The Country Cook

During the last few years a large number of beef rings have been formed in the Western provinces. Fine things they are too. You are sure of a certain amount of fresh meat each week and the quality is pretty sure to be good. Where the family is not very large and the weather warm it is sometimes difficult to dispose of the amount apportioned and the question arises how to preserve it for future use. This year when sugar is such a prohibitive price most of us will probably do less fruit and why not fill the sealers with meat, to be used at threshing time; it is then ready to serve and can be dished up in a variety of ways. The following instructions issued by the United States Department of Agriculture are very clear and easy to follow. The hot water bath is the method most of us are likely to use and is easily prepared, as follows: Put a frame or false bottom in the bottom of the wash boiler, set the sealers on this. Fill the boiler until the water comes one inch over the tops of the sealers, put boiler cover on tight and sterilize the length of time given below.

Fresh Beef

As soon as beef has been killed, cool quickly and keep cool for about 24 hours. Cut the beef into convenient pieces for handling, about 3.4 lbs in weight, and roast or boil slowly for one-half hour. Cut into small pieces, removing gristle, bone and excessive fat and pack directly into glass jars; fill with gravy from the roasting pan or pot liquid, concentrated to one-half its volume; put rubber and cap in position, not tight, and sterilize in hot water bath for 4 hours.

Canned Beef

After beef has been properly corned for a suitable length of time, remove the meat from the brine; soak for two hours in clear water, changing the water once; place in a wire basket and boil slowly for one-half hour; remove from the boiling water, plunge into cold water and remove gristle, bone and excessive fat; cut into small pieces and pack closely into glass jars; put rubber and cap in position, not tight, and sterilize in hot water bath for 4 hours. Remove jars; tighten covers; invert to cool and test the joint and wrap jars with paper to prevent bleaching.

Canned Pork

Pork is especially hard to keep in summer and if in the least tainted is apt to cause ptomaine poisoning. The following recipe will help solve the problem. After the animal has been butchered, cool quickly and keep the pork cool for at least 24 hours; can only lean portions, using the fat to make lard. Place meat in a wire basket or cheese-cloth and boil for 30 minutes, or roast in the oven for 30 minutes. Cut into small sections and pack closely into glass jars; put rubber and cap in position, not tight, and sterilize in hot water bath for 4 hours. Remove jars; tighten covers; invert to cool and test the joint and wrap jars with paper to prevent bleaching.

Poultry and Game

Even chicken and grouse may be stored in the same way. How fine prairie chicken would be canned in this way, and there is such a terrific waste of game during the shooting season. I canned some fowl this year, following the old and much harder method of cooking three times on three successive days. However, it is good just the same, beautifully jellied and tender.

Recipe No. 1

Kill fowl and draw at once; wash carefully and cool; cut into convenient sections. Place in wire basket or cheese-cloth and boil until meat can be removed from bones; remove from boiling liquid and remove meat from bones; pack closely into glass jars; fill jars with pot liquid, after it has been concentrated one-half; add level teaspoonful of salt per quart of meat for seasoning; put rubber and cap in position, not tight, and sterilize in hot water bath for 3½ hours. Remove jars; tighten covers; invert to cool and test the joint; wrap jars with paper to prevent bleaching.

Recipe No. 2

Kill fowl and draw at once; wash carefully and cool; cut into convenient sections and pack at once into glass jars; fill with boiling water; add level teaspoonful of salt per quart; put rubber and cap in position, not tight, and sterilize in hot water bath, home made or commercial, for 4 hours. Remove jars; tighten covers; invert to cool and test the joint and wrap the jars with paper to prevent bleaching.

Vegetables and Greens

From "freeze up" in the fall until the middle of June we are almost entirely dependent on the winter vegetables, and by the time spring comes these have somehow lost most of their "savor." By following the new methods of canning we can have young vegetables and greens the year round. This may necessitate the purchase of a few more sealers, but they last for years if properly cared for and it is well worth it in the variety it gives to our menu. Greens and vegetables are rich in mineral salts, spinach and beets contain a large amount of iron and are a valuable tonic in the winter and spring, and surely there could be no more pleasant way of taking a tonic. The following recipes are those issued by the United States Department of Agriculture and are those used by the Boys' and Girls' Clubs in the States.

