

LIFE'S UNCERTAINTIES

WHEN consider life, 'tis all a cheat; Yet, fool'd with hope, men favor the deceit; Trust on, and think to-morrow will repay; To-morrow's false as the former day; Lies worse, and while it says, We shall be blest With some fair joys, cut off what we possess; Strange cozenage! none would live past years again, Yet all hope pleasure in what yet remain; And, from the dregs of life, think to receive What the first sprightly running could not give; 'Tis all a cheat, and waiting for this chemic gold, Which leads us young, and beggars us when old.

From the "Adress-Zeit," by JOHN DRYDEN (Born August 9, 1631, died May 1, 1700).

MODERN METHODS OF CANNING

The secret of success in canning depends upon two things: First, complete sterilization, that is the destruction by heat of all germ life on the food and on all parts of the jar that come in contact with the food. Second, care to prevent further entrance of these organisms that cause foods to spoil.

STERILIZATION The secret of success in canning depends upon two things: First, complete sterilization, that is the destruction by heat of all germ life on the food and on all parts of the jar that come in contact with the food.

Some Things Explained Scalding—Boiling water is poured over the fruit or vegetable and allowed to stand a few minutes, then drained. This is done to loosen the skin and eliminate objectionable acids.

Blanching—The vegetables are covered with boiling water and boiled according to length of time given in time table. This is to remove objectionable flavors to reduce the likelihood of acid fermentation.

Cold Dip—Dip fruit or vegetable in cold water. This is to harden the pulp under the skin, set the color and make it easier to handle the product in packing.

Scalding and blanching are always followed by cooling. The cooled product is then packed in jars, sealed, and sterilized.

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ing instructions: The boiling water followed by the cold water treatment is very effective in destroying bacteria spores and molds. After blanching and dipping, pack closely, add 1 teaspoonful salt to every quart jar, pour boiling water down through the vegetables until the jar is full. Adjust rubbers and covers loosely and sterilize the proper length of time for each vegetable. Remove from boiler and seal.

CANNED BEANS Can same day as vegetables are picked. String, cut in small pieces if desired, or leave full length. Blanch 5 to 10 minutes, then plunge quickly in cold water. Pack in sterile jars, fill with hot water, add 1 teaspoonful salt to each quart jar. Place in boiler and sterilize length of time given in table.

CANNING OF SOUPS AND MEATS After learning how to can fruits and vegetables successfully, the next step is to can meats, buying them in the winter, when they are comparatively cheap. Bones that are very often discarded may be made into delicious soup stock and canned. It will be a delight to the housewife to be able to take from her supplies a jar of home-canned soup and serve it within a few minutes' time.

CANNED MEAT Cut meat in small pieces, pack in jars, add salt, adjust rubbers and covers, and steam 3 1/2 hours. Or roast or boil meat for half an hour, then cut in small pieces, removing some grease and excessive fat and pack directly into jars. Fill with gravy from roasting pan or pot liquid, concentrated to one-half its volume, put rubber and cover in position, and sterilize 3 hours. Seal.

CANNED POULTRY Boil fowl until meat can be removed from bones. Remove skin, wash, and pack in jars. Fill jars with pot liquid after it has been concentrated one-half, add 7 teaspoonful salt per quart jar of meat, put rubber and cap in position and sterilize 3 1/2 hours. Seal.

CANNED SALMON Make a brine salt water that will support a potato, and after cleaning the fish properly, place in the brine for one-half hour. Remove from brine, cut into convenient sections and pack in glass jars. Add 1 teaspoonful salt per quart; adjust covers and sterilize for three hours.

TIME TABLE FOR BLANCHING, COOKING, ETC. The following table shows the necessary time for blanching and scalding and also for sterilizing the various fruits and vegetables.

Table with 2 columns: Name of fruit/vegetable and Time of Cooking (minutes). Includes items like Apples, Blackberries, Blueberries, Raspberries, etc.

TO TEST CANNED FOOD After several days loosen the clamp and grasp the jar by the edges of the glass top. If sterilization is not complete, if the can leaks or if decomposition has set in, the top will come off. If the top stays on, tighten the clamp and the food is ready for storage.

CAN YOUR HENS FOR WINTER USE What is preferred are good, plump fowls, with a fair proportion of chickens, the bones of the latter giving a firmer jelly and lessening the danger of a soupy or starchy product. As a precaution against this condition, where the pack is straight fowl, gelatine may be, and often is, used.

So much has been said and written about the proper methods of sterilizing, blanching and plucking poultry for market that it is useless to go over them again. One can only emphasize the necessity of exactness in carrying out the accepted principles in connection with these points, which are just as applicable to poultry to be canned as they are to those intended for the market.

There is another point which is important, although possibly its carrying out may detract from the appearance and affect the sale to an inexperienced buyer, namely, that all poultry intended for food cannot or otherwise, after being properly sterilized, bled and plucked, should be left undrawn and kept in a suitable temper or store for a day or two in order that the chemical changes which follow the killing of the bird may have an opportunity to take place.

Place in boiler or other vessel containing warm water and gradually bring to a boil. For plucking, use a plucking machine. For balance of the chicken, meat will strip free from the bones. Strip off all meat and pack in jar.

Four thirds the balance of the liquid in the kettle that has not been used in the first jar. If there is not enough liquid to fill the second jar, add water. Place in boiler as above, and boil as follows: For quarts of meat.

For quarts of meat. If desired, the whole of the chicken may be prepared the same as the last part. In all cases take care not to expose the gum jars to a sudden change of temperature. Also, after the jars have cooled off, examine the tops to see that the covers are air-tight.

While describing the method of canning, something should be said about the poultry to be canned. During the cooking of the product, place the glass tops on the sealers but do not fasten them. Any steam or gas which may be generated will escape. As soon, however, as the process is finished, fasten the tops securely.



Dear Mary, I've just finished 'putting down' my new linoleums and matting. 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. BUCHANAN & CO. Water Street, St. Stephen.

TRY "THE OVERLAND" PAYNE'S THE NEW TEN CENT CIGAR FOR FIVE CENTS

HILL'S LINEN STORE advertisement featuring 'Fine Quality of Madeira Embroideries in the following sizes: LUNCHEON SETS in 13 and 19 Pieces, ROUND SCALLOPED TABLE CLOTHS, sizes 35 inch, 44 inch, 54 inch, and 70 inch, BUREAU SCARFS 19x45, and 19x54, NAPKINS and HANDKERCHIEFS, HANDKERCHIEF CASES and GLOVE CASES, BABY PILLOWS. HILL'S LINEN STORE, 114 SAINT STEPHEN, N. B.

REGAL FLOUR advertisement featuring 'THE ST. LAWRENCE FLOUR MILLS CO. MONTREAL. One Barrel of Convince Yourself Try a Barrel. REGAL FLOUR Recommends Another. THE ST. LAWRENCE FLOUR MILLS CO., Ltd. MONTREAL.

Vertical text on the left edge of the page, including 'Re-see', 'Co.', 'N. B.', 'LET', 'and Sizes', 'ugh.', 'of Every', 'Fresh and', 'all of the', 'al. Prices', 'teeth, skin', 'for the Bath', 'this YOUR', 'G STORE', 'Prop. Streets', 'e Beacon'.