

Some Valuable Recipes

For

Canning Fruits

And

Vegetables

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Compiled and Published by
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INSTRUCTIONS

By carefully following the instructions for canning as outlined in this little book you should have no failures. Read carefully when you are ready for work, and remember the secret lies in having your jars perfectly sterilized and air-tight.

Everything on kitchen table should be clean and sanitary. Use clean cloths in handling and wiping jars. Never use dish-cloth; no matter how clean it appears, it may be full of germs.

BLANCHING

Place vegetables on piece of cheese-cloth or wire strainer, and blanch by placing in boiling water (see instructions for each vegetable); drain.

Dip in pure, cold water for one minute, now you are ready to pack products in sealers. The reason for blanching is to get rid of acid flavors and bacteria, also to reduce the vegetable creek. The reason for cold-dipping is to harden the vegetable pulp and make it easier to handle in packing, to coagulate the coloring matter, or prevent the flow of juices and color.

SIMPLE INSTRUCTIONS FOR CANNING VEGETABLES

1. Have the vegetables as fresh as can be procured,—after vegetables have been pulled for a few hours, they lose some of their flavor.
2. Wash vegetables clean and prepare as for cooking.

CANNING OF VEGETABLES AND FRUITS

Principal Points

1. Sterilize jars.
2. Use new rubbers.
3. Have jars perfectly air-tight.
4. Do not over-cook, as it spoils flavor and softens products.

IMPORTANT

1. Wash sealers perfectly clean. Too much stress cannot be laid upon this point.

Examine edges of jars and tops to see there are not little defects to cause air leakage.

Place jars and covers on rack in boiler. Have about eight to 10 inches of clean cold water in the boiler. Let it come to the boiling point slowly, and boil at least five minutes.

THREE-DAY METHOD

The reasons for this method are:—1st. The bacteria develops in the cooling-down process, and by giving them the second and third cooking, or three short periods of boiling—twenty minutes each day—it is a surer way to have certain vegetables keep in perfect condition. Experience has been that cooking the products for several hours in the one period, may destroy all bacteria, but also softens the product, and affects the flavor.

CHICKEN

Cut up and wash each part of fowl, and pack raw into sterilized sealer. One good large chicken will fill a quart sealer. Then add one teaspoonful salt, $\frac{1}{2}$ teaspoonful white pepper, half a cup of boiled water to each jar. Place rubber and cover in position but do not seal. Cook for three hours, in rack in boiler. Seal tight and let cool. Wrap in paper to keep dark. An old fowl will take four hours boiling.

CANNED CHICKEN

Clean and draw chickens, wash carefully, then place whole in large piece of cheese cloth (if kettle is large, can cook at least four or five). Place in boiling water and let cook for twenty minutes. Remove from kettle, cut in pieces removing the larger bones, pack nicely in hot sterilized jars, put bones back in kettle and let boil twenty minutes. Also it is well to skin the feet and boil with chicken and bones. When liquid is reduced to half, add 1 teaspoon salt to each quart sealer, $\frac{1}{2}$ teaspoon white pepper, pour liquid over, place rubber and cover in position, do not seal; place jars in rack and boil for $2\frac{1}{2}$ hours in boiler. Seal firmly, wrap in paper to keep from light.

CANNED RABBIT

Take a fresh-killed rabbit, cut up and wash each part, place in kettle and cover with water, cook for twenty minutes to half an hour. Remove from kettle, take out bones without tearing flesh, pack nicely in hot sterilized jars, put bones back in kettle and boil until liquid is reduced to one-half. Fill jar very full with hot liquid, add one teaspoon salt and a little white pepper if desired. Wipe rim of jar with clean cloth, place sterilized rubbers and covers in position but do not seal, place jars in rack in boiling water and cook for two and one-half hours. Remove, seal firmly, wrap in paper to keep from light.

CANNED MEAT (BEEF)

Take nice fresh lean beef, cut in pieces, pack in sterilized jar, also a small slice of suet, add 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper to each quart sealer, also a little water, place sterilized rubber and cover in position but do not seal, boil three hours in rack in boiler, seal, and wrap after cooling. Meat required to slice cold is boiled in

the bone, for about half an hour, cut from bone, and pack. The bone boiled in liquid to about half and filled in jars. These jars placed in rack in boiler and boiled three hours. Remove, seal and wrap in paper.

PORK OR PORK SAUSAGE

Pack in hot sterilized jars, add hot fat and pour over seasoning to taste. Place rubber and cover in position but do not seal, cook $1\frac{1}{2}$ hours in rack in boiler, seal and wrap; sausage is delicious done in this way.

CANNED FISH

After washing fish cut in pieces, sprinkle lightly with salt, and pack in sterilized jars, add a little water and place rubber and cover in position; place in rack in boiler for three hours.

Wash and cut in pieces, sprinkle with salt, pack in sterilized jars, and to each quart sealer add two tablespoons vinegar, a little water, and adjust sterilized rubber and cover, and place in rack in boiler, cook for three hours.

SUGAR-CURED PORK

Take 4 ounces salt petre, 6 ounces of brown sugar and 1 pint of salt. Put into skin side of meat until it sweats. Let meat lie for forty-eight hours, then take one quart of salt for eighty pounds of meat, and cut where meat has absorbed salt, hanging up to dry. Then put in cotton sacks and hang in dry, cool place. Be sure to rub around the bone well.

CORN BEEF OR TONGUE

To 100 lbs. beef take $1\frac{1}{2}$ lbs. salt, 2 lbs. brown sugar, 2 ozs. of salt petre, 2 ozs. baking soda, 2 ozs. pepper. Dissolve in $2\frac{1}{2}$ gallons water, boil and skim, and pour over meat while hot. When you cook meat put in little salt in the water, and cook until bone is ready to come out. Cook in two waters. Ready to use in one week.

RECIPE FOR BRINE FOR MEAT

Five parts spring water to one of salt, four ounces salt petre, for sweet pickle add two pounds brown sugar.

