

allowing them to remain in this position for about five minutes. If any water oozes out, the jar is unsuitable for canning purposes and should be set aside for other uses. The most satisfactory type of jar is the one here illustrated. It will be noticed that the covers are concave in shape and so curve down into the top of the jar leaving practically no air space. New rubbers should always be used each year.

In canning fruit only sound, well ripened but firm fruit should be used. Pick early in the morning and keep in a cool place ready for use. Prepare a sugar solution or 'syrup' for the fruit. For sweet or slightly acid fruits such as raspberries and strawberries two measures of sugar to one of water will be about right. This will require about eight ounces of sugar to each quart jar of fruit. For more acid fruits, such as cherries, gooseberries and currants, three measures of sugar and two of water may be required. In this case about twelve ounces of sugar will be required for each quart of fruit. For a quart jar about one half a pint of the 'syrup' will be required.

The fruit should be carefully cleaned and picked the same as though it were to be stewed, and should then be packed lightly in the jars even with the top. The syrup, after boiling for five minutes and then being cooled, should be poured slowly into the jar until this is completely filled. The covers of the jars are then put on but are not sealed tightly until later. The next step is to thoroughly sterilize the jars and their contents so as to kill all germs and also to "cook" the fruit. A convenient method of doing this is as follows :—

Take an ordinary wash boiler into the bottom of which place a few thin pieces of wood or laths tacked together crosswise. Place the jars on this framework and add enough hot water to have it come up to within about two inches of the top of the jars. Cover the boiler, place on the stove and allow the water to *boil slowly* for twenty to thirty minutes, in the case of berries, after which the jars are sealed tightly and left for another ten to twenty minutes in the hot water. In the case of the more acid fruits, such as those already mentioned (strawberries, currants and gooseberries), it is advisable to again place the jars in the boiler the second and third days, after loosening the covers, and then boiling for from ten to twenty minutes each day. During the intervening twenty-four hours the jars should be kept tightly sealed in a *warm* place, so as to encourage any of the bacteria which have not been killed to develop and thus to be more easily destroyed when boiled a second or third time. The tops should then be thoroughly tightened and the jars turned upside down for a few minutes to make sure that they are absolutely tight, in which case they are set away in a cool, dry place as far from strong light as possible. Canned fruit should always be opened two or three hours before being used as the oxygen of the air gives the fruit a finer flavor.