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JAMS, JELLIES AND PICKLES

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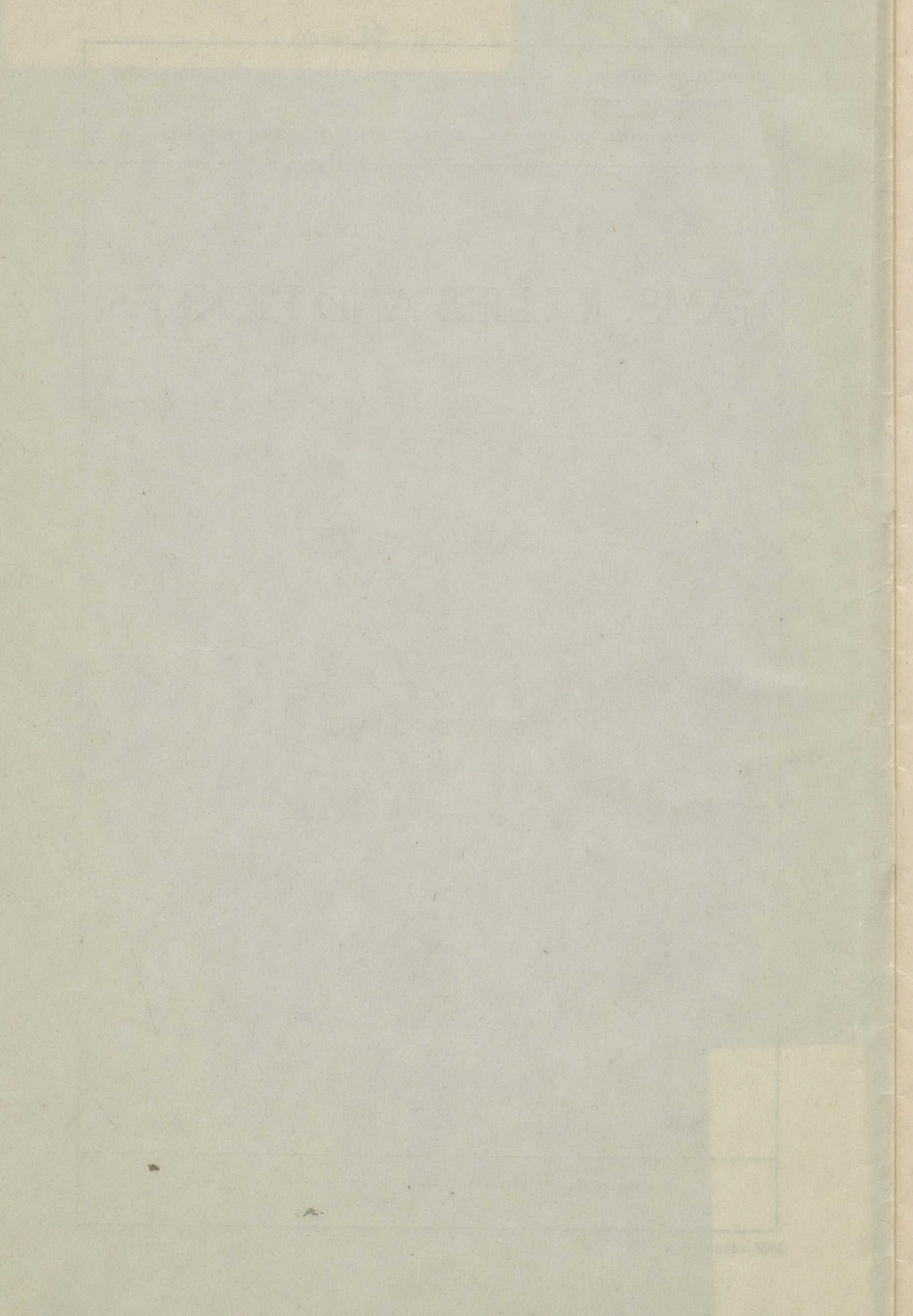


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JAMS, JELLIES AND PICKLES

EVERY household should have a corner reserved in its preserve cupboard for those sweetmeats which give zest to the ordinary meal, the unusual touch to the one prepared for a special occasion or which help so much when unexpected guests arrive.

Delectable conserves, clear sparkling jellies, and spicy pickles and relishes may be prepared with little trouble by following the instructions given in the following pages.

GLASSES

It is not necessary to buy new glasses. Many attractive pottery or glass receptacles may be used. These need not have air-tight covers as sealing may be done with paraffin.

All containers should be thoroughly washed and sterilized. As the preserve is poured while hot, the glasses should be heated to prevent breaking.

SEALING

Melted paraffin makes a satisfactory, air-tight seal for all preserves which are rich and thick and may also be used for pickles.

Melt the wax in a small saucepan having a lip from which it may be slowly poured. A small metal teapot is excellent for this purpose.

Pour the melted wax slowly over the surface of the hot contents of the glass until there is a coating about $\frac{1}{8}$ of an inch thick. When quite cold and the wax is firmly set, it sometimes draws away from the edge of the container. To effect a perfect seal pour a small quantity of melted wax over the surface and turn the glass, while slightly tipped, so that all open spaces are sealed.

Sometimes it is difficult to remove the wax when the preserve is to be used. A simple method of overcoming this difficulty has been found. Before pouring the second layer of wax, lay two pieces of twine at right angles across the top of the glass so that the ends fall over the edge. When the wax is poured these are held firmly between the layers and a slight pull will readily lift the wax when the jar is to be opened.

Before storing, the jar should be covered to prevent dust collecting on the surface of the wax. The original metal covering may be used or clean paper tied or pasted over.

