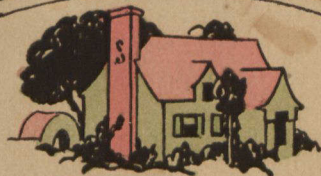


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Home Canning

DOMINION
GLASS COMPANY
Limited



HOME CANNING

A Compilation of Recipes
and Useful Hints on the
Preserving and Canning
of Fruits, Vegetables,
Meat and Soups



·{ 1926 }·

DOMINION GLASS COMPANY LIMITED

HEAD OFFICE - - - - MONTREAL

CANNING TIME-TABLE

FOOD	NO. OF SYRUP TO USE	TIME OF BLANCHING	TIME OF PROCESSING	
			Hot Water Bath 212°F	Steam Pressure 10 to 15 lbs.
<i>VEGETABLES</i>				
		Minutes	Minutes	Minutes
Asparagus		5	180	40
Beans		5	180	40
Beets		15 to 30	120	40
Cauliflower		3	180	20
Corn		5	180	60
Peas		3 to 5	180	40
Pumpkin		Steam	180	40
Squash		"	180	40
Spinach		15 in steamer	180	40
Tomatoes		1 to 3	22	10
<i>FRUIT</i>				
				5 to 10 lbs. Pressure
Apples	1	1	20 or till soft	10
Apple Sauce		None	12	10
Apricots	4	2 or 4	20	10
Blackberries	4	None	16	10
Blueberries	4	None	20	10
Cherries, sour	4	1/4	25	10
" sweet	2	1/4	20 to 25	10
Cranberries	4 or 5	1	20	12
Currants	2	None	16	10
Dewberries	1 or 2	None	10 to 20	10
Gooseberries	4 or 5	1	10 to 20	10
Grapes	2		20 to 30	15
Loganberries	3	None	16	10
Peaches	1 or 2	2	20 to 30	12
Pears	2	4 to 8 in hot syrup	20 to 30	15
Pineapple	3 or 4	None	30 when cut in small pieces	15
Plums	4 or 5	1, or none if pricked	20 to 30	12
Raspberries	2 or 3	None	16	10
Rhubarb		1 1/2	20	10
Strawberries	4	None	16	10
10 to 15 lbs. Pressure				
Meat			180	40
Fish			180	40

HOME CANNING

THE DOMINION GLASS COMPANY LIMITED

takes pleasure in presenting this little
booklet to those interested in
HOME CANNING



THE publication is intended to furnish simple, definite and reliable information for the guidance of those willing to do their part towards saving, for winter use, our harvest of fruits and vegetables, more especially the home-grown produce. THIS YEAR IT WILL PAY YOU to can as great a quantity of fruits and vegetables as possible, because:— It is economical; it gives a variety of diet; it is in the interest of your family's health; it saves sugar.

If you have no garden of your own, watch the markets carefully. You can secure plenty of fresh fruits and vegetables at very reasonable prices, provided you make your purchase at the right time. Fill your glass jars. Do not let one stand empty this year. Secure the fruits and vegetables, that would otherwise go to waste, for winter consumption.

If your family needs are small, be a canner anyway. There is always a demand for high-class products. Disposal of any surplus may more than offset the expense of the canning done for domestic needs.

Never put off your canning until the last moment. Each fruit and vegetable has a certain short season of its own, when **QUALITY**, **QUANTITY** and **PRICE** are best. An effort to secure sufficient to meet your requirements, should be made at that time.

Remember that fruits and vegetables are most precious adjuncts in a well-balanced diet, and should be used all the year round. If the cost of sugar is a question of moment to you, try preserving by the sugarless method. You will be surprised and delighted by the excellent flavor thus retained. Sugar can be added to the fruit when served, allowing each person to sweeten according to taste.

Glass jars are better containers for canned goods than tin, and they have the added advantage of being usable any number of times.

We manufacture the following styles:—

- PERFECT SEAL. Wide mouth, with glass top and wire spring.
- CROWN. Wide mouth, with glass top and screw ring.
- IMPROVED GEM. Wide mouth, with glass top and screw ring.
- BEST. Extra wide mouth, with glass top and screw ring.

METHODS OF CANNING

1. *Open Kettle.* Used only for fruits, tomatoes, rhubarb, pickles and jams with a high content of sugar. The product is cooked in a kettle, and then transferred to the sterilized jar.

2. *Cold Pack.* The prepared product is packed into the jar.

(a) *One Period.* The filled jars are sterilized for the proper length of time.

(b) *Intermittent.* The filled jars are boiled for one hour on each of three successive days. Each day the jars should be sealed tight as soon as removed from the boiling water.

(c) *Steam Pressure.* This is highly recommended for vegetables, meat and fish.

3. *Cold Water.* This method is only practicable for such exceedingly sour fruits as gooseberries, cranberries and rhubarb. To do this the filled jar may be lowered into a large pail of fresh water, held there until all appearance of air bubbles ceases, and then seal under water. Or the jar may be placed under the tap, and the water allowed to run into it till the jar overflows for some time. Seal.

GENERAL DIRECTIONS FOR SUCCESSFUL CANNING

While individual treatment of each class of foodstuffs requires special consideration, there are certain general principles which apply to all and merit careful attention.

STERILIZING

In canning any product, the process of sterilizing destroys all bacteria, spores, molds, yeasts, etc., inside the jars, or in the product canned, which would cause decay. In order to keep any more germs from entering, the jar must be sealed quickly and effectively. A jar which performs this service in a simple sure way is the only one to use.

EQUIPMENT REQUIRED FOR STERILIZING

If a steam pressure outfit is not obtainable, the only equipment needed is an ordinary wash boiler, tin pail or lard can with a tight cover.

Any style of boiler will answer the purpose of a home canner, providing the lid fits snugly. A false bottom must be put in the boiler to keep the jars from direct contact with the heat of the stove. This rack may be made with pieces of thin wood resting on the bottom of the boiler. A wire basket is excellent for blanching vegetables and fruits either in boiling water or suspended in steam.

STERILIZE JARS, RUBBERS, TOPS and everything you use by placing them in boiler covered with water and bringing to a boil. Let the jars, rubbers, etc., stand in the water until ready to pack, then remove one jar at a time. Do not wipe the jars. The tops and rubbers will be easy to handle if placed in a wire basket when boiling.

With the aid of a sterilized long-handled spoon the jar can be lifted from the boiler and inverted to allow the water to run out. Do not let any other utensil or a cloth touch the inside of the jar. Fill jar immediately with products to be canned.

Preservatives are harmful and unnecessary, they should never be used.

BLANCHING

Blanching is the term used to designate the process of short cooking before the product is put in its container. To blanch the fruit or vegetables place a quantity sufficient to fill one jar in a wire basket or a square yard of cheese cloth with opposite corners tied. Plunge into a large kettle of boiling water and leave the length of time required in the time-table for blanching. Minutes are counted from the time the water begins to boil after the product is put into it. Be sure that the water reaches all parts of the product. This must always be followed by plunging into cold water for a moment.

Try no short cuts; each step has its own significance.

1. Blanching gives a more thorough cleaning, improves the flavor, loosens the skins, and shrinks the products.
2. The cold dip arrests the flow of colored matter which blanching started, and hardens the pulp so that skins may be removed without injury to the fruit, etc. It also renders packing easier.

PACKING

The jars should be filled as full as possible without breaking the product. They should contain only enough liquid to cover the contents, and fill the spaces. This liquid should reach to within one-quarter inch of the top of the jar.

SEALING

This depends on the style of jar. Study the clear illustrations in the book.

Use a jar that seals tightly.

Use a sanitary jar.

STEPS IN THE CANNING PROCESS

1. Prepare your canning utensils, using selected jars and tops. Make sure that everything is clean and that the jars are sound.
2. Sterilize jars, tops and rubbers for 15 minutes.
3. Grade and sort the product, fruit or vegetables, then wash in clean cold water. Prepare the fruit as for serving, the vegetables as if getting ready to boil for dinner.
4. Blanch. This is done by putting the produce into cheesecloth or wire basket and immersing in boiling water for from one to twenty minutes. SEE TIME-TABLE.
5. Cold dip. Immediately upon removal from boiling water, the produce should be plunged into cold water and left until it feels cool to the touch.
6. Cold Pack. Pack the cold fruits or vegetables into the sterilized jars.
7. To the fruits add syrup according to table in this booklet.
8. To the vegetables add salt (one teaspoonful to a quart jar) or salt and sugar mixture then fill the jar with boiling water.

9. Put on a NEW RUBBER RING and the glass top, BUT ONLY PARTLY SEAL the jar. See instructions for sealing according to the styles used.

10. Sterilize by putting the jars in a boiler with false bottoms. The water in the boiler should be almost cold (about the temperature of the filled jar) and to within one inch of the top of jars. For time see table on blanching and sterilizing. Take the time AFTER THE WATER STARTS TO BOIL.

11. Remove the jars from boiler at end of the required time then seal them immediately by tightening the covers. The covers must be perfectly tight and should not be opened until the contents of the jar are needed for use.

12. When cool, stand jars upside down to test for leaks, then wash, label and date them.

A FEW HINTS AND PRECAUTIONS FOR CANNERS

To sum up the canning and preserving process, we would ask you to read the following very carefully:—

Be sure that the jars are sealed properly. It is useless to kill the germ inside the jar if his brethren may still enter at will.

If the juice can ooze out of the inverted jar, bacteria will get in to spoil the contents. Test the jars before putting them away as per paragraph 12 in STEPS IN THE CANNING PROCESS.

Remember that water is not necessarily boiling simply because it is on the stove. When the directions call for one hour's boiling, this means boiling with a big "B."

One of the troubles to guard against in keeping canned goods is the development of mold during storage. Mold is apt to occur if the sealing is defective and every care should be taken to see this is satisfactorily done. Mold may also develop if the tops of the jars are removed after sterilizing, for the replacement of rubber rings.

It is not safe to keep jars in a damp place where the rubber rings may decompose. This will result in the development of mold.

Another thing to avoid is the improper or inadequate blanching and cold dipping.

If vegetables or fruits which require blanching are not handled properly in the process shrinkage is apt to occur during sterilization. Follow the details covering this point with great care. Careless packing must be avoided. Vegetables and fruits should be packed closely in containers, and after this has been done, the jars should be FILLED with hot salted water (for vegetables) or syrup (for fruits).

Follow the instructions, not hearsay.

If the packing is not carefully done shrinkage may take place during sterilization.

