

PEACHES—BAKED

Wash and rub fuzz from hard-ripe fruit. Place in pan with small amount of water. Sprinkle with sugar to sweeten (about $\frac{1}{2}$ cup to 1 dozen peaches). Bake until tender. Pack into hot jars. Cover with syrup. Process 10 minutes in hot-water bath; then complete seal.

Note: Should there not be enough syrup to cover, finish out with plain syrup made by boiling equal parts sugar and water 5 minutes. Ginger or other spices may be added to syrup to give variety of flavor.

PLUMS—OPEN KETTLE

Wash, prick, and measure plums. To each quart plums, add from $\frac{1}{2}$ to $\frac{3}{4}$ cup sugar and $\frac{1}{2}$ cup water. Heat slowly to boiling. Boil until thoroughly cooked (10 to 20 minutes). Pour hot into hot jars; seal at once.

RHUBARB

When possible, use strawberry rhubarb. Wash and cut unpeeled stalks into 1 inch pieces. Place in wide-bottom pan with alternate layers of sugar. Use $\frac{1}{4}$ to $\frac{1}{2}$ as much sugar as rhubarb. Let stand 2 or more hours. Heat slowly to boiling. Remove pan from heat when contents begin boiling. Let stand several hours. Pack cold rhubarb into hot jars. Cover with syrup reheated to boiling. Process five minutes in hot-water bath; then complete seal.

RHUBARB—BAKED

Wash and cut rhubarb into $1\frac{1}{2}$ inch pieces. Add from $\frac{1}{2}$ to 1 cup sugar to a quart of rhubarb. Bake until tender. Pack into hot jars. Process 5 minutes in hot-water bath; then complete seal.

RHUBARB—COLD PACK

Pack raw rhubarb into hot jars. Cover with syrup made of 1 part sugar to 1 of water. Process 20 minutes in hot-water bath; then complete seal.

FRUITS WITHOUT SUGAR

Select and prepare fruits as for regular canning. Either pack raw and cover with boiling water or fruit juice, or precook in water or juice and pack hot. Process according to time tables on page 48.

GRAPE JUICE

10 pounds grapes
1 cup water

2 to 3 pounds sugar (4 to 6 cups)

Heat grapes and water in enamel kettle until stones and pulp separate. Strain through a jelly bag, add sugar, heat to boiling point and seal in sterilized jars, or bottles. This will make 1 gallon. Serve diluted with an equal quantity of cold water or ice.

GRAPE JUICE

(Simple Method)

For each quart jar:—
2 cups grapes

$\frac{1}{4}$ cup sugar
Boiling water

Wash grapes and remove stems. Put them in clean, hot jars and add sugar and enough boiling water to fill jars to overflowing. Completely seal. Store in a cool, dry place. Allow to stand for 3 to 4 months before serving. Do not dilute. If too sweet, add lemon juice before serving.

TOMATO JUICE—OPEN KETTLE

Wash ripe tomatoes, cut in small pieces, and simmer in 2 or 3 quart quantities until just soft enough to put through a sieve. Bring juice to boiling point and put into hot sterilized jars or bottles. Seal. Seasonings may be added to taste while cooking, such as celery tops, a bit of bay leaf, a few cloves, etc., but most people prefer to use only salt for seasoning, adding other seasonings when opened for use.

TOMATO JUICE—HOT PACK

Use firm, red-ripe, freshly picked tomatoes. Discard any that are bruised or specked with decay or fungus. Wash carefully. Leave whole and bake in an oven; or steam; or cut into small pieces and cook until soft. Press the hot tomatoes through a fine, preferably cone-shaped, sieve. Reheat to simmering (190 degrees F.) Pour into hot jars. Process 30 minutes in hot-water bath at simmering (185-190 degrees F.); then complete seal.

Note: If the juice is to be used in infant feeding, omit salt. Otherwise add salt to season.

Vegetables

BEANS—GREEN AND WAX

Wash, string, break, or cut young, tender, freshly gathered pods into 2 inch pieces. Boil 5 minutes. Pack into hot jars. Add 1 teaspoon salt to each quart. Cover with water in which cooked. Process small, young pods 35 minutes and large ones 55 minutes at 10 pounds pressure or $3\frac{1}{2}$ hours in hot-water bath; then complete seal.

LIMA AND BUTTER BEANS

(Use only freshly gathered beans)

Wash, shell, and wash again. Boil small green beans 3 minutes; large ones 10 minutes. Pack into hot jars. Add 1 teaspoon salt to each quart. Cover with water in which cooked. Process small, young beans 55 minutes; large ones 65 minutes at 10 pounds pressure or $3\frac{1}{2}$ hours in water bath; then complete seal.

BEETS

Wash young, tender, deep red beets. Leave 2 inches of stems and tap root. Boil until the skins can be slipped. Slip skins, trim beets, and pack into hot jars. Add 1 teaspoon salt to each quart. Cover with boiling water. Process 40 minutes at 10 pounds pressure or $2\frac{1}{2}$ hours in hot-water bath; then complete seal.

Note:—Beets may be pared with a knife, cut into cubes or slices, boiled 10 minutes before packing, but the method given in the recipe is much easier when a large quantity is to be canned.

CARROTS

Wash, scrape, and rinse. Slice, dice, or leave whole. Boil 3 minutes. Pack into hot jars. Add 1 teaspoon salt to each quart. Cover with boiling water. Process 40 minutes at 10 pounds pressure or $2\frac{1}{2}$ hours in water bath; then complete seal.

CORN—ON COB

Boil corn 5 minutes. Pack into hot jars. Add 1 teaspoon salt to each quart. Cover with boiling water. Process 70 minutes at 10 pounds pressure or $3\frac{1}{2}$ hours in hot-water bath; then complete seal.

CORN—CREAM STYLE

Cut tip ends from kernels. Scrape out pulp. Add 1 teaspoon salt and 2 cups boiling water to each quart of corn. Boil 3 minutes. Pour into hot jars. Process 70 minutes at 15 pounds pressure or 4 hours in hot-water bath; then complete seal.

