

Perfect Perfect Seal

Perfect Preserving
with
Perfect Jars



Compliments of
DOMINION GLASS CO.
LIMITED

MONTREAL • TORONTO • HAMILTON
WALLACEBURG • REDCLIFF Alta.

PERFECT PRESERVING

WITH

PERFECT JARS



HELPFUL HINTS ON THE
HOME CANNING AND
PRESERVING OF
FRUITS,
VEGETABLES,
ETC.

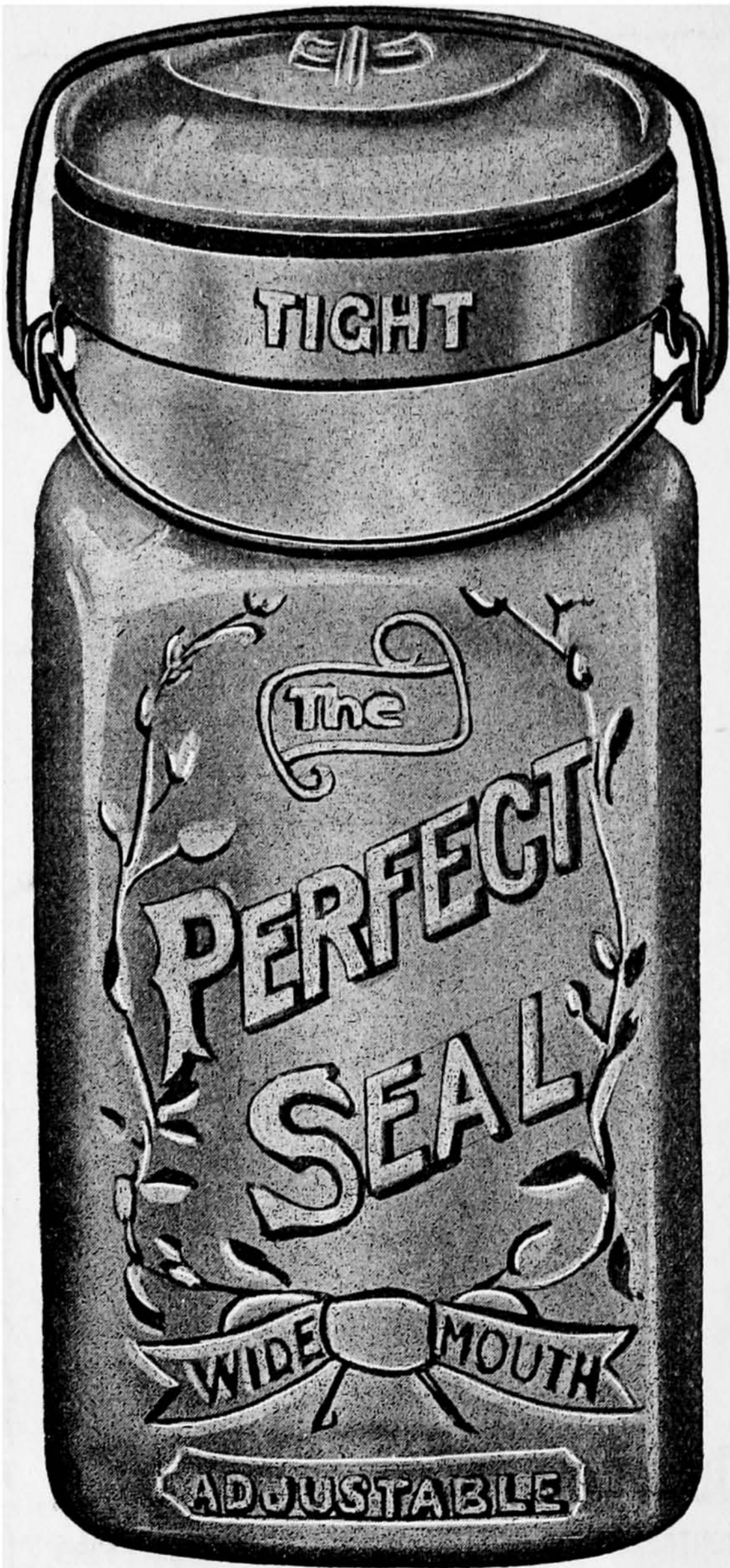


ISSUED WITH

THE COMPLIMENTS OF

Dominion Glass Co., Limited

MONTREAL, TORONTO, HAMILTON, WALLACEBURG,
REDCLIFF, ALTA.



The "PERFECT SEAL" is the only type of jar which meets ALL the requirements of the Home Canner.

INSTRUCTIONS FOR STERILIZING AND SEALING.

Two essential points

STERILIZING is thoroughly explained in this booklet which contains the most up to date methods for canning and preserving all fruits, fruit juices, vegetables, meats, fish, left-overs etc.,

SEALING depends entirely on the jars used.

Are you using a jar which seals tight?

Are you using a Sanitary jar?

Why "Perfect Seal"?

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

The "**PERFECT SEAL PRESERVING JAR**" meets these requirements in every essential point.

1 — A wide mouthed jar that is easily packed.

2 — A clear, colorless glass which displays the true color of the canned product (An important point for exhibition purposes).

3 — A sanitary glass top with smooth rounded edge.

4 — A thick firm rubber ring which will not stretch, bulge nor split when subjected to long boiling.

5 — A wire adjustable spring which seals tight in one movement.

6 — **SANITARY** in all its parts.

7 — **SIMPLE** to wash and to manipulate.

8 — **SURE** to seal tight.

The "**PERFECT SEAL**" is a labor saver.

A high grade container at a low cost.

The maintenance is nominal, requiring only new rubbers each season.

PERFECT SEAL RUBBERS ARE MADE OF HIGH GRADE MATERIAL THICK ENOUGH TO ENSURE A PERFECT SEAL, AND FITTING SO SNUG THAT THEY NEVER BULGE WHILE CLAMPING THE SPRING TIGHT. THESE RUBBERS MAY BE OBTAINED FROM YOUR DEALER AT 10 CENTS PER DOZEN. DO NOT USE OLD RUBBERS — THE COST OF ONE SPOILED JAR OF FRUIT IS GREATER THAN THE COST OF A DOZEN NEW RUBBERS.

Follow these directions accurately.

Use Perfect Seal Jars and your home canning will be a success.

Reduce the cost of living by trying Home Canning this summer.

Give your family a balanced ration all the year round.

High living at the lowest cost is the result of home canning.

The only equipment needed is an ordinary Wash boiler, tin pail, or lard can with a tight cover, and a supply of Perfect Seal Jars.

If you haven't a garden of your own watch the markets carefully, and you can secure plenty of fresh fruits and vegetables at very reasonable prices.

Fill your glass jars. Don't let one stay empty this year. Don't let the fruits, vegetables and greens go to waste.

If your family needs are small, be a canner anyway. There is always a demand for high class products, and you can be an earner of many dollars by this simple work.

GENERAL DIRECTIONS.

Any style of Wash boiler will answer the purpose of a home canner, providing the lid fits snugly to keep in the steam while sterilizing. A false bottom must be put in, to keep the jars from direct contact with the heat of the stove. This may be a piece of wire netting, or pieces of thin board will do equally well.

Jars must have perfect fitting tops. Do not use a jar with the smallest crack or chip out of the rim. Do not use old rubbers. Use Perfect Seal Jars and rubbers. Do not open the jars after sterilizing.

Sterilize jars, rubbers, tops, and everything you use by placing them in the boiler, covered with water, and bring to a boil. Let them stand in this water until ready to pack, then remove one jar at a time, and do not wipe it. The tops and rubbers will be easy to remove if placed in a wire basket when boiling. The time given for each product must be strictly adhered to.

