

The Kitchen

HOW TO CAN VEGETABLES

To Can Corn

When removing husks be sure that all the silk is stripped off. Take a sharp knife and score each row of kernels through the centre, then cut the corn from the cob. Pack as close as possible in the jars and fill each jar full. Put on the tops and follow directions for canning peas. Cook three hours, then put on the rubbers and clamp on the tops, cook fifteen minutes longer and proceed the same as for the other vegetables.

To Can Tomatoes

Have the tomatoes of uniform size. Scald and remove the skins. Pack close in the jars, cover with water and put on to cook the same as peas. Cook one hour and follow directions as given in previous recipes. Tomatoes that are over ripe and not a good size for canning whole, can be stewed, strained and poured while hot into sterilized jars, and are then ready to use for soups and sauces.

To Sterilize Jars

Fill the jars with warm water. Set them in a kettle with rack in the bottom and surround with water; heat gradually to the boiling point, boil five minutes, then remove from the water and fill while hot. Sterilize the covers by putting into warm water and boil two or three minutes. Dip the rubber bands in hot water and let them stand for a few moments.

To Can Sweet Red Peppers

Wash, cut a thin slice off the stem end of each and remove the seeds. Cover with boiling water, let stand five minutes; drain and put into ice water, let them stand again for ten minutes, drain again and pack into jars, and proceed the same as for tomatoes. It is best to use half-pint jars for the peppers as only a few are usually used at one time.

To Can Cauliflower

Remove the outer leaves, and soak head downward in cold salted water for fifteen minutes or longer. Break the flowerets apart and cook in boiling water until tender. With a skimmer remove from the water and pack in hot sterilized jars, cover with boiling water,

letting the water run over the top; seal at once and stand upside down until cool.

To Can Celery

Wash well, cut in inch pieces and pack in jar, put the jar under the cold water faucet and let the cold water run over it twenty minutes; screw or clamp on the top.

This way of canning celery was given me by a restaurant keeper who said he had put up many jars of celery in this way and had never had one spoil. He said he had also canned peas and other vegetables in the same way and had been very successful in keeping them. I have canned rhubarb in this way with the

best of results, and have found it perfectly good at the end of the year.

All canned goods should be kept in a cool, dark place. They should be opened at least an hour before needed, to aerate them; if canned in tin they should be removed at once from the tin. They are better if cooked only long enough to heat the vegetable through. Peas, beans, and cauliflower should be drained and cold water poured over them before reheating.

JELLY MAKING

For use in jelly making, tart apples are the best. They should be sound and ripe or a little under ripe.

The pectin, which is the jelling property of fruit, varies in amount in different varieties of apples. In apples the pectin is found in both skins and pulp.

To determine the presence of pectin

in fruit juice, put a small portion of the juice in a cup with an equal amount of ethyl alcohol (90 per cent to 95 per cent) mix thoroughly and cool; if pectin is present a gelatinous mass will appear in the cup which may be lifted on a spoon.

Raw apple juice shows little pectin. Cooked apple juice shows large amount. Raw currant juice shows a little more pectin than raw apple juice.

Cooked currant juice shows a much larger amount than the raw juice.

PREPARING APPLES FOR JELLY MAKING

Perfect fruit is best, but that which is not perfect may be successfully used provided all imperfections are removed. Do not remove skins or seeds, cut in small sections, put into an acid-proof kettle, cover well with water, bring

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