CORN—WHOLE KERNEL

Cut corn from cob. Do not scrape. Add 1 teaspoon salt and $1\frac{3}{4}$ cups boiling water to each quart of corn. Boil 3 minutes. Pour into hot jars. Process 70 minutes at 10 pounds pressure or $3\frac{1}{2}$ hours in hot-water bath; then complete seal.

Note:—Whole kernel corn usually has better color, flavor, and keeping qualities than that which is canned cream style.

GREENS—CHARD—MUSTARD—SPINACH—TURNIP, ETC.

Wash thoroughly; discard large stems and tough, discolored, and wilted leaves. Heat until wilted, using just enough water to prevent sticking. (Turning the greens over when steam begins to rise around the edges of the pan will hasten the wilting and prevent overcooking.) Pack firmly into hot jars; then loosen by cutting through the pack several times with a sharp knife. Add 1 teaspoon salt to each quart. Cover with boiling water. Process 65 minutes at 15 pounds pressure or $3\frac{1}{2}$ hours in hot-water bath; then complete seal.

MUSHROOMS

(Use fresh mushrooms known to be edible)

Wash, pare, and drop into cold vinegar-water (1 tablespoon vinegar to 1 quart water). Drain. Cover with boiling vinegar-salt solution (1 teaspoon salt and 1 tablespoon vinegar to 1 quart water). Boil 2 or 3 minutes. Pack into hot jars. Add $\frac{1}{2}$ teaspoon salt. Cover with fresh boiling water. Process 35 minutes at 10 pounds pressure or $2\frac{1}{2}$ hours in hot-water bath; then complete seal.

GREEN PEPPERS

Use Bell peppers or "mangoes." Remove stems and seed. Pack into hot jars. Cover with hot brine made by dissolving $\frac{1}{2}$ cup salt in 1 quart water. Process 10 minutes in hot-water bath; then complete seal. Freshen in cold water before using.

SAUERKRAUT

Remove outside leaves from fresh, hard, sound cabbage. Quarter. Discard cores. Shred. Thoroughly mix 1 cup salt (approximately $\frac{1}{2}$ pound) with 20 pounds cabbage. Pack firmly into stone jar or tight keg. Cover with wooden lid or dinner plate which fits down on the inside of the container. Place a jar filled with water on the lid to hold the kraut under the brine which forms as the salt draws juice from the cabbage. Keep at a temperature of about 86 degrees F. Remove skum each day. Sauerkraut is cured and ready to can in from 10 to 20 days, depending upon the temperature at which it is kept. Pack into hot jars which seal with glass lids or Vacu-Seal Closures. Should there not be enough juice to cover the kraut, add brine made by dissolving 2 tablespoons salt in 1 quart water. Process 30 minutes in hot-water bath; then complete seal.

Sauerkraut may also be made by mixing 1 scant tablespoon salt with 1 quart shredded cabbage and packing directly into jars. Do not seal jars. Remove skum as it forms. When cured, process 30 minutes in hot-water bath; then complete seal.

TOMATOES—OPEN KETTLE

Wash, scald, cold dip, drain, core and skin. Boil 10 minutes. Salt to taste. Boil jars, rubbers, and lids 20 minutes and keep hot. Pour boiling hot tomatoes into hot jars, filling to overflowing, and seal each jar as quickly as possible after filling. Fill and seal one jar at a time. Do not invert jar.

TOMATOES—REGULAR PACK

Wash firm, fresh, sound, ripe tomatoes. Scald (a few at a time), cold dip, and drain. Skin. Pack solidly into hot jars. Add 1 teaspoon salt to each quart. (Add no liquid.) Process 45 minutes in hot-water bath; then complete seal.

TOMATOES WITH CORN

Mix 2 parts chopped skinned tomatoes with 1 part fresh corn. Add 1 teaspoon each salt and sugar to each quart. Boil 20 minutes. Pour into hot jars. Process 60 minutes at 10 pounds pressure or 3 hours in hot-water bath; then complete seal.

TOMATO JUICE

(See Fruit Recipes)

TOMATO SAUCE A LA CREOLE

Mix 3 quarts chopped tomatoes, 1 quart sliced onions, 1 pint chopped green peppers, 1 tablespoon chopped parsley, salt to taste, and a small pod of hot pepper. Cook slowly until thick. Pour while boiling into hot jars and seal at once.

GREEN PEAS

Peas should be freshly gathered and green throughout. Wash pods. Drain. Shell. Grade for size. Rinse. Cover with boiling water. Boil small peas 3 minutes; large ones 5 minutes. Pour into hot jars. Add 1 teaspoon salt to each quart. Process small, young peas 50 minutes at 10 pounds pressure or 3 hours in hot-water bath, and more mature ones 60 minutes at 10 pounds pressure or $3\frac{1}{2}$ hours in hot-water bath; then complete seal.

MEAT CANNING

The newer methods of canning may be extended to include the canning of meats, poultry, and fish. It is convenient to have the meat in a ready-to-eat form. Canned meat retains most of its original flavor and texture and after opening can be prepared in many different ways.

Meat may be packed raw or first browned, then packed. If the meat is to be used for stews and soups, the method of packing raw is satisfactory. If the cut is tender and a browned appearance and flavor is desired, the meat should be quickly seared in deep fat, in the broiler, or in a hot oven. The object of this searing is to obtain a browned surface; no attempt is made to pre-cook the meat.

1. Bleed well and have meat entirely free of animal heat. Kill 6 hours before canning.

2. Wipe meat with damp cloth; do not wash.

3. Cut in sizes suitable for serving.

4. Pack raw or sear and pack loosely to within $\frac{1}{2}$ inch of jar top. Bones may be left in or removed.

5. Add 2 teaspoons salt to each quart of raw meat; 1 teaspoon to each quart of seared meat.

6. No water is added to meat. It is better not to roll meat in flour or meal before canning.

7. Partially seal jars and process 3 hours in hot water bath or for 60 minutes in pressure cooker at 15 pounds pressure.

8. Remove from canner, seal, and cool as quickly as possible without danger of breaking jars.

STEW

(Beef, Veal, Mutton, Lamb, Venison, etc.)

