



THE GOOD HOUSEKEEPER

Canning Your Own Garden

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Of course, you joined the spring ranks of the Back Yard Patriots—may their crops be large and succulent! You decided early this year to plant your garden, to help in the production of foods.

You did your bit with spade and rake and seeds and wee green plants; you have been a Watchful Weeder, and your patriot's pride has made an unrivalled dressing for your crisp lettuces and tender, flavoured peas. You may even have looked to next year, and put in strawberry plants—and those flourishing little bushes at the sunny foot of the garden—are they raspberries and currants?

All this is well. Because it is a pleasant phase of the Win-the-War endeavour that sweeps over us with a new urge at the recognition of each opportunity for helping, this is none the less a vital one. The food supply must be augmented and conserved. There should be no waste ground. But more—much more—there should be no waste food! But your "crops" ripen suddenly, a great deal at once, and even the most prideful families will raise an eyebrow when Snowball Cauliflower appears on the table the fourth day in succession—and your neighbours' cauliflowers are ripe now too.

Splendid! Can your surplus for the stern days ahead, when the productive earth is frost-bound, fresh fruit and vegetables few, and canned ones scarce and high in price.

Those Delicious Early Apples

Last year, spies and other good winter apples were exceedingly scarce and high in price. This year, the prospect is very similar.

Apples are too valuable a food to be omitted from the winter diet. The solution is very simple—save every one of the early apples that is not used for immediate consumption!

The juicy, well-flavoured Astrakan, the Duchess and the Wealthy, are not half appreciated; they are delicious when canned in a light syrup, and will make pies, puddings, dumplings or be ever on hand to serve cold, with cream, next winter. The pleasing thought of a long row of apple-labelled jars in your fruit cupboard, will make you feel very superior, if you read next December that winter apples are scarce and high in price.

There will be a very good crop of these early apples, also of the Ben Davis—a late variety, that, chiefly because it lacks beauty, is never priced with the handsome Spy or Baldwin. But it keeps well and cooks well—two important points.

Available Energy When Consumed as Food

Sugar	98.9 %
Vegetables	95. "
Fruit	90. "
Dairy Food	93. "
Cereals	91. "
Eggs	89. "
Meat and Fish	87. "

Vegetables and fruit—especially with sugar—are obviously very valuable in the diet as energy producers; they have a tonic value, aid the blood, and supply what is termed "roughage," important in digestive and eliminating processes.

The first rush of preserving is over now. You have some idea of the supplies you have on hand—jars, tops, rings, etc. Fill in the weak spots now, and be ready for the big harvest days when the hot summer sun has ripened many fruits and vegetables. Have plenty of clean bottles and don't practise the false economy of using old rings.

The same method in outline, will answer for canning almost all fruits. The amount of sugar used must differ, more being added to counteract greater acidity, less used if the fruit is ripe and sweet. It is desirable however, to choose firm, not-too-ripe fruit, especially for canning, as it better retains its shape and true flavour.

An unexpected present of a basket of grapes or green peas will not disconcert you at all, if the preserving kit is ready. Given a tin wash-boiler, with something to raise the jars off the bottom, a good supply of sugar of suitable granulation, and fine, clean salt, and the gift or bargain or suddenly ripened crop may be regarded as an unmixed blessing.

Remember that a jar or two of peas or beets or peaches, put up every time you are cooking them for dinner, or have a quantity on hand, will fill more than a small shelf, at the season's end. Scorn not the modest quantity—that "many littles make a mickle," is just as true outside of Scotland.

A few general terms may be defined in

simple fashion. The successive operations should be performed quickly and as rapidly as possible.

1. *Scalding*: Used chiefly where skins are to be removed, as tomatoes or peaches. Place fruit or vegetables in an ordinary wire basket, or sieve, or piece of cheese-cloth, immerse in boiling water 30 seconds to 2 minutes, as necessary.