In canning vegetables such as greens, spinach, dandelions, cabbage, brussels sprouts, cauliflower and kindred classes, it is important that the mineral salts and volatile oils should not be lost.

HOME CANNING

The retention of these is necessary to obtain perfect results. For this reason the greens, etc., **MUST NEVER BE BLANCHED IN HOT WATER.** Blanching should be done by having them suspended in a closed vessel partially filled with boiling water, taking care to see that they are above the water line.

It is important that vegetables and fruits are not allowed to remain too long in the sterilizer. If this process is continued over long the product will shrink. **FOLLOW THE SCHEDULE AS LAID DOWN ON THE TIME-TABLE.**

In the case of canned peas, corn, beans and asparagus, there is what is known as the state of being "flat sour." The goods may show no signs of spoilage and yet on opening be found in this condition. The trouble is manifested by a sour taste, and disagreeable odor. To successfully avoid this make use of vegetables not gathered more than five or six hours.

Blanch, cold dip and pack one jar at a time, placing each in the boiler as it is packed. This is a wise precaution and one that should not be overlooked.

If the directions given in this booklet are carefully followed success in **HOME CANNING** and **PRESERVING** is assured.

RUBBER RINGS

Failure has been written large across the history of many a season's canning through the use of old rubber rings. **YOU CANNOT SEAL JARS PERFECTLY WITH RINGS THAT HAVE BEEN USED BEFORE.**

If you overlook this simple detail, which happens to be one of fundamental importance, **LAY THE BLAME ON YOUR OVERSIGHT, NOT ON THE CANNING METHODS USED.**

Use only good **NEW** rubber rings, old rings that have lost their elasticity may cause the jar to seal imperfectly and thus affect the keeping of the product.

EIGHTY PER CENT of the loss in home canning can be traced to defective sealing. To prevent this is easy. To remedy the preserves when the damage is done is impossible. **GET GOOD RUBBERS.** The rubber ring is the key that fastens the door of the jar against the marauding host of germs outside. To use old rubber rings is betting **FORTY CENTS WORTH** of foodstuff against one cent's worth of rubber. The odds are too great, and old rubbers always fail. The color of the ring is no indication of quality. A good ring should bend without cracking, be elastic yet firm.

If the rubber ring slips out of place during the sterilizing process, remove the cover, readjust the ring or replace with another sterilized one, return the jar to the boiler and sterilize 15 minutes longer. Seal.

The rubber rings supplied with our jars are of the best quality that can be obtained, but they should be examined before using.

Ask for rings cut 12 to the inch for Perfect Seal and 14 to the inch for Crown Improved Gem or Best jars.

TESTING

Before using the jars the following tests are recommended:—

1. Remove the rubber ring, place the glass top in position on the jar, then by tapping or by a rocking motion on the neck of the jar be satisfied that the lid seats itself evenly all round. When in doubt pour about two inches of water into the jar, replace rubber ring and after sealing tightly, turn upside down and shake vigorously. If the jar leaks do not use it.

2. Examine the top of the jar and see that there are no rough edges. If there are, these should be scraped off before using.

3. The Wire Bails or Lightning Fasteners on Perfect Seal jars should fit into place with a slight snap and exert sufficient pressure to hold the lid firmly in place.

4. After the fruit and vegetables are canned and stored for a few days, another test can be applied. Raise the clamp or remove the screw top, and try to lift the jar by the cover. If the cover comes off the jar is not airtight, and the contents will spoil. Add a fresh rubber and sterilize again.

PERFECT SEAL, CROWN, BEST AND IMPROVED GEM FRUIT JARS MEET THESE REQUIREMENTS IN EVERY ESSENTIAL POINT

1. Wide mouth jars that are easily packed.
2. Clear glass which displays the true color of the canned product. (An important point for exhibition purposes.)
3. Sanitary glass tops with smooth rounded edges.
4. Thick firm rubber rings that will not stretch, bulge or split when subjected to long boiling.
5. Sanitary in all parts.
6. Simple to wash and manipulate.
7. SURE TO SEAL TIGHTLY.

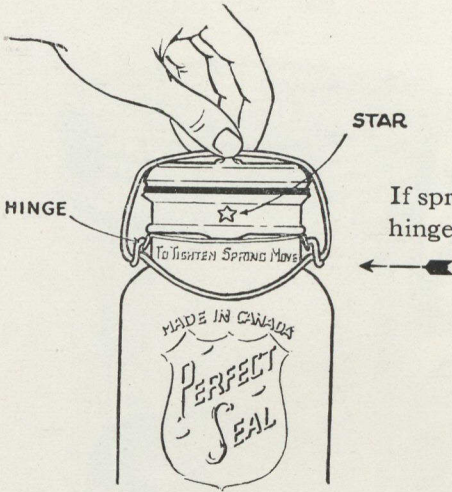
DO NOT SEAL THE JARS TIGHT WHILE THEY ARE BEING USED
TO STERILIZE PRODUCE.

ADHERE STRICTLY TO THE TIME GIVEN FOR EACH FOOD.

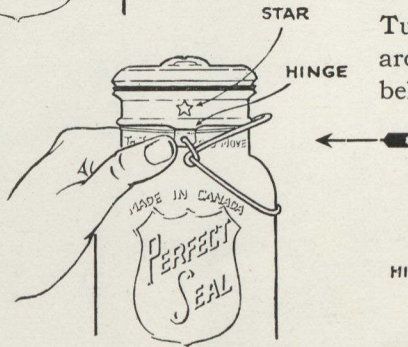
In using Perfect Seal jars put the cover in place over the rubber ring, and leave THE CLAMP or SNAP up. The jar cover must NOT BE TIGHT DURING STERILIZING, because air expands when heated, and if the cover is not sufficiently loose to allow the steam to escape, resulting pressure may blow out the rubber ring or break the jar. In using Screw Top jars (GEM, CROWN or BEST) screw the cover down over the rubber ring until it catches, THEN TURN IT BACK ONE SIXTEENTH OF A TURN. Another way is to tighten as much as possible using the thumb and little finger without force. After following canning instruction as given in the body of this booklet, put on rubbers and tops then adjust as described above according to the style of jars used. When sterilization is completed, press down the spring on the Perfect Seal, or screw the metal ring TIGHTLY on screw jars, *i.e.*, GEM, CROWN or BEST.

The Adjustable Feature of the Perfect Seal Jar

How you can make sure the lid will be tight



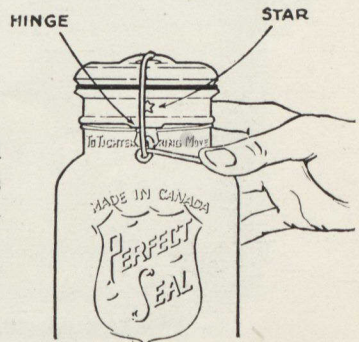
If spring becomes loose when hinge is *not* below star.



Turn the lid and spring around until hinge *is* below star.

Then set top wire on lid and pull down spring as usual.

→



With the hinge below the star, slack is taken up and the lid is tight.

THE "PERFECT SEAL" JAR

MADE IN CANADA

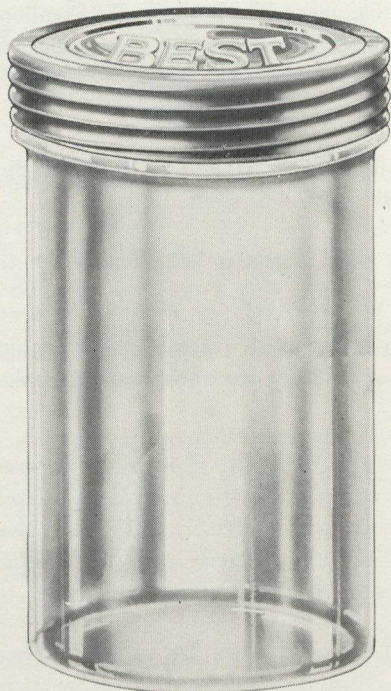


"BABY"
(Reputed half pint)

A FAVORITE FOR HOME CANNING

THE "BEST" JAR

MADE IN CANADA



MEDIUM SIZE



SMALL SIZE

Scale half size

A straight-sided, extra wide-mouth jar. No shoulder. Glass lid and screw ring. Seals same as Improved Gem. A wide-mouth jar, easily packed and especially suitable for preserving whole fruit and meats.

VEGETABLES

VEGETABLES hold a very important place in the diet, because they help to maintain good health and build up within the body a resistance to disease. And they also afford a most agreeable variety in the menus. At least one vegetable, besides potatoes, should be served for dinner; while vegetables in the form of scallops, salads, cream soups, make most acceptable luncheon or supper dishes. Use vegetables plentifully while the garden lasts, and can a supply to meet the needs of the family during the months when fresh vegetables are both scarce and expensive.

Home canning of vegetables is not difficult if the directions on the preceding pages are followed, and the following essential points observed:

1. Can within five hours after picking. A good slogan is "one hour from the garden to the jar."

2. Do not allow the vegetables to remain in the cold water of the blanching period longer than is necessary. Never blanch, or cold dip more than can be packed at once.

3. Pack the blanched vegetable into the clean jar, add salt, fill with boiling water to within one-quarter inch of the top, place rubber and cover, and put it immediately into the sterilizer. If one or two of the jars are in the canner a few minutes longer than is necessary, the vegetable will not be affected by the extra cooking while if the jar, stands on the table for a corresponding length of time "flat sour" may develop.

4. As the jars are removed from the canner seal at once. Do not place them too close together, thus preventing rapid cooling, and do not let a draft strike them. Invert the jar while cooling to test for leakage.

5. Peas, beans, corn and asparagus which are over ripe or too mature when canned will readily develop "flat sour." Can only young, tender, fresh products.

GRADING

All vegetables should be graded so that the contents of each jar are of uniform size. This improves the appearance of the finished product. It also ensures more even cooking and sterilization.

SALT MIXTURE

A mixture of two parts sugar and one part salt improves the flavor of canned tomatoes, peas and corn. Use two level teaspoons to a quart jar.

DETAILED DIRECTIONS

Asparagus

Asparagus should be fresh and young. Grade, wash, scrape off tough outer skin, tie in bunches. Blanch the lower ends three minutes, then immerse the entire tips for two minutes longer. Cold dip and cut the right length for the jars. Pack carefully into sterilized jars, tips up. Add half teaspoonful salt to a pint jar, fill with water to within one quarter of an inch of the top of the jar. Process for three hours. Seal according to directions on page 2.

The ends of the stalks that were cut off can be canned, and used for soup or scallops.