Cut meat into cubes of uniform size. Brown quickly in small amount of fat. Cover with boiling water. Boil 5 minutes. Add seasonings. Pack into hot jars. Process 60 minutes at 15 pounds pressure or $3\frac{1}{2}$ hours in hot-water bath; then complete seal.

Or: Cubes of raw meat may be covered with boiling water; boiled 8 to 10 minutes before packing.

Or: Vegetables which have been boiled 3 to 5 minutes may be added to stew as it is packed into the jar. A better stew is made by combining meat and vegetables when needed for serving.

MEAT BALLS

(Beef, Lamb, Mutton, Veal, Liver, etc.)

6 pounds chopped lean meat
1/2 pound chopped fat meat
1 onion
1 tablespoon salt
1/2 teaspoon black pepper
1 cup cracker meal

Mix ingredients and form into balls of uniform size. Drop balls, few at a time, into boiling water. Cook 5 minutes. Pack into hot jars. Cover with water in which cooked. Process 60 minutes at 15 pounds pressure or 3 1/2 hours in hot-water bath; then complete seal.

Note: Meat balls may also be precooked by baking or by browning in fat. Cover with gravy or tomato sauce.

PORK SAUSAGE

(Use for any type sausage)

Form sausage into cakes or stuff into casings. Cook until lightly browned. If in casings, prick before pre-cooking. Pack into hot jars. Process 60 minutes at 15 pounds pressure or 3 1/2 hours in hot-water bath; then complete seal.

Note: Do not add large amounts of sage and spices to sausage which is to be canned.

CHOPPED MEAT

(Beef, Veal, Mutton, Lamb, etc.)

(For Meat Loaf, Baked Hash, Stuffing Vegetables)

Put meat through food chopper. Turn into hot skillet with small amount of fat. Stir until seared. Add from 1 to 1 1/2 cups boiling water, or meat stock, or tomato puree and 1 teaspoon salt to each quart of ground meat. Pack into hot jars. Process 60 minutes at 15 pounds pressure or 3 1/2 hours in a hot-water bath; then complete seal.

BONED CHICKEN

(Use for all poultry)

Steam or boil until about 3/4 done. Remove skin and bones. Keep meat in large pieces. Salt to taste. Pack pieces upright into hot jars. Cover with boiling broth. Process 60 minutes at 15 pounds pressure or 3 1/2 hours in hot-water bath; then complete seal.

FRIED CHICKEN

(Use for all young fowl and game)

Season with salt and pepper and brown in fat. (Do not dip in flour or crumbs.) Pack hot into hot jars. Add 1 or 2 tablespoons fat in which fried or cover with gravy. Gravy gives better results. Process 60 minutes at 15 pounds pressure or 3 1/2 hours in hot-water bath; then complete seal.

ROAST FOWL

(Use for all fowl, birds, rabbits and squirrel)

Prepare and roast until about 3/4 done. Cut meat from bones of large fowl; leave bones in small fowl. Season with salt and pepper. Pack into hot jars. Skim excess fat from gravy. Reheat gravy to boiling and pour over meat. Barbecue sauce may be used instead of gravy. Process 60 minutes at 15 pounds pressure of 3 1/2 hours in hot-water bath; then complete seal.

Soups

VEGETABLE PUREE

(Asparagus, Green Pea, Lima Bean, Spinach, etc.)

Canned purees are particularly desirable for infant feeding and for making cream soups and souffles. To make puree: Select fresh vegetables and prepare as for cooking. Steam until soft or cook in the smallest possible amount of water. Press through a fine sieve. Add boiling water, if necessary, to make the puree about the consistency of thick cream. Do not salt if intended for infant feeding; otherwise use 1 teaspoon salt to each quart. Reheat to boiling and pour into hot jars. Process quart jars 60 minutes at 10 pounds pressure or 3 hours in hot-water bath; then complete seal. Process 1/2 pint jars 50 minutes at 10 pounds pressure or 3 hours in hot-water bath; then complete.

VEGETABLE SOUP MIXTURE I

5 quarts chopped tomatoes
2 quarts sliced okra or 2 quarts small green lima beans
2 quarts corn
2 tablespoons sugar
2 tablespoons salt

Cook tomatoes until soft, then press through sieve to remove skin and seed. Add other ingredients and cook until thick. Pour into hot jars. Process 60 minutes at 10 pounds pressure or 3 hours in hot-water bath; then complete seal.

VEGETABLE SOUP MIXTURE II

Use any combination of vegetables liked in soup except onions and cabbage. Mix the vegetables and boil 5 minutes with water to cover or with tomatoes which have been skinned and chopped. Season with salt and pepper. Pour boiling hot into hot jars. Process for the time given in the timetable on page 49 for the vegetable (in the soup) requiring longest processing time; then complete seal.

CHICKEN SOUP (Any fowl may be used)

Cover the necks, wings, backs, feet, and bones from 4 four-pound fowls with 8 quarts cold water. Add 1 teaspoon whole black pepper, a few celery leaves, a sprig of parsley, 1 or 2 bay leaves, and cook slowly until the liquid is reduced to about 4 quarts. Strain through cheesecloth. Remove fat. Remove bits of meat from the bones. Add the meat to the broth. Salt to taste. Boil 3 minutes and pour into hot jars. Process 60 minutes at 15 pounds pressure or 3 hours in hot-water bath; then complete seal.

TOMATO SOUP

1 teaspoon mixed spices
6 quarts chopped tomatoes
1 cup chopped celery
4 onions
2 sprigs parsley
1 1/2 cups water
1/2 cup butter or margarine
3/4 cup flour
1 tablespoon sugar
Salt and pepper to taste

Add spices to vegetables and water. Simmer until vegetables are soft. Drain off and save juice. Press vegetables through a fine sieve. Melt butter. Add flour, stir until blended, then add the juice. Stir until thick and smooth. Add vegetables, sugar, salt, and pepper. Cook until thick. Pour into hot jars. Process 35 minutes at 10 pounds pressure or 2 hours in hot-water bath; then complete seal. This soup should be quite thick. Thin with milk or water or soup stock for serving.