2. *Blanching*: Proceed as in scalding, but hold the product for about four minutes

4. *Preparation*: Wash all products clean and prepare each as necessary, pare and core apples, stone cherries, peel and core tomatoes, husk and silk corn, string beans, etc.

The Cold Pack Method

The raw fruits or vegetables, after proper preparation, are carefully put into the jars, the hot syrup or brine is poured over, the top

porch or out of doors, far from the heat of the stove.

Sweetening and Salting

The density of the syrup used must vary with the kind and ripeness of the fruit. To best bring out the flavour and retain the colour of the small red fruits (strawberries, raspberries and sour cherries) a heavy syrup is used—two parts of sugar to one of water.

Apples, pears, plums, peaches, apricots, the sweeter varieties of cherries, etc., will carry a medium syrup of equal parts of sugar and water, and to some tastes, even a slightly lighter syrup is more pleasing. A big point in favour of home-canning is that in these matters of individual taste, you may please yourself.

Always have the syrup or brine *boiling* when you pour it over the product, which should be carefully packed to the brim of the sealers. The fruit will shrink to little more than half its bulk. For vegetables add 1 teaspoon of salt to each quart of water, before pouring it into the jars. This ensures an even solution.

Sterilizing

Put several inches of cold water in the boiler. Screw the tops only partially tight, or if using spring-top jars, set the spring but do not fasten the clamp, as the heat will expand the glass. Set them on the false bottom, and cover the boiler closely to avoid escape of steam.

Time from the moment the water reaches the boiling point.

Remove boiler from heat and allow to stand a few minutes before uncovering. Remove jars from water, screw covers on tightly and stand upside down to cool. If there is any bubbling—indicating escape of air—change the rubber, and sterilize again for 5 to 10 minutes. Do not invert patent spring jars, but test for air bubbles by tapping round the edge of the cover with a wooden spoon. A jar that is imperfectly sealed will give out a dull, hollow sound. Be sure your jars are absolutely air-tight.

If a further heating is required on two or more successive days, unscrew the top slightly each time, and tighten afterwards.

The foregoing time-table for sterilizing different products is simple and complete.

Remember to time from moment water commences to boil.

All vegetables will bleach less if the jar is wrapped in paper before putting away.

Recipes

RHUBARB.—The simplest of all products to can, as it requires no processing. There is only one point to remember—Use thoroughly sterilized jars. Pack the washed fruit closely either in lengths to fit the jar, or cut in short pieces. Stand jar under the cold tap and let the water fill it and overflow for several minutes. Then adjust the top very tightly. Wrap the jar in paper and put away in a dry, dark place. Its own acids will preserve the rhubarb perfectly, and although it will bleach, the flavour of the fresh fruit will be retained.

TOMATOES.—Whole and Otherwise—To prepare the tomatoes whole, for salads, etc., scald very quickly in water that is boiling over the fire; for ripe tomatoes, 30 seconds to one minute will be sufficient to loosen the skins; longer, if the tomatoes are unripe. Cold dip immediately; then, with a sharp pointed knife, remove the core. Peel carefully so as not to break the pulp. Pack the tomatoes into jars that have been heated, to prevent their breaking when set in the hot water. Add 1 teaspoon of salt and ½ teaspoon of sugar to each quart. Do not add any water—the tomatoes are largely liquid themselves. If desired, the crushed pulp of those that break during preparation may be added to fill the spaces. Tomatoes to be served stewed or for soups and sauces, are cut in pieces and packed more tightly.

Fit rubbers closely, adjust tops and tighten partially and sterilize 25 minutes after water reaches boiling point.

Are you helping as the women of Canada can help so well to-day, to save every bit of the fruit and vegetable crops that are not used for immediate consumption?

Remember, Kitchen Patriotism is a great, big, loyal, reality; you can help your country, your men, your family, and, queer freak of poetic justice—it will pay you in the dollars and cents to do it!

