

minutes or more, that the fruit may absorb water, and it will not break down so easily in cooking, and will more nearly resemble its natural state after it is cooked. Remove the covers, and refill each jar if necessary. Then place the filled jars, with rubbers in place, and caps on loosely, on the false bottom of an ordinary wash boiler, and add warm water until it reaches about two thirds the height of the jars. Place the cover on the boiler, and heat gradually to the boiling point, counting the time from the moment the steam issues out from under the cover of the boiler. For soft fruits, as apricots, peaches, and plums, 10 minutes is sufficient after boiling begins. Pears, apples, and prunes will require about 20 to 30 minutes, or until the fruit appears tender on being pierced with the point of a sharp knife.

The fruit having been boiled the required time, the cover is removed, the caps are screwed down tightly, and the jars are inverted or left lying on the side until cold. In the cooking of soft fruits, care should be exercised to preserve the natural color and appearance of the fruit. This will depend almost wholly on the cooking; that is, on letting the fruit stand in the sirup for a certain length of time before cooking, then seeing to it that the fruit is not overcooked, as overcooking would cause it to shrink up and lose its natural appearance.

CANNING BERRIES

Berries are a very delicate fruit, and break down very easily when canned by the cold pack method, and because of this, are generally cooked in the open kettle. For each quart of berries, use 1 cup of granulated sugar. Put a layer of berries into a granite dish, sprinkle with sugar, cover with another layer of berries, and so on. If extra juice is desired on the fruit, a little water may be added. Let the berries and sugar stand in a cool place

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)