

A similar method of long, slow cooking of fruit in jars is also accomplished in the following way: Place the fruit in jars as in the former method. Set the filled jars on cloths wrung out of hot water and fill them to overflowing with the boiling syrup. Screw on lids as for final putting on, making them as tight as possible. Place the jars as quickly as possible in a tub or clothes-boiler. Have ready large quantities of boiling water. Pour it in around the jars, being careful to pour it around the sides of the boiler and not upon the jars, so as not to break them. Fill to a depth of four or five inches over the tops of the jars, or as full as the boiler will hold; put on the cover, if a boiler, and adjust closely over and around a heavy blanket or blankets so as to exclude as much outside air as possible and thus retain the heat. Let stand thus for twenty-four hours and the fruit is cooked. See that covers are tightly screwed before putting away.

To sterilize jars:

- (1) Wash thoroughly and fill with cold water.
- (2) Set on a rack of some description, in a pan or kettle and surround with cold water.
- (3) Heat gradually to boiling point, remove from the water as needed, empty and fill while hot. Dip rubbers in hot water. (Do not allow them to stand in it, as they will slacken). Place them on the can, screw on covers which have been sterilized by letting them stand in boiling water for at least five minutes. **Note**—Be careful not to touch the inside of jar or cover after it has been sterilized with cloth or fingers, also do not rest the cover on the table or elsewhere with the under side down. Be sure that jars are air-tight before using. Test by putting water in them, sealing and turning upside down.

Use a wooden spoon for working with fruit rather than a metal one. Procure new rubbers every year. It is too risky to use the old ones.

### PRESERVING

General directions:

- (1) Use from three-fourths to the whole weight of the fruit in sugar.
- (2) Sugar for jelly, jams, etc., should be heated slowly in the oven before adding to the fruit to prevent too long cooking together of sugar and fruit, which renders it sticky and robs the fruit of its fruity flavor.
- (3) Juice should not be squeezed from fruit for jelly but allowed to drip. Squeezing makes it cloudy, owing to the presence of some of the pulp of the fruit.
- (4) Glasses, jars, etc., should be sterilized as for canned fruits.
- (5) Jams, jellies and marmalades should be allowed to stand in a sunny window for twenty-four hours before sealing. Dust can be prevented from settling upon it by covering loosely with a paper. Thus standing, evaporates any surplus water that may be left from cooking and also forms a skin on the top which serves as a protection.
- (6) Exclude air by melting paraffin and pouring over the top of the fruit in the glass, or cut white thick paper to fit the top of glass, dip in brandy and cover. Finally place on covers, or if there are none, paste paper over the edge of the glass. In the latter case, preserves must be stored where there is no danger from mice.
- (7) For jelly, use under-ripe rather than over-ripe fruit. Over-ripe fruit may fail to form in a jelly or at best will form a jelly lacking firmness.
- (8) For a jelly-bag, use cotton and wool flannel or two thicknesses of good quality cheese-cloth. Shape it so as to form a point at the bottom such as is formed by folding a square of cloth diagonally. It is convenient to have it finished with loops at the top for hanging.

### PICKLING

General directions—Use the same precautions for destruction of germ life and for preventing further growth as in the case of fruit canning, that is, careful sterilization and perfect sealing. There is less danger of spoiling them 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 shape and color.