RECIPE FOR CURING FRESH FISH

Take nice Lake Trout, wash clean, leave in weak brine over night. Then hang in barrel to smoke, and after smoking all day make a smudge fire blaze up and partly cook. Be sure and hang securely. This will keep for winter use and is delicious. Lake Herrings are splendid just cleaned and packed in small barrel or stone crock with alternate layers of salt. Will keep all winter, and are certainly good when cooked and served with drawn butter or milk sauce.

TOMATO SOUP

Half a bushel of ripe tomatoes, 14 stalks celery, 14 sprays parsley, 7 onions, all chopped fine. 14 bay leaves, 70 cloves, 12 even spoonfuls of salt, $\frac{1}{2}$ cup white sugar, $1\frac{1}{2}$ teaspoons pepper, $\frac{1}{4}$ teaspoon cayenne. Boil about three-quarters of an hour or until celery is soft. Strain and add $\frac{1}{2}$ -lb. butter and 2 cups flour dissolved in the tomato juice; boil twenty minutes and bottle or put in sealer while hot.

CHICKEN SOUP

When canning chicken, after filling your sealers from kettle in which bones and feet have been boiled, just add chopped celery or celery leaves, and let boil a few minutes, strain and fill hot sterilized jars, add 1 teaspoonful salt and little pepper, or season before stirring. Place rubber and cover in position and cook in boiler one hour, seal and wrap. The jeels in feet of chickens will make a jeeling soup which can be diluted with this.

CANNED VEGETABLE OYSTER

Brush very clean and blanch in boiling water for five minutes, dip in cold water, cut in pieces, pack in hot sterilized jars, add 1 teaspoonful salt and fill with boiling water, wipe rim of jar, place sterilized rubber and top in position, but do not seal. Place in rack in boiling water, sterilize for twenty minutes for three successive days, seal tight, wrap in paper and keep from the light.

CANNED MUSHROOM

Wash and trim the mushrooms, blanch in cheesecloth in boiling water for three minutes, plunge into very cold water, pack in hot

sterilized jars, add 1 teaspoonful salt and fill with boiling water, wipe rim of jar, place sterilized rubber and top in position but do not seal. Place in rack in boiling water and cook twenty minutes on three successive days, or one hour and twenty minutes by one-day method. Seal tight when removing from boiler. Wrap in paper and keep from light.

CANNED PUMPKIN OR SQUASH

Cut into small pieces, blanch three minutes in boiling water (using cheesecloth or wire strainer) dip in cold water one minute, pack closely in hot sterilized jars, add level teaspoonful salt to each quart jar, fill with boiling water, wipe rim of jars with clean dry cloth, place sterilized rubbers and tops in position but do not seal, place jars in rack in boiling water, sterilize twenty minutes for three successive days, seal tight, wrap in paper and keep from light.

SWISS CHARD GREEN TOPS

Wash greens by dipping in cold water, take a sharp knife and cut in pieces. Place in cheese cloth and blanch for two minutes in boiling water, dip in cold water and pack at once in hot sterilized jars, add 1 teaspoonful salt to each quart jar, fill with boiling water and wipe rim with dry clean cloth, place rubber and cover in position but do not seal, place jars in rack in boiler and cook twenty minutes for three successive days, seal tight, wrap in paper and keep from light.

SWISS CHARD (Stalks)

Cut off stalks and wash clean, blanch in boiling water for two minutes, dip in cold water one minute, either leave in lengths or cut in small pieces, pack in hot sterilized jars, add 1 teaspoonful salt, fill with boiling water, wipe rim with clean dry cloth, place sterilized rubbers and covers, place in rack in boiling water, and cook twenty minutes for three successive days. Wrap in paper and keep from light. The stalks will remain white if directions are followed, and is just as nice as asparagus.

CANNED SPINACH

Wash and cut in pieces. Steam or blanch for three minutes in boiling water, dip in cold, using cheesecloth or wire drainer. Pack in hot sterilized jars, add 1 teaspoonful salt to each quart. Fill to overflowing with boiling water, wipe rim of jar, place sterilized

rubbers and covers in position, but do not seal, place in rack in boiling water, sterilize for twenty minutes on three successive days, a teaspoonful of olive oil improves flavor. Seal tightly, wrap in paper and keep from light.

BEEF TOPS, GREENS, LAMBS QUARTERS

Wash, steam or blanch for five minutes, dip in cold water, cut in small pieces, place in hot sterilized jars, add 1 teaspoonful salt to each quart jar, fill with boiling water; a teaspoonful of olive oil may be used, and improves the flavor, wipe rim of jar, place sterilized rubbers and covers in position, but do not seal. Place jars in rack in boiling water, sterilize for twenty minutes for three successive days. Seal tightly, wrap in paper to keep from light.

ONIONS

Peel small onions, blanch in boiling water for five minutes, then dip in cold water one minute, pack in hot sterilized jars. Add 1 teaspoonful salt to each quart and fill to overflowing with boiling water, wipe rim with clean dry cloth, place sterilized rubber and cover in position but do not seal, place jars in rack in boiling water, cook twenty minutes each day for three successive days, seal tight, wrap in paper to keep from light.

CARROTS

Take fresh young carrots, wash clean or use vegetable brush, blanch for five minutes in boiling water, dip in cold water one minute, pack in hot sterilized jars, add 1 teaspoonful salt to each quart sealer, wipe rim with clean dry cloth. Place sterilized rubber and cover in position but do not seal, place in rack in boiling water and cook twenty minutes for three successive days; seal tight, wrap jar in paper and keep from light.

CANNED BEETS

Cook small young tender beets in kettle until they skin easily, from fifteen to twenty minutes, plunge in cold water, remove skins, pack in hot sterilized jars, add 1 teaspoonful salt and 2 tablespoons vinegar to each quart jar, fill jar to overflowing with boiling water, wipe rim with clean cloth, place sterilized rubber and cover in position but do not seal, place jars in rack in boiling water and cook for thirty minutes one day only. Remove from boiler, seal, when cool wrap in paper and keep from light.