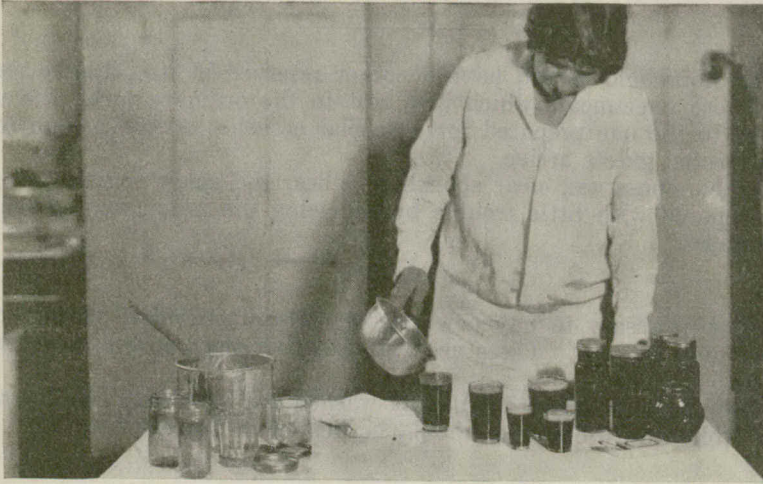
Store in a cool, dry place.

VARIETIES OF FRUIT CONFECTIONS

Butters.—These are made from the pulp of fruits. The seeds, skins, cores, etc., are discarded. Texture is uniform, smooth, and fine grained. Consistency is soft. There should be no free juice. Two types are recognized: Those intended for a spread, which are sweetened to a subacid taste and generally spiced; and those intended for a relish which, as a rule, are sweetened very little. The flavour should be characteristic of the fruit.

Conserves.—Conserves generally consist of a blend or mixture of two or more fruits and may have their flavour modified by the addition of nut meats. Some part or all of the fruits may occur in slices, shreds, or chunks, giving an uneven texture. The consistency should be such that no free juice is present,

or, if there is any, it is in the form of a heavy syrup. Taste is subacid. Flavour should be that of the dominant fruit blended with the other fruit or fruits and nuts of the mixture.



Jams.—These are normally made from the small fruits. The whole fruit is cooked with sugar to a desired consistency which should be jelly-like, but soft and easy to spread. The syrup should be bright and the texture relatively uniform. As a rule jams contain but one kind of fruit. The taste should be subacid and the flavour characteristic of the fruit, or a pleasing blend if two or more fruits are used.

Jellies.—Jelly is the product of cooking a fruit juice with sugar to such a consistency that it sets or jells when cold. It is primarily the product of fruit juice entirely free from pulp or foreign materials. Combinations of fruit juices for the purpose of improving flavour or of correcting the acid or pectin content may be made. The texture should be uniform and free from precipitate or suspended matter. It should be tender, easily cut, leaving clear shining faces and sharp angles. It should spread easily, retain its shape when removed from the container, and should quiver, not shake, when disturbed. It should not be gummy, sticky, syrupy, or rubbery. The taste should be subacid with a flavour characteristic of the fruit.

Marmalades.—As a rule these are made from the pulpy fruits. The pulp and juice only or the entire fruit, except the core and seeds, may be used. The pulp (and skins when used) occurs in the finished product in slices, shreds, or small pieces; and should be evenly distributed. They may be made from a single fruit but most generally two or more are blended. The texture is not uniform. The consistency is jam-like or often jelly-like. The syrup when present should be heavy. The taste should be subacid, often bitterish; and the flavour should be characteristic of the fruit, or a pleasing blend.

Preserves.—Preserves are whole fruit or large pieces of fruit preserved in heavy sugar syrup. The fruit should be tender and plump. While a large amount of sugar is necessary, it should not be over-sweet. The fruit flavour should not be masked by the too heavy sugar syrup.

CONCENTRATED PECTINS

Some fruits do not contain the required amounts of pectin and acid to make a perfect jelly. Almost all grocers' shelves now contain commercially prepared pectins with which these products may be made into delicious quivering jellies and jellied jams. Instructions for their use have been prepared by the manufacturers and are included with each package.

PECTIN FROM APPLES

The fruit should be firm, free from decay and worm holes, tart, and hard ripe or a little under-ripe. Clean by thorough scrubbing. A considerable amount of pectin of very satisfactory quality can be extracted from the cores and parings alone, but this extract does not have such a pleasing flavour as that obtained from the whole apples. Convenient quantities to use are:—

4 pounds apples

4½ pints of water for the first extraction

Slice the apples thinly. Place them in a saucepan large enough so that the whole mass can be brought quickly to boiling. Cover and boil the mixture rapidly for 20 minutes. Strain the mass through four thicknesses of cheesecloth until the juice ceases to drip.

When dripping is complete, remove the fruit from the bag, weigh or measure it, return it to the saucepan, and add an equal quantity of water. Boil again for 20 minutes and strain. The first two extractions should together amount to about 3 quarts. Mix them together in a wide pan, so that the liquid will not be more than 2 inches deep. Heat rapidly until the liquid is reduced to one-fourth of its original volume or to about 1½ pints; this usually requires from 30 to 45 minutes. The concentration should be carried on rapidly, since it is easy to injure the pectin if the boiling process continues for several hours.

To preserve the pectin extract for use with fruits which come at another season, it should be poured while boiling hot into sterilized jars or bottles which have been standing in boiling water, and sealed at once.

Use ½ cup of this concentrated juice to 2 cups juice from any fruit which lacks pectin, and follow directions given for jams and jellies.

JAMS AND CONSERVES, ETC.

General Directions.—To make jam successfully, have the fruit firm and a little under-ripe. Over-ripe fruit lacks pectin which is the jelling substance.



Wash fruit carefully, removing any bruised or decayed parts. Cut up or mash so that some juice will escape to prevent fruit sticking to the bottom of the kettle.

An enamelled vessel is preferable. Put on the stove and bring slowly to the boiling point to extract the juice. Rubbing the inside surface of the pan with butter before putting fruit into it aids in preventing sticking. A little water may be added, but as this must be later boiled away and as long boiling affects flavour and colour, as little as possible to prevent sticking should be used. Equal quantities by weight of sugar and fruit are usually used in jams but $\frac{2}{3}$ as much sugar as fruit is sometimes preferred. Let boil gently after sugar is added until sugar is all dissolved.

Stir often to prevent sticking, using a wooden spoon. Move the spoon slowly across the centre of the vessel first one way and then the opposite and then around the edge of the pan.

A thermometer will be found very useful in making these confections which are boiled until of thick consistency. Cook to 220° F.