Help feed your country in the winter of 1917-18 by looking ahead now, and providing this important supply for your family. Save the Fruit and Vegetables! Fill your jars—and be twice rewarded.

TIME TABLE

Fruit	Preparation	Scald or Blanch	Syrup		Sterilize
			Sugar	Water	
Apples	Peel, core and quarter		1 part	1 part	Bring water to boil ½ minute. Allow jars to stand 20 mins. Seal tightly.
Apricots	Scald, peel, pack whole or halve and pit.	1 to 2 minutes	1 part	1 part	Water boiling 5 to 10 minutes.
Blackberries	Wash and pick over		1 part	1 part	As apples.
Blueberries	Wash and pick over		1 part	1 part	As apples.
Cherries (Sour)	Wash, stem & pit, being careful of juice		1 part 1/3 juice and water		15 to 18 mins.
Cherries (Sweet)	Wash, stem and pit, being careful of juice		1 part	1 part	15 to 18 minutes
Peaches	Scald, skin, pack whole or halve & pit	1 to 2 mins.	1 part	1 part	As apples
Pears	Peel, halve & core		1 part	1 part	As apples
Raspberries	Hull, pick over		1 part	¼ part	As apples
Plums	Pack whole or pit		1 part	1 part	As apples
Rhubarb	See special simple preparation				
Strawberries	Hull, wash		1 part	½ part	As apples
Cranberries	Wash, pick over		1 part	½ part	As apples

VEGETABLES

Vegetables	Preparation	Scald or Blanch	Brine		Sterilize
			Salt	Water	
Asparagus	Wash and cut to fit jars	15 to 20 mins. Cold dip	1 level teaspoon	1 quart	90 mins. and wrap in paper.
Beets	Grade for size, colour & ripeness. After blanch & cold dip, rub off skins	Scald to loosen skin & scrape or pare	1 teaspoon	1 quart	120 minutes
Lima Beans	Wash well, blanch	5 to 10 mins.	1 teas. 1 quart		120 minutes.
String Beans	Wash & String	Blanch 2 to 5 mins. & cold dip	1 teas. 1 quart		120 minutes
Corn	Husk, blanch, and cut from cob. Handle quickly.	Blanch 3 mins.	1 teas. 1 quart		90 minutes
Cargots	Grade for size and ripeness	As beets	1 teas. 1 quart		90 minutes.
Cauliflower	Cut in sections	Scald and cold dip	1 teas. 1 quart		90 minutes
Cabbage	Cut & clean	Scald and cold dip	1 teas. 1 quart		90 minutes and wrap in paper
Chard	Cut, stem and wash well	Scald and cold dip	1 teas. 1 quart		90 minutes and wrap in paper
Peppers, Red and green	Wash, cut and slice from stem end and remove seeds	Blanch 5 mins. & cold dip	1 teas. 1 quart		15 minutes and wrap in paper
Peas	Shell & grade	Blanch 3 to 5 mins. and cold dip	1 teas. 1 quart		120 minutes
Spinach	Stem & Wash	Scald and cold dip	1 teas. 1 quart		90 minutes
Tomatoes	See special simple process				

in the boiling water. This modifies the acidity of the fruit or vegetables, and makes the single-process method possible.

3. *Cold Dip*: A quick plunge into cold water, after the use of hot. This drastic change of temperature will mean sudden death to many forms of bacteria. It is also valuable as a means of bringing back firmness to the fruit. Just a plunge, remember—in, and out immediately. Always cold dip fruit and vegetables, after scalding or blanching.

screwed lightly, to allow for expansion of the glass, and the jars are placed on a wire or wooden false bottom of some folded cloths (to keep them from the intense heat, which would break them). Sterilize according to the table which is given. Tighten the tops, label and keep in a cool, dry dark place.

There are obvious advantages to this method. It is simpler and there is less opportunity for bacteria to survive the process; and chief point in the July and August days—most of the work may be done on the