



### The Little Cabean.

Me father's house is snug and warm, but  
Larrie's callin' me  
Within a little cabean sweet beside a  
draemin' sea.  
Wid roses runnin' 'round it and a-peekin'  
in the door,  
Where Larrie whistles 'mong the nets  
upon the sandy floor.

Me father's ways are dark and still, but  
Larrie's song is sweet,  
Wid e'er a smole on his dear lips to make  
a girl's heart beat;  
And, oh, the laughin' eyes ov him would  
shame a violet,  
Ah, sure, me heart was shipwrecked that  
fair mornin' whin we met.

Me father keeps a pen ov pigs, and Larrie  
ne'er a one,  
But, sure, he has the roses and the draem-  
in' sea and sun,  
The beach where breaks the combers and  
the breeze as sweet as wine—  
And, oh, ochone, ochone, ochone, he has  
that heart ov mine!

Me father counts his golden pounds, and  
Larrie's ne'er a note,  
But don't the waves climb up to kiss his  
little dancin' boat?  
And what is gold but dirty dross and all  
its ugly train  
That steals the heart ov thim it foinds and  
pays thim back in pain?

Me father's woife is harsh and cold, and  
Larrie's waitin' long  
Ferinst the little cabean and its sea ov  
draemin' song;  
So Oi'll be up and goin', and 'tis ye would  
do the same  
If Larrie's voice was hauntin' ye loike  
some exquisite draeme.

—Gordon Johnstone.

### Economize by Canning.

THE necessity for good health demands that we eat vegetables and fruit every day in the year. In the rural districts, provided with a frost-proof cellar and acquainted with the best methods of storing, we may keep the root vegetables and apples in good condition throughout the winter, and celery and pumpkins during the earlier months of it. Onions, too, may be stored in any cool, fairly dry room. But there are certain fruits and vegetables that cannot be so kept—plums, cherries, berries and all other small fruits, asparagus, spinach, green corn, beans and peas, etc. For the sake of variety at the table, however, and addition to the diet, as well as the valuable food ingredients which these food-stuffs contain, it is advisable that a supply of all these be provided, if at all possible. In the old days recourse was had to drying the fruits and vegetables, such of the former, at least, as were not made into rich preserve. Later, when the principle of sterilization was understood, came the device of canning; so to-day we have the choice of all three methods—drying, preserving, canning,—and some folk are wise enough to make use of them all. In this article we shall speak of canning only.

#### Systems.

Canning certainly entails a great deal of work, although there are certain women who, having but small families to provide for, prefer to make it easier by "putting down" a jar or two at a time. A few communities have established community canning centres equipped with all the most modern labor-saving devices for the work. Here the women meet and do the work in short order. But by far the greater number of women still do their canning at home, some of them, it must be confessed, under the handicap of working without proper equipment and in the hardest and least satisfactory way.

Perhaps, all of the methods are still more or less in use, viz.,

1. Open kettle, or hot pack.
2. Intermittent.
3. Cold water.
4. Oven method.
5. Cold pack.

In all of these methods except the "cold water," which is effective for only a few firm sour fruits, the principle is the same; viz., to have the fruit and everything touching it sterilized (kept for a time at 240 degrees F.) the jars so full that no air is left at the top, and the sealing so perfect that no germ can possibly enter at any time.

By the open-kettle method the fruit is boiled in a kettle and poured when done into sterilized jars, which are sealed down at once. This method does fairly well for fruits and tomatoes, but is of no use at all for vegetables in general.

The intermittent method has the advantage of being sure, and is entirely reliable for vegetables. The vegetables are blanched, i. e., scalded for 3 to 6 minutes in boiling water to remove all adhering bacteria and sliminess, and immediately plunged into cold water; then they are drained and packed in perfectly clean jars and placed on a rack in the boiler. The jars are filled with slightly salted hot water, the rubbers (first dipped into boiling water) are adjusted, the tops put on and only partially fastened. The hot water in the boiler must reach nearly to the top of the jars. The boiler-lid is put on and the boiling continued usually for an hour. Then the jars are taken out, sealed tight and left until next day, when the tops are loosened and the process repeated. On the third day a third boiling takes place. . . . This system is very satisfactory so far as keeping qualities are concerned. All the bacteria, spores, etc., are sure to be killed in one or other of the boilings, and there is not one left to begin deleterious action inside of the jars. But it entails lifting the jars out three times, and it is somewhat extravagant on fuel.