APPLE GINGER

4 pounds apples
4 pounds sugar
2 lemons

1 cup water
 $\frac{1}{2}$ cup preserved ginger

Make a syrup of sugar and water. Chop apples and ginger. Add juice and grated rinds of lemons. Simmer slowly until thick and clear. Pour into sterilized glasses and seal.

APPLE BUTTER

One bushel apples, eight quarts sweet cider. Cover and boil until tender. Rub the pulp through a strainer and cook 30 minutes longer, then measure. For each gallon add 8 cupfuls sugar, 8 teaspoons ground cloves, 8 teaspoons ground cinnamon. Stir and boil 20 minutes longer. Fill into jars and seal with paraffin.

APPLE, PEACH AND RHUBARB MARMALADE

Use equal parts of peaches, apples and rhubarb, diced. If the apples are a good colour do not peel them. Add three-fourths as much sugar as fruit. Cook the mixture slowly until it is thick and clear. Seal in clean, hot jars.

CRABAPPLE PRESERVE

4 pounds crabapples
2 tablespoons whole cloves

4 cups water
4 pounds sugar

Make a syrup of water and sugar. Add the crabapples, either whole or quartered and cored. Cook until the apples are tender, having the cloves tied in a small cotton bag. Fill into jars and seal while hot.

APRICOT CONSERVE

1 pound dried apricots
2 cups canned pineapple
with juice

4 cups water
 $\frac{1}{2}$ cup blanched almonds
8 cups sugar

Wash the apricots. Soak them overnight in the 4 cups of water. Cook slowly for 1 hour. Then add pineapple, sugar and nuts and cook until thick, stirring often to prevent sticking. Pour into sterilized glasses and seal.

BLUEBERRY AND APPLE CONSERVE

4 cups blueberries
4 cups tart apples

Juice and rind of 1 lemon
6 cups sugar

Wash, quarter and core the apples and put through the food chopper. Mix all the ingredients and cook until the mixture is thick and clear. Pour into sterilized glasses and seal.

JELLIED BLUEBERRIES

For each pound of blueberries use $\frac{1}{4}$ cup of sugar. Make a syrup in the proportion of 1 cup of water to every 2 cups of sugar required and boil for 5 minutes. Add the berries and cook for 20 minutes. Pour into sterile jars and seal hot.

CARROT, APPLE AND PEACH CONSERVE

1 pint diced carrots	1 cup peaches
1 pint diced tart apples	3 cups sugar
Juice of 1 lemon	

Mix the ingredients and simmer them until the mixture is clear. Turn into jelly glasses, and when cold cover with hot paraffin.

HONEY, CARROT, AND ORANGE MARMALADE

Take the peels of 6 medium sized navel oranges and put through a meat grinder using the fine knife. To this add an equal quantity of carrot prepared in the same way. To each cup of the above combined ingredients add 2 cups of water and soak overnight. Simmer for 2 hours, remove from stove and add the grated rind and juice of 6 lemons. Let stand overnight again and simmer until a good jelly test is obtained. Then to each cup of the pulp mixture add 1 cup of honey and $\frac{1}{2}$ cup of sugar, boil to 220° F., let cool slightly, then pour into sterilized jars.

All honey may be used in place of part honey and part sugar, but this makes a sweeter marmalade.

CANTALOUPE AND PEACH CONSERVE

3 cups diced peaches	2 cups diced cantaloupe
3 cups sugar	2 oranges, juice and grated rind
$\frac{1}{2}$ cup blanched shredded almonds	

Mix all the ingredients and cook until the mixture is thick and clear. Pour into sterilized glasses. When cold cover with hot paraffin.

CITRON PRESERVE

Cut citron in $\frac{1}{2}$ -inch slices—peel, remove seeds and cut in cubes. Cover with weak brine, allowing 1 teaspoon of salt to 1 quart of water and stand overnight. In the morning drain thoroughly, place over a very low fire and cook until tender. Allow 2 cups sugar and juice and rind of 1 lemon to 6 cups of citron. Bring to a boil slowly. Cook until clear and seal in sterilized jars.

JELLIED CHERRIES

2 cups apple juice	2 cups pitted cherries
2 cups sugar	

Boil the apple juice 5 minutes; add sugar and cherries. Cook until the mixture sheets the spoon. Pour into hot glasses. When cold seal with paraffin.

BLACK CHERRY CONSERVE

1 quart pitted black cherries	$\frac{1}{2}$ cups sugar
2 oranges	Juice of 2 lemons

Cut oranges in small pieces and cover with water. Cook until soft. Add cherries, sugar and lemon juice. Cook until thick and clear. Turn into sterilized glasses and seal.

BLACK CURRANT JAM

Stem and wash black currants. Add water to nearly cover. Cook slowly for 1 hour until skins are quite tender and a thick pulp is obtained. Then add $1\frac{1}{2}$ cups of sugar to 1 cup of pulp. Boil to 220° F., as quickly as possible; about 5 minutes.

RED CURRANT BAR-LE-DUC

4 cups red currants

3 cups sugar

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

Wash and stem the currants before measuring. Put water and currants in a preserving kettle and bring to the boil. Add 1 cup of sugar and boil 10 minutes. Add the remainder of the sugar and boil $\frac{1}{2}$ hour. Cloves or mixed spices may be tied in a gauze bag and boiled with the currants if desired. Pour into hot sterilized jars and seal when cold.

GRAPE AND APPLE BUTTER

2 cups grape pulp.

2 cups apple pulp

2 cups sugar

Prepare fruit pulp by cooking fruit with a little water to prevent burning and passing it through a coarse sieve. Combine the ingredients and cook 20 minutes. Seal at once in sterilized jars.

GRAPE MARMALADE

Wash the grapes, remove from the stem and press the pulp from the skins. Cook the pulp 10 minutes and put it through a sieve to remove seeds. Add skins to the pulp and measure the mixture. To 1 cup of pulp allow $\frac{2}{3}$ cup of sugar. Cook about 20 minutes or until skins are tender and seal at once in sterilized jars.

RIPE GOOSEBERRY JAM

1 quart ripe gooseberries

1 cup cold water

3 cups sugar

Wash gooseberries and remove stems and blossom ends. Add water and cook until skins are soft. Add sugar and cook rapidly until thick and clear. Pour into sterilized containers and seal when cold.