Beans

Grade, wash, remove ends and cut if desired. Blanch five minutes, cold dip, pack and add half teaspoon of salt to each pint jar. Add boiling water and process for three hours. Seal.

Beets

Select very small young beets, grade, wash thoroughly. Cut off the tips, leaving two inches of stem, and also of roots. Cook till three quarters done, remove skins and pack. Add hot water and sterilize for two hours. Seal.

Corn

Corn grows stale very quickly, therefore, it should never be allowed to stand more than a few minutes after it is snapped from the stalks before canning.

Blanch on the cob five minutes, cold dip, cut off the kernels, pack to within one inch of the top, add salt and sugar mixture, and cover with hot water. Paddle to allow the water to permeate to the bottom of the jar. Corn swells during sterilization, therefore, the water should reach only to with one-half inch of the top of the jar. Sterilize for three hours. Golden Bantam is a good variety for canning.

Squash

Use the same method as recommended for pumpkin only omit the spices.



Peas

It is most important that the peas be young and canned within four or five hours after picking. Shell, blanch five minutes, cold dip, pack, add salt and sugar mixture and boiling water. Sterilize for three hours. Follow directions for sealing.

Pumpkin

Wash, cut into slices and steam till tender. Remove the pulp, strain, to each quart add one-half cup of brown sugar, one teaspoon salt, one teaspoon cinnamon, and one teaspoon ginger. Heat thoroughly in a double boiler, pack into hot jars, and sterilize for three hours. Seal.

Spinach

I. Pick off the dead leaves, and cut off the roots, wash carefully in many waters. Cover for two minutes with boiling water in which is dissolved one teaspoon of soda to each gallon of water. Wash thoroughly, drain, boil rapidly four to six minutes. Drain, pack into jars and add hot water, using one tablespoon of salt to each quart of water. Process for three hours. Seal.

II. Pick off the dead leaves, cut off the roots. Wash thoroughly in many waters. Steam fifteen minutes, cold dip, pack tightly, add one-half teaspoon salt to each pint jar, add hot water. Sterilize for three hours. Seal.

Other Greens

Young beet tops, Swiss chard, or other greens can be canned by the method outlined for spinach.

Tomatoes

Select tomatoes that are ripe and free from blemishes. Do not try to handle too many at one time. Carry the canning process through speedily. Wash, scald one minute, cold dip, remove the skin and the stem core.

Open Kettle Method—Cut tomatoes to free the juice. Put a layer in an enamel kettle, and stir until there is sufficient liquid to prevent burning. Gradually add more tomatoes. Bring the mass to the boiling point, and allow to boil about ten minutes. With a sterilized spoon ladle the tomatoes into a sterilized jar upon which a sterilized rubber has been adjusted. Or, if possible, quickly pour the tomatoes into the jar. Fill to overflowing. Put on a sterilized cover and seal. Invert to cool. The hot jar should stand in a pan of hot water while being filled with tomatoes.

Cold Pack Method—Cook tomatoes as in the open kettle method and strain. Use the tomato juice instead of water for the cold pack method. Pack the prepared tomatoes into jars, pressing them down firmly with a wooden spoon. Add salt and sugar mixture. Fill the jars to within one-quarter inch of the top with boiling strained tomato juice. Sterilize twenty-two minutes. This method is recommended.

CANNED FRUIT

SELECTION

THE fruit should be sound, firm, not over ripe, free from rot, blemish or mould, uniform and medium in size.

PREPARATION

Pick over, wash all small fruits in a colander. Prepare according to the kind of fruit. Remove stems and blossom ends from currants and gooseberries; hulls from strawberries; stones and stems from cherries; prick plums with a needle to keep the skins from bursting. Blanch peaches and apricots, remove skins and stones, drop the halves in cold water to prevent discoloration. Peel and core pears, quinces and apples, then drop them into cold water.

STERILIZATION

Pack the prepared fruit in absolutely clean jars, fill with hot syrup, process the required length of time (see table page 2) and seal at once. When cool, wash the jars, label and store in a dry, cool place.

SYRUP

Syrups of different densities are used, depending upon the acidity of the fruit, and the richness of the desired result. While the fullness of the pack will influence the amount of syrup used, either one of the following may be taken as a guide for estimation.

I. Approximate amount of syrup:

Allow one cup syrup for pint jar filled with large fruit.

Allow one-half cup syrup for pint jar filled with small fruit.

II. To estimate the amount of sugar required:

Weigh the fruit, and allow from two-thirds to one cup sugar for each pound of sweet or medium fruits, and from one and one-half cups to two cups sugar for each pound of sour fruits or for those desired very rich.

SYRUP FORMULA

Number	Sugar	Water
1	1 cup	4 cups
2	1 "	2 "
3	1 "	1½ "
4	1 "	1 cup
5	2 cups	1 "

Add boiling water to the sugar, stir till dissolved. Boil five to ten minutes, skim, and strain, if necessary.

DETAILED DIRECTIONS

Apples

Apples may be canned the same as pears; or they can be partially cooked and the water used to make the syrup. This means a shorter period of sterilization.

Apple Sauce

Wash apples, pare and cook with a small amount of water. Press through a sieve and measure. To every cup of sauce add two tablespoons of sugar, heat to allow sugar to dissolve. Pack into jar, and sterilize twelve minutes. If the skin is attractively colored, do not pare the apples.

Grapes

Pick from stems after washing, and pack in jars. Fill with syrup No. 2. Place rubbers and tops. Put in boiler and sterilize thirty minutes. Follow directions for sealing as given on page 8.

Apricots, Peaches and Pears

Apricots should be ripe and well colored. A heavy syrup develops their flavor. Blanch, peel, pack in jars, fill with syrup and process.

Peaches are easily peeled when blanched; a few of the nuts of the peach pits may also be blanched and added to the syrup. Pack peaches in jars, add syrup, process and seal.

Hard pears may be peeled, cut into halves or quarters, cored, packed into jars and steamed ten to twenty minutes before the hot syrup is added. After syrup is added, process and seal.

Another method is to cook the pears four to eight minutes in the syrup in a saucepan, then transfer the pears and syrup to the jar. Process and seal.

The softer pears may be packed in jars, covered with syrup and processed. Seal.

The flavor of pears can be improved by cooking stick cinnamon, whole cloves, ginger root or thin pieces of lemon rind with the syrup. Strain before using.

Cherries

Wash fruit, blanch, remove stems and pits. If cherries are dropped into a cool syrup before being packed into jars they will plump considerably.

Gooseberries

Wash, remove stems and blossom ends. Blanch, pack, add syrup, process and seal. See rhubarb for canning with cold water.

Pineapple

Use sound, ripe fruit. Peel, remove eyes and core. Cut into any desired shaped pieces. Pack in jars, add syrup No. 3 or 4, process and seal. Sliced pineapple requires longer processing than that cut in small cubes. Seal.

Plums

If plums are not peeled after blanching they should be pricked with a needle. Hard plums may be partially cooked before being packed, or they may be packed in the jar and steamed fifteen or twenty minutes before adding the syrup. The density of the syrup depends upon the acidity of the plums.

Rhubarb

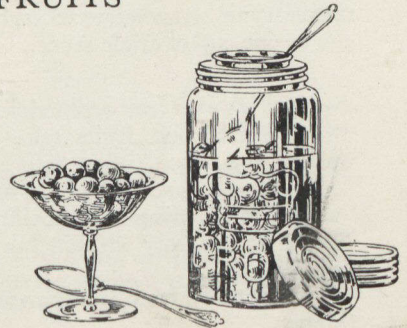
Rhubarb Sauce.—Wash, but do not peel rhubarb, cut into pieces, blanch and cook in just enough water to prevent burning. It can be sweetened to taste, or canned with no sugar. The juice of one orange may be added to each two quarts if desired. Pour the sauce into jars, process and seal.

Rhubarb No. 2.—If desired the rhubarb may be washed, cut into pieces, blanched and packed in the jars. Add syrup No. 2 and process twenty minutes.

Rhubarb No. 3.—Because of great acidity, rhubarb and gooseberries may be canned without processing. Prepare, pack into sterilized jars, fill with fresh cold water, allow to stand ten minutes. Drain, and fill to overflowing with cold water. Seal.

USES OF CANNED FRUITS

1. Serve for first course at breakfast.
2. Serve for dessert at any meal.
3. Used as fillings for pies and tarts.
4. Added to blancmange or tapioca.
5. A combination of fruits makes an attractive salad, dessert or fruit cocktail.
6. The syrup can be used for fruit drinks, pudding sauces or for liquids when making gelatine puddings.



CANNING FRUITS WITHOUT SUGAR

Canned goods keep because they are properly sterilized and properly sealed. The method of sterilization which this booklet sets forth will be found very effectual, and if the products canned are stored in jars, they will keep so long as the jar remains unbroken.

Sugar may be added when serving, allowing each person to sweeten according to taste.

Sugarless canned fruit is a welcome change from the old method of syrup canned, and any of the fruits which are used as raw desserts are delicious put up by the sugarless method.

Here are the directions:

Prepare the fruit in the usual way and pack neatly and closely in jars. Pour boiling water over the fruit to completely fill the jars, put on rubbers and tops. Place the jars in the boiler and sterilize for the time required for the same fruits canned with sugar. Follow directions for sealing as given on page 8. Store in the dark.

If fruits have shrunk do not on that account open the jars. Jars should never be opened to refill. The space left by the shrinkage is sterilized and will not injure the contents of the jar.

JAMS

Fruits done in this way are cooked with a large quantity of sugar, while little or no water is added. They are high in food value, and are easily made. Nearly all fruits can be employed, those most commonly used being raspberries, strawberries, grapes, black currants, gooseberries and blackberries.

SELECTION OF FRUIT

In order to have a jelly-like consistency in the finished product, one half of the fruit should be slightly under ripe, the other half should be fully ripe to give a fine color and flavor to the jam.

SUGAR

Best results are obtained if one-half to three-quarters of a pound of sugar is added to each pound of fruit.

COMBINATION OF FRUIT

A jam of good quality and flavor can be obtained by combining a cheaper fruit with the more expensive varieties. For instance, smooth well-strained apple pulp can be added to almost any fruit jam, such as raspberry, strawberry, blackberry, blueberry or grape. Add from one-third to one-half cup of apple pulp to each quart of raspberry or strawberry; to each quart of grapes or blackberries add three-quarters cup or one cup of apple sauce.

