


Preserving and Canning





Preserving and Canning

The housekeeper's guide
to success in preserving and canning of
Fruits, Vegetables, Meat, Fowl and Soups,
to which have been added
other chosen recipes.

A compilation of good recipes
and useful hints, carefully tested and
approved by expert authority.



*A Canadian Publication
for Canadian Housewives, by*

DOMINION GLASS COMPANY LIMITED

HEAD OFFICE: MONTREAL

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PROCESSING TIME-TABLE

Food	Syrup	Hot Water Bath Hot Pack		Pressure Cooker	
				Lbs. Pressure	Minutes Qt. Pt.
VEGETABLES					
		<i>Quart or Pint</i>			
Asparagus		2 hours		10	40 35
Beans, string..		2 hours		10	40 35
Corn		3 hours		15	80 75
Peas		2½ hours		10	50 45
Spinach, etc. . .		3 hours		10	90 85
Tomatoes, hot pack		15 mins.			
Tomatoes, cold pack		30 mins.			
FRUIT:					
		<i>Hot Pack</i>	<i>Cold Pack</i>		
		<i>qt. or pt.</i>	<i>qt. or pt.</i>		
Apples	Medium	10 mins.	25-30 mins.		
Apple Sauce . . .		10 mins.			
Apricots	As desired	10 mins.	20-25 mins.		
Berries		10- 12 mins.			
Cherries	Thick or Medium	10 mins.	25 mins.		
Peaches	As desired	10 mins.	20-25 mins.		
Pears	Medium	10 mins.	25-30 mins.		
Plums	Thick	10 mins.	20-30 mins.		
Rhubarb		10 mins.			
Strawberries . .	See page 15	for directions			
MEAT AND SOUP:					
				<i>Pressure</i>	<i>Pressure</i>
				<i>Mins.</i>	<i>Mins.</i>
Meat		3 hours		10 lbs. for 90	or 15 lbs. for 60
Poultry		3 hours		10 lbs. for 90	or 15 lbs. for 60
Fish		3 hours		10 lbs. for 90	or 15 lbs. for 60
<i>Soup:</i>					
Meat Stock . . .		2 hours			15 lbs. for 40
Tomato Purée . .		15 mins.			
Tomato Soup . .		30 mins.		10 lbs. for 10	

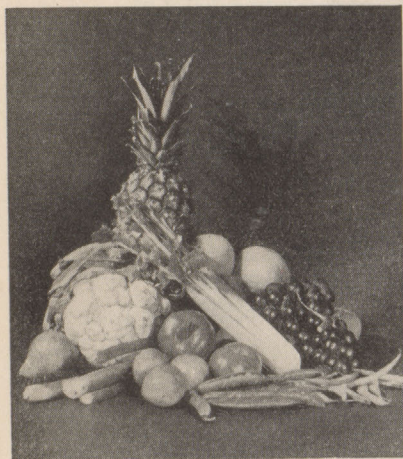
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Preserving and Canning



TWO or three generations ago, the lady of the home made what the family called "preserves." It was a mixture of approximately equal volumes of sugar and native-grown fruit which were cooked together until thick. It could not ferment—the high content of sugar prevented any yeast plant living in it. At that time the science of bacteriology was not very well known. Today the science of bacteriology is applied to food preservation, and the "Château," or mistress of the castle, can preserve almost any food that grows near her home. "Preserving" means preservation of vegetables, fruits, meats, fish—which makes it a much more comprehensive term than the old-time word "preserves."

"Canning" is a method by which food is packed in airtight containers with or without water, heat is applied to destroy all micro-organisms, and the food is preserved as nearly as possible in the condition in

which it would be served when freshly cooked. It is an economical and satisfying way of preserving many foods, which enables them to be used at times and places where they are not available in their fresh form.

Canning should be looked upon as a means of preserving surplus food, by the best method for a specific product, in order that it may be used later to advantage. What foods and how much should be canned depends upon the conditions in each household. A budget helps. In the following table, the second column shows the needs of one person; in the blank column at the right, can be placed the number of pints or quarts necessary to supply the requirements of the entire family. We will assume that fresh vegetables and fruits can be obtained for approximately four months of the year. This leaves about thirty-six weeks when canned foods will be needed. With canned vegetables served four days a week, and canned fruits on the menu five days a week, the budget will look like the Budget Sheet shown on the next page.

Canning should be confined to seasons when fruits and vegetables are most abundant, as freshness, quality, and price are then generally satisfactory. Meats and fish may be canned when the excessive supply permits.

If you have no garden of your own, watch the markets carefully. You can secure plenty of fresh fruits 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. Retain for winter consumption the foods that would otherwise go to waste.

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 flavour thus retained. Sugar can be added to the fruit when served.

CANNING BUDGET SHEET

FOOD	PER PERSON FOR 36 WEEKS	FOR FAMILY FOR 36 WEEKS
TOMATOES.....	18 pints or 9 quarts	
GREENS:		
Chard.....	} 9 pints or 4½ quarts	
Dandelions.....		
Spinach.....		
Other Greens.....		
OTHER VEGETABLES:		
Beans.....	} 9 pints or 4½ quarts	
Corn.....		
Peas.....		
FRUITS	22 pints or 11 quarts	

WHY FOODS SPOIL

It is known that foods spoil because of the action of three different micro-organisms, viz.: yeasts, moulds, and bacteria. To know the life history of these organisms is to know how to control them. Successful food preservation is based upon this knowledge.

1. There are present in all fresh vegetables and fruits certain organic organisms called "enzymes." These enzymes bring about the normal ripening of foods, and unless checked, they continue to act until the food decays. They are easily killed by heat, therefore, it is necessary to gather the fruit and vegetables when they are in prime condition, and prevent further action of the enzymes by heating the food at once. This is one of the reasons that food should be canned as soon as possible after being picked.

2. The second and most important form of food spoilage is that caused by minute plants which are present on foods, jars, dishcloths, hands, in the air, water, soil—in fact, on everything. The respective names of these plants are yeasts, moulds, and bacteria. The yeasts and moulds are fairly easily killed by heat. It is the bacteria that cause the trouble, because they go into spore formation, which renders them more difficult to destroy.

HOW TO KILL BACTERIA

The temperature of boiling water at sea level (212°F) will destroy the growing or vegetative form of bacteria, but only long controlled heating at boiling temperature will kill the spore forms. When the juices are acid, as in tomatoes and fruits, the bacteria are destroyed fairly quickly at 212°F. This is the reason that fruits and tomatoes are easily canned. But the spore forms of bacteria may be surely and completely destroyed at temperatures above 212°F, such as are obtained in the pressure cooker.

The successful application of heat to kill bacteria is influenced by two things:—(1) the number of bacteria present, and (2) the time required for the high heat to reach the centre portion of the food in the jar. You will note in some cases the directions say avoid having too dense a pack or the food in the centre of the jar may not be sterilized.

In order to lessen the number of bacteria, wash the vegetables thoroughly and use only freshly gathered products free from decay. These are important points to remember. Some of the most resistant forms of bacteria are found in the soil. Therefore, low-growing vegetables, such as spinach, or fuzzy ones, such as certain kinds of string beans, carry increased possibilities of infection, and should be most carefully cleaned.

EQUIPMENT FOR CANNING

GLASS JARS

THE ideal jar can be securely and easily sealed. It has a wide mouth and straight sides, in order that it may be thoroughly washed and readily packed with food. The glass should be clear, and display the true colour of the contents.

Glass jars are better containers for canned foods than tins, 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, straight sides, with glass top and screw ring.

DOMINION. Wide mouth, with two-piece metal cap.

TESTING THE JARS

Run the finger round the top of the jar and the edge of the cover, to see that there are no rough spots. If they are present, they should be scraped off before the jars are used.

Pour about two inches of water into the jar, put the rubber ring and cover in place, seal tightly, and wipe off all water from the outside of the jar. Invert the jar and shake vigorously. If it leaks, put on two rubber rings and test again. If it still leaks, do not use it for canning. It will make a good receptacle for cereals, sugars, or other staple commodities.

RUBBER RINGS

These should be bought new each year, and must be of good quality if they are to stand the processing temperature. They are easily tested. Double the rings together and press the fold with the fingers—the rubber should not crack under this treatment. Also, they should stretch to about twice their length, and return without change of shape. New metal caps for the **DOMINION** jar must be bought annually.

WATER BATH

A wash boiler, a kettle, or any vessel large enough to hold a convenient number of jars, may be used for the water bath. The cover should be tight fitting; to insure this, an inch rim can be soldered on the cover, so that it may fit tightly into the receptacle. The boiler should be fitted with a rack which allows a three-quarter-inch space at



the bottom, for full circulation of water. This rack may be made of wire netting similar in design to a cake cooler, or, it may be made from slats of wood placed about one inch apart with cross pieces underneath to raise it. Very good commercial racks may be purchased at a nominal cost.

PRESSURE COOKER

A pressure cooker is a vessel especially designed for obtaining temperatures higher than can be reached in a water bath. It should be well constructed and the top should clamp on tight, so there is no leakage of steam when in use. The top should be equipped with a pressure gauge, a thermometer, a safety valve, and there should be an outlet with a pet cock. The size should be suited to the number of containers to be handled at one time. It can be used not only for canning, but throughout the year for cooking meat, cereals, vegetables, and a number of desserts. In some places, clubs have bought a pressure cooker and rented it to the members.

METHODS OF CANNING

HOT PACK

THE easiest way is that known as the hot pack method. The food is heated in a minimum quantity of liquid until the entire mass boils, then, it is filled boiling hot, into hot sterilized jars, which are immediately put into the hot water bath. This method materially shortens the time of processing, and there is little danger of micro-organisms entering the jar.

OPEN KETTLE

By the open kettle method, the food is cooked in a saucepan. The food is then filled into hot, sterilized jars, and sealed at once. The jars, covers, rubber rings, must all be sterilized, and care must be taken that nothing unsterilized touches any part that will later come in contact with the food. High speed is necessary when filling and sealing the jars, in order that no bacteria-laden air will be incorporated. The sealed jars are inverted while boiling hot. Fruits and tomatoes may be canned by the open kettle method.

COLD PACK

When canned goods are exhibited at fairs, the appearance is taken into account when they are judged. The prepared food can be packed more attractively when cold. Then the liquid is added and the jars are processed until the contents in the very centre of the jar are boiling. This necessarily requires a longer processing period than the hot pack method.