CANNED GOODS KEEP BECAUSE THEY ARE PROPERLY STERILIZED AND PROPERLY SEALED.

BLANCHING means the preliminary quick boil before putting the product in the jars. This must always be followed by plunging into cold water for a moment.

The method which we advocate of blanching in boiling water and then immediately cold dipping, is very effectual on bacteria, spores, germs, etc., and the success of canning with one period, of sterilization after these preliminary steps is just as sure, and as safe, as the old, tiresome method of packing the product without blanching, and then sterilizing for three periods on three successive days

STERILIZING PERIOD refers to the time the filled jars are kept at boiling point in a closed boiler.

Do not try to do without any part of the process. Each step has its own work to do.

- 1 — Blanching (quick boiling) destroys acids, which are objectionable in vegetables and some fruits, and loosens the skins.
- 2 — The cold dip arrests the flow of color matter which blanching started, and hardens the pulp so that skins may be removed without injury to the pulp, and it renders packing easier.
- 3 — The Sterilizing period in the boiler destroys all bacteria which would cause decay.
- 4 — The Perfect Seal Jar prevents further bacteria entering from outside.

Preservatives are harmful and unnecessary and should never be used.

Canned goods keep because they are properly sterilized and properly sealed.

CANNING FRUITS.

It is never advisable to put off fruit canning until the season is late. Each fruit has a certain little season of its own, when both the quality and quantity are best, and an effort to secure sufficient to meet your demands should be made at that time. Remember that fruits are precious material in a well balanced diet, and should be used all the year round. If you cannot afford sugar to preserve them in the old way, try some by the sugarless method, and you will be surprised at the fine flavour which this method retains. The sugar can be added when serving, allowing each person to sweeten according to taste.

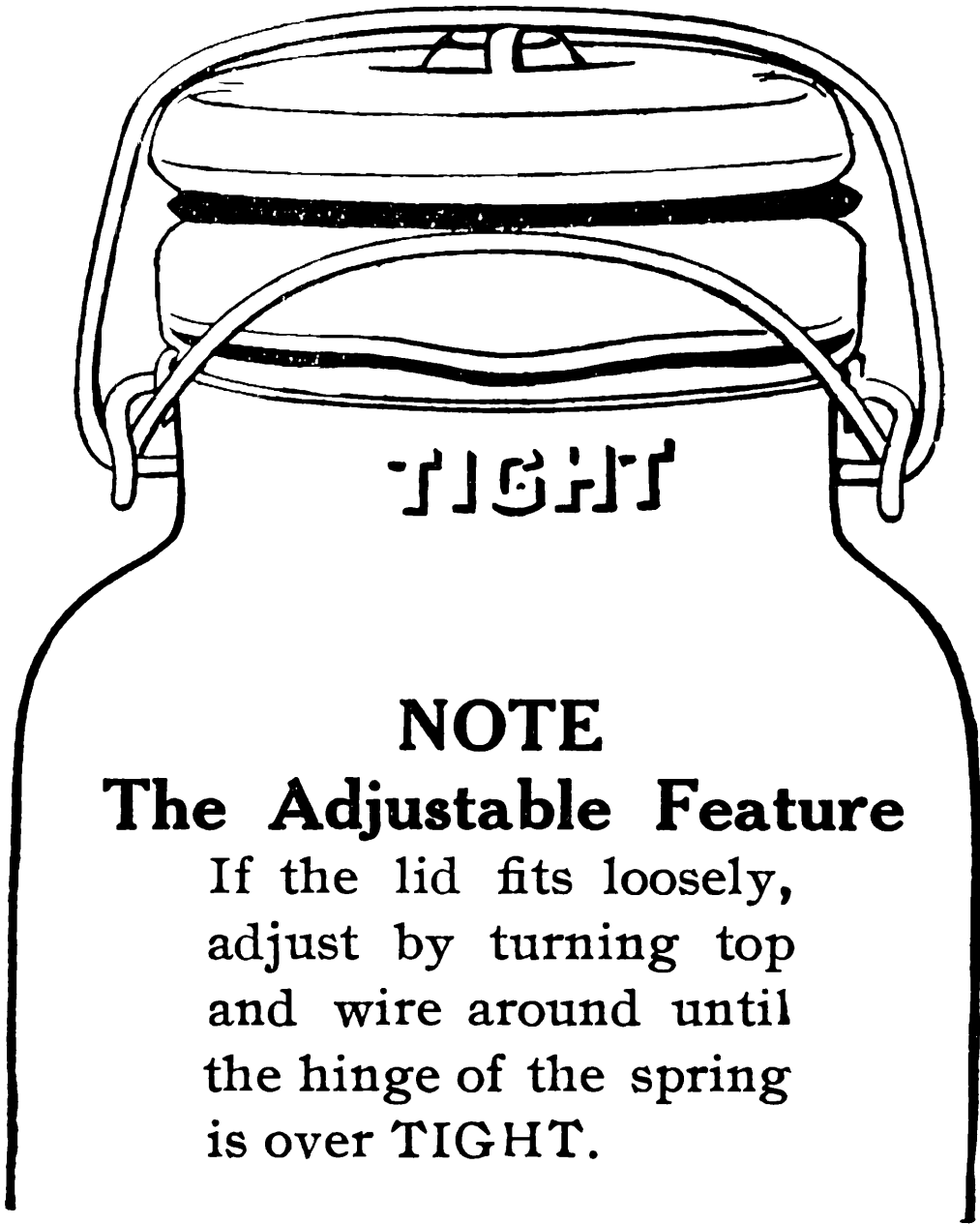
CANNING SOFT FRUITS.

Under this group may be classified **STRAWBERRIES, BLACKBERRIES, DEWBERRIES, SWEET CHERRIES, BLUEBERRIES, RASPBERRIES, APRICOTS**, etc.

Choose fresh, sound fruit — Pick over and wash by pouring water over them in a strainer. Pack immediately in Perfect Seal Jars, and pour over them boiling hot syrup to completely fill the jars. Make the syrup in the proportion of one pint of sugar to one and a half pints of water, or one pint of sugar to two pints of water. Skim off all impurities which rise to the top of the syrup and do not use it until clear. Place rubber and glass top in position. Adjust the spring as in Figure 1, leaving the side spring up. Place the filled jars in the boiler on the false bottom, and have the water in the boiler about half way up the jars. Have the water warm, not hot, when the jars are put in. Cover with the boiler lid, bring to a boil, and continue to boil or sterilize for 15 minutes. Remove and press down the side spring immediately as in Figure 2.