METHOD

1. Pick over fruit and weigh.
2. Wash. Soft fruits take up water very rapidly, therefore, they should be washed in a colander just before using.
3. Crush part of the fruit in the saucepan to free the juice.
4. Slowly bring to the boiling point, and add the rest of the fruit.
5. Boil rapidly without burning till the product is the thickness desired in the finished jam.
6. Remove from the fire and stir in the sugar. As it melts the mixture becomes thinner.

HOME CANNING

7. Boil rapidly without burning till it is completed. When it slides off the spoon in a sheet instead of in drops it may be considered finished. The consistency desired is a matter of individual taste. It thickens when cold.

8. Jams made with the above amount of sugar must be sealed airtight. Pour the hot jam into sterilized jars and process for ten minutes, in boiling water, or for thirty minutes at 180°F. Seal at once.

Fig and Rhubarb Jam

Equal quantities of figs and rhubarb cut up into small pieces. Cook in a little water until soft. Then add sugar equal to the quantity of rhubarb alone, the figs being sweet enough. Simmer until smooth and thick. Pour into jars and seal immediately.

Gooseberry Jam

Wash fruit, remove stems and blossom ends, cover with boiling water for ten minutes. Drain. Follow the method for making jam.

Grape Jam

Wash grapes, remove from stems; squeeze the pulp into one dish, put the skins into another. Put the pulp over the fire till the seeds separate, then press through a sieve to remove them. Cook the hulls until tender in a small amount of water. Chop the tender skins, add the seedless pulp and weigh. To each one pound of fruit allow one-half pound of sugar, and cook all together until the skins are very tender, and the desired consistency is obtained. Pack hot into heated sterilized jars, and process. If grapes are very sour use three-quarters of a pound of sugar to each pound of grapes.

Pineapple and Strawberry Jam

Equal quantities of strawberries and diced pineapple. Make a rich syrup and when it is clear drop in the cubes of pineapple and cook until partly translucent, then drop in the strawberries and cook until tender, but try to keep the fruit as whole as possible in order to improve the appearance of the product. Pour into jars and seal while hot.

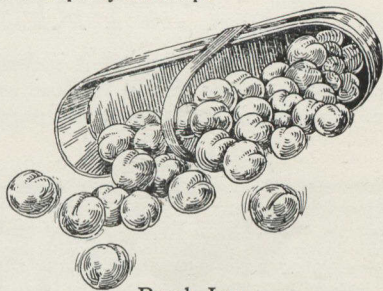
Spiced Grapes

Spiced grapes can be made by adding one-quarter cup vinegar and about one tablespoon of spices to each pound of grapes.

Plum Jam

Wash and weigh the fruit. Crush a few of the plums to extract the juice. Add the remainder of the plums and let them cook slowly till thoroughly done. Add one pound of sugar to each pound of plums. After the sugar is completely melted allow the mixture to boil three or four minutes. Pour into sterilized jars and seal.

Better results will be obtained if a portion of the plums are partly under ripe.



Peach Jam

2 lbs. peaches, 1 cup peach juice, 1 inch ginger root, 1 teaspoon cloves, 1 sprig mace, 1 lb. sugar, piece of stick cinnamon, $\frac{1}{4}$ teaspoon allspice. Tie spices into a cheesecloth bag. Cook all ingredients together till desired consistency is reached. Remove spice bag. Pack hot and process twelve minutes.

CONSERVES

Jams can be converted into conserves by the addition of raisins, nuts and oranges. The nuts should be added five minutes before the conserve is removed from the fire as long cooking render them soft.

Grape Conserve

8 lbs. Concord grapes, 4 lbs. sugar, 1 $\frac{1}{2}$ lbs. raisins, 2 oranges, 1 lb. walnuts.

Wash grapes. Press pulp into one dish; put skins in another. Cook pulp till seeds separate. Press through a sieve. Combine skins with pulp and cook fifteen minutes. Add sugar, raisins, grated rind and sliced pulp of the oranges. Cook till thick as marmalade. Add broken walnuts five minutes before it is finished. Pour into sterilized jars and process twelve minutes. Seal.

Peach Conserve

2 lbs. peaches, 1 $\frac{1}{2}$ lbs. sugar, 1 orange, 1 teaspoon peach pits, $\frac{1}{4}$ lbs. walnuts, 1 cup marachino cherries or 1 small bottle of cherries.

Chop the peeled peaches. Add the sugar, the grated rind and juice of the orange, the syrup from the bottle of cherries, and cook till of desired consistency. Blanch and chop the peach pits; add them together with the broken walnuts and the cherries. Allow to cook five minutes. Put into sterilized jars and seal at once.

Peach or Plum Conserve

One standard basket of plums or peaches, one pound box seeded raisins, four oranges, rind of two grated, sugar equal to the weight of fruit. Boil until thick, add one pound chopped walnuts or almonds and seal hot in jars.

Rhubarb Conserve No. 1

Four lbs. of the red or cherry rhubarb, wash the stalks but do not peel them. Cut in pieces and put in the preserving kettle with just enough water to cover. Shred two lemons very fine, add to the rhubarb and cook till tender. Then add 4½ lbs. granulated sugar, and a pound of pecan nuts chopped coarsely. Cook till very thick, being careful not to let it burn. Pour into pint-size jars and seal immediately.

On no account must jars be opened after sterilizing.

Rhubarb Conserve No. 2

4 lbs. rhubarb, 4 oranges, 4 lbs. sugar, 1 lb. raisins, 1 cup water, ½ lb. shelled walnuts.

Wash rhubarb. Cut into small pieces. Add the sliced rind and pulp of the oranges; also the water, raisins and sugar. Cook till desired consistency is reached. Add broken nuts and cook five minutes longer. Pour into sterilized jars and seal at once.

Green Tomato Mince-meat

1 gal. green tomatoes, 1¼ lbs. brown sugar, ¾ lbs. seeded raisins, ½ lb. beef suet, chopped, 4 table-spoons vinegar, 1 tablespoon salt, 1 tablespoon cinnamon, ¼ teaspoon cloves, 1 teaspoon nutmeg, 1 cup chopped apple, 1 orange.

Put tomatoes through food chopper. Drain. Cover with cold water and boil for five minutes. Drain thoroughly. Add the juice of the orange; also the other ingredients. Cook slowly about thirty-five or forty-five minutes. Pack hot and process for twenty minutes.

PRESERVES

Fruit cooked in syrup till it is clear, transparent and tender is called a preserve. When completed the cells of the fruit are filled with syrup instead of the original fruit juice. It should keep its form and plumpness, yet be crisp rather than tough.

Citron Preserves

5 lbs. citron, 5 lbs. sugar, 5 cups water, 4 lemons, small piece ginger root.

Wash the citron. Cut in eighths. Remove seeds. Sprinkle citron slightly with salt. Cover with water and allow to stand overnight. Next morning drain thoroughly. Cover with clear water and allow to stand four or five hours. Drain. Remove the skin and cut into cubes. Make a syrup of the sugar, water, lemon and ginger. In this cook the cubes of citron till they become transparent. Pour into hot sterilized jars and seal at once with sterilized covers and rings.

Strawberry Preserve

Pick over, wash, drain and hull strawberries; then weigh. Fill glass jars with berries packing them closely. Make a syrup by boiling three-fourths their weight in sugar with water, allowing one cup to

each pound of sugar, cooking the syrup fifteen minutes. Add syrup to overflow the jars. Let stand fifteen minutes, when fruit will be shrunk, and more fruit must be added to fill jars. Screw on covers, place on false bottom in a preserving kettle of cold water, heat water to boiling point, and keep just below boiling point one hour.

Cherry Preserve

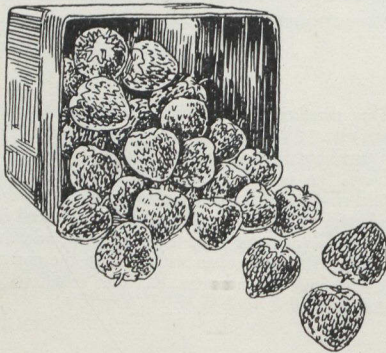
Put one gallon of water in the preserving kettle. Add 10 lbs. of pitted cherries. Boil gently twenty minutes, and then add 12 lbs. granulated sugar and boil rapidly for a few minutes. Cool quickly in shallow pans. Pack in jars. Put on rubbers and tops. Put in the boiler and sterilize for sixteen minutes. Follow directions for sealing as given on page 8. Store in the dark.

Gingered Pears

8 lbs. of pears, 4 lbs. sugar, 4 lemons (juice and rind), 2 ozs. ginger, 1 cup of water. Chops the pears very thin and slice the lemons, cut ginger up fine. Simmer all together for forty-five minutes or until thick, and seal while hot in jars.

Pineapple and Strawberry Preserve

Equal quantities of strawberries and diced pineapple. Make a rich syrup and when it is clear drop in the cubes of pineapple and cook until partly translucent, then drop in the strawberries and cook until tender, but try to keep the fruit as whole as possible in order to improve the appearance of the product. Pour into jars and seal while hot.

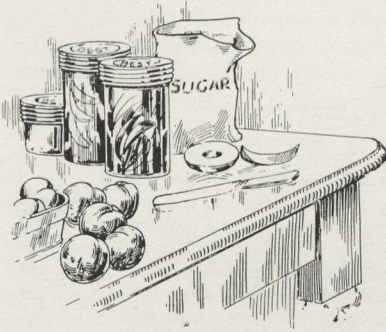


MARMALADE

THE ideal marmalade is a clear jelly with small portions of fruit suspended throughout. The ingredients consist of sugar, water, and such fruits as oranges, lemons, grapefruit, apple, or tomatoes, carrots, pumpkin or rhubarb.

CITROUS MARMALADE

For this, sweet oranges, bitter oranges, lemons, grapefruit, either alone or in combinations may be used.



SUGGESTED COMBINATIONS

Grapefruit	Bitter Oranges	Lemons
1	1	1
1	6	1
4	0	2
Sweet Oranges	Bitter Oranges	Lemons
6	9	3
7	7	3
8	4	2
3	6	2
6	6	3

Method.—Wash the fruit and weigh it. Slice it very thinly, or put it through the meat grinder. Put the seeds and tough membrane into a bowl, cover with cold water and allow to stand overnight. To each pound of fruit add three pints of cold water and let it stand overnight. Next morning strain the water from the seeds and add it to the rest. Cook till the fruit is tender. To each pint of fruit and juice add one pound of sugar. Cook till the rind is clear and the jelly test is obtained. When partially cool pour into sterile jars and seal.