CANNED ASPARAGUS

Place nice fresh asparagus in cheesecloth and blanch in boiling water for three minutes, then dip in cold water and drain. Pack in hot sterilized jars, add 1 teaspoonful salt to each quart sealer, fill to overflowing with boiling water, wipe rim with clean dry cloth, place sterilized rubber and cover in position but do not seal, place jar in rack in boiler, having water at boiling point, and sterilize for twenty minutes; remove from boiler, seal, cook for three successive days, loosen cover when cooking each day, wrap in paper to keep from light.

CANNED TOMATOES

Have fresh-picked tomatoes of uniform size, firm and ripe, scald for three minutes (using cheesecloth or drainer) to loosen skins, dip in cold water, remove skins, pack in hot sterilized jars with wooden spoon pressing down well, but not breaking the tomato. When jar is filled to the top add 1 teaspoonful of salt to a quart sealer, wipe rim of jar, place sterilized rubber and covers in position but do not seal. Place jars in rack in boiler, have water at boiling point, sterilize for ten to fifteen minutes one day only. Remove from rack, seal tight, wrap jar in paper to keep from light. They will keep the year round and are lovely to serve whole as salad.

CORN ON COB

Prepare as for canning by blanching and cold dip. Place in hot sterilized jars, add one teaspoonful salt to each quart jar, fill to overflowing with boiling water, wipe rim of jar, place sterilized rubber and cover in position but do not seal, place jars in rack in boiler, sterilize twenty minutes for three successive days, seal jars as soon as taken from boiling water and loosen cover when placing in boiler each day. You will only be able to place four or five cobs of golden bantam corn in quart jar; when in cutting from cob you will use corn from twelve or fifteen cobs. Wrap in paper, when cool, and keep in a dry place.

CANNED CORN

Have corn fresh as possible, husk and blanch in boiling water for three minutes, dip in cold water one minute. Use the cheesecloth or wire drainer. Cut corn from cob and pack at once in hot

sterilized jars, using a small wooden spoon. Add a teaspoonful of salt to each quart jar, leave small space at top of jar, wipe rim carefully with clean cloth, place sterilized rubber and top in position but do not seal, place in rack in boiler, having water at boiling point, and sterilize for twenty minutes for three successive days, removing from boiler each day and sealing immediately. Loosen wire or screw top when placing in boiler each day. Wrap in paper and keep from light.

CANNED CAULIFLOWER

Separate flowerlets in nice pieces, soak in weak brine for one hour, drain. Place in cheesecloth or wire strainer and blanch in boiling water for three minutes, dip in cold water one minute, pack nicely in hot sterilized jars, add 1 level teaspoonful salt to each quart sealer, fill to overflowing with boiling water, wipe rim of jar with clean cloth, place sterilized rubbers and covers in position but do not seal. Place jars in rack in boiler having water at boiling point, cook twenty minutes on one day only. Remove from boiler, seal, wrap with paper and keep from light. Cauliflower will not retain its flavor if boiled too long.

CANNED BEANS

Wash and string fresh picked beans, leave whole or cut in inch pieces as desired, place in a piece of cheesecloth or wire drainer, and blanch by dipping in boiling water from two to five minutes. Then plunge in cold water for one minute and pack in hot sterilized jars, put in 1 teaspoonful salt to one quart sealer, fill to overflowing with boiling water, wipe rim of jar with clean cloth (important). Place sterilized rubber and top in position but do not seal. Place in rack in boiling water and sterilize for twenty minutes for three successive days. Seal, wrap with paper, and keep in a dry place.

PEAS

Shell fresh picked peas, blanch three minutes in boiling water, (using cheesecloth or wire drainer), dip in cold water one minute, pack in hot sterilized jars, adding to each quart jar 1 teaspoonful salt, and 1 tablespoon of lemon juice (to neutralize the acids), fill jars with boiling water, wipe rim and place sterilized rubber and tops in position but do not seal. Place in rack in boiler, have the water at boiling point and sterilize for twenty minutes for three successive days. By this method the peas are sure to keep and retain their flavor and color. Wrap when cooled and tested for leakage, and keep in a dry place.

PEARS

Pare and pack, half or whole, in hot sterilized jars and pour over boiling syrup. Wipe rim of jar with clean dry cloth, place sterilized rubber and top in position but do not seal tight. Place in rack in boiler, cook from ten to fifteen minutes, according to ripeness of fruit. Remove from boiler, seal, invert jars, cool, wrap in paper or place in boxes, in which jars have been received.

CANNED RASPBERRIES (Cooked)

Select fresh picked berries, firm and ripe, pack in hot sterilized jars, pour over hot syrup made of 1 cup sugar, $\frac{3}{4}$ cup water; wipe rim of jar, place sterilized rubber and cover in position, but do not seal tight, cook in rack in boiler for eight minutes, remove, seal and wrap in paper.

CANNED RASPBERRIES (Raw)

Select fresh picked berries, firm and ripe, pack in hot sterilized jars, pour over a hot syrup and seal, while syrup is cooking keep fruit and syrup thoroughly mixed by rolling the jar a few times while cooking. No further cooking is required, and the fruit has a real natural flavor.

CANNED CHERRIES

Wash nice firm, ripe fruit, remove pits, pack in hot sterilized jars, make a syrup of 1 cup sugar, $\frac{1}{2}$ cup (to each quart jar) water, and cook in rack in boiler for twenty minutes, cook sour cherries thirty minutes. Remove from boiler, tighten up cover, and when cool wrap in paper and keep in a cool place.

CANNED BLACKBERRIES

Pack in hot sterilized jars, and pour over a syrup made of $\frac{3}{4}$ cup sugar and $\frac{1}{2}$ cup of water, wipe rim of jar with clean dry cloth, place sterilized rubber and cover in position and cook in rack in boiler from five to eight minutes.

CANNED BLUEBERRIES

Wash and drain, place in hot sterilized jars, and make a syrup and cook same as Blackberries.

CANNED RHUBARB

Take nice tender fresh-pulled rhubarb stalks, the Strawberry variety is good, and wash clean but do not peel, cut in 1-inch pieces, pack in hot sterilized jars, cover with syrup, made with 1 cup sugar and $\frac{1}{2}$ cup of water, wipe rim of jar, place sterilized rubber and cover in position and place in rack in boiler, cook for fifteen minutes. Remove and seal, when cool wrap in paper to keep from light. If you wish to add raspberries, strawberries, pineapple, or any small fruit, allow the sugar to dissolve by sprinkling over fruit on platter, and boiling fruit juice and sugar together, instead of using water for syrup.