SOUP STOCK

8 pounds beef, veal, or mutton
6 quarts cold water
1 tablespoon whole black pepper
1/4 pod hot pepper
1 teaspoon mixed whole spices
1 tablespoon salt

Use equal portions of bone and lean meat. Crack bones. Cut meat in small pieces. If brown stock is wanted: brown meat in enough fat to prevent sticking. Cover the meat (either browned or raw) with the water. Add salt and let stand 30 minutes. Add seasonings and simmer until liquid is reduced to about 4 quarts. Strain through cheese cloth. Chill. Remove fat. Boil 5 minutes and pour into hot jars. Process 50 minutes at 15 pounds pressure or 3 hours in hot-water bath; then complete seal.

Jellies, Preserves and Butters

(See table of sugar substitutes—Page 47)

MAKING JELLY

Wash and drain fruit; mash; add $\frac{1}{2}$ cup water for every 2 quarts fruit. Boil 8 to 10 minutes, stirring frequently. Put fruit into jelly bag and drain. Do not squeeze bag. Measure juice, bring to boil, and add sugar. Again bring to boil and test for jelly. Remove from heat and pour into glasses. For jelly test, see Currant Jelly recipe below.

	Amount of Fruit Juice	Sugar
Apple	1 cup	$\frac{3}{4}$ cup
Crab-apple	1 cup	$\frac{3}{4}$ cup
Cranberry	1 cup	$\frac{3}{4}$ cup
Currant	1 cup	1 cup
Grape	1 cup	1 cup
Rhubarb	1 cup	1 cup
Equal parts of:		
Currant and raspberry	1 cup	1 cup
Apple, quince, cranberry	1 cup	$\frac{3}{4}$ cup
Apple and elderberry	1 cup	1 cup
Apple, blackberry	1 cup	$\frac{2}{3}$ cup

In addition to jelly, combinations of fruit and sugar are as follows:

Jams contain the whole fruit slightly crushed and have the same brilliance and color as jelly but are softer in texture.

Butters are made by cooking fruit pulp and sugar to the consistency of thick paste; less sugar is used than in jam.

Conserve is usually a mixture of several fruits, is similar to jam in consistency, and may contain nut meats and raisins.

Marmalade is clear, jelly-like, and transparent with fruit suspended in small uniform pieces and is usually made from citrus fruits.

Preserves contain pieces of fruit that remain whole in a thick, transparent syrup.

CURRANT JELLY

Wash currants and look over carefully, removing any bad fruit. It is not necessary to stem. Put into preserving kettle. Mash fruit slightly. Heat slowly to boiling. Cook until juices flow easily. Remove from stove and turn into a jelly bag, which should have been put in readiness. Let juices drip from bag undisturbed. The bag must not be squeezed, if a clear jelly is desired. Let drip overnight, or until it drips no longer. Measure juice, putting it into preserving kettle as measured. Allow $\frac{3}{4}$ to 1 cup sugar to every cup of juice. Do not add it yet, however.

Prepare glasses and put them in readiness.

Heat juice to boiling point, stir in sugar and boil to the jelly stage. How will you know when this is reached? Dip a spoon, fork, or spatula in the center of the boiling juice, hold up and let juice drip from it. When two drops go together and form a jelly-like sheet, and when the spoon or spatula is shaken gently and they do not fall off immediately, the jelly stage is reached. The kettle should be removed from heat while testing, lest the jelly be overcooked. Skim, if necessary.

Fill glasses to within one-half inch of the top. Cover with a thin coat of paraffin, adding more later when the first has hardened. Set to cool, but do not place in a draft, as that may cause the glasses to break.

MINT JELLY

2 pounds apples	1 bunch mint or 1 teaspoon mint flavor-
Water	ing
3 cups sugar	Green coloring.

Wash and quarter apples. Barely cover with boiling water, cover, and cook until very soft. Turn into jelly bag to drain. Measure 1 quart juice and add crushed mint leaves and stalk of mint. Cook slowly 20 minutes, then strain into clean saucepan. Heat to boiling; add sugar; let boil until syrup sheets off the spoon. Tint with green vegetable coloring. Pour into sterilized glasses and seal with paraffin. Makes 3 glasses.

GRAPE JELLY

Use grapes that are slightly green for making jelly. If they are not, add one green apple to the quart of grapes. Cut in quarters and core, but do not pare. Cook with grapes.

Wash grapes, remove from stems. Put into preserving kettle, mash slightly, heat slowly to simmering, and simmer until grapes are soft. Do not overcook. Turn mixture into jelly bag and let drip.

Prepare glasses.

Measure juice and put into kettle. Allow $\frac{3}{4}$ cup sugar to the cup of juice, measuring both accurately. Heat juice to boiling, stir in sugar and cook to the jelly stage, that is, until when a fork or spoon is dipped into the boiling juice and then held up, two drops roll together, forming a jelly-like sheet. Turn at once into glasses, cover with a thin layer of paraffin, adding more later when the first has hardened.

APPLE OR CRAB-APPLE JELLY

Wash apples, cut in quarters, remove cores but do not pare. Put into kettle, barely cover with water and cook until soft. Let drip through a jelly bag.

Proceed as for grape jelly, allowing 1 cup sugar to the cup of juice.

STRAWBERRY PRESERVES

2 quarts berries	6 cups sugar
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Wash the berries thoroughly. Hull, being careful to remove all the small green leaves that are a part of the hull.

Put berries into a large kettle as they are hulled. Measure the sugar and sprinkle over them. Let berries stand an hour or two, all day, or overnight. A few hours' standing is better than the longer period.

Heat slowly until the sugar is dissolved and the boiling point is reached. Then increase heat and boil in a full rolling boil. Boil 8 to 10 minutes. Remove pan from stove and turn berries into a large platter or drip pan. Cover loosely with a thin soft cloth and let them stand until cold. This may be all day or overnight.

While berries cool, prepare glasses. When the berries are thick, as they should be when cold, lift them from the platter to the glasses. Seal with a coating of paraffin, rotating the glass gently on all sides so that the paraffin covers all and makes a good seal on the edges. When paraffin is cold, cover it with metal cover.