Rhubarb Marmalade

5 lbs. sugar, 5 lbs. rhubarb, 4 oranges, 2 lemons, ¼ lb. walnuts.

Wash, peel rhubarb and cut into one-inch lengths. Add the grated rind and juice of the oranges and lemons. Boil till thick, about half an hour. Add broken nut meats, cook about five minutes, pour into hot sterilized jars. Seal.

Carrot Marmalade

2 cups ground carrots, 2 lemons, 1½ cups sugar, 2 teaspoons ginger root.

Cook carrot till tender. Add the sliced lemons, sugar and ginger. Cook till thick. Pack into hot sterile jars and process 12 minutes. This does not have the jelly-like consistency of citrous marmalade.

Citrous Marmalade No. 2

6 bitter oranges, 1 lemon, 1 grapefruit, 6½ lbs. sugar, 6½ pints water.

Wash fruit, slice it unpeeled. Put the seeds and tough membrane into a bowl with a pint of the

water. Put the rest of the water on the sliced fruit and allow it to stand overnight. Next morning add to this the water from the seeds. Let boil till the rind is tender. Add sugar, and boil till the jelly test is obtained. Pour into sterilized jars and seal.

Tomato Marmalade

4 lbs. green tomatoes, 3 lemons, 4 lbs. sugar, ½ lb. walnuts.

Wash and chop tomatoes fine. Add sugar and let stand overnight. Cut the lemons fine and add when the tomatoes are put on to boil. Cook till thick. Add broken walnuts five minutes before removing from the fire. Pour into hot sterilized jars and seal.

Vegetable Marrow Marmalade

6 lbs. vegetable marrow, 4½ lbs. brown sugar, 2 lemons, juice and rind, 2 oz. ginger root, crushed and tied in a bag.

Pare the marrow. Remove seeds and slice fine. Add sugar and let stand overnight. Next morning add the other ingredients and boil till thick. Pour into sterilized jars and seal.

FRUIT BUTTERS

THE fruits used for butters should be ripe and sound, as decayed portions will affect the flavor. Butters are made from fruits cooked to a smooth, thick consistency. They can be made from the fruit pulp left after the first extraction of the juice for jelly making.

GENERAL DIRECTIONS

1. Put the pulp of the cooked fruit through a sieve. Weigh.
2. Add about half the weight in sugar.
3. Flavor with spice if desired.
4. Cook slowly until thick.
5. Store as jelly.

Apple Butter No. 1

1 lb. apple pulp, juice and grated rind of 1 orange or 1 lemon, $\frac{3}{4}$ lb. sugar, 1 quince (drop latter in cold water).

Wash, pare and core apples and quince. Cover the parings with water and cook an hour. Strain, and add the liquid to the apples and quince. Cook till soft, and press through a sieve. Add sugar, and lemon or orange, and cook till thick.

Apple Butter No. 2

1 peck apples, 2 quarts sweet cider.

Wash, cut the apples, and boil in cider till soft. Put through a strainer and cook the pulp thirty minutes longer. Measure, and for each quart add two cups sugar, two teaspoons ground cloves, two teaspoons cinnamon. Boil twenty minutes and put into jars. Seal.

JELLY

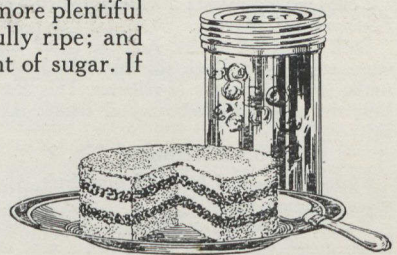
AN ideal fruit jelly is a beautifully colored, transparent, delicious, appetizing substance, whose aroma and flavor recalls the fragrance and beauty of a fruit garden. Its texture is of a quality that cuts easily with a spoon, and yet is so firm that the angles retain their shape. Tenderness and firmness are unmistakable properties; it is neither syrupy nor tough.

THE "WHY" OF FRUIT JELLY

The texture and firmness of the jelly depend upon the presence of pectin and acid in the fruit juice; the tenderness is controlled by the amount of sugar used; while the color and flavor is regulated by the coloring and flavor contained in the fruit itself.

Some fruits, as quince and peaches, contain pectin but lack acid; others have acid but not enough pectin to make a good jelly, such as cherries, pineapple, rhubarb, or strawberries; while some fruits have both acid and pectin as apples, currants, crab-apples, gooseberries, grapes, cranberries and oranges, and are good for jelly. The jelling substance, pectin, is more plentiful in slightly under-ripe fruit than that which is fully ripe; and moreover will combine with just the right amount of sugar. If too much sugar is used, the product will be a syrupy mass; if not enough, a tough jelly will result. So the essentials in jelly making are:—

1. Choice of fruit.
2. Amount of sugar added.
3. Method employed.



TESTS FOR PECTIN

1. Mix one tablespoonful of the strained, cooled fruit juice with an equal amount of alcohol; let it stand three minutes. If a large amount of pectin is present, it will appear in one mass or clot when poured from the glass.

2. Mix together one-quarter teaspoon of Epsom salts, one teaspoon of cooked fruit juice and one-half teaspoon of sugar; stir until dissolved and let stand fifteen minutes. If a jelly is formed the juice may be considered high in pectin.

AMOUNT OF SUGAR TO USE

If the pectin test will slip from the glass in one mass or clot, use equal parts of juice and sugar. If the mass is divided use three-quarters as much sugar as juice; if the pectin is thin and hard to collect use one-half as much sugar as juice. The fruit juice should be decidedly acid or very sour.

PREPARATION OF JUICE

1. Some of the fruit should be slightly under ripe.

2. Wash large fruit, cut in pieces, add water to cover, cook till soft. Do not peel nor core the fruit.

3. Wash small fruit in a colander, pick from stems, put into the preserving kettle, crush with a potato masher, cook till soft.

4. Pour it into a jelly bag which has been wrung out of hot water. Let drain overnight. Do not squeeze the bag.

5. Boil juice and remove scum. Currant or grape juice made with no water added, need only be brought to the boiling point. Apple juice requires to be boiled from fifteen to twenty minutes, according to its concentration.

6. Add sugar according to pectin test. Three-quarters as much sugar as juice is a good proportion. Stir till dissolved.

7. Boil till jelly test is obtained—from five to thirty minutes.

JELLY TEST

With a cold spoon take up a little of the boiling juice and let it cool slightly. If the drops run together and the whole tends to "sheet off," the jelling point is reached. Remove at once from the fire and pour it into hot sterilized glasses. To prevent breaking, the glasses should stand in a pan of hot water. Let cool; cover with paraffin.

Better success is obtained if not more than two or three pints of juice is made into jelly at a time.

FRUIT PULP

This may be used for fruit butter, catsup, or a second extraction may be made for jelly. To make the latter, put the pulp in the preserving kettle, cover with water, boil, and strain as before. This extraction has less pectin than the first and not more than half a cup of sugar should be used to a cup of juice.

IMPORTANT POINTS

1. Avoid over-dilution of the juice.

2. Avoid using too much sugar.

3. Avoid over-cooking the juice and sugar together or a syrupy mass will be obtained.

4. Avoid over-ripe fruit.

5. Avoid boiling after the jelly stage is reached.

Suggestions for Jelly Combinations

1. $\frac{1}{2}$ cup crabapple juice + $\frac{1}{2}$ cup quince juice.
2. $\frac{1}{2}$ cup pineapple juice + 1 cup apple juice.
3. $\frac{1}{2}$ cup cranberry juice + 1 cup apple juice.
4. 1 cup raspberry juice + 1 cup currant juice.

Currant Jelly

Wash and pick over the currants but do not remove from stems. Put into preserving kettle; crush with potato masher; cook till soft. Pour into jelly bag that has been wrung out of hot water. Allow to drip without squeezing. Measure juice; let it come to boil and skim. Add slowly an equal volume of sugar; stir till dissolved. The jelly test should be obtained in three or five minutes. Pour jelly into sterilized, hot glasses. Let cool, and cover with hot paraffin.

There is now on the Canadian market a bottled preparation of concentrated fruit pectin known as "Certo," the use of which eliminates guesswork and experimenting in the making of jams and jellies and results in the saving of time as well as fruit flavor because the jam or jelly is only boiled for a few minutes. Standard preparations of this sort may be used to good advantage.

WILD FRUIT

Many wild fruits are delicious, and can be used to good advantage by the home-maker thus securing variety in the diet. Like the cultivated fruits they are always welcome at whichever meal they may appear. They also lend themselves to successful canning, and so can be enjoyed at winter meals in a great variety of forms.

Is jelly a favorite with the family? Try making it out of barberries, rowan tree berries, either high bush or bog cranberries. Choke cherries with cranberries also produce a beautifully colored jelly. And the method recommended is the same as given in the chapter on jelly.

Cranberry Jelly

Pick over and wash the fruit, cover it with cold water and cook till the cranberries are soft. Crush and strain through a jelly bag wrung out of hot water. Reserve the pulp, and make a second extraction for jelly, or make it into fruit catsup.

Measure and heat the juice. To each cup of juice add three-quarter cup of sugar. Add the sugar slowly so the juice will not stop boiling. Boil till the jelly test is obtained. Pour into hot sterilized jars and seal when cold.

Use a half cup of sugar to each cup of juice obtained in the second extraction.

A combination of high bush cranberries and apples gives a good jelly.

Spiced Jellies

Cloves, cinnamon or mace may be cooked with the fruit when making spiced jellies to serve with meats. Or the oil of the above spices may be stirred into the juice before the sugar is added. Care should be exercised when adding oils as they are very strong.

Mint Jelly

2 cups mint leaves, 2 cups apple juice, 2 cups boiling water, $1\frac{1}{2}$ cups sugar.

To measure the mint pack the leaves closely in the cup. Pour boiling water over the clean mint leaves and let steep an hour. Press the juice from the leaves and add four tablespoons of the mint juice to the apple juice and sugar. Boil till jelly test is obtained, and pour into hot sterilized glasses.

Maybe the family is fond of jam. If so, follow the method outlined for making jam, using wild strawberries, raspberries, blueberries, huckleberries or saskatoons. And remember that a combination of these fruits will give a most desirable product when made into jam.

To any of the wild fruit jams add raisins, nuts and oranges, and a conserve is obtained.

Preserves made from strawberries and raspberries have long been favorites, and they keep well because of the large amount of sugar they contain.

Any of these wild fruits can be made into a relish or a pickle. Boil the fruit, strain and use the pulp, follow the directions for making fruit catsup on page 28.