When the greens are gathered and carefully washed, it is necessary to blanch and cold dip. This loosens the skins, eliminates the objectionable acids and acrid flavors and reduces the bulk of the greens. To blanch, put in a vessel with a little water under the false bottom or in a regular steamer and steam 15 to 20 minutes. Remove, plunge quickly into cold water, pack in jar and season to taste. If liked add a little chipped beef or olive oil, add hot water to fill crevices and a level teaspoonful of salt to each quart. Place rubber and top in position, partially seal, sterilize 90 minutes in hot water bath outfit. Remove from canner, tighten covers, invert to cool and test joints. Wrap in paper to prevent bleaching and store.

Cultivated greens that may be canned are: Upland cress, cabbage sprouts, turnip tops, asparagus, spinach, beet tops, cultivated dandelion, native mustard, rape.

Wild greens that may be canned are: Pepper cress, lamb's quarter, sour dock, smartweed sprouts, pokeweed, dandelion, marsh marigold, wild mustard, milkweed, tender sprouts and young leaves.

There are three very important things to be remembered in all these recipes.

First—The bottles must be well sterilized. Put them on in cold water, let water come to boil and boil for at least 5 minutes.

Second—Use new rubbers, old ones do not pay.

Third—See that the tops of the jars are not chipped and that the covers fit. In sterilizing meat or fruit by the hot water bath method, do not screw the tops down tight when putting in the bath. Screw just enough so that the top touches the rubber, or if the clamp jar is used, adjust the top wire, but do not fasten down the clamp.

The Country Cook.

Hetty Green, generally regarded as the world's wealthiest woman, is ill at her home in New York. Mrs. Green, despite her eighty-one years, has managed her immense property in a way to excite the admiration and envy of the biggest business men associated with her. In many respects Mrs. Green is very much like the late Russell Sage, both being enormously wealthy and abnormally close-fisted. Mrs Green was born in Massachusetts in 1835, the daughter of E. M. Robinson, who died leaving her his large fortune when she was thirty years of age. Mrs Green married and has one son, but never entrusted her immense holdings to anyone's management, and until she received her stroke a few days ago personally superintended her large interests in stocks, bonds, real estate and industrial corporations.

Gurney-Oxford
GOLDEN NUGGET

$36.85 F.O.B. Winnipeg 100 days trial for satisfaction.

Steel range value possible only from the largest makers of stoves, furnaces, etc. in the Empire. Our famous divided flues, exclusive fire-box, scientific oven make it a splendid cooker on very little fuel.

Complete with six 9" covers- 20" oven, right hand reservoir, warming closet, ruggedly strong; weight 340 lbs. Put one in your kitchen and enjoy real comfort.

Catalogue with Prices—FREE

Our new low factory-fixed prices save you money. Send for "The Stove Problem Solved," a splendid guide to stove buying, shows hundreds of styles and sizes of Ranges, heaters, feeders, etc. Write to-day for it.

The Gurney North-West Foundry Co. Limited
Dept. 76 WINNIPEG 8 14 W
Montreal Hamilton Toronto Calgary Vancouver

Co-operation

THIS is the age of co-operative buying. Send us your address and let us tell you how to buy by this plan. The Flour that *is always good.*

Daily Capacity 300 Barrels

ECHO MILLING COMPANY
GLADSTONE, MAN.

Hail Insurance

Insure with the

Great North Insurance Co.

A home company for grain growers in Alberta and Saskatchewan

Fair Adjustments and Prompt Payments

WE ALSO WRITE FIRE AND LIVESTOCK INSURANCE

Write us for any Information. Agents Wanted.

Head Office - ODDFELLOWS' BLOCK, CALGARY, ALTA.

Provincial Agents for Saskatchewan:

EMPIRE FINANCIERS LTD., 307 Darke Blk., Regina, Sask.

MASTER MECHANIC
UNION MADE
OVERALLS

Safety Combination Watch and Pencil Pocket

Made in Winnipeg

Every Garment Guaranteed.

Western King Mfg. Co. Limited - Winnipeg.