PEACH CONSERVE

24 large peaches

2 oranges—juice and grated rind

1 cup blanched almonds

2 lemons—juice and grated rind

 $3\frac{1}{2}$ pounds sugar

Peel and slice peaches, add sugar, orange and lemon and let stand overnight. Then cook slowly until thick, adding the almonds after the mixture has cooked 20 minutes. Pour into hot sterile glasses and seal at once.

PEAR MARMALADE

To every pound of peeled and cored pears which have been sliced very thinly add $\frac{3}{4}$ pound of sugar, $\frac{1}{2}$ ounce of green ginger root, scraped or grated, and half a large lemon.

Place the pears in the preserving-kettle in layers, sprinkling each with sugar, lemon juice and grated ginger root. Allow to stand 2 or 3 hours, then heat slowly to the boiling point. Cook until clear and thick. If preferred, the ginger root may be crushed and placed in a little bag which can be removed from the mixture before pouring into glasses.

PEAR AND PINEAPPLE MARMALADE

4 quarts pears

2 large pineapples

8 cups sugar

Pare the pears, remove cores, and slice thinly. Prepare pineapples, being careful to remove all eyes and tough central portion. Cut into very small cubes, or put through a food-chopper.

Combine the fruit with the sugar and boil until clear and thick. Pour into sterilized glasses and seal while hot.

PLUM JAM

Choose slightly underripe plums as they carry more jellying properties. Cut in half removing all but about enough stones to allow 4 to a pound jar. Place plums in an enamel saucepan over low heat with enough water to nearly cover and cook slowly until quite thick and tender. Add $1\frac{1}{2}$ cups of sugar to each cup of plums and cook rapidly for about 5 minutes or to 220° F. Bottle and seal at once.

DAMSON PLUM JAM

Wash the fruit and cut in half, removing the pits. Break a few pits and add kernels to the fruit. Pour a little water over the plums and heat slowly to boiling point. Cook gently for one half hour. Measure and add an equal quantity of sugar. Simmer one hour and pour into sterilized containers. Seal at once.

PUMPKIN CHIPS

12 pounds pumpkin

1 pound green ginger

2 lemons

Cut the fruit into strips 1 inch square and $\frac{1}{8}$ inch thick. Prepare ginger by paring and slicing thinly and boiling 1 hour in a syrup of equal parts sugar and water. Slice lemons as for marmalade. Put all in a preserving kettle and let stand 24 hours, after adding an equal weight of sugar. Boil about $1\frac{1}{2}$ hours, or until fruit is transparent, and then can.

QUINCE PRESERVES

4 pounds quinces

4 pounds sugar

Boiling water

Wash, pare and core the quinces and cut in quarters or in thin slices. Put the fruit in a preserving kettle and cover with boiling water. Simmer until tender. Strain the juice from the fruit and cool. There should be about two cups of juice. To this juice add the sugar and when boiling add the quinces. Cook 10 minutes, when the fruit should be clear and of a rich red colour. Fill into hot jars and seal.

RASPBERRY JAM

Mix equal parts of raspberries and sugar and allow to stand 1 hour. Heat slowly, stirring often until it boils. Boil 10 minutes. Pour into sterilized jars and seal at once.

RHUBARB CONSERVE

2 cups rhubarb

 $2\frac{1}{2}$ cups brown sugar $\frac{1}{2}$ teaspoon baking soda

1 cup seedless raisins

Juice and grated rind of

1 orange

Wash rhubarb thoroughly and cut in $\frac{1}{2}$ -inch pieces; do not peel.

Place rhubarb, sugar, soda, raisins and grated orange rind and juice in kettle. Let stand overnight, stirring occasionally. Boil slowly 45 minutes, being careful when stirring not to break the rhubarb. Put in sterile jars and seal.

RHUBARB AND PINEAPPLE CONSERVE

12 cups sliced rhubarb

4 cups grated pineapple

1 cup chopped walnuts

Granulated sugar

Wash freshly picked rhubarb and cut into thin pieces without peeling. Add grated pineapple and boil together for 15 minutes over a gentle heat. Measure, and to each cup of pulp allow $\frac{3}{4}$ cup of sugar. Boil until thick. Add nut meats and boil 5 minutes longer. Pour into hot sterilized jars and seal.

STRAWBERRY CONSERVE

1 quart strawberries
2 oranges
 $\frac{1}{2}$ pound seeded raisins

$\frac{1}{2}$ pound chopped walnut meats
1 lemon
4 cups sugar

Wash the strawberries carefully, and drain. Place them in the preserving-kettle with the sugar, raisins (which have been chopped finely) and grated rinds and pulp of the oranges and lemon. Cook slowly until thick (about $\frac{1}{2}$ hour). Add the chopped walnuts and cook 5 minutes longer. Pour into hot, sterilized jars and seal.

WILD STRAWBERRY PRESERVE

In making jam the fruit is generally broken up and the colour considerably darkened. The following method if carefully followed leaves the fruit whole, the colour bright and the flavour delicious. Weigh the fruit and allow an equal weight of sugar. Make a syrup of the sugar and water and boil it down until near the candy stage; add the fruit and stir carefully until the sugar and the fruit are perfectly blended. The time required will depend upon how thick the syrup has become. Bring back to the boiling stage and continue for only 2 or 3 minutes. The wild strawberries have less water content than the cultivated fruit and will therefore require less time to complete. Pour into sterilized jars and seal while hot.

STRAWBERRY JAM

Wash and hull strawberries. Weigh, and to each pound of berries add 1 pound of sugar. Let stand overnight. In morning boil for 30 minutes (220° F.). Pour into sterilized jars, and when cool, seal over with paraffin.

STRAWBERRY AND RHUBARB CONSERVE

4 cups rhubarb

6 cups sugar

4 cups strawberries

Cut the rhubarb in half-inch pieces. Add the berries and sugar. Cook very slowly until thick and clear. Pour into hot sterile glasses and when cool seal with paraffin.

SASKATOON JAM

4 cups saskatoons

1 cup water

1 $\frac{1}{2}$ cups sugar

Pick over and wash the berries, put in a saucepan with the water and boil for 5 minutes. Add sugar and stir until dissolved. Boil 1 minute, pour into sterilized jars and seal at once.