FIG 1

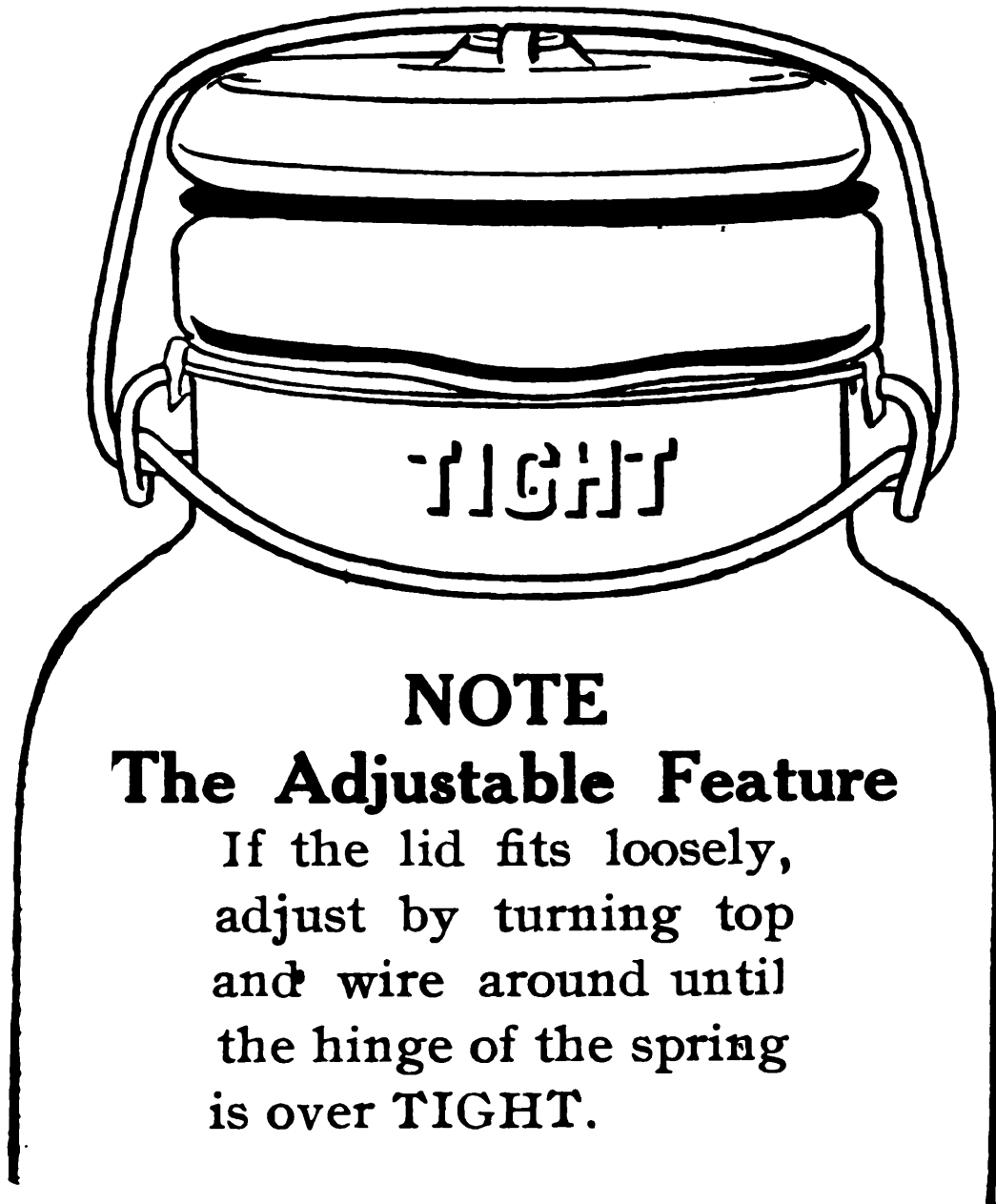


TOP SPRING ADJUSTED





FIG 2



CANNING SOUR BERRY FRUITS.

Under this group may be classified **RED, BLACK** and **WHITE CURRANTS, GOOSE-BERRIES, CRANBERRIES** and **SOUR CHERRIES**. Choose fresh not over-ripe fruit. Stem hull and clean. Blanch in boiling hot water for one minute. Drain and plunge quickly into cold water for a moment. Pack as closely as possible in Perfect Seal Jars. Make a syrup using one pint of sugar to three quarters of a pint of water, and pour this boiling hot over the fruit, completely filling the jars. Place rubber and glass top in place. Adjust spring as in Figure 1. Put jars in boiler and sterilize for 15 minutes. Press down springs as in Figure 2 and remove from boiler.

STRAWBERRY PRESERVE.

Make a syrup using one quart of water to eleven pounds of sugar. Boil until clear. Add 8 lbs. of strawberries and cook gently. Keep it just at the boiling point for ten minutes. Pour into shallow pans and cool quickly, skimming off any impurities as it cools. When cold pack into Perfect Seal Jars and allow to stand four days unsealed. Then put rubber and top in place, and adjust spring as in Figure 1. Put in the boiler and sterilize for 20 minutes. Press down spring as in Figure 2 and remove from boiler.

CHERRY PRESERVE.

Put 1 gallon of water in the Preserving kettle. Add 10 lbs. of pitted Cherries. Boil gently 20 minutes, and then add 12 pounds granulated sugar and boil rapidly for a few minutes. Cool quickly in shallow pans. Pack in Perfect Seal Jars. Put on rubbers and tops and adjust spring as in Figure 1. Put in the boiler and sterilize for 20 minutes. Press down spring as in Figure 2 and store in the dark.

CANNED PINEAPPLE.

Use sound ripe fruit. Peel and core and remove all eyes, and cut up in any desired shaped pieces. Blanch in boiling water for 10 minutes, drain and cold dip. Pack in Perfect Seal Jars and pour over them to completely fill the jars, a syrup of from 17 to 14 degrees density. Put on rubbers and tops, adjust spring as in Figure 1. Place in the boiler and sterilize for 30 minutes. Press down spring as in Figure 2 and store in the dark.

CANNED HUCKLEBERRIES.

Stem and clean the huckleberries. Pack in Perfect Seal Jars, filling up completely with a thin syrup of about 17 degrees density. Put on rubbers and tops and adjust spring as in Figure 1. Place jars in boiler and sterilize for 20 minutes. Press down spring as in Figure 2 and store.

CANNING RHUBARB.

Wash stalks, but do not peel them. Cut into small pieces. Blanch in boiling water for 2 minutes, drain and cold dip them. Pack as closely as possible in Perfect Seal Jars, and pour over them to completely fill the jars a thick syrup made of 1 pint of sugar to 1-2 pint of water, or even thicker if desired. Put on rubbers and tops and adjust spring as in Figure 1. Put in the boiler and sterilize for 20 minutes. Press down spring as in Figure 2 and remove.

RHUBARB CONSERVE.

4 Pounds 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

On no account must jars be opened after sterilizing.

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 Perfect Seal jars and seal immediately.

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 Perfect Seal Jars and seal immediately. This jam is especially good for children.

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 Perfect Seal Jars and seal while hot.

CANNING PEACHES.

Blanch for 1 to 3 minutes in boiling water, drain and cold dip them. Remove the skins and pack whole, or in sections, in Perfect Seal Jars. Make a syrup of 1 pint of sugar to 1½ pints of water, and pour it over the Peaches completely filling the jars. Put on rubbers and tops and adjust spring as in Figure 1. Place jars in the boiler and sterilize for 15 minutes. Press down spring as in Figure 2, and remove from boiler and store.

CANNING PEARS.

Blanch in boiling water for 1 minute, and cold dip them. Peel and quarter and remove cores. Drop into cold water as they are prepared. Pack into Perfect Seal Jars and pour over them a syrup of 17 degrees density completely filling the jars. Put on rubbers and tops and adjust spring as in Figure 1. Place jars in boiler and sterilize for 15 minutes. Press down spring as in Figure 2, and remove.

CANNING PLUMS.

Wash and Pack closely in Perfect Seal Jars. Pour over them a syrup of 17 degrees density. Put on rubbers and tops and adjust spring as in Figure 1. Place jars in boiler and sterilize 15 minutes. Press down spring as in Figure 2 and remove.

CANNING WHOLE SOUND APPLES.

Wash and core. If there are bruises or spots remove these. Blanch in boiling water for 2 minutes, and cold dip them. Pack immediately in half gallon or gallon Perfect Seal Jars. Pour over them a syrup made of 1 pint of sugar to 1½ pints of water. Fill the jars completely, put on rubbers and tops and adjust spring as in Figure 1. Place the jars in the boiler and sterilize or cook for 20 minutes. Press down spring as in Figure 2 and remove from boiler.

PIE FILLING.

Choose firm tart apples. Pare and slice quickly into slightly salted cold water. Pack carefully into Perfect Seal jars so that you will not require much syrup. Pour over them a syrup as in canning whole apples. Put on rubbers and tops and adjust spring as in Figure 1, and sterilize 12 minutes. The sterilizing period will however have to be regulated by the quality of apples. Do not cook long enough to reduce to apple sauce.