CANNED RHUBARB (Without Cooking)

Wash fresh-pulled rhubarb, drain, cut in 1-inch pieces or leave whole stalks, length of jar, pack firmly in sterilized jars, fill to overflowing with cold water and let stand for ten minutes. Then drain off and fill with pure cold water, wipe rim dry, place hot sterilized rubber and cover in position and seal. This will keep until spring of following year.

STRAWBERRIES

Select fresh picked and finest strawberries, rinse carefully with cold water to remove sand, after draining pack in hot sterilized jars, place sterilized rubber and cover in position and pour over syrup made of 1 cup of sugar to $\frac{1}{2}$ cup water, place in boiler, and cook five minutes, after water is boiling rapidly. Remove, seal, and when cool, wrap in paper to keep from fading.

STRAWBERRIES

Place nice selected strawberries on a platter and add two scant cups sugar to a quart sealer of berries (about two and a half boxes when picked). With a silver fork prick enough of the berries to have juice dissolve sugar, but do not wash berries. Let sugar dissolve for two or three hours, then drain juice into preserving kettle, let boil for eight minutes slowly, add berries and let boil for three minutes, drip berries carefully and place in hot sterilized jars, pour over the syrup and seal; wrap with paper when cool. Strawberries may be done in same manner without cooking by packing in sterilized jars and leaving over night, then wipe rim of jar, place rubber and top in position, and seal; set in sun for two days.

CANNED BLACK CURRANTS

One pound of currants (2¼ cups), one pound water (4 large cups), two pounds sugar (4 large cups). Boil water and sugar for fifteen minutes, add currants and boil for three minutes; place in hot sterilized jars and seal. Very fine, as the currants are not cooked long enough to make them hard. The juice left over will make jelly with the addition of a little more sugar.

Black currants, jelly and preserves, cover any quantity of fruit with cold water and boil three-fourths of one hour. Strain through cheesecloth, do not squeeze, and boil juice down for about ten minutes, then add sugar, cup for cup, and boil about eight minutes or until it jells when tested. Pour in jelly glasses, let cool and seal. Take pulp of currants, add cup for cup of water and half the number of cups of sugar, and boil fifteen minutes. This makes a nice light preserve and not as strong as when done the usual way.

CANNED APPLES

Pare and core nice firm apples, quarter, and pack in hot sterilized jars, make a light syrup, a scant cup of sugar and half a cup of water, pour over the fruit, wipe rim with clean dry cloth, place sterilized rubber and cover in position and place jar in rack in boiler. Cook from ten to fifteen minutes. Some varieties cook very quickly, others take longer. When cooked, remove from boiler, tighten cover and when cool wrap in paper and keep in a cool place.

CANNED GRAPES

Select fresh-picked grapes, pick from stem, wash and drain, pack whole in hot sterilized jars, make a syrup of 1 cup sugar and ¾ cup of water to a quart jar. Pour over fruit, wipe rim of jar, place sterilized rubber and cover in position and cook ten minutes in rack in boiler. Remove and seal tightly, and when cool wrap in paper.

This recipe can be used without cooking, after pouring the hot syrup over the fruit, seal, and while cooling, roll jar a few times to keep fruit and syrup well mixed. The flavor is exactly like the grapes, fresh picked.

CANNED PLUMS

Wash plums, pack in hot sterilized jars and pour over them a syrup made of 1 cup sugar and ¾ cup of water, wipe rim of jar

with clean dry cloth, place hot sterilized rubber and top in position but do not seal. Cook fifteen or twenty minutes in rack in boiler. Remove and seal, let cool and wrap with paper.

Different varieties require longer or shorter time boiling.

CANNED PEACHES

Scald from one to three minutes in boiling water, remove skins, cut in quarter or half, or leave whole. Pack in hot sterilized jars and pour over them a syrup made of 1 cup sugar, $\frac{3}{4}$ cup of water, to each quart jar; wipe rim of jar with clean dry cloth, place sterilized rubber and cover in position, but do not seal; cook in rack in boiler ten to fifteen minutes. If peaches are very ripe a shorter time will do. Remove from boiler and seal, when cool wrap with paper and keep in cool place. Peaches will also keep by canning the same as rhubarb, without cooking.

CANNED CURRANTS (Red)

Wash currants and drain, pack firmly in hot sterilized jars, fill jars with syrup made of 1 cup sugar and $\frac{3}{4}$ cup of water to quart sealer; wipe rim of jar with clean dry cloth, place sterilized rubber and cover in position but do not seal, place jars in rack in boiler and cook for ten minutes in boiling water. Remove and seal jars, when cool wrap with paper and keep in cool place.

RED CURRANTS

Wash and drain nice ripe fruit. To each quart sealer allow $1\frac{1}{2}$ cups of sugar. Leave on large platter until sugar dissolves. Crush a few of the currants so juice will flow. Pack solid in hot sterilized jars, wipe rim of jar, place sterilized rubber and cover in position, place jars in rack in boiler and cook for ten minutes, boiling rapidly. Seal when cool, wrap in paper and keep in a cool place. The currants contain so much pectin that the fruit will be almost a jelly and makes a very attractive dish for the table.

APPLE PRESERVE

Peel, core and cut apples in small pieces, eighths or cubes, make a syrup using 5 cups of sugar to 2 cups water. Boil syrup until quite thick, add the apples, and a little preserved ginger if desired; boil until apples are transparent or begin to break, pour in jars, let cool, and then cover. Brown sugar may be used instead of granulated.

PRESERVED PEACHES

Peel and stone peaches, cut in half, quarter or eighths, make a syrup of proportions, 2 cups of sugar to 1 cup of water, place peaches in the good thick syrup and boil for half an hour rapidly, then cool down and if not real thick and rich, boil for a few minutes longer. Watch carefully that it does not scorch. Some varieties of peaches will require more boiling than others, as there is more juice. After they are preserved, place in sterilized jars and when cool seal and place in cool pantry.

