

then cook the fruit for from 25 minutes to an hour, according to the size and solidity of the fruit. Remove the boiler from the range and when the water in it is sufficiently cooled remove the jars, have ready some syrup and fill the jars to overflowing with it. Put on rubbers and screw down the lid tightly. A rack for the boiler can be made by boring holes in a piece of board cut to fit into the bottom of the boiler.

It may be necessary to use cloths to keep the jars apart during cooking. The method of cooking fruit in jars is to be preferred for small fruits which easily break, like raspberries.

A similar method of long, slow cooking of fruit in jars is also accomplished in the following way: Place the fruit in jars as in the former method. Set the filled jars on cloths wrung out of hot water and fill them to overflowing with the boiling syrup. Screw on lids as for final putting on, making them as tight as possible. Place the jars as quickly as possible in a tub or clothes-boiler. Have ready large quantities of boiling water. Pour it in around the jars, being careful to pour it around the sides of the boiler and not upon the jars, so as not to break them. Fill to a depth of four or five inches above the tops of the jars, or as full as the boiler will hold; put on the cover, if a boiler, and adjust closely over and around a heavy blanket or blankets so as to exclude as much outside air as possible and thus retain the heat. Let stand thus for twenty-four hours and the fruit is cooked. See that covers are tightly screwed before putting away.

To sterilize jars:

- (1) Wash thoroughly and fill with cold water.
- (2) Set on a rack of some description, in a pan or kettle and surround with cold water.
- (3) Heat gradually to boiling point, remove from the water as needed, empty and fill while hot. Dip rubbers in hot water. (Do not allow them to stand in it, as they will slacken.) Place them on the can, screw on covers which have been sterilized by letting them stand in boiling water for at least five minutes. *Note*—Be careful not to touch the inside of the jar or cover after it has been sterilized with cloth or fingers, also do not rest the cover on the table or elsewhere with the under side down. Be sure that jars are air-tight before using. Test by putting water in them, sealing and turning upside down.

Use a wooden spoon for working with fruit rather than a