These apples may be used for pie fillings by pouring off the syrup and using less sugar than with fresh apples.

FOR SALADS.

Select tart firm apples, and pare and quarter them. Pack firmly in Perfect Seal Jars, and add the syrup and sterilize as for Pie Fillings.

SPICED APPLES.

Make a thin syrup adding just a little vinegar, and tie up some spices, such as, whole cloves, stick cinnamon, bits of nutmeg, orange or lemon skins, or any other combination of spices which you may prefer. Boil these in the syrup for five minutes, and remove the bag. Now drop in whole cored apples, and cook till well saturated with the syrup, but not soft. Then pack in Perfect Seal Jars and fill up with the syrup. Put on rubbers and tops and adjust spring as in Figure 1. Place jars in boiler and sterilize 12 minutes. Press down spring as in Figure 2, and remove.

USES FOR CANNED APPLES.

- 1 — As a breakfast dish served with cream and sugar.
- 2 — Baked like fresh apples.
- 3 — Apple salad.
- 4 — Pie Fillings.
- 5 — As an accompaniment to Roast Pork.
- 6 — Apple Dumplings and all apple deserts.
- 7 — Use the syrup for sauces or fruit drinks.

CANNED QUINCES.

Blanch two minutes in boiling water and then plunge quickly into cold water. Pack whole, quartered or sliced as desired in Perfect Seal Jars. Add a syrup to fill jars completely. (The syrup may be in the proportion of 1 pint of sugar to 1½ pints of water,

or 1 pint of sugar to 1 pint of water.) Put on rubbers and tops and adjust spring as in Figure 1 and sterilize in the boiler for 20 minutes. Press down spring as in Figure 2 and remove. A slice of lemon may be added to each jar if desired.

CANNED GRAPES.

Pick from stems wash and pack in Perfect Seal Jars. Fill up with a thin boiling syrup. Put on rubbers and tops and adjust spring as in Figure 1. Place in boiler and sterilize 20 minutes. Press down spring as in Figure 2 and remove.

PEACH OR PLUM CONSERVE.

One basket Plums or Peaches, 1 box seeded raisins, 4 oranges, rind of two all chopped fine; 1 lb. chopped Walnuts or Almonds, sugar equal to the weight of the fruit. Boil until thick and seal hot in Perfect Seal Jars.

GINGERED PEARS.

Eight pounds of Pears, 4 pounds sugar, 4 lemons (juice and rind) 2 ozs Ginger, 1 cup of water, Chop the Pears very thin and slice the lemons, cut ginger up fine. Simmer all together for 45 minutes or until thick, and seal while hot in Perfect Seal Jars.

WATERMELON RIND CONSERVE.

Pare off the green rind but leave a little of the firm pink pulp. Cut in squares or oblong strips. Soak overnight in Alum water, using 1 oz of Alum to one Gallon of water. In the morning pour off the Alum water and rinse well. Prepare a syrup of 4 pints of sugar to 1 pint of water. Put in your Preserving kettle 6 pounds of the prepared Watermelon cubes. Slice thin 6 lemons and cut up 2 ounces of ginger root, and add to the rinds. Pour over this the hot syrup and

cook until the cubes are clear. Remove the fruit boil down the syrup until as rich as desired. Return fruit and reheat, Pour into Perfect Seal Jars and seal immediately. This is one of the prettiest of all preserves.

PRESERVED CITRON.

Pare and cut into small cubes 8 lbs of Citron. Put in the Preserving kettle with 6 lbs of sugar, and let it stand overnight. In the morning simmer for 2 hours. Then add the juice of 4 lemons and the rind of two, cutting the rind in fine pieces. Simmer 15 minutes after putting in the lemon. Pour into Perfect Seal Jars and seal immediately.

SYRUPS FOR USE IN CANNING FRUITS.

Syrup for use in canning are made by boiling in an open preserving kettle, granulated sugar with pure water. Boil until clear and skim carefully all impurities which rise to the surface while boiling.

Fruits which are properly sterilized and properly sealed do not require the syrup to assist in their keeping qualities, and the richness of syrups must therefore be regulated largely by the taste.

For preserves a heavy syrup is used.

For canning a thin syrup is sufficient.

For preserving Cherries, Strawberries, etc., a syrup of 40 to 32 degrees density is used.

For preserving Currants, Peaches, Plums, Quinces, etc., a syrup of 24 to 32 degrees density.

For canning Blackberries, Blueberries, Cherries, Peaches, Pears, Plums and Raspberries, a syrup of 14 to 17 degrees density is used.

Never use old rubber rings. One spoiled jar of fruit or vegetables would cost more than a dozen new rubbers.

TABLE OF SYRUPS.

1 pint of sugar to 1-3 pint of water makes a syrup of 40 degrees density.

1 pint of sugar to $\frac{1}{2}$ pint of water makes a syrup of 32 degrees density.

1 pint of sugar to 1 pint of water makes a syrup of 24 degrees density.

1 pint of sugar to $1\frac{1}{2}$ pints of water makes a syrup of 17 degrees density.

1 pint of sugar to 2 pints of water makes a syrup of 14 degrees density.

JELLIES.

JELLY MAKING.—Success in Jelly making depends on three things, the selection of the fruit, the time of cooking, and the amount of sugar added.

Most fruits contain a substance called pectose which unites with sugar to form a jelly. There is a great deal of pectose in under-ripe fruit, but as the fruit ripens the pectose gradually changes to pectin, which will not unite with sugar to form jelly. Therefore in selecting fruit for jelly take it under ripe or put enough green with the ripe to give the required pectose. Then too there are some fruits especially rich in pectose, such as Currants, grapes, quinces, and crabapples. If a small quantity of any of these is added to berries which are poor in pectose the jelly will harden.

GENERAL RULES FOR JELLY MAKING.

- 1 — Prepare the fruit. Cut large fruit into pieces using both skin and core.
- 2 — With watery fruits, such as grapes and currants use two tablespoons of water, just enough to barely cover the bottom of the kettle. With dry fruit such as apples or quinces use enough water to cover the fruit.

- 3 — Boil slowly until the fruit is very soft, and the juice can be drained out easily.
- 4 — Drain juice through a jelly bag. The best kind of Jelly bag is one made of a square of cotton and wool flannel. Fold and sew it diagonally so that the bag is shaped like a cornucopia, with a wide mouth to put the fruit in, and the point for the juice to drop from.
- 5 — Heat a large pan of sugar in the oven.
- 6 — Boil the fruit juice twenty minutes. Skim it.
- 7 — Measure the juice and add an equal quantity of heated sugar to it.
- 8 — Boil from 3 to 10 minutes or until the Jelly stiffens when a little is tried on a cold plate.
- 9 — Pour into sterilized Perfect Seal Jars.
- 10 — Put in a sunny window and let stand 24 hours.

Each lot of Jelly made may be divided into two grades; the first grade will be perfectly clear and will be made from the juice which drips from the Jelly bag without pressure; the second grade will be slightly cloudy, and will be made from the juice which can be squeezed from the bag after it stops dripping.

CURRENT JELLIES.

Pick over the currants but do not stem them. Mash in the preserving kettle and bring slowly to the boil. Simmer until quite soft. Put all into a Jelly bag and drain overnight. Measure the juice and return it to the preserving kettle. Bring to a boil and boil five minutes. Then add sugar equal to the quantity of juice and boil from five to ten minutes. Test a little on a cold plate until it jellies. Pour into Perfect Seal Jars and stand in the sun to harden for a day. Cover and store.

NOTE: — Raspberries and currants in equal parts make fine Jelly. Apples may also be used with dry fruits to assist in securing juice.