GRAPE JUICE

Pick grapes off stem, wash and drain, put in granite kettle and cover with cold water, let boil slowly five minutes, then strain through two thicknesses of cheesecloth. Pour juice back in kettle, add 1 cup of sugar for each quart of juice, let boil three minutes, bottle and seal. This is a splendid tonic.

DANDELION CORDIAL

Take two quarts of fresh picked dandelion blossoms and four quarts of cold water. Let boil for three minutes, strain through a sieve or collander and let stand over night. Strain again and let heat enough to dissolve sugar, of which use three pounds. Add juice of four lemons and one-quarter yeast cake, square of toasted bread, let stand about one week, skimming every day then bottle, but do not seal.

RHUBARB JAM

Take fresh-pulled rhubarb, the nice tender pink stalks are nice, wash and drain, cut in inch pieces (do not peel). Measure three-fourths quantity granulated sugar. Place layer of sugar and layer of rhubarb in crock or granite kettle, let stand for three days, stirring each day, with wooden spoon, then boil for half an hour and put in jars or tumblers. When cool, seal. Excellent.

VEGETABLE MARROW JAM

Six pounds marrow, six pounds of sugar, four ounces ginger root, rind and juice of three lemons. Peel and remove inside of marrow, cut in pieces about three inches long, place in bowl or dish and sprinkle with sugar, and leave over night. In the morning, pour off the syrup and boil half an hour, add marrow, lemons and ginger

and boil until marrow is clear. The vegetable marrow must be cut from the vines several weeks before using. Always use under-ripe fruit for your jam.

PRESERVED STRAWBERRIES

Wash and drain thoroughly fresh-picked berries, place on platter or large dish, prick enough berries with silver fork so that juice will start to flow, add three-fourths weight in sugar, leave over night. In the morning drain off the juice and boil about ten minutes and skim well. Then add berries and boil slowly for fifteen minutes. Then fill sterilized jars with berries and pour syrup over. Wipe rim of jar with clean dry cloth. Place sterilized rubber and cover in position and seal.

PEACH COMPOTE

Peel and stone nice peaches, either leave whole or cut in half. Make a syrup of 2 cups sugar to $\frac{1}{2}$ cup water. Place peaches in syrup and boil until nearly soft, but not broken. Then pack carefully in hot sterilized jar and let syrup boil until quite thick, and pour over the peaches. Wipe rim of jar and place sterilized rubber and cover in position and seal. If you crush a few kernels and tie in cloth and boil with syrup it adds to the flavor.

GRAPE PRESERVE

Wash and pick grapes off the stem, separate skins and pulp. Put pulp through sieve to remove seeds, then add skins and boil together for half an hour after adding three-fourths sugar to one pound of fruit. Place in sterilized jars.

PLUM PRESERVE

Plums are stoned and cut in pieces, and the jam is made exactly like peach jam. Plums will also keep by placing in sterilized jars, and treated the same as the uncooked rhubarb.

PRESERVED CITRON

Peel citron and remove seeds. Cut in inch pieces and leave over night in dish or kettle. In the morning add sliced lemons, place on the stove, heat slowly, and add equal parts of sugar. Boil slowly for forty minutes, then rapidly for fifteen. The citron will be quite clear and the syrup will be almost like jelly. No water is necessary as the citron contains enough. Place in sterilized containers and seal.

PEACH JAM

Peel and remove stones, cut in half or quarter slices, place in kettle, layer of fruit and layer of sugar, having fruit well covered with sugar, about cup for cup. Set on stove, slow fire, until all sugar is dissolved and juice drawn from peaches, then boil rapidly for about half an hour. Place in hot sterilized jars, use new rubbers, seal and wrap jars in paper. The fruit will be clear and almost solid when cool. This is not required to be sealed air-tight.

PRESERVED QUINCE

Peel, core, and cut in eighths or quarters, cover peeling and cores with water, boil slowly for half an hour, strain, take three cups of sugar to one of the boiled juice, and make a syrup. Cook the quince in enough water to cover for three-quarters of an hour. Then add to the boiling syrup and simmer slowly until quince is a nice reddish color. Place carefully in sealers, fill to overflowing with the syrup, wipe rim of jar with clean dry cloth and place sterilized rubber and cover in position and seal; wrap jar with paper.

FRUITS WITHOUT SUGAR

A great many of our fruits will keep without sugar. Simply by pouring boiling water over them in the jar and cooking in the boiler for some length of time as we cook them when the syrup is used, and treating them in the same way, regarding sterilizing jars, etc.

APPLE JELLY

Cut apples (Red Astrachans are nice for early use) in pieces, removing parts that are not good. Barely cover with water and let boil very slowly for one hour, strain through two thicknesses of cheesecloth. If you want a clear jelly do not squeeze bag. After straining let boil for fifteen minutes, add half a cup of sugar to one cup of juice, boil from eight to ten minutes, pour in glasses and let cool before covering.

RED CURRANT JELLY

Take any quantity of fruit, add very little water, let boil three minutes, strain through cheesecloth and to each cup of juice add half a cup of sugar, boil five to ten minutes.

GRAPE JELLY

In making grape jelly by adding a few apples when cooking the grapes before straining, the jelly will not have such a strong taste. This applies to plums also. Use the Pectin test in making jelly from different fruits. It saves sugar.

PEAR MARMALADE

Six pounds pears, chopped, 6 lbs. sugar, $\frac{1}{2}$ pint of water, a little preserved ginger root, put all together in kettle and boil until it clears.

QUINCE MARMALADE

Three pounds quince, six cups granulated sugar, cut fruit in small pieces, dissolve sugar in half a pint of water, add fruit and boil until clear.

ORANGE MARMALADE

Two oranges, 1 lemon, 9 cups of boiling water, slice fruit very thin, crush seeds, tie in muslin bag, let stand over night. In the morning let come to the boiling point, remove bag with seeds. Leave over night again. In the morning boil for half an hour slowly. Then measure and add cup for cup of white sugar. Boil twenty minutes quickly. Pour in tumblers or jars. When cold cover and keep in dry place.

