

CANNING SOUPS

Soup Stock

Secure 25 pounds of beef hocks, joints and bones containing marrow. Strip off the fat and meat and crack bones with a hatchet or cleaver. Put the broken bones in a thin cloth sack and place then in a large kettle containing 5 gallons of cold water. Simmer (do not boil), for 6 or 7 hours. Do not salt while simmering. Skim off all fat. This should make about 5 gallons of stock. Pack hot in glass jars. Partially seal glass jars. Sterilize 40 minutes in hot water bath outfit. Check list of supplies to be provided before beginning work: 25 lbs. of beef bones, 5 gallons water.

Vegetable Soup

Soak $\frac{1}{2}$ lb. Lima beans and 1 lb. rice for 12 hours. Cook $\frac{1}{2}$ lb. pearl barley for two hours. Blanch 1 lb. carrots, 1 lb. onions, 1 medium-sized potato and 1 red pepper for 3 minutes and cold dip. Prepare the vegetables and cut into small cubes. Mix thoroughly Lima beans, rice, barley, carrots, onions, potatoes, red pepper. Fill glass jars three-fourths full of the above mixture of vegetables and cereals. Make a smooth paste of $\frac{1}{2}$ lb. of wheat flour and blend in 5 gallons of soup stock. Boil 3 minutes and add 4 ounces salt. Pour this stock over vegetables and fill cans. Partially seal glass jars. Sterilize 90 minutes in the hot water bath outfit. Check list of necessary supplies: $\frac{1}{2}$ lb. Lima beans, 1 lb. rice, $\frac{1}{2}$ lb. pearl barley, 1 lb. carrots, 1 lb. onions, 1 medium-sized potato, 1 red pepper, $\frac{1}{2}$ lb. flour, 4 ounces salt, 5 gallons soup stock.

Cream of Pea Soup

Soak 8 lbs. of dry peas overnight. Cook until soft. Mash fine. Add the mashed peas to $5\frac{1}{2}$ gallons of soup stock and bring to boil. Pass the boiling liquid thru a fine sieve. Make a smooth paste of $\frac{1}{2}$ lb. flour and add paste, 10 ounces of sugar and 3 ounces of salt to the soup stock. Cook until soup begins to thicken. Pack in glass jars. Partially seal jars. Process 90 minutes in hot water bath outfit. Check list: $5\frac{1}{2}$ gallons soup stock, 8 lbs. dry peas, 3 ounces salt, 10 ounces granulated sugar, $\frac{1}{2}$ lb. flour.

Cream of Potato Soup

Boil $1\frac{1}{2}$ lbs. of potatoes, sliced thin, and 5 gallons of soup stock for 10 minutes. Add 3 ounces of salt, $\frac{1}{2}$ teaspoonful of pepper and $\frac{1}{2}$ lb. of butter and boil slowly for 5 minutes. Make 3 tablespoonfuls of flour into smooth paste and add to the above. Cook 3 minutes and pack in glass jars while hot. Partially seal jars. Sterilize 90 minutes in hot water bath outfit. Check list: 5 gallons soup stock, $1\frac{1}{2}$ lbs. thin sliced potatoes (culls will do), 3 ounces salt, $\frac{1}{2}$ teaspoonful pepper (scant), $\frac{1}{2}$ lb. butter, 3 tablespoonfuls flour.

Bean Soup

Soak 3 lbs. of beans 12 hours in cold water. Cut 2 lbs. of ham meat into $\frac{1}{2}$ inch cubes and place in a small sack. Place the beans, ham and 4 gallons of water in a kettle and boil slowly until the beans are very soft. Remove the ham and beans from the liquor and wash the beans fine. Return the ham and mashed beans to the liquor and add 5 gallons of soup stock and seasoning and bring to boil. Fill into glass jars while hot. Partially seal jars. Process two hours in hot water bath outfit. Check list: 5 gallons stock, 3 lbs. beans, 2 lbs. lean ham, 4 gallons water. Salt and pepper to taste.

Tomato Pulp for Cream of Tomato Soup

Place tomatoes in a wire basket or piece of cheesecloth and plunge into boiling water from 1 to 3 minutes. Plunge into cold water. Remove the skin and core. Place tomatoes in a kettle and boil 30 minutes. Pass the tomato pulp thru a sieve. Pack in glass jars while hot and add a level teaspoonful of salt per quart. Partially seal the jars. Sterilize 20 minutes in hot water bath outfit.

Cream of Tomato Soup from Canned Tomato Pulp

Place 1 quart of tomato pulp in a kettle. Add $\frac{1}{2}$ teaspoonful of baking soda, pepper and salt to taste, 2 tea-

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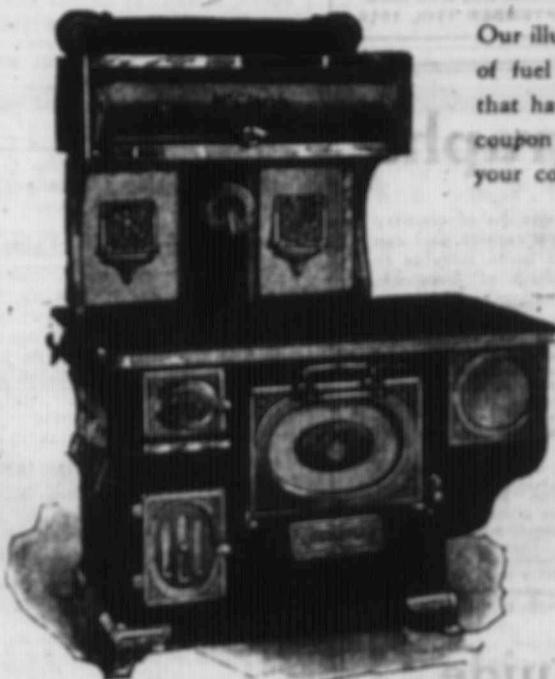
Is it the proper thing to ask a woman to tinker with a range? Is there any reason why she should have to juggle things about the oven to keep them from burning; or "coax up" a slow oven; or why she should struggle with cranky grates? And yet how many women have to work against such odds!!

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