RASPBERRY PRESERVES

1 quart currants	Sugar
2 quarts red raspberries	

Wash and scald glasses, set in readiness in a flat pan.

Wash currants, drain and remove stems. Put into a kettle as they are prepared. Wash and drain raspberries, put in with currants. Crush 2 fruits together, using a potato masher or other implement. Measure, put into preserving kettle. For every cup of fruit add one cup of sugar. Heat slowly to boiling and boil in a full rolling boil 10 minutes. Remove from heat. Let stand 5 minutes. Lift from kettle to jars and seal with a thin layer of paraffin, adding more later after fruit is cooled.

BLUE GRAPE JAM

3 pounds blue grapes
1 orange

6 cups sugar

Wash grapes. Separate skins from pulp, putting the pulp into a saucepan, cover and simmer 5 minutes. Force the pulp through a strainer to remove seeds. Add skins to pulp, stir in sugar and add orange, cut in thin slices. Heat slowly to boiling and boil until thick, from 20 to 30 minutes. Turn into jars or glasses and seal with paraffin.

CHERRY PRESERVES

(Substitute cherries for strawberries in strawberry preserve recipes)

PEACH BUTTER

1 quart peach pulp

1 to 2 cups sugar

Pee! peaches with a sharp knife or put a few peaches at a time into a strainer, lower for 10 seconds into a kettle of boiling water, remove, plunge into cold water and slip off skins. Work quickly, or the peaches will darken. Cut up enough peaches to make one quart of pulp. (About 10 medium-sized peaches.)

Put pulp into kettle, sprinkle with sugar. Cover kettle and let stand 1 hour. While peaches stand, prepare glasses or jars, setting them in readiness in a flat pan.

Heat peach mixture slowly until a syrup is formed and boiling point is reached. Then increase heat and boil rapidly until mixture is thickened and clear, stirring occasionally to prevent sticking, from 10 to 20 minutes. Fill jars or glasses with mixture and seal with rubbers and lids or with paraffin. A few kernels from the peaches cooked in the butter give a good flavor.

Recipes Illustrating Use of Honey and Corn Syrup

SPICED PEACHES

1 pound peaches, peeled and sliced
3/4 cup sugar
1/2 cup corn syrup or honey
1 teaspoon broken cinnamon

3/8 teaspoon whole cloves
1/4 teaspoon allspice
1/4 cup peach juice
1 tablespoon lemon juice

Put spices in a cheesecloth bag and simmer with all ingredients until smooth and thick. Cook a little longer than usual to get required thickness. Remove spices, pour into sterilized jars, and seal.

GRAPE BUTTER

4 pounds ripe grapes
1 pound tart apples

3/4 pound sugar (1 1/2 cups)
3/4 pound corn syrup or honey (1 cup)

Wash and stem the grapes, crush them a little to give juice. Cut the washed apples into small pieces, combine and add a cup of water to start juice, and simmer till soft. Put through a coarse colander to remove skins and seeds. Add sugar and corn syrup or honey, and cook until thick. Juice does not separate from fruit pulp when placed on a plate. Spices may be added or not. Three-quarters teaspoon ground cinnamon and one-quarter teaspoon cloves is enough for this small amount (about one and one-half quarts).

SPICED CRAB APPLE JELLY

Wash fruit, quarter, and boil with one cup of water to each pound of prepared fruit for twenty-five minutes to extract juice. Pour cooked fruit into a jelly bag, let drip, and then press bag to get all the juice. Clarify by re-straining through a clean wet bag.

For each cup of juice use three-eighths cup sugar and the same amount of honey; or one-half cup sugar and one-quarter cup corn syrup (white preferred). Simmer juice with sweetening material slightly beyond the jellying stage. If desired, while cooking add a spice bag containing two two-inch sticks cinnamon and six whole cloves to juice from four pounds of apples.

Pickles and Relishes

GENERAL RULES FOR PICKLING

Use clean, fairly coarse salt to which no other substance has been added. Use soft water. If hard water must be used, boil it and let stand 24 hours, then remove skum and dip the water from the container without disturbing the sediment at the bottom. Add 1 tablespoon vinegar to each gallon of hard water when making brine.

Use fresh spices of best quality. These may be bought ready mixed, or blended as needed. They should be tied in a piece of thin material so they can be removed when the pickle is ready for canning.

Use high-grade cider or grain vinegar of 40 to 60 percent grain strength (4 to 6 percent acid). Cider vinegar is usually preferred for all but light pickles; white vinegar is more satisfactory for those.

Use clean, firm, freshly picked cucumbers, otherwise the pickles may be hollow. Keep cucumbers, or any other vegetable, completely covered with brine while curing. The whole batch may spoil if even a few stand above the brine.

Use brine of correct strength (see recipe below). Weak brine causes soft pickles; that which is too strong causes them to shrivel.

Remove skum as it forms on top of the brine. Skum causes spoilage.

Do not start pickles to cook in a heavy sugar syrup. It is better to add the sugar on 2 or 3 successive days than to run the risk of having the pickles become tough and shriveled.

Pack pickles in jars and seal with either Glass or Vacu-Seal lids.

Please remember that strength of vinegar and spices and personal preference as to seasonings vary to a great degree, and that the successful pickle maker tests by taste as she goes along. The flavor of pickles may be changed by varying the kind and amount of seasoning and also by adding a little more or a little less sugar or vinegar.

BRINING CUCUMBERS

Wipe but do not wash cucumbers. Place in stone jar. Cover with cold brine made by dissolving 1 pint salt in 1 gallon water and then cover with a board or plate. Use a weight heavy enough to keep the cover below the surface of the brine. Next day, put 1 pint of salt on the cover where it will dissolve slowly. Let stand 1 week, then put 1/2 cup salt on the cover. Put 1/2 cup salt on the cover at the end of every week for 5 consecutive weeks. Remove the skum as it forms. The cucumbers are cured and ready for use when they are a dark olive green color throughout and contain no white spots. Curing requires from 6 to 8 weeks.