GRAPE FRUIT MARMALADE

1 grape fruit 1 orange, 1 lemon. Slice very thin, (Sterling Slicer is good). Put all together in crock, add 12 cups of boiling water. Take seeds of all and crush as much as possible, tie in muslin cloth and put in crock with fruit. Let stand over night, remove bag with seeds, boil fruit for three-quarters of an hour. Let stand over night again, measure, put on to warm. Use equal quantity of sugar, cup for cup. Let boil quickly for about thirty minutes, then slow down to try. If it jells a little pour in tumblers or jars, let cool before covering.

CANNED GOOSEBERRIES

Wash gooseberries and pack in hot sterilized jar, pour over them a syrup made of 1 cup of sugar, $\frac{3}{4}$ cup water, to each quart jar, wipe rim of jar with clean cloth, place sterilized rubber and cover in position but do not seal. Place in canning rack in boiling

water. Cook ten to fifteen minutes, remove from boiler, seal tight, when cool wrap with paper to keep from light.

PICKLED PEARS

Peel pears, if large, and remove core, or leave whole if desired. To one peck prepared fruit add 1 quart of vinegar, 4 pounds brown sugar, 2 ounces cinnamon, a few cloves. Boil fruit in vinegar (to which spices and sugar has been added) until fruit is cooked, but not soft. Peaches are pickled in the same way as are also crab-apples, plums or sweet apples.

GREEN TOMATOES

SWEET PICKLES

One peck sliced tomatoes (and onions if desired) layer for layer. Sprinkle with salt. Place weight on top of jar and leave over night. In the morning drain thoroughly. Heat vinegar to which spices and sugar have been added. To one gallon use: 2 lbs. sugar, 2 sticks cinnamon, 2 tablespoons pastry spice, 2 large peppers. Pour over the tomatoes and leave over night. Then drain vinegar off and heat again to boiling point and cover tomatoes.

GREEN TOMATO MINCEMEAT

One peck green tomatoes, 1 peck apples, 3 lbs. raisins, 5 lbs. sugar, 1½ cups chopped suet, 2 tablespoons all-spice, 3 tablespoons cinnamon, 2 tablespoons cloves, 2 cups water, 2 cups vinegar. Wash and chop tomatoes in small pieces, peel and chop apples. Place tomatoes in collander, pouring boiling water over them three times, draining well, chop suet and add a little salt. Put all ingredients in preserving kettle and simmer slowly until tender.

SWEET CUCUMBER PICKLE

Wipe small cucumbers and pack in sterilized jar, pour over vinegar 1 cup sugar, and spices if desired, cook in double boiler for 10 minutes. Onions and cauliflower may be added by leaving in brine over night.

INDIAN RELISH (Excellent)

1 gallon vinegar, 12 ripe tomatoes, 12 apples, 7 large onions, 1 large pepper, 1 lb. raisins, ¼ lb. salt, ¼ lb. mustard, 2 ozs. ginger. Boil together tomatoes, apples, onions, pepper and raisins for one hour and pulp through sieve, add 2 lbs. sugar, dissolve mustard in vinegar, add remainder and boil all together for ¾ hour, bottle, seal.

ANOTHER RELISH

1 peck ripe tomatoes, 2 cups onions and 2 cups celery, onions and celery chopped fine, 2 lbs. sugar, 2 tablespoons mustard seed, 1 teaspoon ground cloves, 1 teaspoon ground cinnamon, 2 small peppers, 1 quart vinegar. Peel and cut tomatoes fine, salt over night, mix all together, boil $\frac{1}{2}$ hour and bottle.

MUSTARD PICKLES (Sour)

1 gallon vinegar, 4 ozs. mustard, 4 ozs. mustard seed, 2 ozs. curry powder, 4 ozs. salt, 3 ozs. ginger root, 2 ozs. tumeric powder, $\frac{1}{8}$ -oz. cayenne pepper. Put spices in vinegar and let stand three days, stirring occasionally. Wipe cucumbers, fresh picked from vines and add onions, beans, cauliflower, peppers, etc. Will be ready for use after standing three days, stirring occasionally with wooden spoon. No cooking is required, but cauliflower may be placed in brine for a few hours before putting in mixture.

MIXED MUSTARD PICKLES

One quart large cucumbers, 1 quart large onions, chopped fine, 1 quart small cucumbers, 1 quart small onions, left whole, 1 large head cauliflower. Place each lot in separate dish and cover with hot brine, let stand over night and drain off the brine in the morning, and put all together in large kettle. Add: 2 quarts cider vinegar, 3 cups of brown sugar, $\frac{1}{4}$ -lb. mustard seed, $\frac{1}{8}$ -lb. celery seed, let boil one-half hour. Then add $\frac{2}{3}$ cup flour, $\frac{1}{8}$ -lb. mustard, $\frac{1}{2}$ -oz. tumeric powder, boil 10 to 15 minutes and crock or put in sealers. Pack nicely in layers and add small red peppers.

RIPE CUCUMBER PICKLES

12 large ripe cucumbers, 6 large onions, slice and cover with hot brine for two hours, then drain and cook until tender in dressing. 1 tablespoon mustard, 1 tablespoon white pepper, 1 tablespoon curry powder, 1 tablespoon tumeric, 2 cups brown sugar, 3 tablespoons flour, cover pickle with cider vinegar and when boiling add mixture and boil 5 minutes longer.

Pickles, Sauces and Relishes

CHILI SAUCE

18 large ripe tomatoes, 4 large onions, chopped fine, 12 table-
spoons sugar, 1 tablespoon ginger, 1 tablespoon cinnamon, 4 table-
spoons salt, 2 cups cider vinegar, $\frac{1}{2}$ teaspoon cayenne, boil one
hour.

CHILI SAUCE

12 large ripe tomatoes, 4 large onions, chopped fine, peel to-
matoes and cut in small pieces, add the onions and boil for $\frac{1}{2}$ hour,
then add one cup of sugar, $1\frac{1}{2}$ cups vinegar, 1 teaspoon curry
powder, $\frac{1}{2}$ teaspoon cayenne pepper, 4 tablespoons salt, $\frac{1}{2}$ tea-
spoon celery seed, tie in muslin cloth, boil for $\frac{3}{4}$ hour, and put in
jars or bottles and seal.

