

RECIPE FOR PEACHES

Fill jars with pared peaches. Make a syrup of water and sugar—half a cup of water and a cup of sugar for each pint jar. Pour syrup over fruit until jar is full, place covers on loosely and set in a "Wear-Ever" Roaster—filling the lower half with water. Cover and let come to a boil. Steam until peaches are tender, remove jars one at a time, fill with boiling syrup and seal.



Home Canning is Economical and Easy When You Use The "Wear-Ever" ALUMINUM ROASTER

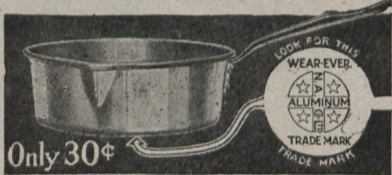
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Marjory Dale's Recipe Page PRESERVES, JELLIES, JAMS

Edited by
MARJORY DALE

THE new housewife attacks her first attempt at canning, pickling, and preserving with apprehension and fear; not that she fears the work, but she fears that "the things won't keep." But she may lay aside her fears if she will but bear in mind these few rules:

All jars must be sterilized; clean them thoroughly and place in a large dish of cold water, heat slowly to the boiling point and let boil five or ten minutes.

Fruits for canning must be carefully selected; they must be ripe—neither green or too ripe—and sound; bad spots will cause fermentation. The would-be economical housewife who buys cheap, inferior fruit under the impression that it is good enough for preserving makes a grave mistake.

Peaches, plums, and all fruits that can be skinned, should be scalded—quickly—with boiling water and plunged immediately into cold water; the skins can then be easily slipped off.

Fruits should be pared and cut with a silver or plated knife—a steel knife must not touch them.

Porcelain lined or enamel ware is best for preserving; tin and iron ware discolours the fruit and gives it an unpleasant taste.

Method for Canning

Berries, and all kinds of fruits, cooked in a syrup, should be lifted and placed in the jars, the jars being placed in a pan of hot water while being filled; then fill jars with boiling syrup, allowing to flow over; place on cover and screw down tight. Place large brown paper on table; then turn jars upside down and let stand overnight, to make sure there are no air holes. In the morning before putting fruit away in fruit larder, give top one more twist and then immerse top in melted paraffin wax.

Method for Making Jelly

A cheese cloth bag is best for straining jelly. Jelly should not, at any stage, be put in a metal vessel. For every cup of strained juice allow 1 lb. granulated sugar, or cup for cup, boil juice 15 to 20 minutes before adding sugar. Sugar should be heated before adding it to the juice. All jellies should be cooked over a moderate fire slowly to boiling point and carefully skimmed. Never cover. When boiling preserves and jellies, when cooked they should be placed in a glass jar and set away to cool before covering. Stir marmalade constantly to prevent burning.

Allow fruit for jam to boil 5 to 10 minutes before adding sugar, then boil 15 minutes afterward; be careful to remove all scum without breaking the fruit.

When glass jars are set away they must be kept in a cool, dark place, but where there is no possibility of the fruit freezing.

Syrup for Canning

Allow 2 cups water to one cup sugar for canning syrup. Boil syrup 10 minutes, counting from time it begins to boil, skim any scum that rises—though if a pure sugar is used there will be very little scum.

Peach Butter

Nine cups peach pulp, 6 cups sugar, 3 cups water, 1 teaspoon preserved ginger, few slices lemon or orange peel, 1 teaspoon of ground cloves and cinnamon.

Pour boiling water over peaches, then immerse them in cold water, and slip off skins; remove stones, crack ten stones, remove kernels, crush them, add to fruit. Place water and peaches in a preserving kettle to simmer until fruit is tender, add half of the sugar and simmer half an hour, then add the rest of the sugar and boil gently until fruit is stiff; add ginger, lemon peel, and spices.

Tomato Preserve

Eight cups tomato pulp, 3 lemons, six cups sugar, spice bag containing stick of cinnamon and whole cloves.

Use firm red or yellow tomatoes. Pour boiling water over tomatoes. Plunge into cold water, remove skins and any blemishes, cut tomatoes, place in preserving kettle. Cut 4 thin slices from centre of each lemon, remove seeds, use juice and clear pulp from the seeds; add this and the spice bag to the tomatoes, let simmer for 1 hour, then add the sugar and as soon as dissolved begin to test the mixture. When the juice jellies take from stove, remove spice bag, place preserves in scalded glasses, when cold, cover with paraffin wax and seal.

Tomato Preserve, No 2

Four pounds tomato pulp, 4 tart sour apples, 3 lemons, 4 lbs. sugar, 2 sticks cinnamon, 12 cloves.

Select firm red or yellow tomatoes, scald, plunge in cold water, skin, cut into quarters lay in colander to drain off superfluous juice. Pare and core apples, cut in slices, Pare lemons, remove all white skin, slice.

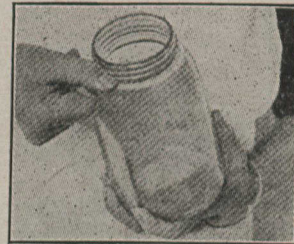
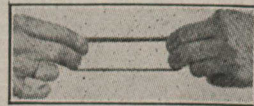
and remove seeds. Tie spices in a cloth, place fruit and spices in a preserving kettle. When at boiling point, stir in sugar and boil gently, stirring often to prevent burning. When preserve is rather thick and clear remove from fire; when cool, place in scalded jars. Cover with cheese cloth until cold, then pour on melted paraffin wax and seal.