CRABAPPLE JELLY.

Quarter the crab apples and put in the preserving kettle. Pour over them enough cold water to come to the top layer of the fruit. Heat gradually and boil until soft. Put all into Jelly bag and let drain overnight. Measure juice and add to each pint of juice a little less than a pint of sugar. Boil 10 minutes or until a little will jelly when tried on a cold plate. Pour into Perfect Seal Jars and seal.

GRAPE JELLY.

Wash the grapes pick them from the stems and put them in a kettle, with enough water to barely cover the bottom of the kettle. Heat slowly and cook until all the grapes burst. Pour into a Jelly bag and hang to drip all night. Boil the juice 20 minutes, measure it, add an equal volume of hot sugar, boil ten minutes and pour into sterilized Perfect Seal Jars.

QUINCE JELLY.

Cut 36 Quinces into small bits, with about two quarts of water, let them boil slowly until the fruit is quite in a mash. Keep them covered close and let about a third boil away. Run the liquor through a Jelly bag, and put into a preserving pan, and boil till thick. It should be boiled till its consistency is such that, cold, it may turn out into a mould to be used. Pour into Perfect Seal Jars.

PLUM JELLY.

Cook to a pulp and strain. Measure the juice add pound for pound of hot sugar. Boil 20 minutes and Pour into Perfect Seal Jars.

CANNING FRUITS BY THE SUGARLESS METHOD.

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

Sugar adds, nothing to the keeping qualities of a properly sterilized and sealed fruit, therefore when sugar is expensive why use it in all fruits? Fruits canned without sugar contain more of the exquisite flavour of the raw fruit. 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 when fruit, sugar, and jars must all be purchased, sometimes it is too great a tax on the purse. Try some fruit by the sugarless method. 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 Perfect Seal Jars. Pour boiling water over the fruit to completely fill the jars, put on rubbers and tops and adjust spring as in figure 1. Place the jars in the boiler and sterilize for the time required for the same fruits canned with sugar. Press down spring as in Figure 2 and remove from boiler. 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.

FRUIT JUICES AND CORDIALS.

Confectioners may can their own fruit juices by a simple process with the aid of Perfect Seal 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 Perfect Seal 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 flavour will be retained if not overcooked.

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 and adjust the spring as in Figure 1. Place the jars in the boiler and sterilize for 10 minutes. 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 4 quarts of berries add four quarts of vinegar. Put in an earthenware crock and let stand for two days. Strain through cheese cloth and to the strained juice add 4 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 20 minutes. Skim off all impurities which rise to the surface. Pour into sterilized Perfect Seal Jars. Put on rubbers and tops and adjust spring as in Figure 1. Place in the

Boiler and sterilize for 10 minutes. Press down spring as in Figure 2 and remove from boiler.

UNFERMENTED GRAPE WINE.

Pick from the stems and wash. To eight pounds of grapes add six pints of water. Cook until the grapes are quite soft. Rub through a sieve and then drain through a flannel bag. Return the strained juice to the fire and add three pounds of granulated sugar Boil five minutes, pour into Sterilized Perfect Seal Jars and seal immediately.

TOMATO CANNING.

Tomatoes may be used in so many dishes and in combination with so many other vegetables that it is small wonder that they are with most cooks, the favorite, the almost indispensable vegetable, the friend to fall back on in the preparation of that eternal eleven hundred meals a year. They form the basis of many soups and sauces, and used in combination with other materials, make fine vegetable variety. Lettuce and Tomato has yet to find a rival as a delicious and satisfying salad, and whole baked tomatoes stuffed or plain, or sliced fried ones, are about the best in lunch dishes.

In the preparation of dinners, the knowledge of how to use left-overs so that they remain appetizing and nourishing is, after all, more important than knowing how to use fresh materials, and here again the tomato holds sway, serving admirably in left-over meats, vegetables, and soups, such as, Macaroni and tomato, beans baked in tomato sauce, corn and tomatoes, shepherds pie and peas and potatoes.

For ketchups, chowchows and pickles, the recipes are almost endless.

CANNING TOMATOES THICK.

Blanch, cold dip, core and peel some tomatoes. Place in a preserving kettle without any water. Boil until the desired thickness. Pour into Perfect Seal Jars while it is hot, add a little salt. Put on rubbers and tops and adjust spring as in Figure 1. Put in Boiler and sterilize 25 minutes. Press down spring as in Figure 2 and remove from Boiler.

CANNING WHOLE TOMATOES.

Blanch, cold dip, core, and peel some tomatoes, and put on to boil in a preserving kettle. Boil 20 minutes. Rub through a sieve to make liquid smooth and remove seeds. Return to preserving kettle and reheat. Then select some small, firm, ripe tomatoes, just big enough to slip into the jars. Blanch quickly, plunge into cold water, peel and core, and pack carefully into Perfect Seal Jars, without crowding or spoiling the shape of the tomatoes. Add a level teaspoon of salt to each quart, fill up the jars with the strained boiling hot liquid, put on rubbers and tops and adjust spring as in Figure 1. Sterilize for half an hour. Press down spring as in Figure 2 and remove.

Tomatoes canned in this way may be used whole in any way where fresh ones are used, or for baking, frying, breading etc., and the strained liquid is available for cream soup or gravy.

PRESERVED TOMATOES.

Blanch ripe tomatoes for 2 minutes in boiling water. Dip quickly into cold water, and peel and core carefully. Weigh them, and put in the preserving kettle with an equal number of pounds of granulated sugar. To each two pounds of the sugar and tomatoes add 1 level teaspoonful of green ginger root shaved fine. Boil all ten minu-

tes and then lift out the tomatoes and spread on a platter to cool. This will prevent them going to pieces.

Continue to boil the syrup while the tomatoes are cooling. Then return the tomatoes to the kettle, bring to a boil, and pack into Perfect Seal Jars, adding a slice of lemon to each jar before sealing. Seal while hot.

TOMATO MINCEMEAT.

Slice green tomatoes, sprinkle well with salt, and put in a bag to drip all night. Measure the tomatoes and add an equal weight of sugar. Cook until the tomatoes are soft. To 7 pounds of tomatoes and sugar add three pounds of seedless raisins, with mace and cinnamon to taste. Cook five minutes after adding the spices. Pack in Perfect Seal Jars and seal immediately. This will make delicious mince pies.

TOMATO MARMALADE.

Blanch 4 quarts of ripe tomatoes. Peel and slice and add 6 large lemons sliced thin, and 1 cup of seeded raisins. Place in layers in the preserving kettle with 4 lbs granulated sugar. Cook for one hour over the flame, then set back and let it simmer until thick. It should then measure about 2½ quarts. Seal while hot in Perfect Seal Jars.

PICKLES AND SAUCES.

Pickles and Sauces must not be regarded as wholly ornamental, or as appetizers. In many cases they have a digestive and stimulating power, which is valuable in properly balanced meals. We should try, therefore, to use the right Pickles and sauces in their right places.

For instance, a caper sauce is a stimulant, and while it is a good appetizer, its value as far as actual food is concerned may be discounted. Its acid character, however, is de-

cidly useful in aiding digestion where a fat fish or meat is used. A sour sauce is necessary with these foods. Just as you arrange light desserts to follow heavy meals, so your pickles and sauces, if well chosen, will assist in the food values.

SAUCES.

Raw Oysters — Quartered Lemons, Horseradish Sauce.

Baked Fish — Drawn Butter, Hollandaise Sauce.

Broiled Fish — Maitre d'Hotel Butter, sauce tartare.

Boiled Fish — Egg sauce, drawn butter, Hollandaise sauce, sauce piquante, cream sauce.

Fried Fish — Sauce tartare.