STEPS IN CANNING

PREPARATION OF THE JARS

THE jars, covers and rings should be thoroughly washed in warm, soapy water, then rinsed in hot water. A brush is a great aid in getting the accumulated dust out of the crevices. Immerse the clean jars in actively boiling water and allow to remain there for two or three minutes. To avoid breakage, immerse the jar so the hot water flows inside, thus equalizing the temperature on the inside and outside. Or, the jar may be placed in warm water and left there until the water boils. The covers and rings are more easily handled if they are placed in a wire basket, then lowered into the boiling water.

A long-handled spoon is a satisfactory implement with which to remove the jars from the boiling water. Better yet, is a lifting fork which clamps over the article. It is most con-



NEW STYLE "PERFECT SEAL" JAR

Made in Canada

From coast to coast across Canada, the Perfect Seal Jar, has for many years, been a favourite and can be found on the pantry shelves of those homes where the exacting housewife insists upon adequate results from her canning and preserving budget.

Being made from strong, clear flint glass, this jar is highly recommended for all methods of canning. Many years of satisfactory service can be assured by changing the rubber ring each season, and using the adjustable feature to insure a perfect seal.

Made in four sizes—small, medium and large, and the "Baby Perfect Seal" (approx. $\frac{1}{2}$ pint).

venient when removing the filled jars from the processing kettle. It saves time and burnt fingers. It is so constructed that the weight of the jar increases the security of the grasp. The price is nominal.

Empty the water from the jar (do not make any attempt to dry it with a cloth), place it on a cloth in a pan of hot water, fill the jar at once, adjust the rubber ring and cover, and place it in the processing kettle. Or seal it airtight, if the open kettle method is used. It is a good plan to adjust the rubber ring to either the jar or cover, before filling the jar.

PREPARATION OF THE FOOD

Select only clean, sound, fresh fruits, vegetables, meat or fish that is in excellent condition. It is essential that all vegetables be canned the day they are picked. "Two hours from the garden to the jar" is a safe rule. Grade them for size and some degree of ripeness. Wash them thoroughly until every trace of soil is gone. The most effective way to clean vegetables is to clean them with a small brush. The dangerous bacteria and those most difficult to kill are in the soil, therefore, scrub off the dirt.

Non-acid vegetables should be pre-cooked to remove air, to shrink them, and to make it possible to pack food in the containers at boiling temperature. While the food is cooking in the saucepan, the jars may be boiled in the hot water bath. This serves the double purpose of sterilizing them, and of heating them, so they may be filled with the hot material without danger of breakage.

FILLING THE JARS

Place the rubber ring on the jar, if the food has been pre-cooked, fill it boiling hot into the jar. Add one teaspoon of salt to each quart of vegetables; and, in addition, two teaspoons of sugar to each quart jar of tomatoes, corn, or peas. (If one can estimate the volume of vegetables in the saucepan, the salt and sugar can be added during the pre-cooking stage.) Have a sufficient proportion of liquid to solid, to prevent too dense a pack. If there is not enough liquid from the pre-cooked vegetables, add enough boiling water to overflow the jar. As soon as a jar is filled with vegetables, place it in the processing kettle, or hot water bath. Do not let the filled jar stand on the table while another jar is filled. Add boiling syrup to cold-packed fruit until the jar overflows.

ADJUSTMENT OF COVERS

See that the rubber ring is in place, and adjust the cover. Screw the metal ring down tight, then give it a half turn back. With the "Perfect Seal," adjust the upper clamp in position to hold the cover in place, leaving the lower clamp loose until after the processing period. Seal each jar completely airtight immediately it is removed from the water bath, turn it upside down and leave it so until cold.

PROCESSING

Processing is heating the material in jars to kill the bacteria. Be sure the jars do not touch each other, and that the rack upon which they stand is raised sufficiently from the bottom of the boiler to allow free circulation of water. Have the water in the water bath about the same temperature as the jars. See that the water comes over the top of the jars. Take the time of processing after the water begins to boil and bubble in the hot water bath. Have the cover adjusted so that no steam escapes.

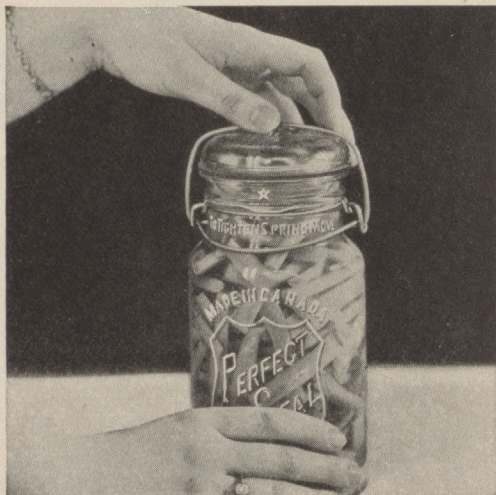
The water will evaporate during the long boiling period. Replenish it with *boiling* water, thus keeping the tops of the jars covered with the boiling liquid. The lifting fork mentioned on page 8, allows the jars to be removed without burning the fingers.

When the processing period is complete, remove the jars and seal each one immediately it is taken from the water bath. Avoid placing them in a draught, as this may cause breakage. Invert the jars, and when cold, examine them for leakage. Wash the jars and label them.

The Adjustable Feature of the Old Style Perfect Seal Jar with Neck Wire

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.

See page 12 for the adjustable feature of the New Style Perfect Seal jar, with no neck wire

The Adjustable Feature of the New Style Perfect Seal Jar with no Neck Wire

How you can make sure the lid will be tight



← If spring becomes loose when hinge is *not* in the recess or hole, marked "2."

Remove hinge, reverse jar and insert hinge in recess or hole "2." →



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

With the hinges inserted in holes or recesses "2," the slack is taken up and the lid is tight.

See page 11 for the adjustable feature of the Old Style Perfect Seal jar, with neck wire

TEST FOR PERFECT SEALING

After a few days, test the jars for perfect sealing. Remove the metal collar, or undo the clamps, and try to lift off the glass cover with the fingers. The cover should hold in place securely, because of suction caused by the contraction of the air inside the jar after cooling. Fasten the metal clamps or screw down the metal collar, if the cover is tight, and store in a cool place. If the cover is loose, use the contents at once, or put them into another airtight jar and process again.

DETAILED DIRECTIONS

CANNED VEGETABLES

ASPARAGUS—Grade according to size; wash thoroughly. Scrape the scales from the stalks and clean away the dust underneath. Tie the stalks in bundles and cut them in lengths to fit the jars; stand them in a saucepan, with boiling water over the tough lower portions only, cover tightly and boil 4 or 5 minutes. Pack boiling hot, into hot, sterilized jars, keeping the tips up, if possible. Cover with the water in which they were boiled, add one teaspoon of salt to each quart jar and process in the hot water bath 2 hours. Or, process at ten pounds pressure for 40 minutes, pints 35 minutes.

The stalks which have been cut off may be cut into half-inch lengths, water added to cover, boiled 2 minutes in an uncovered vessel, packed and processed.

STRING BEANS—String, wash thoroughly, cut into pieces of desired size, or leave them whole. Cover with hot water, and boil 5 minutes in an uncovered vessel. Pack into hot, sterilized containers, boiling hot, cover with water in which they were boiled, add one teaspoon of salt to each quart jar, and process in the hot water bath 2 hours; or at 10 pounds pressure for 40 minutes; pint jars 35 minutes.

CORN—Shuck, silk, and clean it carefully. Cut from the cob, weigh, add half as much boiling water as corn by weight. (A pint of water weighs a pound.) Add one teaspoon of salt and two teaspoons of sugar to each quart of corn, boil 5 minutes, and fill boiling hot into hot, sterilized jars. Fill jar about three-quarters full of corn, then to overflowing with liquid in which corn was boiled; use more boiling water, if necessary. Process in the hot water bath 3 hours, or at 15 pounds pressure for 80 minutes; pints 75 minutes.

PEAS—Use only young, tender peas. Shell, wash, add water to cover and bring to a boil. Add 1 teaspoon of salt to each quart (and two teaspoons of sugar, if desired). Pack boiling hot, into hot, sterilized jars, process 2½ hours in the hot water bath, or at 10 pounds pressure for 50 minutes; pints 45 minutes.

SPINACH AND OTHER GREENS—Pick over, throw away any imperfect leaves and tough stems. Wash carefully, lifting the leaves from the water each time the water is changed. Heat the greens in a covered vessel until wilted, adding just enough water to prevent burning. Stir occasionally. Add 1 teaspoon of salt to each quart. Pack boiling hot, into hot, sterilized jars, taking care that the greens are not packed too solidly and that there is sufficient liquid to cover. Process in the hot water bath for 3 hours, or at 10 pounds pressure for 90 minutes; pints 85 minutes.

TOMATOES—Grade for size and perfection. Wash, place them in a cheesecloth bag or a wire basket, and immerse them in boiling water for about a minute. Then plunge them into very cold water. Peel, and cut out the core, taking care not to cut into the seed cells. From this point different methods of canning may be used.

1. *Open Kettle*—Cut up the tomatoes and boil them for 5 or 10 minutes. Do not add any water. To each quart, add 1 teaspoon of salt and 2 teaspoons of sugar. Pack boiling hot, into hot, sterilized jars, and seal immediately.

2. *Hot Pack*—Cook and pack the tomatoes as in the open kettle method, then process them in the hot water bath for 15 minutes. This is a safer method than the open kettle.

3. *Cold Pack*—Pack the peeled, uncooked tomatoes into jars and add salt and sugar. Fill the jars with cooked, strained tomato juice. Process quart jars in the hot water bath 30 minutes, pints 25 minutes.

Imperfect tomatoes can be cooked for the juice. If the juice is used to fill the jars, the colour and flavour of the whole tomatoes are retained better, and the entire contents of the jar are usable.