Tomato Butter

Double proportions of Tomato Preserve No. 1. Let simmer at least 3 hours before adding sugar, continue to cook with sugar until the butter is so thick that it will stand still if dropped. If very spicy butter is desired, add 2 teaspoons of ground cinnamon and cloves.

Tests for Safety

Turn and stretch the rubber



Test for rough edge

Smooth the edge



The cover should fit so tight rubber cannot slip back

Test the cover



Apple Jelly

Core out, but do not pare apple, then slice or cut up, and cover well with water. Boil slowly until tender. If apples are dry, add a little lemon or fruit juice, left from former canning, after straining. Proceed according to general directions.

Peach and Apple Jelly

As peaches will not make a firm jelly alone, combine them with tart apples. Cook peaches with stones, and the apples cored but not pared. When putting into bag remove as many stones as possible. Proceed according to directions.

Economical Apple Jelly

If at any time during the year a good many apples are being pared for sauce, pie, etc., a glass or two of fine amber jelly may be made by using the parings.

Wash, cover with water, boil slowly until soft, then drain through bag, or strain through colander, and marmalade results. Measure equal portions of fruit and sugar, add some sliced lemons or lemon juice, then proceed according to directions.

Wild Grape Jelly

Use any variety of wild grapes or combine with crab-apples or cultivated grapes.

Pour over the grapes, or any combination of fruit selected, enough water to cover, boil until soft. Proceed according to given method.

Gooseberry Marmalade

Use well-flavoured gooseberries; the red variety is the most desirable. Place in a kettle and add just enough water to prevent burning. Cook until fruit is very soft, then run through a coarse sieve or colander. Measure pulp, allow equal amount of sugar; add half of the sugar and cook 10 to 15 minutes. Stir in remainder of sugar and after 10 minutes or more, test on a saucer. If stiff and clear it is done. Place in glasses and seal.

Wild Plum Marmalade

Remove stems and any blemishes from plums, cover well with water and let simmer until tender; put through colander, and measure. To each cup of pulp allow 1 cup sugar. Stir half the sugar in and boil slowly half an hour; add the rest of the sugar, boil until it stiffens like jelly, when cooled on a saucer. Put into scalded glasses and when cold, seal.

Pear Marmalade

Six cups pear pulp, 3 lemons, 4 cups sugar. Core, but do not pare, hard pears. Cover with water, let simmer until tender, put through colander. Measure, add lemon juice, part of grated rind of the lemon, and half of the sugar. Cook for half an hour, then add the rest of the sugar and cook until clear and thick. Equal amounts of apples and pears may be used, or a few red plums may be added.

Peach Marmalade

Six cups peach pulp, 4 cups sugar, 1 teaspoon ground cinnamon, 1/2 cup home-made sweet cider, added to the water when peaches are cooking.

Sweet Pickled Apples

Three cups sugar, 1 1/2 cups cider vinegar, 1 stick cinnamon, 1 dozen whole cloves, firm sweet apples as needed.

Tie spice in a piece of white cheese cloth; mix sugar and vinegar in a preserving kettle, drop in spice bag, bring to boiling point, and boil 10 minutes. Pare, core, and quarter the apples. Put enough of them into the syrup to be well covered with the liquid, and let them simmer until they are clear, and tender if pierced with a toothpick. Then take apples up carefully. Place in a scalded fruit jar and pour on enough syrup to cover; when cold, clamp on top.

Pickled Crab-Apples

Tart, firm crab-apples, 3 cups cider vinegar, 1 cup water, 3 cups sugar, spice bag size of an egg.

Select perfect small red or yellow crab-apples, remove any blemishes, but leave on stems. Boil the syrup with spice bag for 10 minutes, then drop in some of the apples and cook for 15 minutes. Take out carefully and put in big glass jars, when all the apples have been cooked, pour on enough syrup to cover; set spice bag away, cover jars and let stand for 24 hours. Then pour off syrup and boil again, wait two days, then boil the apples, the sugar, with spice bag, until apples are tender. If there is any surplus syrup boil it down somewhat, then fill jars to overflowing; when cold, put on tops.

Pickled Pears

Use same method as for crab-apples, but add a few pieces of ginger root to spice bag.

Green Grape Conserve

Six cups green grapes, 6 cups sugar, 3 oranges, 6 large figs, 1/2 cup water.

Select very tart green grapes, split each grape and extract the pulp and seeds. Place the pulp in water and let simmer long enough to soften, then rub through sieve, keeping back seeds. Place grape pulp and skins in preserving kettle; trim the yellow rind from the oranges in small shavings; cut oranges in halves and with a spoon scoop out pulp, rejecting seeds and fibre; cut the figs into small pieces; add all this to the grapes and cook slowly for half an hour; add half of the sugar, cook another half hour, then stir in the rest of the sugar and cook until clear and until the juice jellies when placed in a cold saucer.

Mustard Pickles

Place in each quart jar 12 small white onions, 1/4 small red pepper, 2 tablespoons yellow mustard seed, prepared cucumbers, and vinegar to fill jar.

Select large ripe yellow cucumbers, pare, halve, and scrape all seeds and soft pulp. Place in a stone or porcelain bowl, sprinkle with coarse salt, and let stand overnight. In the morning, wipe each piece with a clean coarse towel. Skin the onions, seed, and shred the pepper in the glass jars. Pour good white pickling vinegar over mixture, put on glass tops, and set aside for at least three weeks to ripen.