Cured cucumbers are called salt pickles and must be soaked to remove some of the salt before they are used for either sour or sweet pickles. The salt may be removed by soaking the pickles in several changes of cold water to which an equal amount of vinegar has been added, or by heating them in several changes of plain water. To do this: Cover with cold water and heat to 120 degrees F. (a little hotter than luke-warm). Repeat until the desired amount of salt has been removed from the pickles.

SWEET CUCUMBER PICKLES

(Short Process)

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| 1 gallon cucumbers | 1½ quarts vinegar |
| 6 cups sugar | 1 cup water |
| 1 tablespoon mixed spices | |

Wash and dry fresh cucumbers. Cover with brine (1 cup salt dissolved in 1 gallon cold water). Let stand 24 hours. Drain. Puncture each cucumber in 2 or 3 places with needle. Simmer (do not boil) ½ of the sugar, the spices, vinegar, and water 30 minutes. Add cucumbers. Simmer 15 minutes. Let stand 2 days. Drain off the liquid. Pack the pickles in hot jars. Add the remaining sugar to the liquid. Boil 5 minutes. Pour, while hot, over the pickles and seal at once.

SWEET CUCUMBER PICKLES

(14 days)

Into a clean stone jar put two gallons of cucumbers, washed and sliced lengthwise. Dissolve two cups of salt in one gallon of boiling water and pour while hot over pickles. Then cover and weight down pickles and let stand one week. On the eighth day, drain, then pour one gallon of boiling water over them and let stand 24 hours. On the ninth day, drain and pour one gallon of boiling water with one tablespoon of powdered alum over the pickles and let stand 24 hours. On the following day or tenth day, drain again, pour one gallon boiling water over them, let stand 24 hours, then drain.

For the pickling mixture, combine five pints of vinegar boiling hot, six cups sugar, ½ ounce celery seed, one ounce cinnamon stick. Pour this over pickles, drain off for 3 mornings, reheating it and adding one cup of sugar each morning. With third and last heating pack pickles into sterilized jars, pour hot liquid over them and seal.

BREAD AND BUTTER PICKLES

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| 4 quarts cucumbers, cut in slices | 1 tablespoon broken stick cinnamon |
| 1 quart onions, sliced | 1½ tablespoons white mustard seed |
| 1 cup salt | ½ tablespoon whole allspice |
| 1½ pounds brown sugar | 1 teaspoon celery seed |
| 1 quart cider vinegar | ¼ teaspoon cayenne pepper |

Wash cucumbers, using about the 6-inch size. Cut in slices from one-fourth to one-third inch in thickness. Peel onions and slice. Put in separate vessels, with a sprinkling of salt between the layers. Let stand overnight.

The next morning prepare jars, washing and scalding them. Prepare lids and rubbers.

Drain cucumbers and onions from salt and rinse in several clear waters. Prepare syrup, measure sugar into preserving kettle, add vinegar. Tie spices loosely in a bag, put into kettle. Heat syrup to boiling, boil 5 minutes, or until well seasoned with spices. Remove spices. Drain vegetables from clear water, add to syrup and heat them just to boiling, but do not boil. Turn into jars and seal.

INDIA RELISH

- | | |
|----------------------------------|----------------------------|
| 12 green tomatoes | 2 tablespoons whole cloves |
| 12 red peppers | 2 cups brown sugar |
| 12 large onions | 2 tablespoons mustard seed |
| 3 pints vinegar | 2 tablespoons celery seed |
| 2 tablespoons whole mixed spices | 2 tablespoons salt |

Put tomatoes, peppers and onions through food chopper and then boil for 15 minutes, stirring frequently but gently. Combine vinegar, mixed spices, and whole cloves and boil for 5 minutes, then drain to remove spices. Pour the strained vinegar over the ground pickle, add brown sugar, celery seed, mustard seed, and salt and boil for 15 minutes. Seal in hot sterilized jars. This recipe may be doubled, if desired. This is a favorite recipe and is very easily made. It makes a delicious relish.

ICICLE PICKLES

Peel and quarter lengthwise, good-size cucumbers, and soak them for four hours with plenty of ice. Drain well and pack into jars, putting one small peeled onion in each jar. Pour over the cucumbers, the following syrup, boiling hot:

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| 3 cups vinegar | 1 teaspoon celery seed |
| 1 cup water | 1 teaspoon mustard seed |
| 1 cup sugar | 1 teaspoon powdered alum |
| ½ cup salt | Seal jars at once |

MIXED MUSTARD PICKLES

- | | |
|---|--------------------------------|
| 1 medium cauliflower | 1 cup salt |
| 2 green peppers | 6 cups cold water |
| 1 red pepper | 3 pints vinegar |
| 2 cups small white onions | 2 cups granulated sugar |
| 2 pounds green tomatoes | 2 teaspoons celery seed |
| 2 cups very small cucumbers | ¾ cup sifted all-purpose flour |
| 4 cups unpared cucumbers, sliced ½ inch thick | ¼ pound dry mustard (1¼ cups) |
| | ¾ teaspoon turmeric |

Wash the cauliflower and break into small flowerets. Wash and seed the peppers, cut in halves, then into ¼ inch crosswise slices. Pour boiling water over the onions, let stand 5 minutes, then skin. Wash and cut the tomatoes in eighths. Mix the cauliflower, peppers, onions, tomato sections, whole small cucumbers, and cucumber slices in a large bowl. Cover with a brine made by combining the salt and four cups of the cold water. Let stand overnight; in the morning bring just to a boil in the same water. Drain. Meanwhile heat the vinegar, sugar and celery seed to the boiling point. Mix the flour, mustard and turmeric to a paste with the remaining two cups of water; add this to the hot vinegar mixture while stirring constantly. Add to the drained vegetables and cook uncovered 20 minutes, stirring constantly. Turn into hot, sterilized jars and seal. Makes 7 pints.

CORN RELISH

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| 7½ cups corn | 1 tablespoon salt |
| 7½ cups chopped cabbage | ¼ cup dry mustard |
| 2 sweet red or green peppers | ½ tablespoon flour |
| 1 cup brown sugar | 1 quart vinegar |

Use sweet corn, as freshly gathered as possible. Cut from cob, using a sharp knife. Scrape pulp from cob. Add it to kernels. Chop cabbage fine, first cutting it from the head in thin shreds and then chopping it crosswise. It is better not to put it through the food chopper. Chop peppers fine. Both red and green may be used, giving a nice color to the relish. Mix vegetables.