RATIO OF RAW TO CANNED PRODUCTS

1 bushel baby beets	about 32 pints
1 bushel string beans	“ 35 “
1 bushel chard	“ 10 “
1 bushel corn	“ 24 “
1 small pumpkin	“ 2 “
1 small squash	“ 2 “
1 bushel ripe tomatoes (canned in tomato juice)	“ 27 “
1 bushel peaches, halved	“ 36 “
1 bushel pears, halved	“ 36 “
1 bushel plums	“ 50 “
16 quarts strawberries	“ 24 “
14 stalks rhubarb	“ 3 “

CANNED FRUIT

SELECTION AND PREPARATION

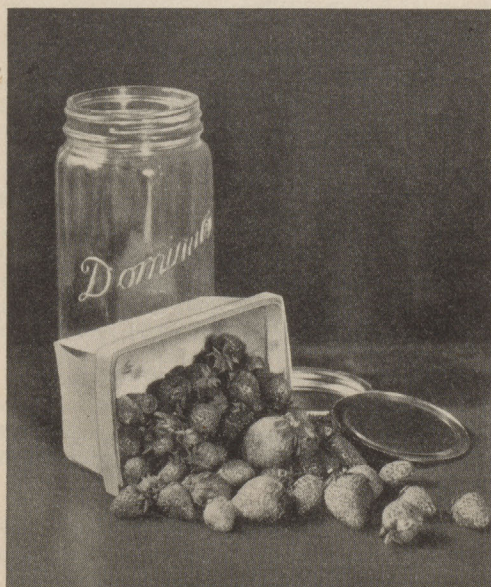
The fruit should be sound, firm, not over-ripe, free from blemishes, and uniform in size. Pick over, and wash all small fruits in a colander. Prepare according to the kind of fruit.

Remove stems and blossom ends from currants and gooseberries; stones and stems from cherries; prick plums with a needle to keep the skins from bursting. Dip peaches and apricots in boiling water, then in cold water to loosen the skins; remove the skins and stones, drop the halves in cold water to prevent discolouration. Peel and core pears, quinces and apples, then drop them into cold water.

SYRUP

The density of the syrup is determined by the acidity of the fruit, and by the desired result. While the fullness of the pack will influence the amount of syrup used, approximately one cup of syrup can be allowed for a pint jar filled with large fruit, and one-half cup, if filled with small fruit. Boil the syrup five minutes and skim if necessary.

Thin Syrup 1 cup sugar to 3 cups water.
 Medium Syrup . . 1 cup sugar to 2 cups water.
 Thick Syrup . . . 1 cup sugar to 1 cup water.



APPLES—Pare, cut in quarters or halves, core and drop them into cold water to prevent discolouration. Simmer the apples in a medium syrup from 5 to 10 minutes, according to the hardness of the fruit. Pack into hot, sterilized jars, and fill with boiling syrup. Process 10 minutes in a water bath. If more flavour is desired, the following may be added: stick cinnamon, ginger root, lemon juice, whole cloves.

APPLE SAUCE—Peel, core, and steam the apples until soft, run through a colander, and measure. Add one cup of sugar to each gallon of sauce, heat to boiling, pack into hot, sterilized jars, and process in water bath 10 minutes. The amount of sugar used is optional.

APRICOTS—Place the fruit in a wire basket or cheesecloth, immerse in boiling water for a minute, then plunge into cold water for a few seconds. Remove the skins, cut the apricots into halves and discard the pits. Pack at once, placing the halves in overlapping layers, the concave half of each half being downward. Fill the jars with thick or thin syrup, as desired, process both quarts and pints in the water bath 20 to 25 minutes, according to the hardness of the fruit. Or use the hot pack method given for apples.

BERRIES—Blueberries, blackberries, currants, gooseberries, raspberries and other small fruits are included. Pack the prepared fruit into jars, pressing gently into place; cover with hot syrup of the required density. Process quart and pint jars 12 and 10 minutes respectively in the water bath. (See paragraph below for strawberries.)

Shrinking can be avoided by pre-cooking. To one pound of berries, add $\frac{1}{4}$ to $\frac{1}{2}$ pound of sugar according to the acidity of the fruit. Boil fruit and sugar together 5 minutes. Pack into hot, sterilized jars, and process all sizes 10 minutes in the water bath.

CHERRIES—The pits may be removed or not. If canned unpitted, the cherries should be pricked to avoid shrinking. Cover with boiling syrup, using thick syrup for sour cherries, and medium for sweet. Process quart and pint jars for 25 minutes in the water bath. The hot pack method given for apples may be used.

PEACHES—Same as apricots.

PEARS—Same as apples.

PLUMS—Wash. Prick each plum to avoid bursting of the skin. Pack into hot, sterilized jars, and fill with thick syrup, boiling hot. Process quart and pint jars 20 to 30 minutes, depending upon the hardness of the plums. Or, use the hot pack method given for apples.

A sauce may be made by cooking the plums with sugar to taste. Strain out the pits and skins if desired. Fill into hot, sterilized jars and process 10 minutes.

RHUBARB—Wash and cut the stalks into inch lengths. Add just enough water to prevent burning. Boil until soft, add sugar to taste. Pour boiling hot, into hot jars and process 10 minutes.

STRAWBERRIES—No. 1: See "Berries" for directions.

No. 2: To each quart of fruit add one cup of sugar, and two tablespoons of water. Simmer slowly for 15 minutes; avoid breaking the berries. Let stand overnight in the kettle. In the morning reheat the mixture to boiling, fill into hot, sterilized jars, and process all sizes 10 minutes.

No. 3: Place a layer of stemmed and washed strawberries in a dish, then a layer of sugar. Repeat until all are used. Use one cup of sugar to each quart of fruit. Let stand overnight at room temperature. Next morning, bring slowly to boiling point, pour into hot, sterilized jars, and process 10 minutes.

EXAMINE CANNED FOOD BEFORE USING

CANNED food should be examined carefully before it is used. There should be no sign of leakage, the contents should appear sound, and the liquid should be no more cloudy than when first canned. There should be no sudden outrush of air or spurting of liquid when the can is opened, and the odour should be characteristic of the food.

The types of spoilage most frequently occurring are easily recognized: "swells" by the outrush of gas, and "flat sours" by the sour odour. But the third type, that due to *bacillus botulinus*, is more difficult to detect. Any spores of this bacterium that are not killed during canning will germinate in the closed container, and a toxin (or poison) is formed that is very deadly. In some cases, this organism may develop and form poison with very little indication of spoilage in the food. When present in small quantities, this toxin is destroyed by boiling, and, it is therefore recommended that all canned vegetables and meats be boiled at least 10 minutes before they are tasted. Add more water if that in the jar is insufficient. Smell the hot food carefully, since heat brings out odours not noticeable in cold canned goods.

Spoiled canned foods should always be destroyed, and any containing botulinus toxin should be disposed of safely. If buried, it should be so deep it will not be scratched up by fowls or animals. Both toxin and bacteria can be destroyed by boiling if a large tablespoon of lye is added to each quart.

ADVANTAGES OF CANNED FOODS

FRESH fruits and vegetables may not be obtainable at any price during some seasons of the year. But the fine-flavoured and luscious varieties that have been canned will bring delight to the eye, and joy to the palate of the connoisseur.

Canned fruits and vegetables possess valuable nutritive properties because they are rich in mineral constituents necessary for body building. The vitamin content, also, is appreciable. With a well-stocked emergency cupboard, the homemaker will be independent of market and climatic conditions:

CANNED FOODS FOR THE FAMILY MENU

CANNED FRUITS

CANNED fruits, alone, are always acceptable for desserts. Serve them with plain yeast bread, cake, hot biscuits or muffins at either the noon or evening meals. In addition, they may be used to make pies, cakes, cocktails, ice creams and puddings.

BLUEBERRY PUDDING

2½ cups flour	¾ cup sugar
3 teaspoons baking powder	1 egg
½ teaspoon salt	¼ cup shortening
1 cup milk	

Cream the fat, add sugar, egg well beaten. Sift flour, baking powder and salt, add alternately with the milk. Bake 30 to 35 minutes in a shallow pan. Cut in squares, and serve with blueberries—other fruits may be substituted for the blueberries. A spoonful of whipped cream on the top of each serving will add to the attractiveness of the dessert.

BROWN BETTY

2 cups breadcrumbs	$\frac{1}{4}$ cup sugar or molasses
2 cups sliced fruit	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup fruit juice	Juice and rind of 1 lemon
$\frac{1}{4}$ cup butter	

Mix the melted butter thoroughly with the breadcrumbs. Sift the spice with the sugar. Arrange layers of buttered crumbs and thin slices of fruit in a baking dish. Sprinkle each layer of fruit with sugar. Have a layer of crumbs on top, and pour fruit juice over the whole. Bake in the oven until well browned and heated through.

FRUIT BLANCMANGE

2 cups milk	3 tablespoons sugar
$2\frac{1}{2}$ tablespoons cornstarch	$\frac{1}{2}$ teaspoon vanilla
Few grains salt	

Scald $1\frac{1}{2}$ cups of the milk. Mix cornstarch and sugar with $\frac{1}{2}$ cup of cold milk. Pour the hot milk over the cornstarch mixture, stirring until smooth; cook over low, direct heat until thick and smooth. Cover and cook in a double boiler 45 minutes. Add the salt. When nearly cold add the vanilla and stir in 1 cup of fruit, such as cherries or raspberries, which have been thoroughly drained. Turn into individual moulds which have been wet with cold water. Serve with cream, or other desired sauce. Another way is to put the blancmange into a serving dish; when firm, put the fruit on top.

FRUIT DUMPLINGS

Roll a rich baking powder biscuit dough $\frac{1}{4}$ inch thick. Cut it into 4-inch squares. In the centre of each square place a half peach or pear; moisten the edges of the dough with cold water or milk and fold so the corners meet in the centre. Press the edges lightly together. Brush the tops with milk, and sprinkle with sugar and spice. Place in a greased pan with a small amount of boiling water and bake in a very hot oven until the dough is cooked. Serve with sauce or cream.

PANDOWDY

Fill a greased baking dish half-full of peaches, pears, or other fruit, sprinkle with nutmeg or cinnamon, add a small amount of fruit juice, cover with baking powder biscuit dough that has been rolled about $\frac{1}{4}$ inch thick. Bake in a hot oven.

PEACH ICE CREAM

2 cups milk	2 egg yolks
2 tablespoons flour	1 cup heavy cream
2 tablespoons milk	2 cups peach pulp and juice
$\frac{3}{4}$ cup sugar	

Scald the 2 cups of milk. Mix the flour and 2 tablespoons of milk to a smooth paste, then slowly stir it into the scalded milk, stirring until thickened and smooth. Then cook over hot water 15 minutes. Pour slowly over the beaten yolks and sugar, stirring constantly, return to double boiler and cook 5 minutes longer. When cold, add the cream, peach-pulp, and freeze.

