

upon the perfectly ripe stage. Therefore underripe fruit is better than overripe, for canning purposes. This is especially important in jelly making, for the reason that in the overripe fruit, the pectin begins to lose its jelly-making quality. The fruit should be carefully sorted, as unripe fruit requires longer cooking than perfectly ripe fruit, and both should not be cooked in the same jar.

PREPARATION FOR CANNING

All jars, caps, and utensils should be put on the fire in cold water, brought to the boiling point, and kept boiling for ten minutes before they are used for canning fruit. Two methods are in general use, the *cold pack* and the *hot pack*. By the cold pack method, the prepared fruit is packed into sterilized jars and covered with sirup. The jars are then cooked in a hot bath for the required time, and sealed. By the hot pack method, the fruit is cooked in sirup or water, in an open vessel, and then put into hot jars and sealed immediately.

The quantity of sugar that should be used will vary with the kind of fruit, and somewhat with the locality in which it is grown. In the following method, the proportions of sugar used may be taken as an average. More or less sugar may be used as the case may require.

SIRUPS

Apricots,	2-2½	quarts water	to 1 quart of sugar		
Peaches,	2½-3	"	"	"	"
Pears,	3-4	"	"	"	"
Plums,	1-1½	"	"	"	"

COLD PACK

Prepare the fruit by paring, and coring or pitting, as needed. Pack the fruit into sterilized glass jars. Then complete the filling of the jars with sirup. The sirup should be boiled, but care should be exercised not to break the jars. Let the jars stand, after being filled, for 30

(USE LEVEL MEASUREMENTS FOR ALL INGREDIENTS.)