The cold-water method is sometimes used for rhubarb, gooseberries and cranberries. The method is to blanch the fruit, cool, pack into sterilized jars, then place under cold water until overflowing, when the tops are sealed down. Sometimes the sealing is done under water.

By the oven method, used chiefly for fruits, the fruit is packed in perfectly clean jars and the jars are filled with syrup. The tops are only partially sealed, and the jars placed on a pan in the oven where they are left until the contents are cooked. Berries done by this method are very nice, as they retain both shape and color very well.

**Cold-Pack Method.**—This method has come to be the favorite among nearly all people who can extensively; hence we shall devote a separate section to it.

**Cold-Pack Method.**  
THE cold-pack method simply means that the fruit or vegetables are packed cold in perfectly clean jars. To the fruit hot syrup is added, to the vegetables hot salted water. Then thorough sterilization is given for one period (varying according to the product) in a boiler or commercial canner.

**Utensils Needed.**—If "money is no object" a commercial pressure canner will be found a great boon (directions go with it). But such a canner is rather expensive, and, besides, the products can be canned just as well in a wash boiler with a close lid, or in a new galvanized garbage pail, which may be kept afterwards for the purpose. . . . Other absolute necessities will be: a good-sized kettle and wire basket and piece of cheesecloth for blanching; a sharp paring knife; wooden or enameled spoon; funnel; and a wire or wooden rack for the boiler. Instead of one rack, two small ones with handles, such as milkmen use for carrying bottles about the city streets may be used. Some women even prefer individual holders (for each can) as the weight, when lifting them out is so much less. At all events, whether made of heavy wire or of wood, the rack should have a handle, and it should have supports so that an inch or so of water will be beneath the jars; otherwise they will break. . . . Other things that will prove useful are: an apple corer, strawberry huller, cherry pitter, pineapple knife, colander, measuring cup and scales. Good tools always lessen labor and save time.

**The jars or sealers.**—Once upon a time people bought half-gallon jars—with small mouths! Now they buy quart and pint jars, with wide mouths so that they can be easily cleaned. Either screw or spring tops will do, but the latter are the

better. In either case about the mouth of the jars, also the tops, should be free from chipping or indenture of any kind; even one small opening may let in a germ floating about in the air, and then the mischief will be done. . . . The rubbers, also, are very important. The thick hard ones are not good. Always test the rubbers before buying. Bend them and pinch hard between the fingers; if they crack do not buy them. Get rubbers you can stretch without breaking, but which will spring back in place; also, when stacked together there should not be more than 12 to the inch. When fitting a rubber to a jar it should have to be stretched a little to get it on.

All this is very important, for imperfectly sealed jars are probably responsible for the great majority of failures in canning. Given perfectly sterilized, perfectly sealed fruit or vegetables, and the keeping qualities are indefinite, although, in time, a sort of chemical change sets in which impairs the flavor. For this reason one should never try to keep any canned product longer than two years.

**Test.**—A fair test to see that the tops are all right is to fill the jars with water, adjust rubbers and tops and invert. If no water comes out the jars are likely to be all right. Never use rubbers a second time; the risk of losing a jarful of food is too great.

An expert in canning gives the following directions for testing glass tops with spring clamp:

"Put the cover in place without the rubber, set the spring and press the clamp down. If the thumb nail can be inserted between the cover and the jar, the spring is not tight enough. To remedy, disengage the ends of the top spring from the eyelets at the side. Holding a side of the bail in each hand, press down with the thumbs on each side of the top bar. This will cause it to fit closer to the cover and increase the pressure. Return the spring to the jar and test again.

"It may be necessary to tighten the bail every year, and yet I repeatedly find housewives who never knew that this bail could be removed."

#### PREPARING JARS AND PRODUCTS.

**Jars.**—Wash the jars well with soapy water, then rinse with boiling water until



A Gathering of Distinguished Men.

Photo taken immediately before Convocation of Toronto University, at which many degrees and honorary degrees were conferred. Left to right: Sir Edmund Walker, President Board of Governors, Toronto University; Sir Arthur Currie, G. C. M. G., K. C. B., former Commandant of the Canadian Forces in France, now President of McGill University, Montreal; Mr. Lionel Clarke, Lieutenant-Governor of Ontario; Sir W. R. Meredith, Chancellor of Toronto University; Sir Charles Townshend, K. C. B., Commander of the British Army in Mesopotamia; Mr. Justice C. A. Masten, President of the University Alumni Association; Sir Robert Falconer, President of Toronto University; Dr. D. Bruce Macdonald.