PEACH PUDDING

1 pint milk	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ teaspoon salt	8 sliced, canned peaches
$\frac{1}{2}$ teaspoon vanilla	Stale bread
3 eggs	

Beat the eggs, add the sugar, salt, vanilla and milk. Dip slices of stale bread into the mixture, and line a baking dish with them. Arrange layers of sliced peaches and bread to fill the dish. Pour the remaining liquid over the top. Set in a pan of hot water and bake in a slow oven until firm. This may require about half an hour. Serve hot with any desired sauce.



“CROWN” JAR

Made in Canada

For those housewives who prefer the screw top jar, here is one that has stood the test of time. The Crown Jar has been a friend of the Canadian housewife for many years. No matter whether you are canning or preserving for home use only, or for exhibition purposes, the clear flint glass and sanitary features of the Crown Jar will appeal to you. A jar that is easily cleaned and sterilized. The glass top and non-corroding zinc band insure perfect sealing qualities.

Change rubber ring each season to secure perfect results.

Made in four sizes—small, medium and large, also very small (approx. $\frac{1}{2}$ pint).

PEAR FAVOURITE

<p>$\frac{1}{2}$ cup milk 1 cup boiling water $\frac{1}{2}$ teaspoon salt</p>	<p>3 pears Jam or conserve Whipped cream</p>
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$\frac{1}{2}$ cup rice

Wash the rice thoroughly and cook it in the boiling water until the water is all absorbed, then add the salt and milk and continue cooking until the rice is soft. Put it into small moulds and chill. Turn out on a serving plate and surround by halves of pears. Place a spoonful of whipped cream on top of each mould, garnish with coloured jam, and fill the pear cavities with jam. The cream should be sweetened, and flavoured with vanilla.

PIES

No. 1—Line a plate with pastry, fill with pears, peaches, apples, or any combination of fruits. Cover with pastry and bake in a hot oven.

No. 2—Line a plate with pastry and bake in a hot oven. Fill with any desired fruit, and cover with meringue made of 2 egg whites beaten stiff, 2 tablespoons of sugar added, and flavoured with vanilla. Brown in a slow oven.

No. 3—Pile fruit into a baked pastry shell. Cover with whipped cream, sweetened and flavoured.

STEAMED PEACH PUDDING

<p>2 cups flour 4 teaspoons baking powder $\frac{1}{2}$ teaspoon salt</p>	<p>3 tablespoons butter About 1 cup milk 2 cups peaches</p>
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Sift the dry ingredients, put in the butter, add enough milk to make a stiff batter. Place the sliced fruit in a greased pudding dish, spread the stiff batter over the fruit, and place in a steamer over rapidly boiling water. It is essential that the water never falls below boiling point during the steaming; be sure to use boiling water to replenish. Steam for 1 hour. Turn the pudding out carefully on the serving plate—this brings the fruit on top. Sprinkle with sugar and spice, serve with cream or peach sauce. Apples can be substituted for the peaches.

STRAWBERRY SPONGE

<p>$1\frac{1}{2}$ tablespoons gelatine $\frac{1}{2}$ cup cold water $\frac{1}{2}$ cup boiling water 1 cup sugar</p>	<p>2 tablespoons lemon juice 1 cup strawberries and juice Few grains salt 3 egg whites</p>
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1 cup cream

Soak the gelatine in the cold water 5 minutes, dissolve it in the boiling water, add sugar and lemon juice. When beginning to set, beat with a Dover egg beater until foamy. Stir in the strawberries. Fold in the stiffly beaten egg whites and the whipped cream. Turn into a large mould, or individual moulds. Chill.

CANNED VEGETABLES

CORN OYSTERS

<p>1 cup corn pulp 1 egg</p>	<p>2 tablespoons flour Salt and pepper</p>
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Chop the corn very fine. To the corn add the well-beaten egg yolk, flour, salt and pepper. Fold in the stiffly beaten egg whites. Drop by spoonfuls on a hot frying pan which contains a small amount of fat. Brown on one side, turn and brown on the other side. Serve hot.

CORN SCALLOP

<p>$1\frac{1}{2}$ cups milk 2 tablespoons butter 2 tablespoons flour 1 teaspoon salt</p>	<p>1 egg 2 cups corn 1 tablespoon Worcestershire sauce Buttered crumbs</p>
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PRESERVING AND CANNING

Melt the butter, stir in the flour, add the milk and stir until smooth and thickened. Add the beaten egg, corn and Worcestershire sauce. Pour into a baking dish, cover with buttered crumbs and bake in a moderate oven until brown and heated through—about 20 minutes.

CORN AND TOMATOES

2 cups corn	2 teaspoons sugar
2 cups tomatoes	1 cup buttered crumbs
$\frac{1}{2}$ teaspoon salt	Paprika

Mix corn, tomatoes, sugar, salt, $\frac{1}{4}$ teaspoon paprika, and pour into a buttered baking dish. Spread the buttered crumbs over the top and bake in a moderate oven for 25 minutes or until the crumbs are brown and the whole is well heated.

CREAMED PEAS

2 tablespoons fat	$\frac{1}{2}$ teaspoon salt
2 tablespoons flour	$\frac{1}{8}$ teaspoon pepper
1 cup milk	2 cups peas

Melt the fat, stir in the flour, add the milk and stir until smooth and thick. Add salt and pepper. Add the peas and cook over hot water 15 minutes. Serve on toast.

CORN CHOWDER

2 cups corn	1 sliced onion
4 cups potatoes	1 qt. scalded milk
$\frac{1}{4}$ lb. fat pork	8 crackers
2 tablespoons butter	Salt and pepper

Cut pork in small pieces and dry out; add onion and cook until yellow. Parboil potatoes 5 minutes, drain, and add potatoes to the fat; then add 2 cups of boiling water and cook until the potatoes are soft, add corn and milk and heat to boiling point. Add crackers, split, and soaked in enough cold milk to moisten; add butter. Serve hot.

CREAM OF PEA SOUP

2 cups milk	1 cup peas
1 tablespoon butter	Salt and pepper
1 tablespoon flour	Parsley

Cook the peas in their own liquor until boiling. Melt the butter, stir in the flour, add the milk and stir until smooth and thickened. Put the peas through a sieve and add the pulp to the sauce. Season to taste. Chop the parsley and add; this is optional.

SALADS

ASPARAGUS

Arrange the asparagus on crisp lettuce leaves, or on a bed of finely shredded cabbage. Place a layer of salad dressing across the top, and garnish with paprika.

SPINACH

To each cup of spinach use 1 hard-cooked egg. Heat the spinach, chop fine, and pack into small moulds. When cold, unmould and garnish with slices of hard-cooked egg. Serve on lettuce leaves with salad dressing.

SPINACH AND TONGUE

Drain the spinach and season with vinegar or lemon juice, as well as salt and pepper. Pack tightly in small moulds. Place slices of cold boiled tongue on lettuce leaves, and on top put a mould of spinach. Serve with salad dressing.

TOMATO JELLY

Heat and strain 1 pint of tomatoes. Soak $1\frac{1}{2}$ tablespoons of gelatine in 3 tablespoons of cold water for 5 minutes, then dissolve it in the hot tomato juice, add 1 teaspoon of sugar. Pour into small moulds and chill. Unmould on lettuce leaves and serve with salad dressing. If further flavour is desired, the following may be heated with the tomatoes before they are strained: $\frac{1}{2}$ bay leaf, 3 cloves, 2 peppercorns, celery leaf.

SUCCOTASH

2 cups corn	1 cup milk
1 cup dried lima beans	3 tablespoons butter

Soak the beans overnight, then boil gently until tender. To the drained beans add the corn, milk, butter, and salt and pepper, heat thoroughly, and serve hot.

TOMATO SUCCOTASH

1 cup canned tomatoes	$\frac{1}{2}$ tablespoon butter
$\frac{1}{2}$ cup corn	1 teaspoon sugar
$\frac{1}{2}$ cup beans	1 slice of onion

Sauté the onion in the butter until yellow, add other ingredients and cook until blended. Serve on toast, or in a border of cooked rice.

JELLY

WHAT is a perfect jelly? The most universally accepted definition is that of Dr. N. E. Goldthwaite:—"A perfect jelly is a beautifully coloured, transparent, palatable product, obtained by so treating fruit juice that the resulting mass will quiver, not flow, when removed from its mould; a product with texture so tender that it cuts easily with a spoon, and yet so firm that the angles thus produced retain their shape; a clear product that is neither syrupy, gummy, sticky, nor tough; neither is it brittle, and yet it will break, and does this with a distinct cleavage which leaves sparkling, characteristic faces. This is that delicious, appetizing substance, a good fruit jelly."

CONTROLLING FACTORS

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 colour and flavour are regulated by the colour and flavour contained in the fruit itself.

The pectin is more abundant in fruit slightly under-ripe; therefore, have part of the fruit under-ripe to secure a firm jelly, and part ripe to give the desired flavour. Fruits high in both pectin and acid are: Apples, crabapples, currants, gooseberries, grapes, cranberries, oranges, plums, raspberries, and blueberries. Quince and peaches contain pectin, but lack acid, while cherries, pineapple, rhubarb, and strawberries have acid, but insufficient pectin for jelly-making. The rind, core and seeds are high in pectin.

PREPARATION OF THE JUICE

1. Some of the fruit should be under-ripe.
2. Wash large fruit, cut in pieces, add water to cover, cook until soft.
3. Wash small fruit in a colander, pick from stems, put into the preserving kettle, crush with a wooden spoon or masher, cook until soft.



4. Pour the cooked fruit 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 the scum. Currant or grape juice, made with no water added, need only to be brought to the boiling point. Apple juice requires to be boiled from ten to twenty minutes, according to the concentration.

PECTIN TESTS

The fruit juice must be cooked out of the fruit and cooled.

No. 1—Mix 1 teaspoon of the strained cooled fruit juice with 1 teaspoon of ethyl alcohol; let it stand 3 minutes. It will appear in one mass or clot if a large amount of pectin is present.

No. 2—Mix together $\frac{1}{2}$ tablespoon of Epsom salts, 1 tablespoon of cooked fruit juice and 1 teaspoon of sugar. Stir until dissolved and let stand 20 minutes. If a jelly forms the juice may be considered high in pectin.

SUGAR—AMOUNT TO USE

If the pectin test gave a clot that will slip from the glass in one mass, use 1 cup of sugar to 1 cup of fruit juice—currants and grapes may take this proportion of sugar. If the mass is divided, use $\frac{3}{4}$ cup of sugar to each cup of fruit juice. If the clot is thin and hard to collect, use $\frac{1}{2}$ cup of sugar to each cup of fruit juice. The fruit juice should be decidedly acid.

