENCY THE GOVERNOR
GENERAL IN COUNCIL

HIS EXCELLENCY the Governor General in Council is pleased on the recommendation of the Right Honourable the Prime Minister, to approve the following Regulations, which have been made by the Food Controller under the powers conferred upon him by the Order in Council of the 16th June, 1917, and the same are hereby approved accordingly:

REGULATIONS APPLICABLE TO PUBLIC
EATING PLACES.

1. For the purposes of these regulations,

(a) the expression "public eating place" includes any hotel, restaurant, cafeteria, club or other place where meals to the number of twenty-five or more per diem are sold and served to persons other than members of the family or household of the proprietor;

(b) the expression "bacon" shall include cured (either pickled or smoked) sides, backs, hams, and any portion of what is termed in the trade Wilshire sides.

2. At any public eating place,
(a) beef shall not be served at more than one meal on any day, and on Tuesdays and Fridays none shall be served;

(b) Bacon shall not be served at more than one meal on any day, and on Tuesdays and Fridays none shall be served;

(c) At every meal at which white bread is served there shall also be served some substitute or substitutes, such as corn bread, oat cakes, potatoes, etc.;

(d) There shall be prominently displayed a printed notice to the effect that all persons in ordering their food ought to consider the needs of Great Britain and her allies and their armies for wheat, beef and bacon, and that the Food Controller requires the public to do everything in their power to make these commodities available for export by eating as little as possible of them, and by making use of substitutes and avoiding waste.—*Canada Gazette, Extra, Aug. 13.*

"It is in the homes of the Province of Ontario that the great battles, we are to face, will have to be fought and won," declares Sir William Hearst, Premier of Ontario, referring to the Food Controller's Food Conservation campaign. Premier Hearst's words apply to all Canada.

"We look to the resources of Canada, and to the indomitable energy of Canadians for an answer that will shatter Germany's threat of starvation," says Baron Rhonda, Food Controller of Great Britain, in a message to Hon. W. J. Hanna, Food Controller of Canada.

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I've just finished "putting down" my new linoleums and mattings. How neat and clean my kitchen looks! How cool my bedrooms are! and how easy to sweep and keep tidy!

My "girl" just sings as she works. She was getting cross before. I don't blame her. I ought to have been considerate of her surroundings as well as my own.

When you come over and see how refreshed my whole home is since I've fixed the floors, you too will get some new linoleum and matting.

Come over—HELEN.

P.S. You get yours where I got mine—from

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