

2. **Preserving**—(applied to fruits). Large proportionate quantities of sugar are used. Fruit is sealed to prevent formation of moulds. The products come under the names of jam, jelly, marmalade, tutti-frutti. *Note*—Alcohol is used in tutti-frutti.

3. **Pickling**—Vinegar and salt are used as preservatives, with or without sugar or spice.

4. **Drying**—Used to preserve fruits, as apples, quinces, berries, etc., also vegetables, as herbs, peas, beans and lentils, cereals.

CANNING

General directions where sugar is used:

(1) Select fresh, firm fruit of good quality, not over-ripe.

(2) Make a syrup of 1 lb. (2 cups) of granulated sugar to from two to three cups of water, according to the fruit. Boil sugar and water together for 10 minutes.

Use only pure sugar. If the syrup looks discolored or dirty it is better not to use it. If necessary, skim the syrup but with a pure, clean sugar it should be unnecessary.

(3) Use 1 quart of fruit to 1 quart of water used.

(4) Large solid fruits like pears, plums, peaches and apples are best cooked in a kettle in the syrup, to ensure thorough cooking. It is best to cook a few at a time to prevent breaking. If fruit is very solid it may be necessary to cook in water or steam until soft, then cook in the syrup.

Where sugar or other preservative is not used, as is the case sometimes with fruit, oftener with vegetables, long and thorough cooking generally at a high temperature, is necessary for perfect sterilization, then followed by perfect sealing.

When fruit or vegetables are prepared, fill sterilized jars to overflowing (to exclude air) press fruit with a spoon to break air bubbles and press out air; screw down the tops and, when cool, screw tightly again.

If fruit is placed in cans before it is cooked fill the jar, which has been thoroughly cleaned and scalded, with fruit, shaking down fruit as jar is being filled, pour cold prepared syrup over the fruit, filling the jar two-thirds of its depth, put on the lid and screw very loosely. Set the jars on a rack in a boiler or large pan so that they do not touch one another, fill the boiler to one-half the height of the glass with cold water. Let the water come gradually to a boil and