SUGAR—ADDING THE SUGAR

Boil the juice and remove the scum. Currant and grape juice made without the addition of water need only to be brought to the boiling point. Apple juice requires to be boiled ten to twenty minutes according to its concentration.

Best results are obtained by making not more than 2 quarts of jelly at a time. The capacity of the preserving kettle should be four or five times as great as the volume of juice to be cooked, as there is a tendency for the juice to boil over. Measure the required amount of sugar. The addition of the sugar should not stop the boiling of the juice, therefore it is a good idea to warm the sugar. Add it slowly, with constant stirring to aid its solution. Boil rapidly until the jelly test is obtained. At once fill hot, sterilized glasses to the top. To prevent breakage the glasses should stand on a cloth in a pan of hot water. When the jelly is firm, run a sharp knife point around the edge of the jelly and pour boiling hot paraffin over the top to the depth of one-quarter inch at least. This sterilizes the top of the jelly and effectively seals it. Wash the jar, label it, and store it in a cool place.

JELLY TEST

With a cold spoon take up a little of the boiling juice and let it cool slightly. Empty the cooled juice slowly back into the kettle of boiling syrup; if the drops run together and the whole tends to "sheet off" the jelling point is reached. The syrup should be poured into the prepared glasses immediately.

FRUIT PULP

This may be used for a second extraction of juice by covering with water and re-cooking. Or it may be utilized for fruit butter or for catsup.

IMPORTANT POINTS TO REMEMBER

Avoid over-dilution of the juice, use of too much sugar, use of over-ripe fruit. Do not over-cook the juice and sugar together or a syrupy mass will result. Do not boil the syrup after the jelly stage has been reached.

SUGGESTIONS FOR FRUIT COMBINATIONS

1. $\frac{1}{2}$ cup cranberry juice and $\frac{1}{2}$ cup quince juice.
2. $\frac{2}{3}$ cup pineapple juice and 1 cup apple juice.
3. $\frac{1}{2}$ cup cranberry juice and 1 cup apple juice.
4. 1 cup raspberry juice and 1 cup apple juice.
5. 1 cup each—apple, blueberry, and rhubarb juice.

COMMERCIAL PECTIN

There is on the market, a bottled concentration of pectin with specific recipes for each kind of fruit. These recipes for making jelly and jam must be followed accurately. Jellies and jams made with these ready-to-use pectins require little cooking. There is small loss from evaporation, and larger quantities are obtained than when the natural pectin in the fruit is depended upon.

SPICED JELLIES

Whole cloves and stick cinnamon may be cooked with the fruit when making spiced jellies to serve with meats. Or the oil of spices may be added to the juice before the sugar is stirred in. Care should be exercised when adding the oils as they are very strong. It is wise to taste for the desired strength of flavor.

MINT JELLY

Use 2 cups of mint leaves, 2 cups of concentrated apple juice, 2 cups of boiling water, and $1\frac{1}{2}$ cups of sugar. Wash the mint and pack the leaves closely into a cup. Add the leaves to the boiling water and let steep an hour. Press the juice from the leaves and add 4 table-spoons of the mint juice to the apple juice and sugar. Boil until the jelly test is obtained, and pour into hot, sterilized glasses.

FRUIT BUTTERS

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

GENERAL DIRECTIONS

1. Press the fruit pulp through a sieve. Weigh.
2. Add about half the weight in sugar.
3. Flavour with spice or oils if desired.
4. Cook slowly until thick.
5. Store as jelly.

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 easily made. Nearly all fruits can be employed, those commonly used being raspberries, strawberries, grapes, plums, black currants, gooseberries and blackberries. Generally, where fruits are plentiful, the small mis-shapen ones are utilized for jams, leaving the large, more perfect fruit for canning.

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, while the other half should be fully ripe to impart a fine flavour and colour to the jams.

A jam of good quality and flavour can be obtained by combining a cheaper fruit with the more expensive varieties. From $\frac{1}{3}$ to $\frac{1}{2}$ cup of smooth, well-strained apple pulp can be added to each quart of raspberry or strawberry; to each quart of grapes or blackberries, add from $\frac{3}{4}$ to 1 cup of apple pulp. This increases the quantity with no loss in quality.



“IMPROVED GEM” JAR

Made in Canada

Another type of screw top jar that has many friends, particularly in Western Canada, where the housewife prefers a jar with straight sides. A reliable product for both hot pack and cold pack methods of canning.

Similar in many respects to the Crown Jar. Its clean-cut appearance and sterling sealing qualities have placed the Gem Jar in the front ranks of the Dominion line of preserving jars. Made in three sizes—small, medium and large.

SUGAR

Best results are obtained by using from $\frac{1}{2}$ to $\frac{3}{4}$ of a pound of sugar to each pound of prepared fruit. But the jams made with this amount of sugar must be sealed airtight. Pour the hot jam into sterilized hot jars, and process ten minutes in the water bath.

METHOD OF MAKING JAM

1. Pick over and weigh the fruit.
2. Wash. Soft fruits take up water very rapidly, therefore, wash them in a colander just before using.
3. Crush part of the fruit in a saucepan to free the juice.
4. Slowly bring to the boiling point and add the rest of the fruit.
5. Boil rapidly without burning until the mass is the consistency desired in the finished product. Rapid boiling helps to prevent darkening of the jam.
6. Remove from the fire and stir in the sugar. As it melts, the mixture becomes thinner.
7. Boil rapidly without burning. It may be considered finished when it slides off the spoon in a sheet instead of in drops. The consistency desired is a matter of individual taste. It thickens when cold.

SUGGESTIONS FOR FRUIT COMBINATIONS

1. Equal parts of fig and rhubarb.
2. Equal parts of pineapple and strawberry.
3. Two pounds of peaches, and two 1-inch pieces of ginger root.
4. One pound of grapes, $\frac{1}{4}$ cup of vinegar, 1 tablespoon of whole spices.

CONSERVES

JAMS are easily converted into conserves by the addition of raisins, nuts, oranges or lemons. The nuts should be added about four minutes before the conserve is removed from the fire, as long cooking renders them soft.

The general proportions are:—To every 2 or 3 pounds of fruit add any one or all of the following:

- | | |
|----------|-----------------------------|
| 1 lemon | $\frac{1}{2}$ pound raisins |
| 1 orange | $\frac{1}{2}$ cup nuts |

MARMALADE

THE ideal marmalade is a clear jelly with small pieces of fruit suspended throughout. The ingredients consist of sugar, water, and such fruits as oranges, lemons, grapefruit. Sometimes, green tomatoes, pumpkin, and rhubarb are made into marmalade.

Citrous marmalade may be made from all grapefruit, all bitter oranges, or all lemons. Usually, a combination of these fruits is used. One grapefruit, one lemon, and a half-dozen bitter oranges make a desirable combination for flavour and jellifying qualities.

METHOD OF MAKING MARMALADE

Wash the fruit and weigh it. Measure $2\frac{1}{2}$ pints of water for each pound of fruit. Slice the unpeeled fruit very thinly, or run it through the food chopper. Put the seeds and tough membrane into a bowl, cover with cold water and allow to stand overnight. Add the rest of the measured water to the sliced fruit and let it stand overnight. Next morning cook both mixtures, and strain the water from the seeds into the larger kettle. Cook until the rind is tender. Test for pectin as in jelly making. Boil longer if the juice is not sufficiently

concentrated. To each pint of fruit and juice add one pint of sugar. Cook until the rind is clear and the jelly test is obtained. Remove from the fire at once, and when partially cool, pour into sterilized glasses. When firm seal with boiling paraffin.

RHUBARB MARMALADE

5 lbs. sugar		4 oranges
5 lbs. rhubarb	$\frac{1}{4}$ lb. walnuts	2 lemons

Wash the rhubarb and cut it into inch lengths. Add sugar, the grated rind and juice of the lemons and oranges. Boil until thick, about half an hour. Add the broken nut meats, cook about 5 minutes longer, pour into hot sterilized glasses. Seal.

CARROT MARMALADE

2 cups ground carrots	1 $\frac{1}{2}$ cups sugar
2 lemons	2 teaspoons ginger root

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

TOMATO MARMALADE

4 lbs. green tomatoes	3 lemons
$\frac{1}{2}$ lb. walnuts	4 lbs. sugar

Wash and chop the tomatoes fine. Add sugar and let stand overnight. Cut the lemons fine and add when the tomatoes are put on to boil. Cook until thick. Add the broken walnuts 5 minutes before the mixture is removed from the fire. Pour into sterilized jars and seal.

VEGETABLE MARROW MARMALADE

6 lbs. vegetable marrow	2 lemons, juice and rind
4 $\frac{1}{2}$ lbs. brown sugar	2 ounces ginger root, crushed and tied in a bag

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

JELLIES AND JAMS FOR THE FAMILY MENU

BESIDES being used in specific dishes, jellies, jams, and conserves may play an important part in the diet as garnishes for desserts, such as plain blancmange, bread puddings, junket, rice, or tapioca. In themselves they make a delicious accompaniment to bread and butter or toast at breakfast or luncheon. Placed between buttered slices of white bread, brown bread or nut bread, they form attractive sandwiches for afternoon tea.

CEREAL CAKES

Pour cooked cereal into a buttered, shallow pan to the depth of an inch or less. Brush the top with egg slightly beaten and diluted with 1 tablespoon of milk. Brown in a moderate oven. Cut in squares, and serve hot with a cube of jelly or jam on each square.

GRIDDLE CAKES

1 pint milk	1 teaspoon salt
1 egg	3 cups flour
$\frac{1}{2}$ cup sugar	4 teaspoons baking powder
2 tablespoons melted butter	

Sift the dry ingredients together. Beat the egg, add the milk and pour slowly on the first mixture. Beat thoroughly and add the melted butter. Drop by spoonfuls on a hot greased

griddle; when cooked, spread each cake with jelly, jam or conserve, and roll while hot. Place all on a platter, side by side with the lapped edge of the roll touching the bottom of the platter, to keep the roll from spreading. Dredge with sugar and serve hot for dessert.

No. 2—Make each cake about the size of a dinner plate. As soon as cooked spread with butter and jam, or jelly. Place in layers. Cut in wedge-shaped pieces similar to a pie, and serve hot as dessert.