Measure brown sugar, put into preserving kettle. Add salt, dry mustard and flour. Mix together well. Stir in vinegar slowly, blending it into the other ingredients. Heat to boiling, stirring constantly at first. Add vegetables. Heat back to boiling and boil 20 minutes, stirring frequently. Turn into clean, hot jars, seal with lids, or with paraffin.

PEPPER RELISH

- | | |
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| 12 sweet green peppers | 3 cups sugar |
| 12 sweet red peppers | 1 teaspoon salt |
| 6 medium-sized onions | 1 quart vinegar |
| 1 hot red pepper | |

Wash sweet peppers, cut off the tops and remove seeds. Force peppers through a food chopper, pour boiling water over them and let stand until water is cool. Drain it off, squeezing out surplus water with the hands. After pouring water on peppers, prepare onions. Peel and force them through the food chopper.

Measure sugar into pan. Add vinegar and salt. Heat to boiling, boil 5 minutes. Stir in vegetables, adding hot red pepper whole. Cook 15 minutes, stirring to prevent burning. Turn into prepared jars. Seal. Let stand until cold before storing.

WARTIME SUBSTITUTIONS

To Substitute Other Sweets for Sugar
in Cakes, Cookies, etc. See Page 36

To Substitute Other Sweets for Sugar
in Canning and Preserving See Page 47

To Cook Salmon or Other Fish to Re-
place Canned Fish in Any Recipe See Page 27

To Make Sugarless Meringue for Pies See Page 41

To Substitute Cocoa for Chocolate See Page 35

To Substitute Oleomargarine for
Butter in Any Recipe See Page 35

To Extend Butter See Page 35

To Whip Evaporated Milk See Page 35

To Whip Table Cream See Page 35

To Substitute Sour Milk or Cream for
Sweet See Page 35

To Substitute All-Purpose Flour for
Cake Flour See Page 35

In Using Cornstarch or Flour See Page 35

CHILI SAUCE

5 quarts chopped ripe tomatoes	3 cups vinegar
2 cups chopped sweet red peppers	1 teaspoon whole cloves
1½ cups chopped onions	1 teaspoon whole allspice
3 tablespoons salt	1 teaspoon stick cinnamon
1 cup sugar	

Wash and sterilize 6 to 8 pint jars, or 3 or 4 quart jars, preparing lids and rubbers also.

Wash tomatoes, put into a colander, dip for a second into boiling water, then plunge into cold water. Peel and chop. Measure and put into preserving kettle as prepared. Wash red peppers, cut off tops, remove seeds. Chop peppers fine. Peel and chop onion. Add to tomatoes. Stir in salt, sugar, and vinegar. Tie spices loosely in a bag. Add them also. Heat and cook down until thick, about 1 hour. Stir occasionally to prevent scorching. Turn into prepared jars and seal at once.

TOMATO KETCHUP

1 peck (8 quarts) tomatoes	1 tablespoon whole mace
8 medium-sized onions	1 tablespoon celery seed
1½ bay leaves	1 tablespoon black pepper corns
2 long red peppers without seeds	2 inches of stick cinnamon
¾ cup brown sugar, closely packed	2 cups vinegar
1 tablespoon whole allspice	Cayenne, salt as desired
1 tablespoon whole cloves	

Skin the tomatoes and cut into pieces. Cut the onion, bay leaves, and red peppers into pieces and add to the tomatoes. Boil until all are soft. Strain them. Add the brown sugar. Tie the spices, which may be varied from the ones given, in a bag and add to the tomato mixture. Boil these ingredients quickly until they are reduced to half the quantity. Add the vinegar, cayenne, and salt. Boil the ketchup for 10 minutes longer, or until thick. Bottle it at once. Seal the bottles with sealing wax.

BARBECUE RELISH

15 small cucumbers	3 cups vinegar
4 quarts (16 cups) cold water	¼ cup granulated sugar
1 cup salt	2 teaspoons mustard seed
5 medium onions	1 teaspoon celery seed
1 sweet red pepper	1 teaspoon turmeric

Wash cucumbers. Soak overnight in the water and salt which have been combined. Drain, dry, peel and chop. Peel and chop onions. Wash and remove seeds from pepper and chop fine. Combine all ingredients and boil uncovered for 10 minutes. Pour into hot sterilized jars and seal. Makes 2½ pints.

PICCALILLI

1 quart green tomatoes and 1 pint ripe red tomatoes	½ small head of cabbage and 2 sweet red peppers
1 each of celery (bunch), sweet green pepper, large mild onion (Spanish), ripe cucumber	¾-1 pound brown or white sugar
3 cups vinegar and ½ cup salt	½ teaspoon each ground mustard and cayenne

Chop the vegetables, place in enamel kettle in layers with the salt, and let stand overnight. Drain well, pressing the cloth so that no liquid remains. Bring vinegar, sugar, and spices to the boiling point; add the drained vegetables, and simmer (185 degrees F.) for about an hour (vegetables should be clear). Do not allow to boil. Seal in hot sterilized jars, and store in a cool place.

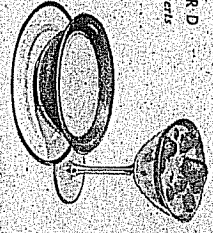
SOFT CUSTARD
One of Baby's First Dishes

2 eggs or 3 egg yolks
 1/2 cup milk
 1/2 cup granulated sugar
 1 cup hot water
 1 cup boiling water

Beat egg yolks. Add sugar, salt, granulated sugar, then the boiling water. Stirring constantly, cook over hot water until thick. Pour into Pyrex glass dish. Chill. Vanilla may be added if desired.

Dishware with Fruit—for youngsters and adults. Use Pyrex glass dish for fruit in vanilla. May be added if desired.

Serves 4.



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2 YUMMY HOT BREADS This utility dish makes the guests out of baking. You can actually watch through the clean, clear glass sides and see the breads, biscuits and tasty meat pies browning to perfection.