CELERY SAUCE

1 peck green tomatoes, 6 large onions, 6 bunches celery, all
chopped fine, add 3 cups brown sugar, $\frac{1}{2}$ cup mustard, 3 table-
spoons cinnamon, 4 tablespoons salt, 1 scant teaspoon cayenne
pepper, 1 teaspoon curry powder, dissolve spices in 2 quarts vine-
gar, put all together and boil 1 hour. Crock or jars.

The Drying of Fruits and Vegetables

By M. ANNA HAUSER

Extension Specialist in Home Economics, State Agricultural College,
New Brunswick, N. J.

It is the duty of the woman in every home to conserve and store enough food during the summer to tide her family over the coming winter. In these times of great food shortage we cannot afford to allow the smallest quantity of good food of any kind to go to waste. Those who have more than they will need should conserve it to provide for others who are not as fortunate as they.

Larger quantities of vegetables and fruits should be canned than ever before, but, even though all the glass jars and tin cans in the country are filled, quantities of good food will go to waste unless other methods of preservation are used. Besides canning, we should resort to the methods of drying and salting that our grandmothers used for conserving foods for winter.

Drying affords a practical and easy way of saving large quantities of food in small bulk without using expensive containers, and it also affords a convenient way of conserving portions of food that are too small for canning. A few ears of corn left from dinner or a few apples or peas, or even a single carrot, can be dried and saved.

PRINCIPLE OF DRYING

The principle of drying is to remove the moisture contents from the fruits and vegetables without breaking down the cell structure, so that the moisture can again be taken up by soaking and the product attain its original shape and size when cooked. Moisture is one of the requirements for life and growth of yeast, bacteria and molds which cause foods to spoil. By drying food, through evaporation of its moisture, the development of the organisms may be prevented and the food thus preserved.

METHODS AND OUTFITS

Fruits and vegetables may be dried in the sun, over the kitchen stove, on racks made to fit in the oven, in commercial drying outfits or before electric fans.

Two of the best outfits that can be used for drying are the two that are available to every family, namely, the ordinary stove that is used for cooking and racks made to dry food in the sun.

Every good stove has notches at the side of the oven on which the oven grate can be placed at different heights. To make trays for the oven cut pieces of heavy galvanized cellar window screening (one-eighth inch square mesh) the exact size of the oven and have a plumber bind them around the edges and support them through the centre. These will be perfectly flat trays, and one can be made to fit each set of notches that the oven contains. By placing thin layers of fruits and vegetables on each of the six or eight trays that each oven will hold, large quantities of food can be dried with the same heat that is used for cooking in homes where a coal or wood stove is used. The same kind of trays can be made to fit the notches in the ovens of gas stoves. When drying with gas, the proper heat may be secured by lighting only the pilot light under the oven and allowing the oven door to be open one-half inch. Experiments show that it costs four cents to burn the pilot light ten hours. A surprising amount of food can be dried in that time if the oven is filled to its full capacity. The amount will differ with the different kinds of fruit or vegetables that are being dried.

In homes where oil stoves are used, trays may be made to fit the oil stove oven, and in this case the flames must be turned very low and the oven door allowed to be open about one-half inch.

PRECAUTIONS

1. When artificial heat from the stove is used for drying, the heat should not be so great that the products are scorched or burned. From 130° to 160° F. is a good temperature to use.
2. Ventilation should always be provided so that the water can be driven off from the products by evaporation. If provision is not made for the moisture to escape, the fruits and vegetables will cook and not dry as they should.

SUN DRYING

On hot summer days many articles of food may be dried in the sun. The same kind of driers that are used in the stove can be

used in the sun. When placed out of doors to dry, food should always be protected from dust and flies. If flies are allowed to lay their eggs on foods while they are drying, bugs and worms will develop and spoil the dried product. Food should be placed out of doors to dry only on clear sunny days. Care should be exercised not to place too much food in the sun at once. If rain should come and continue for several days, it should be possible to complete the drying in the oven. If the drying could not be completed in the oven, the food might spoil before the sun reappeared.

SUN AND OVEN HEAT MAY BE INTERCHANGED

A very satisfactory and inexpensive way of drying is to place the vegetables or fruits in the oven while cooking the meals, and taking the numerous trays from the stove out into the sun during the intervening morning and afternoon hours of the day. By placing the food into the oven at these intervals it will become dry more quickly than it would if it were left to dry entirely in the sun. Care must be exercised also to prevent the foods from souring, and for this reason it is advisable to apply artificial heat to some products at intervals when drying in the sun.

FLAVOR OF DRIED FRUITS AND VEGETABLES

The flavor of dried fruits and vegetables is somewhat different from the flavor of the same kind of product canned. For instance, dried peaches and canned peaches do not have the same flavor, yet both are good. Dried apricots and canned apricots each have their distinctive flavors, but both are good. Corn that is properly dried and cooked is just as palatable as canned corn. It has, however, a nutty flavor that is somewhat different from the flavor of canned corn. The same thing is true of all dried products. We expect them to have a little different flavor than the same product has when canned, but dried vegetables and fruits are good food, if they are not spoiled by souring or scorching in the process of drying. It is always desirable to have some dried products on hand, because they lend variety to the diet.

FOOD VALUE OF DRIED PRODUCTS

The nutritive value of food is practically unchanged by drying.

TIME FOR DRYING

The time for drying varies a great deal with the different vegetables and fruits. The time required depends upon the amount of moisture in the product, the degree of heat used, the thickness of the slices or pieces that are to be dried, and the attention that is given in the frequent turning or stirring of the product. Apples, carrots, beets, onions, turnips, etc., should always be cut in slices or strips before drying. Cabbage should be shredded. To hasten the drying and secure the best dried product, food materials should be placed on the trays only one layer in thickness, so that air can circulate through the many trays and carry off the moisture.