JELLY ROLL

1 cup sugar
 5 tablespoons milk
 1½ cups flour
 3 eggs

1 teaspoon baking powder
 ½ teaspoon salt
 1 tablespoon vanilla or lemon
 1 cup jelly

Sift the flour, salt and baking powder. Beat the egg yolks very light, add the sugar and beat until the sugar is partially dissolved. Add the flour alternately with the milk, to the egg. Add flavouring and fold in the stiffly-beaten egg white. Pour into a long, greased, shallow pan, to the depth of ¼ inch. If the cake is too thick, it will not roll easily. Bake 6 to 8 minutes in a slow oven, watching closely that it does not burn. Turn the cake out on to a clean towel, remove the side crusts, spread with jelly, roll up and wrap the towel about it to keep it in shape. Quick work in handling after the cake comes from the oven is a necessity. Another way is to sprinkle a paper with powdered sugar and substitute this paper for the towel.

PASTRY SANDWICHES

Cut the pastry in rounds. Prick half of the rounds with a fork. In each of the others, cut three holes with a thimble or similar small cutter. Bake in a fairly hot oven. Spread the pricked rounds with jelly or jam, and cover with the other perforated rounds.

PINWHEEL ROLLS

2 cups flour
 4 tablespoons fat
 ¾ cup milk

½ teaspoon salt
 4 teaspoons baking powder
 Jam or jelly

Sift the flour, salt and baking powder together. Put in the fat. Use enough milk to make a soft dough; roll the dough in a rectangular shape ¼ inch thick. Spread with jam or jelly, roll up like a jelly roll. Cut in slices 1½ inches thick, place them on a baking pan with the cut side down, bake in a hot oven.

ROLY POLY

Roll a biscuit dough in a rectangular shape about ½ inch thick, spread with jam or jelly and roll up like a jelly roll. Bake in a quick oven, or steam until well cooked. Serve as a pudding with any desired sauce.

SHORTCAKE

2 cups flour
 ¼ cup butter
 ¾ cup milk
 3 teaspoons sugar

4 teaspoons baking powder
 ½ teaspoon salt
 Jam or jelly
 2 egg whites or ½ cup cream

Sift the dry ingredients together. Put in the fat. Add enough milk to make a soft dough. Divide into halves, roll each the same shape and thickness. Spread each slightly with melted butter, put together like sandwiches, and bake in a hot oven. When thoroughly



baked in the centre, separate the layers, spread again lightly with butter, cover with jam or jelly and place together, having the jam on top in each case. Cover with whipped cream sweetened and flavoured, or with a meringue browned in a slow oven. Serve hot.

FRUIT JUICES

GENERAL DIRECTIONS

THE juices of such fruits as currants, grapes, blackberries, loganberries, raspberries, strawberries, can be extracted and bottled. Wash the fruit carefully, put it in the preserving kettle and crush with a wooden spoon or masher. Heat slowly and simmer for half an hour. Place a colander over a large bowl and line the colander with a double thickness of cheesecloth, turn into this the fruit and juice. Drain well, then draw the edges of the cloth together and twist well to press out all the juice possible. When the strained juice has come to a boil draw it from the fire and skim it. Let it boil up again and skim it once more. Add the sugar and stir until it is dissolved, boil 5 minutes and skim carefully. Pour boiling hot, into hot, sterilized jars, adjust rubber rings and covers, and process for 10 minutes.

SUGAR

- Use $\frac{1}{2}$ cup of sugar to each quart of grape juice.
- Use 2 cups of sugar to each quart of currant juice.
- Use 1 cup of sugar to each quart of all other juices.

PLUM, CHERRY, PEACH JUICE

Proceed as for jelly, but add 1 cup of sugar to each quart of juice. If the transparency of the juice is of no consequence, the juice may be pressed from the pulp.

CONCENTRATED GRAPE JUICE

Wash grapes, remove from stems, mash thoroughly, heat in a double boiler until quite soft and seeds creep from the pulp. Strain through a jelly bag. Measure the juice and heat it; skim carefully. To each quart of juice add $\frac{1}{2}$ cup of sugar. Bring it to the scalding point and pour into hot, sterilized jars. Process for 10 minutes at boiling point, or at 180°F. for 20 minutes. Seal.

SECOND EXTRACTION

Return the grape pulp to the saucepan and cover with water. Boil 10 minutes, then strain and proceed as for the concentrated juice.

RASPBERRY VINEGAR

Put 4 quarts of raspberries into an earthenware or granite dish and add 2 quarts of vinegar. Cover and set it in a cold place for two days. To the strained juice, add 4 quarts of fresh raspberries and set away in a cool place for two days more. Strain the juice into a preserving kettle and add 6 pounds of granulated sugar. Heat slowly, and when the vinegar boils, skim carefully. Boil 20 minutes. Pour boiling hot, into hot, sterilized jars, adjust rubber rings and covers, and process 10 minutes. Seal.

For a refreshing drink, put 2 tablespoons of this raspberry vinegar into a glass and fill with ice water.

FRUIT SYRUP

The difference between syrup and juice is that there must be at least half the volume of sugar to fruit juice, to make fruit syrup. Syrups are used for flavouring ice cream and water ices. They also make a delicious drink when a couple of tablespoons are put into a glass of ice water.

USES IN THE DIET

1. Clear fruit juices may be made into jelly.
2. They may be used as a basis for fruit cocktails, for punch, the liquid in cake-making, or the liquid for pudding sauces.

WILD FRUITS

MANY wild fruits are delicious, and can be employed to good advantage by the home-maker, thus securing variety in the diet. Like the cultivated fruits, they are always welcome at whatever meal they may appear. They also lend themselves to successful canning, as they retain their individual flavour. Blueberries, strawberries, cranberries, saskatoons, blackberries, can be enjoyed at winter meals in a great diversity of forms. Pies, tarts, and shortcakes made from wild fruits will delight the family, if they appear frequently on the daily menus.

Fruit beverages made from wild fruits are delectable. A glass of clear, cold, beautifully coloured fruit juice, accompanied by small cakes, make an acceptable offering to the unexpected guest.

Is jelly a favourite with the family? Try making it out of rowan tree berries, or high bush or bog cranberries. If barberries are gathered fresh and not over-ripe good results can be obtained. Chokecherries with cranberries also give a beautifully coloured jelly. The method recommended is the same as that given in the section on jelly making.

PICKLES

GREEN and slightly under-ripe fruits and vegetables are used for pickling. Apples, peaches, plums, watermelon and cantaloupe rinds, cherries, grapes, gooseberries, figs and pears are good for sweet pickles. Vegetables commonly used are onions, cauliflower, cabbage, cucumbers, celery, tomatoes, green and red peppers.

IMPORTANT FACTS ABOUT PICKLING

Use granite or porcelain lined kettles for making pickles, also use a granite or wooden spoon for stirring them. Too strong vinegar may bleach the vegetables, or cause them to soften after pickling. Too much salt toughens or shrivels the vegetables. Store pickles in glass containers.

CELERY SAUCE

- | | |
|---------------------|---------------------------|
| 8 bunches celery | 1 tablespoon salt |
| 1 large red pepper | 1½ tablespoons mustard |
| 1 quart vinegar | 2 tablespoons flour |
| 1½ cups sugar | 1½ teaspoons curry powder |
| 1 teaspoon turmeric | |

Mix sugar, salt, mustard, flour, curry powder, and turmeric and make into a paste with a little of the cold vinegar. Add to the heated vinegar and stir until thickened and smooth. Clean the celery, remove the seeds from the red pepper, and chop both very fine, and add to the vinegar mixture. Boil about one hour or until tender, pour boiling hot, into hot, sterilized jars, and seal at once.

CHILI SAUCE

- | | |
|------------------------|---------------------------|
| 5 cups brown sugar | Few grains cayenne pepper |
| 5 tablespoons salt | 25 large ripe tomatoes |
| ½ teaspoon cinnamon | 12 large ripe sour apples |
| ½ teaspoon nutmeg | 1 bunch celery |
| ½ teaspoon celery seed | 2 green peppers |
| 6 cups vinegar | 10 medium onions |

Remove the core and seeds of the peppers. Chop the apples, celery, tomatoes, peppers, and onions very fine. Mix together the sugar, salt, cayenne pepper, cinnamon, nutmeg, and add to the hot vinegar. Add the chopped vegetables, boil until thick, pour boiling hot, into hot, sterilized jars, and seal.



“DOMINION SPECIAL” JAR

Made in Canada

The wide mouth feature of this jar makes it particularly suitable for canning or preserving whole fruits or vegetables. Sanitary in every way and favoured by many housewives for its sure sealing qualities.

For sealing the Dominion Jar, the usual glass lid and rubber ring are replaced with a complete metal closure, consisting of metal screw band and inner lid, to which is cemented a rubber gasket. The inner lid and gasket are replaced each season.

Your local dealer can supply you with replacement lids with gaskets attached, or screw bands only, packed in one-dozen cartons.

Made in three sizes—small, medium and large.

FRUIT CATSUP

- | | |
|--------------------------|-------------------------|
| 5 pounds fruit pulp | 1 ounce wholespice tied |
| 2½ pounds sugar | in a bag |
| 1 pint vinegar | 2 teaspoons salt |
| Red colouring if desired | 1 teaspoon pepper |

The pulp from fruit jelly may be used. Boil the pulp with more water and strain through a sieve. Tie the spices in a bag, add to the fruit pulp along with the sugar, pepper and salt. Boil the mixture until quite thick, or about half its original volume. Apple pulp is improved in appearance if enough colouring is added to give a good red tint. Pour the boiling catsup into hot, sterilized jars, and seal.

GARIBALDI SAUCE

- | | |
|------------------------|------------------|
| 4 pounds ripe tomatoes | 3 pounds sugar |
| 1 pound onions | 2 quarts vinegar |
| 1 pound apples | 2 teaspoons salt |
| ¼ pound red pepper | 1 lemon |
| 1 pound raisins | |

Chop all fine, and boil together about two hours.

INDIAN RELISH

- | | |
|---|-------------------|
| 12 ripe tomatoes | 1 quart vinegar |
| 12 apples | 1 tablespoon salt |
| 9 onions | 3 cups sugar |
| ¼ teaspoon each of mustard, ginger, pepper, allspice, cloves and cinnamon | |

Chop apples, tomatoes, onions, combine with the other ingredients, and boil until thick. Pour boiling hot, into hot, sterilized jars and seal.