3 TEMPTING VEGETABLE DISHES This PYREX dish dresses up your vegetables and makes them more attractive. Stuffed tomatoes, candied sweet potatoes, and many other baked dishes appear more appetizing.

4 DELICIOUS DESSERTS You can prepare and serve in this glistening Pyrex utility dish gingerbread, puddings, dandy treat for your family served right in this dish.

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TRY THESE TESTED RECIPES

APPLESAUCE CAKE WITH SEVEN MINUTE ICING

APPLESAUCE

- 3 or 4 sour apples
- 1 1/2 cups water
1. Peel 3 or 4 sour apples, cut in halves and remove cores. Put apples in saucepan and add just enough water to cover.
2. Cover and cook on top of the range until soft. Remove and cool. Measure out 1 1/2 cups of applesauce which should be very thick. If it seems thin it may be thickened by cooking it gently without a cover.

CAKE

- 1 1/2 cups raisins
- 1/4 cup butter
- 1 1/2 cups brown sugar
- 2 eggs
- 3 cups cake flour
- 1 1/2 teaspoons soda
- 1/4 teaspoon salt
- 1 1/2 teaspoons cinnamon
- 1/4 teaspoon cloves
- 1/4 teaspoon nutmeg
- 1/4 cup nut meats
1. Pour boiling water over 1 1/2 cups of raisins and set them aside so that they will become plump.
2. Work 1 1/2 cups brown sugar gradually into 1/4 cup of butter until creamy in texture. Beat together until light and fluffy. Add 2 eggs and beat well.
3. Add the 1 1/2 cups of applesauce.
4. Stir together 3 cups cake flour, 1 1/2 tsp. soda, 1/4 tsp. salt, 1 1/2 tsp. cinnamon, 1/4 tsp. cloves, 1/4 tsp. nutmeg and add to the applesauce mixture.
5. Drain the raisins thoroughly and add them and the nut meats to the batter. Add 2 walnut halves to the dish and bake about 30 minutes in a slow oven, 300° F. When cake is cool, frost with Seven Minute Icing and garnish with walnut halves.

SEVEN MINUTE ICING

- 1/2 cup cold water
- 2 eggs whites
- 1/4 cups sugar
- 1/4 teaspoon cream of tartar
- 1/4 teaspoon salt
- 1 1/2 teaspoons vanilla extract
- 20 walnut halves

TRY THESE TESTED RECIPES

2. Peel 1 large chilled grapefruit and 2 or 3 large seedless oranges, chilled, with sharp paring knife. Remove the segments of the grapefruit and slice oranges crosswise, cutting each slice in half.
3. Arrange the leaves of one small head of lettuce in six cup-like nests in a 2 quart glass utility dish. Place about 3 grapefruit and 3 avocado sections alternately in each lettuce cup. Arrange 3 half-slices of orange beside the other fruit sections. Serve with Fruit French Dressing.

FRUIT FRENCH DRESSING

- 1/4 cup orange juice
- 2 tablespoons salad oil
- 1/2 cup grapefruit juice
- 2 tablespoons lemon juice
- 2 tablespoons sugar
1. Combine 1/4 cup orange juice, 1/4 cup grapefruit juice, 2 lbs. lemon juice, 2 lbs. salad oil, 1/4 tsp. salt and 2 lbs. sugar.
2. Beat or shake until well blended and serve over the fruit salad.

CORN BREAD

- 2 eggs
- 2 cups corn meal
- 2 cups milk
- 4 teaspoons baking powder
- 4 tablespoons butter
- 2 teaspoons salt
- or
- 4 tablespoons sugar
- 2 cups flour
- other shortening, melted
1. Beat 2 eggs slightly. Add 2 cups milk and 4 lbs. melted butter or other shortening and beat together.
2. Stir 2 cups flour, 2 cups corn meal, 4 lbs. baking powder, 2 tsp. salt and 4 lbs. sugar into the liquid. Stir quickly but thoroughly until all lumps are removed.
3. Pour mixture into a well greased 2 quart heat resistant glass utility dish.
4. Bake in a moderate oven, 325° F., about 50 minutes or until corn bread is a golden brown.

Serve at the table in its heat resistant glass baking dish, so the bread will stay hot during the meal.

1. Place 1/2 cup cold water, 2 egg whites, 1/4 tsp. cream of tartar, 1/4 cup sugar and 1/4 cup butter in a 2 quart heat resistant glass double boiler.
2. Beat with rotary egg beater until thoroughly mixed.
3. Place over rapidly boiling water; beat constantly with egg beater and cook about 7 minutes, or until frosting will stand in peaks.
4. Remove from heat, add 1/2 tsp. vanilla extract. Stir until thick enough to pile up.
5. Spread the icing over the top of the applesauce cake baked in a 2 quart heat resistant glass utility dish. Garnish with walnut halves.

STUFFED TOMATOES

- 8 large tomatoes
- 1 egg, well beaten
- 1 cup mushrooms
- 1 cup bread crumbs
- 1 small onion, minced
- 1/4 teaspoon pepper
- 1 cup diced celery
- 2 tablespoons butter (include tender celery leaves)
1. Cut stem ends from 8 large tomatoes and scoop out pulp. Sprinkle shells lightly with salt.
2. To half of mashed tomato pulp add 1 cup mushrooms, cut in small pieces; 1 small onion, minced; 1 cup diced celery, (include tender celery leaves); 1 egg, well beaten; 1 cup bread crumbs; 1 tsp. salt and 1/4 tsp. pepper.
3. Fill tomato shells half full, place piece of butter in center of each and fill to the top with remaining mixture. Place tomatoes in a well greased 2 quart heat resistant glass utility dish. Bake in a moderate oven, 325° F., about 30 minutes. Serve piping hot in the glass dish.

AVOCADO AND FRUIT SALAD

SALAD

- 1 avocado, chilled
- 1 large grapefruit, chilled
- 2 or 3 large seedless oranges, chilled
- 1 small head lettuce
1. Peel one chilled avocado. Cut in halves crosswise, then into thin slices, cutting each slice in half.