SASKATOONS AND RHUBARB

Take equal quantities rhubarb and saskatoons using a greater quantity of sugar than with saskatoons alone. This proportion is not arbitrary as the quantities may vary to suit the taste, or use such quantities of each fruit as may be on hand. As the rhubarb is very acid the more of it that is used the greater the amount of sugar will be required. Use the same method as in preserving saskatoons, cutting the rhubarb into small pieces and adding a little less water than when cooking saskatoons alone.

TOMATO CONSERVE

4 cups tomato pulp (cooked and strained through colander)
3 cups sugar

$\frac{1}{4}$ cup raisins
1 lemon
 $\frac{1}{4}$ cup preserved ginger

Mix altogether and cook slowly until thick.

STRAWBERRY TOMATOES (Ground Cherries, Cape Gooseberries)

Remove hulls. Wash and pick over the fruit. To each pound of fruit allow 1 pound of sugar and let stand overnight. Boil 30 minutes or to 220° F. Pour into sterilized jars and seal at once.

VEGETABLE MARROW JAM

2 pounds marrow
2 pounds sugar
1 cup of water

2 lemons, juice and finely shaved rind
2 tablespoons finely cut crystallized
ginger

Peel marrow, cut in cubes, soak overnight in weak brine solution. Drain, soak in clear water for an hour. Make syrup of sugar and water, add thinly sliced rind and ginger. Add marrow, cook slowly until clear and tender, add lemon juice. Bottle and seal at once. If syrup is too thin remove marrow and boil down to required consistency.

JELLIES**GENERAL DIRECTIONS**

1. Select clean, rather under-ripe fruit.
2. Wash fruit. Discard any unsound portion.
3. Cook in agate preserving kettle. If fruit is very juicy add just enough water to prevent burning (about 1 c. to 4 qts. fruit). If it is less juicy, cut into small pieces, without peeling or coring and cover with water.
4. Heat slowly to boiling, crush thoroughly and continue the cooking until heated throughout and fruit is tender.
5. Transfer to jelly bag wrung out of hot water, and let drain overnight.
6. Test for pectin by adding 1 teaspoonful of alcohol or a little Epsom salt to 1 teaspoonful fruit juice. If there is a heavy precipitate and juice is acid, the maximum amount of sugar may be used (1 c. sugar to 1 c. juice). With lighter precipitate, use less sugar.
7. Boil the juice from 10 to 15 minutes, according to the amount of water added at the first cooking. Skim well. Measure juice.
8. Heat the sugar in oven while juice is cooking. Measure and add to the cooked fruit juice. Stir until sugar is dissolved. Boil from 3 to 10 minutes, or until jelly breaks off when dropped from a spoon or until two drops form at the same time, side by side on the edge of the spoon. If the thermometer is used, it should register 220 degrees F.
9. Pour jelly into heated, sterilized glasses and set away to cool and harden, cover with melted paraffin and store in a cool dry place.
10. With fruits rich in pectin, such as crabapples, a second extraction of juice may be made.

VARIED FLAVOURS

Apple jelly which has not a decided flavour may be varied by the addition of various flavours and colours.

Mint, rose geranium, lemon, cinnamon or mixed spices may be used. Any of these flavours may be cooked in the fruit juice and strained out before the jelly is poured into glasses.

Green vegetable colouring improves the appearance of mint-flavoured jelly.

A little red colouring may be added to apple jelly which would be otherwise of a pale unattractive colour.

CRABAPPLE JELLY

Pick over, wash, remove stems and blossom-end and cut into quarters. Put into saucepan and almost cover with water and cook until soft. Strain the

juice, and when cool test for pectin, to determine the proportion of sugar to be used. Measure the sugar and juice. If a good variety of fresh, slightly under-ripe crabs have been used it will take about equal proportions of sugar and juice. Boil the juice 20 minutes and add the warmed sugar. Cook rapidly till it reaches 220 degrees F. Skim and pour into sterilized glasses. When cool seal.

APPLE MINT JELLY

Extract the juice as for crabapple jelly and to each quart of juice add crushed mint leaves and stalks to make $\frac{1}{2}$ cup. Let boil 20 minutes, then strain into a clean saucepan and add 3 cups of warmed sugar and boil until it reaches 220° F.

SPICED APPLE—CRANBERRY JELLY

4 cups apples
1 $\frac{1}{2}$ cups cranberries
 $\frac{1}{2}$ cup vinegar

1 teaspoon cinnamon
1 teaspoon whole cloves
(tied in cheesecloth)

1 cup water

Cook all together, drain and proceed as directed for jelly-making.

BARBERRY JELLY

Gather the barberries as soon as they have been touched by the frost. Stem, wash, and to every 4 quarts allow 1 cup of water. Cook until the juice presses out easily, remove from the fire, mash, strain and measure the juice.

Use equal proportions of sugar and juice. Cook the juice for 20 minutes, then add the warmed sugar and cook until it reaches the jelly stage. Pour into hot sterilized glasses, cool, seal and label.

CRANBERRY JELLY

4 cups cranberries

1 cup cold water

2 cups sugar

Wash the cranberries, cook them with the water until the skins burst; press through a strainer. Add the sugar to the pulp and stir until it is dissolved; cook 5 minutes or until it jells. Pour into glasses and set away to cool. Seal when cool.

GRAPE JELLY

Use slightly under-ripe grapes, wash, place a layer in saucepan and mash well, then add more grapes and mash and set saucepan over hot water to draw out juices. Strain juice through double cheesecloth. Boil 10 minutes and add an equal proportion of heated sugar. Continue boiling until it reaches the jelly stage. Pour into hot sterilized glasses, cool, and seal.

RASPBERRY AND RED CURRANT JELLY

Using equal proportions of raspberries and currants proceed as for grape jelly.

ROWANBERRY JELLY

Pick over, wash, and stem berries, put them into a preserving kettle with just enough water to cover. Boil until soft and strain through a jelly bag. Measure juice and sugar, using equal proportions. Boil the juice 20 minutes. Add the hot sugar and boil until jelly stage is reached, 220° F.

Pour into hot sterilized glasses, cool, seal, label, and store.

