

many of the canning instructions. The boiling water followed by the cold water treatment is very effective in destroying bacteria spores and moulds. After blanching and dipping, pack closely, add 1 teaspoonful salt to every quart jar, pour boiling water down through the vegetables until the jar is full. Adjust rubbers and covers loosely and sterilize the proper length of time for each vegetable. Remove from boiler and seal.

CANNED BEANS.

Can same day vegetables are picked. String, cut in small pieces if desired, or leave full length. Blanch 5 to 10 minutes, then plunge quickly in cold water. Pack in sterile jars, fill with hot water, add 1 teaspoonful salt to each quart jar. Place in boiler and sterilize length of time given in table.

CANNING OF SOUPS AND MEATS.

After learning how to can fruits and vegetables successfully, the next step is to can meats, buying them in the winter, when they are comparatively cheap. Bones that are very often discarded may be made into delicious soup stock and canned. It will be a delight to the housewife to be able to take from her supplies a jar of home-canned soup and serve it within a few minutes' time.

CANNED MEAT.

Cut meat in small pieces, pack in jars, add salt, adjust rubbers and covers and steam $3\frac{1}{2}$ hours. Or roast or boil meat for half an hour, then cut in small pieces, removing bone, gristle and excessive fat, and pack directly into jars. Fill with gravy from roasting pan or pot liquid, concentrated to one-half its volume, put rubber and cover in position, and sterilize 3 hours. Seal.

CANNED POULTRY.

Boil fowl until meat can be removed from bones, remove meat from bones and pack in jars. Fill jars with pot liquid after it has been concentrated one-half, add 1 teaspoonful salt per quart jar of meat, put rubber and cover in position and sterilize 3 hours. Another way to pack fowl in jars before cooking, adjust covers and sterilize $3\frac{1}{2}$ hours.

SOUP STOCK.

Secure 25 lbs. of beef hocks, joints and bones containing marrow. Break bones, place in a thin cloth sack and simmer 6 or 7 hours in five gallons of water, putting bones on in cold water. Do not salt while simmering. Skim off all fat, pack while hot in jars, adjust rubbers and covers and sterilize 40 minutes.

CANNED SALMON.

Make a brine of salt and water that will support a potato, and after cleaning the fish properly, place in the brine for one-half hour. Remove from brine, cut into convenient sections and pack in glass jars. Add 1 teaspoonful salt per quart; adjust covers and sterilize for three hours.