Blueberries, strawberries, cranberries, saskatoons or blackberries will retain much of their original flavor, shade and color if canned by the cold pack method. Use a syrup of the desired density, and process for the required length of time as given in the time-table.

Then when winter comes, pies, tarts and short-cakes made from wild fruits may appear frequently on the menus.



FRUIT JUICES AND CORDIALS

CONFECTIONERS may can their own fruits juice by a simple process with the aid of jars. Housewives may also have on hand a supply of fruit juices for frozen desserts, sauces, etc., and cordials of all kinds may be quickly and effectually stored.

In canning fruit juices the first thing of importance is to provide a fruit press or cider mill, or some such contrivance to press the juice from the fruits. Store it in sterilized jars and it will keep indefinitely. Fruit juices should not be sterilized for quite so long a period as the whole fruits. More of the natural flavor will be retained if not over-cooked.

Canning Apple Cider

Fill Perfect Seal jars with fresh apple cider and add one tablespoonful of sugar to each quart. Put on rubbers and tops. Place the jars in the boiler and sterilize for ten minutes. Follow directions for sealing as given on page 8. If the cider has been standing for a few days before sterilizing to allow partial fermentation give a few minutes longer in the sterilizing process.

Raspberry or Blackberry Vinegar

To four quarts of berries add four quarts of vinegar. Put in an earthenware crock and let stand for two days. Strain through cheesecloth and to the strained juice add four quarts of fresh berries and set away for two days more. Strain again and put the juice in a preserving kettle with three quarts of sugar. Bring slowly to a boil and boil for twenty minutes. Skim off all impurities which rise to the surface. Pour into sterilized jars. Put on rubbers and tops. Place in the boiler and sterilize for ten minutes. Follow directions for sealing as given on page 8. Remove from boiler.

Appleade

4 cups apple juice, $\frac{1}{2}$ cup grape juice, $\frac{1}{2}$ cup sugar, juice 1 lemon, 4 mints.

Prepare the fruit juices as for jelly. If the grape juice is unsweetened, use three-quarter cup sugar. Mix all ingredients together. Bring to boiling point and proceed as for grape juice.

Apple Beverage

$2\frac{1}{2}$ cups apple juice, 10 tablespoons sugar, 10 tablespoons concentrated grape juice, juice 1 lemon.

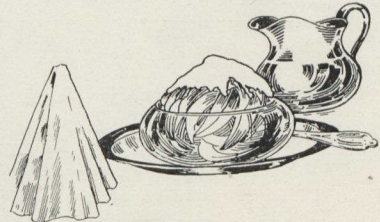
Prepare fruit juices as for jelly. Combine all ingredients and proceed as for grape juice.

Concentrated Grape Juice

Wash grapes, remove from stems, mash thoroughly, heat in double boiler till quite soft and seeds creep from the pulp. Strain through jelly bag. Measure juice and heat it; skim carefully. To each quart of juice add from one-half cup to one cup of sugar. Bring to scalding point and pour into hot sterilized jars. Process twenty minutes at 180°F. (just below boiling point). Seal.

Diluted Grape Juice

To one quart of grapes add about one pint of water and proceed as for concentrated grape juice.



THE GOAL—

“SUFFICIENT FOR THE FAMILY”

In the interests of health it is wise to plan for a daily serving of fruits, and one serving of vegetables, besides potatoes, for each day of the eight or nine months when fresh products are not available. To know how many jars of canned foods will provide for the family needs make out a budget, and prepare it before the home garden is planted. In this way the full amount of vegetables can be grown. Any reliable seed catalogue will give the quantity of seed necessary to produce the required amount of vegetables.

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In the accompanying budget outline, one column is for the needs of a single person; in the blank column can be placed the number of pints or quarts necessary to supply the needs of the entire family.

BUDGET SHEET

FOOD	PER PERSON FOR 32 WEEKS	FOR FAMILY FOR 32 WEEKS
1. Tomatoes	16 pints or 8 quarts. (Two servings per week).	
2. Greens:—		
Chard	8 pints or 4 quarts. (One serving per week).	
Dandelions		
Spinach		
Other greens		
3. Other vegetables:—		
Beans	8 pints or 4 quarts. (One serving per week).	
Corn		
Peas		
(This allows canned vegetables for 4 days. For the other 3 days in the week use stored vegetables such as cabbage, carrots, onions, etc.)		
4. Fruits	32 pints or 16 quarts.	

Supplement canned fruits with stored and dried ones, as apples, prunes, etc.

Total:—64 pints or 32 quarts.

RATIO OF RAW TO CANNED PRODUCTS

1 bu. baby beets	about 32 pints	
1 bu. string beans	“ 35 “	
1 bu. chard	“ 10 “	
1 bu. corn	“ 24 “	(6 small ears fill 1 pint)
1 small pumpkin	“ 2 “	
1 small squash	“ 2 “	
1 bu. ripe tomatoes (canned in tomato juice)	“ 27 “	
1 bu. peaches	“ 36 “	halved
1 bu. pears	“ 36 “	halved
1 bu. plums	“ 50 “	
16 qts. strawberries	“ 24 “	
14 stalks rhubarb	“ 3 “	

PICKLING

GREEN and slightly under-ripe fruits and vegetables are used for pickling. Apples, figs and pears are good for sweet pickles. Vegetables commonly used are onions, cauliflower, cabbage, cucumbers, celery, tomatoes, green and red peppers.

Sweet Fruit Pickle

8 lbs. fruit, 4 lbs. sugar, 1 quart vinegar, $\frac{1}{2}$ cup mixed spices, 2 tablespoons shredded red pepper.

Boil vinegar, sugar, spices tied in a bag, and peppers together. Put in the prepared fruit; simmer till tender but no longer. Carefully transfer the fruit to sterilized hot jars, fill to overflowing with the boiling syrup and seal.

This may be used for pears, peaches, sweet apples, plums, melon rind, and ripe quince. Quince will need more cooking than other fruits.

Ripe Cucumber Pickle No. 1

7 large ripe cucumbers peeled and seeded, 6 large onions. Chop these together very fine and squeeze out the water with a potato ricer. Add 1 scant cup of sugar, 1 teaspoon ginger, 1 tablespoon salt, $\frac{1}{2}$ teaspoon cayenne pepper, and enough vinegar to barely cover.

Fill jars half full of the pickle and then put in a little shredded red pepper and continue to fill jars with the pickle. The vinegar should completely fill each jar. Bring all to a scalding heat, but do not boil. Seal while hot.

Ripe Cucumber Pickle No. 2

12 large ripe cucumbers, 3 pints vinegar, 1 tablespoon mustard, 2 tablespoons flour, 6 to 12 onions according to size. 2 cups sugar, 1 tablespoon turmeric, $\frac{1}{4}$ cup whole spices if desired.

Omit turmeric, if not desired yellow.

Pare cucumbers, remove seeds, cut in uniform pieces; slice onions. Sprinkle all with salt and let stand some hours. Drain, and rinse vegetables. Tie spices in a bag and boil with the vinegar and sugar five minutes. Add vegetable and cook from ten to fifteen minutes. Make the flour, mustard and turmeric into a paste and stir it into the pickles. Let the whole boil up. Remove the spice bag. Pour into hot sterilized jars. Seal.

Sweet Green Tomato Pickle

1 peck green tomatoes, 1 dozen sliced onions.

Wash, peel onions, remove stems and blossom ends from tomatoes. Place sliced tomatoes and onions in layers. Sprinkle slightly with salt. Let lie overnight. Drain and rinse. Cover with water and one cup of vinegar. Cook till tender but do not allow to break up. Boil together:—

1 quart vinegar, 2 ounces whole cloves, 2 ounces allspice, 2 red peppers, 3 cups brown sugar, 2 ounces cinnamon, 2 ounces mustard seed.

Scald tomatoes in this. Pour into sterilized hot jars. Seal.

Mustard Pickle

2 quarts small onions cut fine, 3 quarts cucumbers cut fairly small, 1 cauliflower broken small, 2 small green peppers cut fine.

Soak all overnight in brine of one cup salt to eight cups water. Drain next morning. Soak for two hours in one quart vinegar and balance of water to cover vegetables. Then scald in vinegar and water, and drain.

Dressing

6 cups granulated sugar, 2 cups flour, 1 ounce turmeric, $\frac{1}{2}$ cup mustard, 1 ounce celery seed, shake of red pepper, 3 quarts cider vinegar.

Mix together and cook till thick. Put vegetables into dressing and let heat through. Put into hot sterilized jars and seal. This makes six quarts.

Medley Pickle

1 $\frac{1}{2}$ quarts green tomatoes, $\frac{3}{4}$ quart ripe tomatoes, 1 bunch celery, 3 medium onions, 2 sweet green peppers, 2 sweet red peppers, 3 tablespoons salt, 1 $\frac{1}{2}$ pints vinegar, $\frac{3}{4}$ lb. brown sugar, $\frac{3}{4}$ tablespoon mustard, $\frac{3}{4}$ tablespoon cinnamon, 1 $\frac{1}{2}$ quarts small green cucumbers.

Wash and chop vegetables, sprinkle with six tablespoons of salt, and let stand several hours. Drain well. Add salt, sugar and spice to the vinegar; mix thoroughly and add the vegetables. Allow to stand about five hours. Pack into pint jars and process for fifteen minutes. Seal.

Spanish Pickles

1 gallon green tomatoes, 2 onions, $\frac{1}{2}$ cup salt, 1 ounce whole pickling spice, $\frac{1}{2}$ lb. brown sugar, 2 green peppers, cider vinegar.

Wash tomatoes, peppers, and peel the onions. Slice all very thin; sprinkle alternate layers with the salt, and let lie overnight. In the morning drain, and put them into a preserving kettle. Add the remaining ingredients, using sufficient vinegar to cover the mixture. Heat gradually to boiling point and boil it half an hour. Pour into hot, sterilized jars and seal.



Fruit Ketchup

5 lbs. fruit pulp, $2\frac{1}{2}$ lbs. sugar, 1 pint vinegar, 1 ounce whole spice, tied in a bag, 2 teaspoons salt, 1 teaspoon pepper, cochineal coloring, if desired.

The pulp from fruit jelly can be used. Boil pulp with more water and strain through a fine sieve. Tie the spices in a bag, add with the vinegar, sugar, pepper and salt to the strained pulp. Boil the mixture till quite thick or about half its original volume. Apple pulp is much improved in appearance if enough cochineal is added to produce the desired red color. Pour the boiling catsup into hot sterilized jars. Seal.