This jelly is very tart and slightly bitter. It is excellent for serving with meat.

PRESERVATION OF VEGETABLES BY FERMENTATION AND SALTING

One advantage of this method of preserving vegetables is that containers, such as old kegs, butter tubs, or stone crocks may be used. Wooden kegs or pails to be used for pickling should be washed with boiling water and washing soda, allowing one handful of soda per gallon of boiling water. After thorough scrubbing, the keg should be rinsed with hot water and several lots of cold water.

SALTING WITHOUT FERMENTATION

The following vegetables may be preserved by this method: beet tops, spinach, string beans, green peas, corn and cabbage.

The beans should be cut in two-inch pieces; the peas shelled; the corn cooked for 10 minutes to set the milk, and cut off the cob with a sharp knife.

The vegetables are washed, the water drained off, and the vegetables weighed. The best results are obtained when 5 pounds of salt are used to every 20 pounds of vegetables.

Spread a layer of the vegetable 1 inch deep in the bottom of the crock and sprinkle with salt, being careful to distribute the salt evenly throughout the crock. Continue making alternate layers of vegetable and salt until the crock is nearly full. Cover with a piece of cotton or a double thickness of cheese-cloth. Over this put a plate or a piece of board and on top, a clean brick or stone.

The container should now be set aside in a cool place. If at the end of 24 hours the salt and the pressure on the vegetables have not extracted brine enough to cover, add a brine made by dissolving 1 pound of salt in 2 quarts of water. Enough brine should be added to come above the plate or board. Set aside in a place where it will not be disturbed and cover with hot paraffin wax.

It has been found that in preparing salted beans, peas or corn for the table it is much better to soak for 2 hours in the morning, changing the water several times, and also changing the water while cooking, than it is to soak overnight. Long soaking softens the vegetables.

FERMENTATION WITH DRY SALTING

The following vegetables may be preserved by this method: cabbage (sauerkraut), string beans and beet tops.

In this method the vegetables are washed, the water drained off and the vegetables weighed, using $1\frac{1}{2}$ pounds of salt to every 50 pounds of vegetables. No water is used. The salt extracts the water from the vegetables.

Spread layers of vegetables 1 inch thick in a crock, covering each with a very thin layer of salt, being careful to distribute the salt evenly, until the crock is three parts full.

Place a cloth over the top, then a plate turned upside down, or a piece of clean board and a weight (a clean stone) to keep the vegetables immersed.

The container should be allowed to stand in a warm room for from eight to ten days. When the bubbles of gas cease to appear the fermentation is complete.

A layer of hot paraffin wax about $\frac{1}{2}$ -inch thick is poured over the top to prevent a scum forming. It is very important that the wax should not be added before the fermentation ceases.

FERMENTATION IN BRINE

The following vegetables may be preserved by this method: cucumbers, string beans, tomatoes, beets, peas and corn.

Wash the vegetables, drain off the water, and pack in a crock until nearly full. Prepare a weak brine, using $\frac{1}{2}$ pint of vinegar and $\frac{3}{4}$ cup of salt to each

gallon of water. If a 5-gallon crock is used, $2\frac{1}{2}$ gallons of brine will be necessary. This must be covered with a cloth, a piece of clean board or a plate, and a weight to keep the vegetables immersed. The container must be left in a warm place until the fermentation has ceased, and then taken to a cool place where it will not be disturbed after covering with hot paraffin wax.

When salting cucumbers, a handful of mixed spice may be placed on the bottom and top of the crock. Green tomatoes may also be prepared with spices. Beets should not be peeled or sliced before being fermented or they will lose their flavour and colour. Fermented corn may be used in the preparation of such dishes as chowders or omelets, where the acid taste may not be objectionable, as it might be to some people if the corn were eaten alone.

SAUERKRAUT

In making sauerkraut the outer green leaves of the cabbage and any decayed or bruised leaves should be discarded, as well as the core.

The cabbage should be shredded with a slaw-cutter or a sharp knife. After weighing pack immediately in a water-tight receptacle. It has been found that 1 pound of salt to 40 pounds of cabbage gives the best flavour to the finished product.

The cabbage should be pressed down as firmly as possible and covered with a cloth, board and stone weight. The weight should be sufficient to cause the brine to rise above the board.

The container should be set in a warm place until fermentation is complete. Before adding a layer of paraffin, the scum should be taken off.

It is not necessary to add a layer of paraffin if the sauerkraut is made late in the fall, and can be frozen as soon as the fermentation is complete and kept frozen until used.

PICKLES AND RELISHES

In pickles, the preservation is effected by the use of vinegar and spice. This means that the strength of the vinegar must be sufficient to exert a preservative action, also that there must be enough of it to cover the material pickled. Pickles have little food value, but they make a meal more palatable. There are three main classes of pickles: (1) sweet fruit or vegetable pickles; (2) sour pickles which include mustard pickles; and (3) that large variety of pickles in which the material is chopped finely.

Always use fresh vegetables for pickle making.

Pickles should be prepared in a porcelain or granite utensil.

Use the best vinegar. Cider vinegar has a better flavour but white wine gives a clear colour.

On preparing vegetables for pickling they are usually put in brine for some hours or overnight. This draws out some of the water and makes them firmer, also the salt checks spoilage and a slight lactic fermentation takes place.

If pickles are required crisp and firm they should never be cooked but slightly scalded.

SWEET PICKLED FRUIT

(Peaches, pears, sweet apples, crabapples, watermelon rind, etc.)

1 peck prepared fruit	2 ounces stick cinnamon
1 quart of vinegar	1 ounce cloves
1 cup water	4 pounds sugar

Boil the sugar, vinegar and spices, 20 minutes. Dip peaches in boiling water and rub off the fur, but do not peel; pare pears and apples. The crabapples may be pickled with the skins on. Stick fruit with whole cloves. Put into syrup and cook until soft, using a quarter or half of the fruit at a time.