HOW TO TELL WHEN MATERIALS ARE SUFFICIENTLY DRY

Care must be taken so that products are not baked or scorched. On the other hand, the material must be dried sufficiently or it will not keep, but will mold. Products must be dried uniformly through and through. They are sufficiently dry to remove from the oven or other artificial drier when it is impossible to press water out of the freshly cut ends of pieces. The material should not be so dry that it will crackle, but should be leathery and pliable. At this stage, when drying in the oven or in any artificial heat, the products may be taken from a number of trays and placed on one tray to be kept near the stove where there is very little heat, or in the sun, to take out the last bit of moisture. When dry, place the vegetables or fruit into heavy paper bags or cardboard boxes and keep them in a warm, dry place for several days for "conditioning." Pour the material from one box or from one paper bag to another once a day for three or four days so as to mix it thoroughly and give the whole mass an even degree of moisture. If during this "conditioning" any pieces are found to be too moist, they should be returned to the trays and dried further.

BLANCHING

Blanching is cooking the vegetables or fruits a few minutes before they are placed on the trays to dry.

REASONS FOR BLANCHING VEGETABLES AND FRUITS

1. To retain as nearly as possible the natural color.
2. To kill yeast, bacteria and molds that may be present, and thus prevent food from spoiling in the process of drying.
3. To heat the product quickly, open the "pores," expand the cell structure, and thus hasten evaporation.

TO BLANCH VEGETABLES

Drop them into boiling water with a level teaspoon of salt to the gallon. The cold vegetables stop the boiling of the water. Bring the water back to the boiling point and boil from one to five minutes, depending upon the hardness or softness of the vegetables.

TO BLANCH FRUITS

The time for blanching fruits is less than the time for blanching vegetables. Begin to count the time as soon as the fruits are placed in the boiling water and allow them to remain in the water only from one to three minutes, depending upon the hardness or softness of the fruits. Apples, peaches, apricots, pears and quinces should always be blanched in boiling water with one level teaspoon of salt to a gallon. This will prevent these fruits from turning dark in the process of drying.

DO NOT BLANCH

Raspberries, blackberries, huckleberries, currants, gooseberries, plums, pitted cherries, spinach, tomatoes, celery tops, beet tops, parsley, swiss chard, mint, sage and herbs of all kinds should not be blanched before drying.

MAY OR MAY NOT BE BLANCHED

Cherries (whole), rhubarb, string beans, snap beans, okra, beets, carrots, peppers, leeks, onions, cabbage, etc., may or may not be blanched, but the color, flavor and quality is superior if these products are blanched before drying.

BLANCH THESE PRODUCTS

Apples, peaches, apricots, pears, quinces, corn, peas, lima beans, shelled garden beans, celery, turnips, parsnips, sweet potatoes, Irish potatoes, cauliflower, etc., should always be blanched before drying.

RECIPE FOR DRYING FRUITS AND VEGETABLES

Prepare the fruits or vegetables—wash, string, shell, pare, scrape, pit, core or cut, whichever are necessary. Blanch in boiling water as indicated above according to the hardness or softness of the fruits or vegetables. Remove from boiling water and immediately spread on racks or trays and place in the oven or in the sun to dry.

To dry products for which blanching is not desired: Spread the fresh fruits, vegetables or greens on trays and dry by oven heat or in the sun. Stir or turn all products frequently to prevent scorching and insure even drying. When dry, all materials should be conditioned as indicated above. Store in heavy paper bags or boxes and keep them in a dry place.

RECIPE FOR DRYING CORN

Boil green corn on the cob in a large boiler five minutes, adding one tablespoon of salt to two gallons of water. Cut the corn from the cob. Spread on cheesecloth or paper-covered driers made of heavy wire or strips of wood. Place in the oven or in the sun to dry. Stir frequently. When dry, store in heavy paper bags and keep in a dry place.

PEACH LEATHER

Peach leather may be made from soft, over-ripe peaches.

Pare, pit and mash the peaches. Add 4 level tablespoons of sugar to one quart of the peaches. Dry and store the same as Strawberry Leather.

Note.—Gooseberries, currants, cherries and rhubarb may be made into leather by the method given for strawberries and peaches.

DRIED STRAWBERRIES OR STRAWBERRY LEATHER

Wash, hull and drain the berries. To one quart box of berries use 4 level tablespoons of sugar. Mash the berries on a platter or large tray and add the sugar. Place platter of strawberries in oven, heat with door open one-half inch. Stir frequently and dry until strawberries are of a thick dough-like consistency. Form into small cakes and dry further with a slow heat. Turn the cakes occasionally. When the products reach the consistency of dried figs, protect from dust and flies and dry at room temperature for several days. Wrap in oiled paper and store in a cool, dry place.

This product is very much like dried figs, and can be used in the same way. This is an inexpensive method of saving berries that would otherwise go to waste.

Note.—Five parts strawberry and one part of finely shredded pineapple dried together makes a delicious product.

SOUP MIXTURES

Each vegetable used in the soup mixture is prepared and dried separately. They are put together in proportions desired. Those most often used are celery, carrots, cabbage, onions, tomatoes, potatoes, peas and okra.

STORAGE

If there is a chance that any kind of insects have come in contact with the products in the process of drying, they should be heated to 140 F. long enough to allow the heat to penetrate throughout before being stored. This will kill any germ life that may be present as a result of contact with insects. One of the best and least expensive ways of storing is to place the dried materials in heavy paper bags, twist the upper end into a neck, turn over, tie securely and hang to rafters in the attic, if such storage place is available.

The supply of dried fruits and vegetables that are still on hand March 1st should be taken out of the bags and heated in the oven at that time to kill any germ life that may have found its way into the products in storage.

COOKING DRIED FRUITS AND VEGETABLES

The water which has been dried out of the fruits or vegetables must be restored to them before cooking. The longer it takes to dry the longer the dried products should soak before cooking. It is necessary to soak most dried products about eight hours or over night.

After soaking, dried vegetables and fruits can be prepared for the table in almost any of the ways in which the fresh products are used.

Dried foods should be washed thoroughly before they are soaked. They should then be cooked in the same water in which they are soaked to prevent any loss of flavor or food value.

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