Roast Chicken — Bread sauce, Green grape jelly, grape ketchup.

Roast Turkey — Cranberry Jelly, Pickled Onions.

Roast Goose — Tart apple sauce, Barberry Jelly, grape ketchup.

Fried Chicken — Cream gravy, grape ketchup.

Roast Duck — Orange sauce, currant jelly.

Roast Veal — Tomato sauce, Horseradish sauce, pickles.

Roast Mutton — Currant Jelly, Chowchow, or ketchup.

Roast Pork — Apple sauce, Sour pickles.

Roast Lamb — Mint souce, Sweet pickles.

Rosat Beef — Brown gravy, Horseradish, pickles.

Roast Filet of Veal — Mushroom Sauce.

Roast Venison — Barberry Jelly.

Roast Quail — Currant Jelly, Celery Sauce.

Roast Canvasback Duck — Black Currant Jelly, olive sauce.

Boiled Mutton — Caper Sauce.

Boiled Tongue — Sauce tartare.

Corned Beef — Mustard Pickles.

Pork Sausage — Apple sauce, Fried Apple rings.

Sweetbreads — Sauce Bechamel.

Lobster Cutlets — Sauce Tartare.

Broiled Steak — Maitre d'Hotel Sauce.

Roast Prairie Chicken — Black Currant Jelly.

Boiled Mackerel — Stewed Gooseberries.
Any of these sauces may be made and then transferred to Perfect Seal Jars to be kept ready for use all the year round.

Pickles should be made in porcelain or graniteware vessels; never in vessels of brass copper or tin, as the acids often combine with these metals forming poisons.

Vinegar should be the best white wine, and should not be boiled more than a few minutes as longer boiling reduces its strength.

STORE PICKLES IN PERFECT SEAL JARS. Bottles with illfitting corks are not sanitary and often cause decay by being improperly sealed.

Vinegar should cover the pickles in the jars in which they are kept. If they show any signs of not doing well, pour off the vinegar and put on fresh vinegar and spices and seal carefully again.

Spices which will darken the color of pickles or ketchups should be tied up in a muslin bag.

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:—Three level tablespoonfuls salt, $\frac{1}{4}$ tablespoonful of red pepper, 2 large whole onions, tie up in a bag and add 2 tablespoon-

fuls whole all spice, 4 tablespoonfuls unground mustard seed, 1 tablespoonful of whole cloves, 2 tablespoonfuls celery seed, 1 oz cinnamon stick, 3 ozs ginger root.

Bring to a boil stirring frequently. Boil until it begins to thicken, and add 1 pint of vinegar, and 3 tablespoonfuls of sugar. Continue boiling until thick enough to suit, or until no water runs from it. Remove onions and spice bag. Pour into Perfect Seal 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 20 minutes or until desired thickness. It will not be as thick as Tomato Ketchup. Seal while boiling hot in Perfect Seal Jars.

MUSHROOM KETCHUP.

Be sure they are Mushrooms and not Toadstools. Use fresh gathered large Mushrooms.

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 2 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 15 minutes. Let stand to cool and settle. Pour into Perfect Seal Jars being careful to leave out the settlings. Put on rubbers and tops and adjust spring as in Figure 1, and place

in the boiler and sterilize for 1 hour. Press down the spring as in Figure 2 and remove from boiler.

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

This ketchup is quite thin.

RHUBARB KETCHUP.

Nine pounds 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 Perfect Seal 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 1 hour stirring to keep from burning. Seal hot in Perfect Seal Jars.

CHILI SAUCE.

Blanch and peel 24 ripe tomatoes, chop these up with two red bullnose peppers, 2 green bullnose peppers, and 2 large onions. Put into an enameled preserving kettle and add 4 cups of vinegar, $1\frac{1}{2}$ cups brown sugar, 2 level teaspoonful salt, 2 level teaspoonful of whole allspice, 2 level teaspoonful ground ginger, 2 level teaspoonful ground nutmeg. Bring all to a boil stirring frequently, and boil until the sauce begins to thicken (about one hour). Seal while hot in Perfect Seal Jars.

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 1 pound salt

in 5 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 1 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, $\frac{1}{4}$ oz. tumeric, 1 cup of 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 Perfect Seal 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.

PICKLED CAULIFLOWER.

Break in flowerlets, Boil in salted water 10 minutes. Drain carefully after dipping in cold water. Pack in Perfect Seal Jars and pour over them hot vinegar in which has been scalded a good quantity of whole cloves,, pepper, allspice, and white mustard. Tie the spices in a bag and remove when ready to use. Then stir into each quart of vinegar two teaspoonful French mustard, and half a cup of white sugar. Pour over the pickles to completely fill the jars and seal at once.

FRENCH PICKLE.

2 quarts green tomatoes, 2 quarts onions, 2 quarts celery, 2 quarts cauliflower all chopped fine; 3 quarts vinegar, 2 cups brown sugar, $\frac{1}{2}$ cup mustard, 1 tablespoon salt, 1 tablespoon red pepper, 1 ounce tumeric, 1 egg (raw), 1 cup flour, $\frac{1}{2}$ cup butter. Bring all to a scalding heat, but do not boil. Seal at once in Perfect Seal Jars.

PICKLED ONIONS.

Peel silver skinned onions, and cover with salt and water for 12 hours. Drain and cover with equal parts of milk and water, and bring to a boil. Pour this off and put onions in a colander, and pour cold water over them until clear. Half fill Perfect Seal Jars with onions, add two tiny red peppers and continue filling jars with onions. Pour cold vinegar over them to completely fill the jars and seal while hot.

RIPE CUCUMBER PICKLE.

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 Perfect Seal 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. Seal while hot.

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 Perfect Seal Jars.

SAUERKRAUT.

Prepare the Sauerkraut and pack in Perfect Seal Jars filling them completely. Put on rubbers and tops and adjust spring as in Figure 1, sterilize in the boiler for 1 hour. Press down spring as in figure 2 and remove from boiler.

Always leave the side spring up as in Figure 1 during sterilizing period.

PICKLED PEACHES, PEARS or CRABAPPLES.

Pare the Peaches and Pears, crabapples should be left with stems and skins on.

Make a syrup of 1 quart of vinegar to 2 pounds of sugar stick 3 or 4 whole cloves in each peach or pear, and add the fruit to the boiling hot syrup. Add some stick cinnamon and simmer gently so as not to break the fruit, until the fruit is cooked and no longer. Pack the fruit in Perfect Seal Jars and pour over them the boiling hot syrup to completely fill the jars, a few cloves and bits of cinnamon may be added to each jar. Seal while boiling hot.

CANNING VEGETABLES.

CAN YOUR SURPLUS VEGETABLES AND GREENS IN PERFECT SEAL JARS.

We all, more or less, have canned fruits. Canning and preserving fruits has become so universal that every housewife tries to "put down" some, at least, every year. Fruit has long been recognised as a necessary factor in a properly-balanced ration, and vegetables hold just as important a place in our diet, but because we have not known how to preserve our products, we often lack what is a very essential tissue builder.

Starchy vegetables, such as Potatoes, supply heat and energy, while others supply mineral matter and bulk (fat) for the intestines. Vegetables are a valuable asset in providing variety to the diet.

Use vegetables plentifully while the gardens last, and can supply to meet the needs of your family during the months when they would be otherwise impossible to procure.

Home canning of vegetables and greens is the easiest of all canning. The methods are simple, and the products easy to prepare.

Excellent results can be obtained from the start if proper care is taken to follow the essential points.

The bacteria which forms in vegetables are often hard to kill, and the utmost care in sealing the sterilized product must be observed. Do not use an inferior jar when canning vegetables. Make sure that your products will keep, by packing them in Perfect Seal Jars.—**THE JAR THAT SEALS TIGHT.**

Prepare the product to be canned by blanching. Blanching means scalding for a few minutes in boiling water. This removes some of the objectionable acids, loosens the skins, and starts the flow of coloring matter. Then plunge in cold water. This separates the skin, hardens the pulp, and renders packing easier.

