

for several hours. Then drain off the juice, and bring to a boil. Pour in the berries carefully, and shake the dish once in a while to keep the fruit heating evenly. As soon as it comes to a good boil, draw the saucepan to the edge of the stove, and dip into hot jars with a handled cup. Put the covers on quickly, and screw them on tight. Lay the jars on the side, and turn them once in a while during the cooling; and when cold, and set upright, the berries will be evenly distributed through the jar.

CANNING FRUIT WITHOUT SUGAR

Fruit of any kind suitable for canning may be preserved without sugar. The sugar can be added when the fruit is used, exactly as is done with fresh fruit. If the fruit when canned is thoroughly ripe, it may be eaten without any additional sugar, and is sweet enough for many tastes. The riper the fruit, provided it is sound, the more sugar, flavor, and nutriment it contains.

Ripe fruits are excellent for making butters. About 1 cupful of sugar to 12 cupfuls of fruit pulp should be used if sweet butter is desired; but the following recipe, if followed, will give a butter which has a sweetness and flavor that are greatly relished, without the use of sugar.

APRICOT BUTTER

Select overripe fruit, the riper the better, provided it is sound. Wash and pit. Scoop out the pulp from each half, and mash, or put through a colander, rejecting the skins. Do not heat the fruit in the skins, as that extracts a strong acid flavor. Cook the pulp down to the desired stiffness, adding neither water nor sugar. Pour into glass jars, with rubbers on, and screw the covers down tight. Place on the false bottom of a water bath, and into the boiler pour water the same temperature as the fruit, until it reaches about two thirds the height of the jars.

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)