Tomato Ketchup

Choose thoroughly ripe red tomatoes. Wash and cut up and put on to boil. Removing the skins is not necessary. Do not add any water. Boil until soft. Rub through a fine sieve leaving behind only skins and seeds. Measure and to each gallon add the following:—

3 level tablespoonfuls salt, $\frac{1}{4}$ tablespoonful of red pepper, 2 large whole onions, tie up in a bag and add 2 tablespoonfuls whole allspice, 4 tablespoonfuls unground mustard seed, 1 tablespoonful of whole cloves, 2 tablespoonfuls celery seed, 1 ounce cinnamon stick, 2 ounces ginger root. Bring to a boil, stirring frequently.

Boil until it begins to thicken. Add one pint of vinegar, and three tablespoonfuls of sugar. Continue boiling until thick enough to suit, or until no water runs from it. Remove onions and spice bag. Pour into jars, and seal hot.

Red Currant Ketchup

Put the currants in the preserving kettle and boil until soft. Push through a fine sieve which will keep back the seeds and skins. To 5 pints of strained currants add 1 pint of vinegar and 2 pounds of sugar, 1 tablespoon ground cinnamon, a little red pepper, 1 teaspoon ground cloves, 1 teaspoon ground allspice, 1 teaspoon salt. Boil twenty minutes or until desired thickness. It will not be as thick as tomato ketchup. Seal while boiling hot in jars.

Grape Ketchup

10 lbs. grapes, 1 quart vinegar. Boil these together until the grapes are soft. Rub through a sieve and add 4 cups of brown sugar, 2 tablespoonfuls each of cloves, cinnamon, allspice and black pepper. Simmer for one hour stirring to keep from burning. Seal hot in jars.

Mushroom Ketchup

Be sure they are mushroom and not toadstools. Use fresh gathered large mushrooms.

Wipe the mushrooms but do not wash them. Prepare the ketchup throughout in an earthenware crock or bowl.

Put in layers with salt between in an earthenware crock, and let them stand four days. Then mash fine, and to each quart add 2-3 teaspoonful black pepper, and boil for two hours in a crock set in a kettle of boiling water.

Strain through a thin cloth without squeezing. To each pint of the strained liquid add $\frac{1}{4}$ ounce allspice, 1 teaspoon green ginger root, cut up, 1 teaspoonful cloves. Boil fifteen minutes. Let stand to cool and settle. Pour into jars being careful to leave out the settlings. Put on rubbers and tops in the boiler and sterilize for one hour. Follow directions for sealing as given on page 8. Remove from boiler.

This ketchup is quite thin.

Rhubarb Ketchup No. 1

9 lbs. of rhubarb, 3 lbs. of brown sugar, 3 cups vinegar, 2 tablespoonfuls cloves, $\frac{1}{2}$ tablespoonful ground cinnamon, 1 teaspoonful mace.

Boil until the desired thickness, and seal while hot in jars.

Apple Ketchup

Wash apples, cut into pieces, cover with water and cook until soft. Rub through a sieve; the pulp should be fairly thick. To pulp add:—

1 cup sugar, 1 teaspoon mustard, $\frac{1}{2}$ teaspoon salt, 1 teaspoon cloves, 2 teaspoon cinnamon, 1 pint cider vinegar, 2 onions.

Peel and grate the onions. Add to the pulp together with all the other ingredients and let simmer till of desired consistency—about one hour. Put into sterilized hot jars and seal.

Rhubarb Ketchup No. 2

1 lb. rhubarb, 1 quart chopped onions, 1 pint vinegar, $\frac{1}{2}$ lb. brown sugar, 1 tablespoon salt, 1 teaspoon ginger, 1 teaspoon cinnamon, 1 teaspoon allspice, 1 teaspoon cloves.

Wash and cut rhubarb. Peel and chop the onions. Add just enough water to prevent burning. Cook till soft. Put through a strainer. To the pulp add the other ingredients and cook till the desired consistency is obtained. Pour into hot, sterilized jars. Seal.

Chili Sauce

24 ripe tomatoes, 2 red peppers, 2 green peppers, 2 large onions, 1 quart vinegar, $1\frac{1}{2}$ cups brown sugar, 2 tablespoons salt, 2 tablespoons allspice, 2 tablespoons nutmeg, 2 tablespoons ginger.

Wash vegetables. Peel tomatoes and onions. Chop all the vegetables and to them add the other ingredients. Boil till it thickens—about one hour. Pour into hot sterilized jars and seal.

Indian Relish

20 ripe tomatoes, 4 large onions, 4 large red peppers, all chopped fine. Add three cups white sugar, 3 tablespoons salt, 4 cups of vinegar, and boil gently for three hours. Seal hot in jars.

Crabapple Relish

7 lbs. crabapples, 2 oranges, 6 lbs. sugar, 1 teaspoon cloves, 1 teaspoon cinnamon, 1 pint cider vinegar, 1 lb. raisins.

Core and chop the crabapples. Add spice, vinegar and sugar and cook till thick. About five minutes before removing from fire add the juice and grated rind of the orange. Pour into hot sterilized jars and seal.

HOME CANNING

Chowchow

Chop fine or put through a food chopper 2 quarts of green tomatoes, 2 quarts small onions, 3 cauliflowers, 3 cucumbers, 6 large bullnose red peppers, 2 quarts yellow string beans. Put in a brine made of one pound salt in five pints of water. Let stand overnight. In the morning bring brine and vegetables all to the boil and keep boiling five minutes.

In a separate kettle bring one gallon of cider vinegar to a boil, and while it is heating make the following paste with a little cold water, $\frac{1}{4}$ lb. ground mustard, $\frac{1}{4}$ ounce tumeric, 1 cup brown sugar, 2 level tablespoonfuls of flour. Put this paste and $\frac{1}{2}$ ounce celery seed into the vinegar, and stir until it begins to thicken.

Now drain the brine off the vegetables, and pour the boiling vinegar mixture over them. Mix well,

heating to boiling point again while mixing them, and seal while hot in jars.

This chowchow should be about the consistency of thick cream. It is, therefore, necessary in drawing the brine off the vegetables it should be done thoroughly, otherwise the finished product may be too thin.

Piccalilli

1 head cabbage, 1 cauliflower, 2 doz. cucumbers, 2 quarts onions, 2 red peppers, 3 quarts vinegar, 5 cups brown sugar, 6 tablespoons mustard, 1 tablespoon turmeric, $\frac{3}{4}$ cup flour, 2 heads celery.

Chop all the vegetables fine and let stand in salt and water overnight (except the celery). In morning drain off all the water. Rinse. Add the chopped celery and other ingredients. Cook one hour.

Use one cup salt to one gallon water for the brine.

MEATS

BEEF, pork, mutton, poultry, game and fish are typical canned products that ensure a meat supply through the warm summer months, as well as in winter. Canned meat is ready to serve thus saving time and inconvenience, which gives another reason for its preservation. By spring many of the jars are emptied, and these can be filled with canned meats or fish for use in the early summer. These products can be used cold, creamed, in salads, fried, or made up with gelatine. It is desirable for beginners in canning to learn the technique of canning fruits and vegetables before attempting to can meat or fish.

DETECTION OF SPOILAGE

It is essential that the condition of canned meat and fish be always noticed when the jar is opened. Questionable odors, gas or decomposition are signs of a spoiled product. The meat should be of a good odor, good color, and have a natural texture. If the meat is even suspected of being tainted, it should not be tasted or used.

GENERAL DIRECTIONS

It is absolutely essential that the meat and fish be fresh, well bled, rapidly and thoroughly cooled before canning. It is considered better to remove the meat from the bones before packing because:—(1) Spoilage may start near the bone. (2) The bones occupy valuable space in the jar.

All excess fat, gristle and undesirable portions should be removed, and only the edible part packed into the jar.

It is not necessary to invert the jar while cooling because the fat which hardens on top acts as an extra seal.

Add one-half teaspoonful of salt to each pint jar.

There are two ways of canning meats:—(1) Raw meat packed into the jars.
(2) Cooked meat packed into the jars.

The meat may be boiled, roasted or fried before packing.

I. CANNING RAW MEAT

Remove all gristle, excess fat and undesirable portions. It is necessary to cut away all fat and skin from mutton because of its peculiar flavor. Pack into the jar and add salt. If desired, fat or suet can be placed on top of the meat. Adjust cover, process according to the canning time-table, and seal each jar as it is removed from the sterilizer.

II. CANNING COOKED MEATS

Partially cooking the meat causes a certain amount of shrinkage, and in some cases develops flavor.

Roast—Trim the meat and wipe with a damp cloth. Heat some fat in the roasting pan and sear the meat quickly to prevent loss of juice. Add a small amount of water to the fat. Turn the meat from time to time to brown it well, basting frequently. Cook till meat is partially done. Slice and pack in jars. Add liquid from the roasting pan, adjust cover, and process required length of time. Seasoning may be added after meat is well seared.

Boiled—Prepare the meat. Cut in pieces about one pound each. Sear, then simmer in water till partially cooked—about half an hour. Cut into smaller pieces and pack in jars. Add salt, and the water in which the meat was simmered. Adjust cover, and process. Seal.

Fried—Prepare the meat and fry till brown on all sides. Season. Pack at once into hot jars. Add fat from frying pan, and water if necessary. Adjust cover, and process. Seal.

Browning the meat before packing it into the jars develops the flavor. Some authorities say that meat and fish should be canned only under steam pressure.

CHICKEN

Chicken may be canned by following the above directions for meat, or by the following method:—

Canning Chicken

Prepare the fowls for boiling by cutting into large pieces after cleaning. Boil until about three quarters done. Add salt and pepper after they have cooked about an hour. Remove and let cool sufficiently to handle, and then remove the bones. Keep the breast pieces and drum sticks as whole as possible. Can the wings whole. Return all the large pieces to the kettle and finish cooking. Pack carefully in jars, and add sufficient of the liquor in which they were boiled to fill the jars completely. Put on rubbers and tops, place in the boiler, sterilize for three hours, and follow directions for sealing as given on page 8.

Now pick off all the small pieces of meat from the backs, necks, etc., and all pieces of skin and giblets, and put through the food chopper. To this may be added a little very finely chopped celery, if desired. Pack this minced chicken into jars, fill up completely with the boiling liquor in which the chickens were first boiled. Put on rubbers and tops and sterilize as the whole pieces.