Peel or slice and pack in Perfect Seal Jars, add the salt and enough boiling water to fill the jars. Put on rubbers and tops and adjust spring. All tops must be loose to allow the steam to escape while sterilizing. Put the jars in the boiler on the false bottom, and enough cold or warm water to come at least half way up the jars. Bring to a boil, and continue to boil with the boiler lid closely fitted, for the required time. Then remove the lid and allow the steam to escape, lift each jar out and press down the spring.

CANNING RECIPES.

CARROTS, PARSNIPS—Scald from 1 to 5 minutes in boiling water. Plunge in cold water. Remove skins. Pack whole or sliced in Perfect Seal Jars. Add 1 level teaspoon of salt to each quart and fill up the jar with boiling water. Place rubbers and tops in position. Adjust spring as in Figure 1 and place in boiler. Boil 1½ hours. Remove

from boiler and press down spring as in Figure 2

PEAS, BEANS — Blanch five to 10 minutes, according to size and freshness, in boiling water. Plunge in cold water. Pack in Perfect Seal Jars adding one level teaspoon salt to each pint. Fill with boiling water. Place rubbers and tops in position and adjust spring as in Figure 1, and sterilize 1½ hours. Press down spring as in Figure 2.

BEETS, TURNIPS — Blanch 1 to 10 minutes in boiling water. Plunge in cold water. Remove skins and pack whole or sliced in Perfect Seal Jars. Add boiling water and 1 level teaspoon salt for each pint. Put on rubbers and tops; adjust spring as in Figure 1 and sterilize for 1½ hours. Press down spring as in Figure 2.

GREENS, SPINACH, DANDELION, MUSTARD, BEET TOPS, etc., Blanch in a steamer not in water, for 10 to 20 minutes, to reduce bulk. Plunge in cold water. Cut ready for table use, season with a small piece of bacon to each jar. Pack in Perfect Seal Jars. Add hot water and a little salt. Put on rubbers and tops and adjust spring as in Figure 1. Sterilize 1½ hours and Press down spring as in Figure 2.

ASPARAGUS.

Blanch in boiling water 5 minutes, and cold dip them. Pack neatly heads up in pint Perfect Seal Jars. Add boiling water and a teaspoonful of salt to each jar, completely filling the jar. Put on rubbers and tops and adjust spring as in Figure 1. Place in the boiler and sterilize for 1½ hours. Press down spring as in Figure 2 and remove from boiler. Store in the dark.

CORN ON THE COB.

Pour boiling water over the corn and blanch for 15 minutes. Then plunge quickly into cold water for a moment. Pack in half-gallon Perfect Seal Jars butts and tips alternating. Add 1 level teaspoon salt, and a little boiling water to each jar. Put on rubbers and tops and adjust spring as in Figure 1. Place in boiler and sterilize for 3 hours. Press down spring as in Figure 2 and remove from boiler.

Corn off the cob may be canned in the same manner, cut the corn from ears after blanching and cold dipping, and then proceed to sterilize as above.

EGG PLANT.

Scald for five minutes in boiling, slightly salty water. Plunge in cold water for a moment. Peel and cut crosswise. Pack in Perfect Seal Jars adding boiling water and 1 level teaspoon of salt to each pint. Place rubbers and tops in position, adjust spring as in Figure 1, and sterilize for 1 hour. Press down spring as in Figure 2 and remove from boiler.

CABBAGE, CAULIFLOWER and BRUSSELS SPROUTS.

Blanch for 15 to 20 minutes in boiling water. This will reduce the bulk. Plunge quickly into cold water. Cut for table use, and pack in Perfect Seal Jars. Adding boiling water to fill, and 1 level teaspoon salt to each quart. A little seasoning may also be added to suit the taste, such as, a strip of bacon, a little chipped beef or olive oil. Put on rubbers and tops, adjust spring as in Figure 1, and sterilize for 1½ hours. Press down spring as in Figure 2 and remove from boiler, store in a dark place.

PUMPKINS and SQUASHES.

FOR PIE FILLINGS—Cut into convenient sized pieces for packing. Cook in the preserving kettle for half an hour to reduce bulk. Plunge quickly into cold water for a moment, and pack in sterilized Perfect Seal Jars. Add 1 cup of sugar and 1 level teaspoonful of salt to each quart. Place rubbers and tops in position and adjust spring as in Figure 1. Place jars in the boiler and sterilize for 1 hour. Press down spring as in Figure 2 and remove from boiler.

SWEET POTATOES.

Canning Sweet Potatoes has, until quite recently, been considered a difficult process, and few men apparently possessed the secret. Recent experiments, however, give some good ideas on the subject.

- 1 — Choose Yellow Potatoes.
- 2 — Cook in the open kettle about 45 minutes, or until about $\frac{3}{4}$ done.
- 3 — Peel and remove all specks and eyes carefully, and pack in Perfect Seal Jars, adding a teaspoonful of water to each, to assist in preserving the color. Do not add more water as Sweet Potatoes are canned dry.

Sweet Potatoes heat through very slowly, and therefore they should be sterilized for a period of one hour and a half under 8 to 10 pounds of steam. This steam pressure cooking is necessary to properly preserve them. When the sterilized period is over jars should be cooled as rapidly as possible to preserve the color.

CANNED RED PEPPERS.

Open the peppers and remove the seeds. Blanch in boiling water for 2 or 3 minutes, and then plunge into cold water for a moment. Pack in sterilized Perfect Seal Jars,

and pour over them a syrup made of 2 pints of vinegar to 1 pint of sugar, which has been boiled for 5 minutes. Fill the jars completely with the boiling hot syrup, and seal immediately. Store in a cool dark place. This is a valuable item to possess when preparing many of the winter salads and sauces.

CANNED MUSHROOMS.

As a very large number of people are poisoned each year through carelessness in supposing toadstools are mushrooms, we strongly advise that you make absolutely sure that you are gathering mushrooms and not toadstools.

Wash and blanch in boiling water for 5 minutes. Plunge quickly into cold water. Pack whole or in sections in Perfect Seal Jars. The stems may be canned with the mushrooms or separately to use in sauces. Fill up the jars with boiling water adding 1 level teaspoon salt to each quart. Put on rubbers and tops and adjust spring as in Figure 1. Place jars in the boiler and sterilize for 1½ hours. Press down spring as in Figure 2. Wrap jars in paper before storing to prevent bleaching.

TIME-TABLE FOR CANNING VEGETABLES.

Blanch peas 5 minutes and sterilize 1½ hours.

Blanch beans 5 minutes and sterilize 1½ hours.

Blanch corn on cob 10 to 15 minutes, and sterilize 3 hours.

Blanch pumpkin 30 minutes and sterilize 1 hour.

Blanch squash 30 minutes and sterilize 1 hour.

Blanch cabbage 20 minutes and sterilize 1½ hours.

Blanch asparagus 5 minutes and sterilize 1½ hours.

Blanch spinach 20 minutes and sterilize 1½ hours.

Blanch beet tops 20 minutes and sterilize 1½ hours.

Blanch beets 15 minutes and sterilize 1½ hours.

Blanch carrots 15 minutes and sterilize 1½ hours.

Blanch sweet potatoes 3 minutes and sterilize 1½ hours.

Blanch egg plant 5 minutes and sterilize 1 hour.

Blanch Cauliflower, 20 minutes and sterilize 1½ hours.

Blanch tomatoes 2 minutes and sterilize 25 minutes.

Blanch turnips 10 minutes and sterilize 1½ hours.