SOUR PICKLES, VEGETABLES

(Onions, cucumber, cauliflower and green tomato)

These vegetables may be used separately or mixed. Wash and prepare vegetables. Make a brine, using 2 quarts of boiling water and $1\frac{1}{2}$ cups salt, pour over the vegetables and let stand 2 days. Drain and cover with more brine. Let stand 2 days and drain again. When using onions, take fresh brine and heat to a boiling point; put in onions and boil 3 minutes; drain. Cover vegetables with pickle mixture made as follows:—

1 gallon vinegar	2 sticks cinnamon
1 cup sugar (optional)	2 tablespoons whole spice
4 red peppers	2 tablespoons mace

Tie spices in a cheesecloth bag and boil in vinegar for 10 minutes; pour over vegetables; bottle.

MUSTARD PICKLE FOR MIXED VEGETABLES

Prepare the vegetables and give them the brine treatment described in the recipe for sour pickles. Make a dressing from the following recipe:—

$\frac{1}{4}$ to $\frac{1}{2}$ cup sugar	1 ounce ground mustard
2 tablespoons flour	1 pint vinegar

Mix the ingredients and stir into the hot vinegar. Cook until well thickened. Pour while hot over the vegetables; bottle.

APPLE CHUTNEY

2 pounds tart apples	2 small onions
$\frac{3}{4}$ pound brown sugar	$\frac{1}{2}$ pound raisins
1 tablespoon mustard	$\frac{1}{4}$ teaspoon cinnamon
2 tablespoons salt	1 green pepper
1 red pepper	3 cups vinegar

Pare, core and chop the apples. Chop the onions, raisins and pepper; add other ingredients. Cook until thick. Seal in sterile jars.

APPLE RELISH

6 cups chopped apples	2 cups chopped celery
$\frac{1}{2}$ cup chopped pimento	$\frac{1}{2}$ cup chopped green pepper
2 cups vinegar	1 cup water
1 cup sugar	$\frac{1}{2}$ teaspoon salt

Boil sugar, water, vinegar and salt together until sugar is dissolved. Chop celery and peppers. Peel and chop a small quantity of apples at one time as they will discolour if allowed to stand. Mix with other ingredients, fill sterilized jars, and pour over the boiling vinegar mixture. Seal at once.

BEAN SALAD

1 peck beans

Wash, string and remove ends of beans; cut in half-inch pieces; boil in salted water until tender; drain.

3 pounds sugar	2 tablespoons turmeric
3 pints vinegar	1 cup mustard
2 tablespoons celery seed	1 cup flour

Heat vinegar, mix mustard, flour and spice in a little cold vinegar, adding hot vinegar gradually; cook, stirring constantly, until thick as cream; add beans. Scald and bottle while hot.

BEET PICKLE

2 quarts of beets cooked and
chopped
1 raw cabbage finely shredded
1 cup grated horseradish

2 cups granulated sugar
2 cups vinegar
1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper

Mix all together, put into jars and seal.

CABBAGE PICKLE

1 large cabbage finely
chopped
 $\frac{1}{2}$ cup sugar
1 tablespoon cornstarch

$\frac{1}{2}$ pound butter
1 tablespoon mustard seed
1 pint of vinegar
Yolks of 2 eggs

Melt butter, add starch then vinegar and well-beaten egg yolks, sugar, and seasonings. When slightly thickened add cabbage. Boil 10 minutes, stirring to prevent sticking. Pour into sterilized jars and seal while hot.

RED CABBAGE PICKLE

Remove outside leaves and stalk, cut across in very thin slices. Spread on a flat dish, sprinkle with salt, let stand 24 hours. Turn into a colander and drain thoroughly. Place in jars or a crock and pour the following mixture over it while very hot.

1 quart vinegar
2 tablespoons whole black
pepper

2 tablespoons whole crushed
ginger
2 cups sugar

Cover and let stand a week before using. Spices also may be varied.

CELERY SAUCE

6 heads celery
1 cup sugar
2 ounces mustard seed
1 teaspoon turmeric

4 large onions
2 quarts vinegar
 $\frac{1}{2}$ pound mustard
3 tablespoons salt

Blend turmeric and mustard with a little vinegar. Mix all ingredients and simmer slowly 2 hours. Bottle while hot.

CHERRY MOCK OLIVES

Select and wash firm ripe cherries; pack unpitted and with stems attached in sterilized jars. Cover with cold vinegar mixture made of 1 teaspoon salt, 1 cup cold water, one cup cider vinegar, 3 tablespoons brown sugar, $\frac{1}{4}$ oz. stick cinnamon, 2 tablespoons whole cloves.

Tie spices in cheesecloth; put all in a saucepan and boil 5 minutes; cool and remove spice; pour syrup over cherries and seal, using sterile rubbers and lids.

CITRON PICKLES

Three pounds citron, 2 cups brown sugar, $1\frac{1}{2}$ cups cider vinegar, 2 tablespoons pickling spices tied in cheesecloth. Pare the citron, cut into small cubes and allow to stand in weak brine overnight. In the morning drain, cook slowly until the citron is tender; drain again, add the sugar, vinegar and spices. Cook slowly an hour and a half and put away in sterilized jars.

CRANBERRY RELISH

Use 3 cups cranberries, 3 oranges, 3 cups brown sugar, 3 cups seeded raisins, $\frac{3}{4}$ cup vinegar, $\frac{3}{4}$ teaspoon cloves, $\frac{3}{4}$ teaspoon cinnamon. Cut cranberries in halves and wash in strainer to remove as many seeds as possible. Drain. Add orange pulp and rind, sugar, raisins and vinegar. Cook slowly until thick, about 15 minutes. Add spices and cook 5 minutes.

RAW CRANBERRY SAUCE

4 cups cranberries—washed and stem removed

1 apple quartered and cored but not peeled

1 orange—rind and pulp

Put through the food chopper and allow $\frac{3}{4}$ cup sugar to 1 cup of fruit mixture. Mix well, and allow to stand 24 hours before using. Bottle in sterilized air-tight containers.

CORN PICKLE

12 ears corn

2 quarts vinegar

1 tablespoon salt

$\frac{1}{2}$ pound mustard

1 small cabbage

1 cup sugar

1 tablespoon pepper

Cut corn from cobs. Finely shred the cabbage. Mix all ingredients and boil 20 minutes. Bottle while hot.