If there is any stock left use it in the final cooking for soup. Put all the bones and gristle back into the pot, with a little more water. Add rice or vegetables if desired, and boil until quite soft. Remove the bones. Pack in jars, filling them completely, and sterilize as with the chicken meat.

From these chickens you have prepared three products: The whole large pieces may be served cold in the jelly formed by the stock, or fried as fricassee; the minced meat is suitable for pies, salads, or served cold, and the soup only requires heating. These may all be prepared at once, and sterilized at the one time.

Prairie Chicken

These delicious little fowls may be canned exactly as the domestic fowl, or they may be stuffed and roasted and then packed into jars in serving pieces. If roasted it is better to fill up the jars with the usual gravy. The giblets may be boiled while the chickens are roasting, minced and added to the gravy. Sterilize as for chickens.

Wild Ducks, Turkeys, Etc.

Wild ducks, turkeys, pheasants, partridges, or any fowls you may wish to preserve for future use, may be cooked in any manner preferred, and then transferred to the jars as explained in the directions for chicken, afterwards sterilize the full time given and seal in jars.

Mincemeat

4 lbs. lean tender beef, 3 lbs. suet, 8 lbs. tart apples, 3 lbs. currants, 3 lbs. seeded raisins, 6 lbs. white sugar, 2 lbs. citron, 2 large oranges, 4 lemons, 1 ounce cinnamon, $\frac{1}{4}$ ounce each of cloves, mace and allspice, 4 nutmegs grated, 1 quart of Madeira wine, 1 pint of brandy, 1 cup of strawberry or raspberry jam and quince preserves.

Run the meat through a food chopper, chop suet and apples fine. Cut up the citron, grate the oranges and lemons. Use all the orange and lemon except the seeds. Boil the meat in the smallest possible amount of water, then add the suet which has been chopped, dredge with flour, and salt to remove the fresh taste. Now mix all the other ingredients with the meat and suet, and pack in jars. Sterilize for one hour. Cider may be used in place of wine, and vinegar in place of the brandy, if desired.

Beef Tea

Remove all the fat and gristle from round steak. Cut up in small pieces or run through a coarse food chopper. Cover with cold water and let stand for one hour. Simmer gently for two hours and strain carefully into jars. Add salt and pepper to taste. Put on rubbers and tops. Put jars in boiler, sterilize for three hours, follow directions for sealing as given on page 8.

Tongue

Boil until tender peel off the skin and pack in as large pieces as possible in jars. Fill up with stock, season to taste, put on rubbers and tops. Sterilize in the boiler for three hours, and follow directions as given on page 8.

FISH

IT is essential that fish for canning be absolutely fresh. As soon as caught they should be killed with a knife and the blood allowed to run out. Scale them, and remove the skin if it is very tough. Remove entrails and the dark membrane that in some fish lines the abdominal cavity. Also remove the backbone of the large fish.

Let the fish soak in a brine made in the proportion of two tablespoons of salt to each quart of water—this draws out the blood. From ten minutes to one hour will be sufficient, according to the thickness of the fish. Avoid using the brine more than once. Drain well, wipe dry and cut in pieces suitable for serving. Pack in the jar to within half an inch of the top. Add one-half teaspoon salt to each pint jar. Adjust the cover, and process according to the time-table.

Salmon or Halibut

Scale the fish, remove entrails, wash thoroughly, drain, wipe dry. Split, remove the backbone, cut into pieces convenient for packing in jars. Add one-half teaspoon salt to each pint jar, adjust cover and process for three hours. Seal each jar as it is taken from the boiler.

Lobster

Boil the lobster twenty minutes. Remove all edible meat from the shell. Pack into sterilized jars. Add one-half teaspoon of salt to each pint jar. Adjust covers and process three hours. Seal.

SOUPS

CANNING SOUPS

WHEN the first frost compels us to pull up our gardens it is a good time to can our winter supply of soups. By following the directions already given in canning vegetables, the next step, namely soups, can be taken successfully. Fruits and vegetables from the newly-dug gardens should be transformed into palatable, nourishing soups. Some jars of each of your favorite soups should be stored away ready to be prepared in a few moments' time for the winter dinners.

The canning of soups should form just as important a part of the canning season as fruits, vegetables and pickles. Much of this can be made from scraps of meat and vegetables which would otherwise be wasted, and a new lesson in thrift and economy may well be learned.

Besides the recipes given here, it would be very interesting to can some of your own favorite soups. Follow the general directions regarding sterilizing and sealing carefully, making your soup stock or vegetable soups in your own manner, and you will be delighted with your success. Check over the ingredients, carefully noting the length of time each would require if canned as a separate vegetable, then proceed to sterilize for the period of time which would protect the whole product from decay. Then pack in jars.

The following recipes will be found useful for canning soups for winter use:—

Cream of Potato Soup

5 gallons soup stock, 1½ lbs. thin sliced potatoes, ½ lb. butter, 3 tablespoons flour, salt and pepper to taste (about 3 ounces salt).

Method—Boil the sliced potatoes in the soup stock for thirty minutes. Add the seasonings and

butter. Make the flour into a smooth paste, and add it. Cook a few minutes, and pack into jars. Put on rubbers and tops. Put in the boiler, sterilize one and a half hours, and follow directions for sealing as given on page 8.

Soup Stock

25 lbs. of beef joints and bones containing marrow, 1 shank of veal or some veal bones, 6 large carrots sliced or chopped, 1 cup of chopped parsley, 6 bay leaves, 12 whole cloves, 1 large head of celery, 25 pepper corns, 2 large onions chopped.

Place in a large kettle with five gallons of water (cold) and simmer six or seven hours. Do not boil and do not salt it while simmering. Strain through a thin cloth and set aside to cool. Skim off all fat. This stock should now measure about five gallons. Return to the fire and bring to boiling point. Pack hot in jars. Put on rubbers and tops. Place the filled jars in the boiler, sterilize for forty minutes, and follow directions for sealing as given on page 8. The stock is now ready for use either as a clear consommé soup or in combination with vegetables and may be used as the basis for canning all vegetable soups.

Bean Soup

4 cups of beans, 4 parsnips, 4 large onions, 4 large carrots, salt and pepper to taste.

Method—Soak the beans overnight. Pour off the water and add four quarts of fresh water. Chop up the vegetables and put all on to boil. Boil for two hours or until the skins slip from the beans. Run through a sieve, return to the fire and reheat to boiling point. Pour into jars completely filling the jars. Put on rubbers and tops. Place the filled jars in the boiler, sterilize for one and a half hours, and follow directions for sealing as given on page 8. This amount should make four quarts of soup.

To serve—Heat two cups of the canned bean soup with one cup of milk, and a small lump of butter. Boil up once and serve very hot.

Chicken Soup Stock

Put thirty pounds of chicken in ten gallons of cold water and simmer five hours. Remove meat and strain. Add sufficient water to make ten gallons of stock. Fill into jars. Put on rubbers and tops. Sterilize in the boiler for one and a half hours, and follow directions for sealing as given on page 8. This stock is used to make soup where the recipes call for "chicken soup stock."

Canned (Mixed) Vegetables for Soup

It is sometimes impossible to secure your soup stock in the summer, but when vegetables are plentiful in the gardens they should be canned, and added to the soup stock in the winter whenever the stock is available. It makes the preparation of soup a simple matter in the winter.

16 lbs. fresh carrots, 6 lbs. cabbage, 3 lbs. celery (use leaves and stems), 6 lbs. turnips, 6 lbs. Lima or small white beans, 1 lb. onions, 4 lbs. parsley, 4 lbs. dry peas, salt and pepper to taste.

Method—Soak the beans and peas overnight. Chop up the vegetables after blanching, for a few minutes in boiling water and cold dipping. Boil the beans and peas for half an hour. Chop the onions and celery extra fine. Mix all thoroughly and season

to taste. Pack in jars filling up completely with boiling water. Put on rubbers and tops. Sterilize in the boiler for one and a half hours, and follow directions for sealing as given on page 8.

Chicken Gumbo

5 gallons chicken soup stock, 3 lbs. minced chicken, 2 lbs. ham, $\frac{1}{2}$ lb. onions, $\frac{1}{2}$ lb. butter, $\frac{1}{4}$ lb. salt, $\frac{1}{2}$ lb. flour, 3 ozs. rice.

Method—Soak the rice and boil half an hour. Cut up the ham into small cubes and boil half an hour. Mince the chicken and chop the onions. Add to the stock, and make a smooth paste of the flour and add it. Add the butter and salt and boil ten minutes. Add the rice mixed with one pint of water. Add the ham and mix all thoroughly. Fill into jars while hot. Put on rubbers and tops. Sterilize in the boiler for one and a half hours, and follow directions for sealing as given on page 8.

Cream of Vegetable Soup

Cream soups are very nourishing and may be made at any time by using home-canned vegetables combined with white sauce. Cream of vegetable soup may be made from one vegetable, or from a combination of several vegetables.

Proportion—For one-quarter cup vegetable pulp use one cup of liquid. For starchy vegetables use half a tablespoon flour for one cup of liquid. For non-starchy vegetables use one tablespoon flour to one cup of liquid. One cup measures sixteen tablespoons; cheese, macaroni and salmon may be used in place of vegetables in making cream soups.

One cup of canned vegetables or cooked fresh vegetables, two cups vegetable water, two cups milk, two tablespoons flour, two tablespoons fat (butter or any soup fat) salt and pepper to taste.

To prepare the sauce—Melt the butter, add the flour and stir until frothy, add the milk and water gradually, stirring all the time. Cook until it thickens, and boil a few minutes, stirring occasionally. Add the salt and pepper, press the vegetables through a sieve. Add to the white sauce, and serve in hot plates.

Vegetable Soup

$\frac{1}{4}$ lb. Lima beans, 1 lb. rice, $\frac{1}{2}$ lb. pearl barley, 1 lb. carrots, 1 lb. onions, 1 potato, 1 red pepper, $\frac{1}{2}$ lb. flour, 4 oz. salt, 5 gallons soup stock.

Method—Soak the beans and rice overnight. Boil the barley two hours. Blanch the carrots, onions, potato and red pepper for three minutes, and then cold dip them. Cut up these vegetables into small cubes and mix them thoroughly with the beans, rice and barley. Make a smooth paste out of the flour, and stir carefully into the soup stock, boil three minutes and add the salt. Fill jars three-quarters full with the vegetable mixture and fill up the jars with the thickened soup stock. Place rubbers and tops in position. Place jars in the boiler, sterilize for one and a half hours and follow directions for sealing as given on page 8.