Blanch parsnips 5 minutes and sterilize 1½ hours.

Blanch Brussels sprouts 20 minutes and sterilize 1½ hours.

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 have been all stored, and now the meat scraps, bones, and odds and ends of vegetables from the newly dug gardens must 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 Perfect Seal Jars.

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

SOUP STOCK.

25 pounds 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 6 or 7 hours. Do not boil it, 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 Perfect Seal Jars. Put on rubbers and tops and adjust spring as in Figure 1. Place the filled jars in the boiler and sterilize for 40 minutes. Press down spring as in Figure 2 and store. 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.

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 for two hours. Blanch the carrots, onions, potato and red pepper for 3 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 Perfect Seal Jars three quarters full with the vegetable mixture and fill up the jars with the thickened soup stock. Place rubbers and tops in position and adjust spring as in Figure 1. Place jars in the boiler and sterilize for 1½ hours. Press down spring as in Figure 2 and store.

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 4 quarts of fresh water. Chop up the vegetables and put all on to boil. Boil for 2 hours or until the skins slip from the beans. Run through a sieve, return to the fire, and reheat to boiling point. Pour into Perfect Seal Jars completely filling the jars. Put on rubbers and tops and adjust spring as in Figure 1. Place the filled jars in the boiler and sterilize for 1½ hours. Press down spring as in Figure 2. This amount should make 4 quarts of soup.

To serve — Heat 2 cups of the canned Bean soup with one cup of milk, and a small lump of butter. Boil up once and serve very hot.

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 ozs. salt.)

Method — Boil the sliced Potatoes in the soup stock for 10 minutes. Add the seasonings and butter. Make the flour into a smooth paste, and add it. Cook a few minutes, and pack into Perfect Seal Jars. Put on rubbers and tops and adjust spring as in Figure 1. Put in the boiler and sterilize 1½ hours. Press down spring as in Figure 2 and store.

CREAM OF VEGETABLE SOUPS.

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 ¼ cup vegetable pulp use 1 cup of liquid. For starchy vegetables use ½ tablespoon flour for 1 cup of liquid. For non-starchy vegetables use 1 tablespoon flour to 1 cup of liquid. 1 cup measures 16 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, 2 cups vegetable water, 2 cups milk, 2 tablespoons flour, 2 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.

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 Perfect Seal Jars filling up completely with boiling water. Put on rubbers and tops and adjust spring as in Figure 1, and sterilize in the boiler for 1½ hours. Press down spring as in Figure 2 and store.

CHICKEN SOUP STOCK.

Put 30 lbs. of Chicken in 10 gallons of cold water and simmer five hours. Remove meat and strain. Add sufficient water to make 10 gallons of stock. Fill into Perfect Seal Jars. Put on rubbers and tops and adjust spring as in Figure 1, and sterilize in the boiler for 1½ hours. This stock is used to make soup where the recipes call for "Chicken soup stock". In a subsequent page directions will be given for "Chicken Broth" or "Chicken Soup", to be made when canning Chicken.

CHICKEN GUMBO.

Five 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 10 minutes. Add the rice mixed with 1 pint of water. Add the ham and mix all thoroughly. Fill into Perfect Seal Jars while hot. Put on rubbers and tops and adjust spring as in Figure 1, and sterilize in the boiler for $1\frac{1}{2}$ hours. Press down spring as in Figure 2 and store.

CANNING CHICKEN.

When the cockerels are just reaching full size is the best time to put some of them into glass jars for winter use. There is nothing to be gained by keeping them in the chicken runs, eating their heads off. Chickens in glass jars do not consume much wheat. If you haven't chickens of your own secure some when the market begins to be stocked with the cockerels which always meet their fate in the fall.

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 Perfect Seal

Jars, and add sufficient of the liquor in which they were boiled to fill the jars completely. Put on rubbers and tops and adjust spring as in Figure 1, place in the boiler and sterilize for three hours. Press down spring as in Figure 2, and store .

Now pick off all the small pieces of meat from the backs, necks, etc., and all pieces of skin and giblets, and put all through the food chopper. To this may be added a little very finely chopped celery if desired. Pack this minced chicken into Perfect Seal 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 Perfect Seal 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 Perfect Seal 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, and minced and added to the gravy. Sterilize as for chickens.

WILD DUCKS, TURKEY, Etc.

Wild Ducks, Turkey, 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 Perfect Seal Jars as explained in the directions for chicken, and afterwards sterilized the full time given and sealed in Perfect Seal Jars.

CANNING LEFT-OVERS.

Many times we have left-over meat from a fowl dinner, which we do not care to serve the next day. This should be put in a jar and sterilized at once and put away to be used at any future time. This also applies to all kinds of meats or vegetables, or rice puddings, etc. If you will supply yourself with a big pail with a tight cover, you will find it very useful when canning one or two jars, when you do not wish to use the cumbersome wash boiler which is necessary for a day's canning.

Form the habit of cooking enough of some of the meats and puddings and vegetables for two or three meals at one time, use for that day and can the surplus in Perfect Seal Jars for the next time you wish to have that particular dish. Small left-overs which might be otherwise wasted can thus be saved. If you purchase a very large roast or a leg of lamb, which is really more than your family needs, do not waste an ounce of it. Can the left-over portion at once. Pack the jars as full as possible so as not to require much gravy or stock to fill and sterilize for three hours.

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 1 hour. Simmer gently for two hours and strain carefully into Perfect Seal Jars. Add salt and pepper to taste. Put on rubbers and tops and adjust spring as in Figure 1. Put jars in boiler and sterilize for three hours.

TONGUE.

Boil until tender peel off the skin and pack in as large pieces as possible in Perfect Seal Jars. Fill up with stock, season to taste, put on rubbers and tops, and adjust spring as in Figure 1. and sterilize in the boiler for three hours. Press down spring as in Figure 2.

CANNING MEATS WITH VEGETABLES.

Small portions of left-over meats and vegetables may be canned together, and used later as a stew, or a baked hash or pie. In sterilizing give the full time required for meats — that is, not less than three hours. This also applies to fish, which may be canned alone or in combination with left over potatoes.

PORK SAUSAGES.

Boil for a few minutes, and pour off the water. Fry until nicely browned and pack carefully into Perfect Seal Jars. Make a nice brown gravy with a little of the fat, and boiling water, and pour this, boiling hot, over the sausages, completely filling the jars. Put on rubbers and tops and adjust spring as in Figure 1. Place jars in the boiler and sterilize for three hours. Press down spring as in Figure 2.

Use "PERFECT SEAL" — the jar that seals tight.

The variety of canned meats is large. One may successfully can any piece of beef, mutton, veal, pork, fowls, venison, fish, lobsters, oysters, rabbits, etc., by thoroughly sterilizing them after they have been cooked and packed in Perfect Seal Jars.

CANNED MEATS FOR SANDWICHES.

Combinations of different meats may be canned and stored ready for sandwich making.

Equal parts of ham, tongue and chicken cooked in the usual way, well seasoned, and then run through the food chopper, may be kept indefinitely if packed in Perfect Seal Jars and sterilized by the same process as meats generally.

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 oz. cinnamon, $\frac{1}{4}$ oz. each of cloves, mace and allspice, 4 nutmegs grated, 1 quart of maderia wine, 1 pint of brandy, 1 cupful of strawberry or raspberry jam and quince preserves.

Run the meat through a food chopper, and chop suet and apples fine. Cut up the citron and 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 and dredged with flour, and salt to remove the fresh taste. Now mix all the other ingredients with the meat and suet, and pack in Perfect Seal Jars, and sterilize for 1 hour. Cider may be used in place of wine, and vinegar in place of the brandy if desired.

Use Perfect Seal Jars — Sanitary, Simple, Sure.