MIXED PICKLE

- | | |
|---------------------|------------------------|
| 1 quart cucumbers | 1 quart vinegar |
| 1 quart onions | 1 lb. brown sugar |
| 1 quart cauliflower | ¼ cup mixed wholespice |
| 1 red pepper | Few string beans |

If the cucumbers are large, cut them in pieces about 1 inch long, then measure. Divide the cauliflower into flowerettes and measure. Peel the onions and string the beans. Remove the seeds from the red pepper and shred it. Let the prepared vegetables stand in a weak brine overnight; next morning drain them thoroughly. Tie the spice in a bag and make a syrup of the spice, sugar and vinegar; let it boil 5 minutes. Allow the vegetables to merely scald in the hot syrup, then put into hot jars, and seal.

PICCALILLI

- | | |
|-----------------------|--------------------|
| 1 head cabbage | 2 dozen cucumbers |
| 1 cauliflower | 2 quarts onions |
| 2 heads celery | 3 quarts vinegar |
| 2 red peppers | 5 cups brown sugar |
| ¼ cup flour | ¼ cup mustard |
| 1 tablespoon turmeric | |

Chop all the vegetables (except the celery) fine, and let them stand in a weak brine overnight. In the morning, drain off all the liquid, add the chopped celery, let drain thoroughly. Mix the mustard, sugar and flour, add enough cold vinegar to make a smooth paste, stir it into the hot vinegar until the mixture is smooth and thickened. Add the chopped vegetables and boil until thick—about 1 hour.

RUMMAGE PICKLE

- | | |
|----------------------|---------------------------------|
| 1 bunch celery | 1½ quarts green tomatoes |
| 3 medium onions | ¼ quart ripe tomatoes |
| 2 green peppers | 1½ quarts small green cucumbers |
| 2 red peppers | 1½ pints vinegar |
| 3 tablespoons salt | ¼ lb. brown sugar |
| ½ tablespoon mustard | ½ tablespoon cinnamon |

PRESERVING AND CANNING

Wash, chop the vegetables, sprinkle with 6 tablespoons of salt, and let stand several hours. Drain thoroughly. Dissolve the sugar and salt in the hot vinegar, add the spices, then add the drained vegetables. Allow to stand about 5 hours. Pack into jars and process 15 minutes.

RHUBARB CATSUP

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

Chop the rhubarb and onions, combine with the other ingredients and boil until thick.

RIPE CUCUMBER PICKLE

1 quart cucumbers	3 pints vinegar
1 quart celery	3 lbs. sugar
1 quart onions	1 teaspoon turmeric
1 quart green tomatoes	3 teaspoons mustard
$\frac{1}{2}$ cup flour	1 teaspoon salt

Chop the celery, tomatoes, cucumbers, and onions. Mix the flour, salt, turmeric, mustard, and sugar, with cold vinegar to make a paste. Add to the hot vinegar and stir until thickened and smooth. Add the chopped vegetables and cook until thick. Pour into hot sterile jars and seal.

SPICED CURRANTS

Four quarts of currants, washed in a colander. Drain well. Combine them with 1 pint of vinegar, 3 pounds of sugar, and 1 tablespoon each of cinnamon, cloves, nutmeg, allspice. Cook about an hour.

SWEET FRUIT PICKLE

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

Tie the whole spices and shredded peppers in a bag, and boil with the sugar and vinegar 5 minutes. Put in the prepared fruit and simmer until tender, but no longer. Carefully transfer the fruit to hot sterilized jars, fill to overflowing with the hot 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.

SWEET GREEN TOMATO PICKLE

1 peck green tomatoes	1 dozen sliced onions
-----------------------	-----------------------

Place the sliced onions and tomatoes in layers. Sprinkle slightly with salt and let lie overnight. Drain. Cover with water and 1 cup of vinegar, cook until tender, but do not allow to break up. Drain thoroughly.

SYRUP

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

Tie the whole spices in a bag, and boil with the sugar and vinegar 5 minutes. Shred the peppers and add to the syrup. Scald the tomatoes in this and pour into hot, sterilized jars. Seal.

TOMATO BUTTER

10 lbs. ripe tomatoes	3 tablespoons wholespice
3 lbs. brown sugar	1 tablespoon salt
1 quart cider vinegar and enough more to cover the tomatoes	

Peel and slice the tomatoes, cover with vinegar, and let stand 12 hours. Then, make a syrup with the sugar and quart of cider vinegar, add tomatoes, and spices tied in a bag and boil until thick—perhaps reduced to one-half its original volume.

TOMATO RELISH

20 ripe tomatoes
8 pears
8 peaches
6 onions

4 cups sugar
2 cups cider vinegar
1 tablespoon salt
1 teaspoon cinnamon

Chop the first four ingredients fine, add the vinegar, sugar, and $\frac{1}{4}$ of a cup of mixed whole spices tied in a bag, also the salt and cinnamon, and boil until thick. Pour into jars and seal.

MEATS

BEEF, pork, mutton, poultry, and game 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. Canned fresh fish is also a desirable product. By spring, many of the jars are emptied, and these can be filled with canned meats or fish, for use in early summer. These products can be used cold, creamed, in salads, fried, or made up with gelatine. It is well, 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 odours, gas, or decomposition, are signs of a spoiled product. The meat or fish should be of good odour, good colour, and have a natural texture. If meat is even suspected of being tainted, it should not be tasted or used.

All fish, meat, poultry, meat or fish soups canned at home should be heated to the boiling point, and held at that temperature for several minutes before serving. If the food is to be used in cold dishes, heat it just the same and then cool it.

GENERAL DIRECTIONS

The use of the steam pressure cooker is advisable when canning meat or fish. One can be purchased by a club, or a group of women, and later rented out when needed. It is of utmost importance to observe absolute cleanliness in the handling of the meat. The animals should be healthy and butchered in a sanitary manner.

In these directions "meat" refers to beef, pork, mutton, lamb, venison or game. All meat can be made ready for canning just as it would be prepared for serving at the family table, except that it is necessary to cook it only until the centre reaches the temperature of 212°F, or until the red colour disappears. Then pack boiling hot, into hot, sterilized jars, and process the required time.

The meat may be prepared as steaks, roasts, Hamburg steak, mincemeat, sausages, hash, liver pastes, goulash, or any desired way. But, the processing time must be followed accurately.

PREPARATION AND PACKING

1. The meat should be thoroughly bled and cooled. It is ready for canning as soon as



all animal heat is gone. Allow about 24 hours after killing for beef, veal, mutton, and pork; and about 6 hours for poultry.

2. Have the jars tested and sterilized.

3. Wipe the meat with a clean damp cloth. If necessary, it may be washed; but never let it soak in water or the juices will be lost. It is necessary to cut away the skin and fat from mutton and lamb, because of its peculiar flavour.

4. To secure the flavour of home cooking, the meat should be roasted, broiled or stewed, and well seasoned, before canning. The canning process will complete the cooking.

5. Remove large bones, gristle, and excess fat. Cut the meat so that the partially cooked pieces will slip into the jars. Cut about one-fourth larger than the jars, because there will be shrinkage during the cooking. Avoid too tight a pack because the heat penetrates the meat very slowly.

6. Heat two or three tablespoons of fat in a pan, and sear the meat quickly on all sides. Season with salt and pepper to suit the taste.

7. Add a small amount of water to the fat in the roasting pan. Brown the meat in a hot oven, basting frequently. Cook until about half done.

8. Pack the boiling hot meat, into hot, sterilized jars, add enough boiling gravy from the roasting pan to nearly fill the jar.

9. The fat of meat may prevent a perfect seal, if it is allowed to get on the rubber rings during the packing or processing. Leave *at least* one inch of space between the gravy and the top of the jar. Adjust the cover and partially seal.

PROCESSING

1. *Pressure Cooker*—Process 90 minutes at 10 pounds pressure, or 60 minutes at 15 pounds.

2. *Water Bath*—Process 3 hours after the water in the container boils. With the aid of the lifting fork remove the jars, sealing each as it is taken from the processing container. Allow the jars to cool, away from a draught.

POULTRY

LIKE other meats, poultry should be canned when it reaches prime condition. In the spring and fall, when the surplus birds are culled out from the flock, is the time to do the canning. The food bill is stopped, money saved, and the meat is in the storeroom ready to be served. Either young or old birds may be canned. A four or five-pound bird will fill two pint jars.

GENERAL DIRECTIONS

These are the same as for other meat. The birds should be well-bled, thoroughly cooled (6 or 8 hours after killing), always handled in a sanitary manner. Avoid packing the meat too tightly into the jar.

PREPARATION AND PACKING

1. Remove the feathers, singe, pick out the pin feathers, clean and dress the birds. Remove the oil sac.

2. Wash thoroughly inside and out.

3. The chicken may be pre-cooked in various ways. Two methods are given:

(a) Place the prepared bird in the roasting pan, add two or three tablespoons of fat and one-half cup of boiling water. Lard the breast or cover it with thin slices of fat pork, or with fat from the bird itself. Roast in the oven until nicely browned or until fairly tender. Baste frequently. Remove from the oven, cut meat from the bones, pack it hot, into hot, sterilized jars. Pack dry, or pour gravy over the meat until about one inch from the top of the jar.

If necessary, add boiling water. Put in one teaspoon of salt to each pint jar, partially seal and process $2\frac{1}{2}$ hours in the water bath, or one hour at 15 pounds pressure, or $1\frac{1}{2}$ hours at 10 pounds pressure.

(b) Cut the bird into six or eight pieces, place these in a saucepan having the tough parts, such as the drumsticks, neck, and gizzard underneath, with the tender portions on top. Sprinkle with one teaspoon of salt, add one cup of boiling water to each bird, and simmer until the meat is fairly tender.

Working quickly as possible with a knife and fork to avoid touching the meat with the fingers, remove the meat from the bones. Pack the hot meat into clean, hot jars that have been sterilized, fill with the broth from the saucepan. Adjust the cover, partially seal, and process 3 hours in the water bath, or one hour at 15 pounds pressure, or $1\frac{1}{2}$ hours at 10 pounds pressure.

MINCED CHICKEN FOR SOUP

Cold water added to the bones and simmered will make stock for soup. Strain and process the stock the same as the meat from the bird.

To prepare the minced chicken, pick off all the pieces of meat from the back, neck, etc., and all pieces of skin and giblets, and put through the food chopper. To this may be added a very little celery. Pack this minced chicken into jars, fill up with stock, or leave it dry, adjust the tops, and process as the whole pieces.

