

**Canned Green Peas**—Shell and pour boiling water over and let stand from 2 to 5 minutes. Pour off hot water and replace with cold water. Pour off the cold water quickly and fill the jars with peas. Shake them down so that the jars will be filled as closely as possible. Fill the jars with salted water (1 level teaspoonful salt to 1 quart water) to within three inches from the top. Screw on the lids closely. Cook in a boiler as directed for canned fruits for 2 hours. Then remove the lid, fill the can to overflowing with boiling water, screw on lid tightly. When cool store. Wrap the jars in paper to prevent loss of color. See that lids are tightly screwed before storing away.

**Green Beans**—Remove the cuds and string. Follow directions for canning green peas.

**Cauliflower**—Pull the flower heads apart and cleanse thoroughly. Dip in boiling water. Remove and dip quickly in cold water. Pack the flower heads in jars as tightly as possible. Fill in the spaces with salted water (1 teaspoonful to 1 quart water). Follow directions for cooking as for peas and beans cooking 1 1-2 hours.

**Vegetable Greens**—Such as tender Beet Tops, Spinach, Asparagus, Dandelion, Lamb's Quarter's, etc.—Place in boiling water and let stand 15 minutes. Drain and plunge quickly in cold water. Drain off cold water thoroughly and pack greens tightly in jars. Add a level teaspoonful of salt to a quart jar and water sufficient to cover greens. Cook the same as cauliflower for 1 1-2 hours. If necessary add boiling water to fill jars before finally sealing jars.

## PRESERVATION OF MEATS

**Curing Hams**—Ingredients: 8 quarts salt, 1 pound soda, 4 pounds brown sugar, 1-4 pound salt petre, 1 quart molasses, 4 gallons water. *Preparation*.—Mix all well together and boil until salt is dissolved; then cool before adding to meat. If this is not sufficient to cover hams make a common pickle (salt and water) and put in until hams are covered. Leave hams in pickle six weeks; then take out and soak for one day and night in water; hang up to dry for 2 weeks, then rub on condensed smoke; leave for a week then apply smoke again. Apply well around the bone. *Note*—If condensed smoke is not used a good plan is to use a large tin can. Put corn cobs or smoking material in bottom and suspend hams from a rod, covering the top well with a bag or thick material and smoke at least 2 days. This is very convenient where a smoke house is not available.