PRAIRIE CHICKENS

These delicious little fowls may be canned exactly as the domestic fowl.

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 meat. Be sure that the processing directions are followed accurately.

TONGUE

Boil until tender, peel off the skin, and pack the tongue in as large pieces as possible in the jars. Season to taste, fill to within one inch of the top with stock, partially seal. Process 3 hours in the water bath, or one hour at 15 pounds pressure or $1\frac{1}{2}$ hours at 10 pounds pressure.

FISH

GENERAL DIRECTIONS

It is essential that fish for canning be absolutely fresh. As soon as caught, they ought to be killed with a knife and the blood allowed to run out. Scale them, and remove the skin if it is very tough. Scales are easier to remove if fish are dropped into boiling water, then into cold water. Remove head, 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, wipe dry, and cut in pieces to fit the jars. Bake, or fry in deep fat, and pack hot, into hot, sterilized jars. Add no liquid. Partially seal, and sterilize 3 hours in the hot water bath, or one hour at 15 pounds pressure, or $1\frac{1}{2}$ hours at 10 pounds pressure.

SOUP

A GOOD time to can soup, is the butchering season. The cracked bones and trimmings can be used in this way. Cover them with cold water, add seasonings (salt, pepper, celery seed, onion, bay leaf), and simmer six or seven hours. Do not allow to boil. Season to taste. Cook the stock down until very strong, strain, cool, remove the fat. Reheat to boiling. Pour into hot, sterile jars, process two hours in the water bath, or 40 minutes at 15 pounds pressure.

SOUP STOCK

Twelve pounds of beef joints and bones containing marrow, one shank of veal, six chopped carrots, one bay leaf, one-half cup of parsley, one head of celery, two onions, ten peppercorns.

Place in a large kettle with two and a half gallons of cold water, and simmer six or seven hours. Strain through a thin cloth and set aside to cool. Skim off all fat. Return to fire, season to taste, and bring to boiling point. Pour into hot, sterile jars, partially seal, and process two hours in the hot water bath, or 40 minutes at 15 pounds pressure.

CHICKEN STOCK

The bones of chicken or other birds should be cracked and covered with cold water. The scalded and skinned feet of the birds will supply gelatine. Add seasonings, and simmer for several hours. Strain, cool, remove the fat; reheat to boiling and pour into hot, sterile jars. Process two hours in the water bath, or 40 minutes at 15 pounds pressure.

TOMATO PURÉE

Irregular tomatoes are suitable for purée. The following proportions can be used: One gallon of sliced tomatoes, three onions, one bay leaf, one-half cup of sweet red peppers (chopped), one-half cup sugar, one tablespoon salt. Cook all together until soft enough to sieve. Strain, and boil the liquid until reduced about one-half or one-third. Pour into hot jars, and process 10 minutes in the water bath. This concentrated juice is excellent for soups, sauces, and tomato jellies.

TOMATO SOUP

1 peck tomatoes	1 bunch parsley
6 onions	2 bay leaves
1 head celery	8 cloves
	Boil the above two hours, strain and add:
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ pound butter
$\frac{1}{4}$ cup salt	$\frac{1}{4}$ teaspoon cayenne
	$\frac{3}{4}$ cup flour

Sift the flour, salt, sugar, together. Melt the butter and stir in the dry ingredients, then pour on some of the strained liquid. Add to the rest of the liquid and boil until thick and smooth. Pour boiling hot, into hot, sterilized jars, process 20 minutes in the water bath.

To one cup of this tomato soup add three cups of milk, stock, or water, and heat. The soup is delicious.



It is economy to can fruits, vegetables, meats, fish, and soups in season. It is also a source of joy and satisfaction to the busy homemaker to know that she is prepared for the guest who unexpectedly drops in at meal time, for the picnic basket that must be packed at short notice; that her store-room contains the essentials to dress up the special luncheon or Sunday night supper menus, besides having the wherewithal to provide pleasing meals for the family.



MEMORANDUM

INSTRUCTIONS FOR HOT AND COLD PACK CANNING



Berries, soft fruits and tomatoes are packed cold; non-acid vegetables should be packed hot. Certain fundamental rules must be followed and apply to both methods.

Jars, caps and their sealing edges must be perfect, without any dents or chips.

Jars, rings and covers must be clean and completely sterilized. Place clean jars, caps, lids and rubbers in a pan of water and boil for five minutes. Keep in hot water until ready to use.

Select firm, sound, fresh fruits and vegetables in prime condition. For the best results the product should be canned the day it is gathered.

Wash product thoroughly. Every trace of soil should be removed since soil contains the bacteria most dangerous and difficult to kill.

1. HOW TO COLD PACK

1. **PACKING AND PREPARING FRUIT**—Peaches, apricots and other large fruits may be canned whole or sliced. If used whole and not peeled, puncture fruit with fork or needle to keep skin from bursting. Pack fresh, raw fruit solidly into containers.

2. **MAKING SYRUP**—Dissolve sugar in boiling water. The amount of sugar used depends upon your taste. Pour the syrup, cold or lukewarm, into container to one-half inch from top. If you do not care to sweeten fruit when canning, just fill the containers with water. Sweeten to the desired taste when container

is opened. Sugar is not necessary to preserve the fruit in the cold pack method.

3. SEALING CONTAINERS FOR PROCESSING—After filling the containers, put on caps or covers. For screw or clamp top jars, jar rings should be in place and cover screwed or clamped not quite tight so that steam can escape out of jar. For example, with screw top jars, such as "Crown", screw top down tight and turn back $\frac{1}{4}$ -turn. On clamp top jars place clamp on evenly and raise clamp in position to hold lid in place. Leave the lower clamp loose until after processing. On vacuum seal jars, such as "Kerr", screw band firmly tight before processing and do not tighten afterwards. Food in tin cans should be pre-heated in can to 180° F. and then sealed.

4. PROCESSING—Place canner on stove; insert rack holding containers prepared as directed. Fill canner with cold or lukewarm water. Some authorities recommend that containers be completely covered, but satisfactory results may also be had if the water comes to the neck of the jars and the canner is kept covered. In the latter case the steam between the surface of the water and the canner cover processes adequately.

Keep canner covered tightly to prevent steam from escaping. Bring water to a boil and continue boiling actively and steadily as long as time table on next page specifies, counting time from start of boil.

5. PROCEDURE AFTER PROCESSING—After boiling for required time, take rack out of canner immediately. If screw top or glass top jars have been used, tighten jars immediately; remove jars from rack, invert and set away to cool. Do not set hot jars on anything wet or cold.

With another set of containers filled and ready, add cold water to that already in canner and repeat as above.

II. HOW TO COLD PACK TOMATOES

1. PACKING AND PREPARING—Cover tomatoes with boiling water and let stand one to two minutes. Drain off and cover immediately with cold water. Skins now peel off easily. Put whole tomatoes into jars, packing down as tightly as possible without mashing. Fill containers within half-inch of top with water.

2. SEALING CONTAINERS AND PROCESSING—See instructions No. 3, 4 and 5 above.

TIME TABLE FOR COLD PACK CANNING

	Pint or Quart Glass Jars
Apples	15 min.
Apricots	20 min.
Berries (except Strawberries)	20 min.
Cherries	25 min.
Currants	20 min.
Grapes	20 min.
Peaches	20 min.
Gooseberries	20 min.
Grapefruit (no syrup— $\frac{1}{4}$ tsp. salt per qt.)	20 min.
Pineapple	30 min.
Plums	20 min.
Rhubarb	20 min.
Tomatoes	45 min.

III. HOW TO HOT PACK

1. INTRODUCTION—Although use of a Pressure Cooker is recommended most highly for canning non-acid vegetables, hot pack canning may also be used. Hot pack canning differs from cold pack in that vegetables are pre-cooked slightly and packed while hot. This cooking forces out gases and reduces the bulk of the vegetables for a closer, more uniform pack.

2. PRE-COOKING—Boil as long as directed in table on next page. This pre-cooking is only intended to thoroughly heat the vegetable and not to cook it completely.

3. PACKING—Pack pre-cooked vegetables into sterilized containers; add one level teaspoonful of pure salt to each quart. Pour water into containers to within one-half inch of top, using water in which vegetable was cooked. If not enough cooking water, add boiling water.

4. SEALING CONTAINERS AND PROCESSING—Follow same instructions as No. 3, 4 and 5 in Section I, and follow Hot Pack time table on next page.

TIME TABLE FOR HOT PACK CANNING

(For Glass Jars)

	Pre-cooking Time	Pro-cessing Time
Artichokes—Remove outside leaves	3 min.	3 hours
Asparagus	4 "	3 "
Beans—Green or Wax	3 "	3 "
Beans—Lima	5 "	3 "
Beets	Until skin slips	3 "
Brussel Sprouts or Cabbage	5 min.	2 "
Carrots	10 "	2 "
Corn (whole grain)	5 "	3 "
* Figs (fresh)		30 min.
Greens	Until completely wilted	3 hours
Parsnips	15 min.	2 "
Peas	5 "	3 "
Pumpkin or Squash	Until tender	3 "
Sweet Potatoes	" "	3 "
Pears	8 min	20 min.
Strawberries		
Cook 15 minutes. Leave overnight		3 min.

Reheat to boil, Pack.

* Let stand in boiling soda bath (1 cup soda to 1 gal. water for 6 qts. figs) for 5 minutes. Drain, rinse, pre-cook 1 hour in medium syrup. Then pack.

All processing times given apply to altitudes of 1,000 feet or less. For higher altitudes increase time 1-5 or 20 degrees for each additional 1,000 feet.

IV. STORAGE AND INSPECTION

1. Before storing away containers, keep samples from each lot in warm place for two or three days to make sure the canned food is keeping.
2. All canned foods should be inspected before eating. It is possible that spoilage has occurred because of under-sterilization or improper sealing. If odor of food is different from its natural odor, do not use it. Never taste to determine spoilage. It is good practice to boil all canned non-acid vegetables before eating.
3. A leaky container should be discarded. In glass jars there should be no bulging of rubber and no signs of leakage. There should be no outburst of air or spurting of liquid when can is opened. This usually indicates spoiled food.

NOTE:—It is not recommended that meats be canned by the Hot Pack or Cold Pack methods. To insure killing of bacteria in meat it is necessary to process at higher temperatures only possible in a Pressure Cooker.

MEMORANDUM

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MEMORANDUM

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