CORN RELISH

12 ears of corn

1 quart of ripe cucumbers (chopped)

1 quart of ripe tomatoes

1 quart of onions (chopped)

2 red peppers (chopped)

1 green pepper (chopped)

1 teaspoon turmeric powder

1 teaspoon celery seed

4 cups white sugar

5 cups vinegar

$\frac{1}{2}$ cup salt

Cut corn from ears and add to other vegetables which have been put through the mincer. Combine sugar, salt, turmeric powder, and celery seed with vinegar and add to vegetables. Bring all to the boil and cook until corn is tender. Thicken with 1 tablespoon of flour and 1 tablespoon of mustard 5 minutes before taking from the stove.

SWEET MIXED PICKLES

Prepare and salt the vegetables as for sour pickles. Make syrup as follows:—

1 gallon vinegar

2-5 pounds sugar (according to taste)

4 tablespoons whole mixed pickling spice

2 sticks cinnamon

Tie the spices loosely in a muslin bag and boil with the sugar and vinegar for about 5 minutes, then put in the vegetables and boil gently for about 10 minutes. Pack hot into jars and seal at once. More flavour will be obtained from the spices if they are allowed to soak in the vinegar overnight.

SPICED CURRANTS

7 pounds fruit, 5 pounds sugar, 1 pint vinegar, 3 tablespoons cinnamon, 2 tablespoons cloves. Make a syrup of the sugar, spices and vinegar and let cool. Add the fruit, put back over the fire again and cook rapidly from 20 to 25 minutes. Pack in sterilized jars and seal at once.

UNRIPE CUCUMBER PICKLE (GHERKIN)

Wipe 4 quarts small unripe cucumbers. Put in a stone jar and add 1 cup of salt dissolved in 2 quarts boiling water, let stand 3 days. Drain cucumbers from brine, bring brine to boiling point, pour over cucumbers, and again let stand 3 days; repeat. Drain, wipe cucumbers, and pour over 1 gallon boiling water in which 1 tablespoon of alum has been dissolved. Let stand 6 hours, then drain from alum water. Cook cucumbers 10 minutes, a few at a time, in quarter of the following mixture heated to the boiling point, and boil 10 minutes.

1 gallon vinegar

4 red peppers

2 tablespoons allspice

2 tablespoons cloves

2 sticks cinnamon

Strain remaining liquid over pickles which have been put in a stone jar.

SPICED CUCUMBER AND ONION SLICES

1 quart cucumbers, 1 quart onions.

Use cucumbers about 1 to 1½ inches in diameter. Cut cucumber and onions in ½-inch slices and sprinkle with salt. Let stand over night. Drain and wash in cold water. Chill if possible.

Make the following syrup:—

2 cups vinegar	1 teaspoon cinnamon
1 teaspoon salt	1 teaspoon mustard
1½ cups brown sugar	½ teaspoon ginger

Boil together 2 minutes. Add cucumbers and onions, cook 10 minutes. Pack in sterilized jars. Seal while hot.

SWEET CUCUMBER RELISH

3 large green cucumbers (do not peel) 3 medium onions

Put through the chopper. Sprinkle with salt and let stand over night.

Add the following:—

¼ cup finely cut preserved ginger	½ teaspoon salt
1 cup cider vinegar	½ teaspoon cinnamon
½ cup brown sugar	½ teaspoon mustard

Cook all together 10 minutes. Bottle while hot.

CUCUMBERS (FOR SALAD FOR WINTER USE)

Wash, peel and slice cucumbers; pack in a crock in layers beginning with a layer of salt, then a layer of sliced cucumbers until the crock is filled; finish with a layer of salt; put a plate on top and weight. Soak in cold water overnight before using, changing the water several times.

CUCUMBER PICKLE (OLIVE OIL)

1 gallon small firm cucumbers	Vinegar
Salt	½ pint of olive oil
2 teaspoons celery seed	½ teaspoon ground white pepper
3 large onions finely chopped	

Wipe cucumbers thoroughly but do not peel. Slice very thin rounds of cucumber. Place a layer of cucumber, then sprinkle with salt, and repeat. Allow to stand for 4 hours, then drain free from salt. Place cucumbers in layers in containers, sprinkle over each layer some of the spices, chopped onion and a little of the olive oil, repeat until the jar is full. Pour over sufficient vinegar to fill container, add any of the olive oil which may be left. Tie heavy brown paper over the container.

RIPE CUCUMBER PICKLE

Wash and peel large ripe cucumbers. Cut in halves lengthwise and remove the seeds. Cover with water, allowing 1 teaspoon of salt to 1 quart of water, and allow to stand 2 hours. Drain and pour over them the following syrup:—

2 cups brown sugar	1 teaspoon mustard seed
1 large onion, sliced	1 tablespoon crushed ginger root
1 cup vinegar	½ teaspoon salt
1 teaspoon whole cloves	

Boil together 5 minutes, then strain.

The following day drain off syrup, pack cucumbers in jars and pour the re-heated syrup over them. Seal while hot.

DILL PICKLES—FERMENTED PROCESS

Place in the bottom of the jar a layer of dill. Then fill the jar, to within 2 or 3 inches of the top, with washed cucumbers of as nearly the same size as practicable. Add another layer of dill. It is a good plan to place over the top a layer of grape leaves. They have a greening effect on the pickles. Pour over

the pickles a brine made as follows 1 pound of salt, 1 pint vinegar, 2 gallons water. Never use a hot brine at the beginning of a fermentation. The chances are that it will kill the organisms present, thus preventing fermentation. Cover with a board cover or plate with sufficient weight on top to hold the cucumbers below the brine. If the cucumbers are packed at a temperature around 86°F. (the temperature for raising bread) an active fermentation will at once set in. This should be completed in 10 days to 2 weeks, if a temperature of about 86°F. is maintained. The scum which soon forms on the surface and which consists usually of wild yeasts, but often contains moulds and bacteria, should be skimmed off.

After active fermentation has stopped, it is necessary to protect the pickles against spoilage. As soon as they are sufficiently cured, which may be determined by their agreeable flavour and dark green colour, transfer them to glass jars and fill either with their own brine or with a fresh brine made as directed. Add a small quantity of dill. Bring the brine to a boil and, after cooling to about 160°F., pour it over the pickles, filling the jars full. Seal the jars tight and store in a cool place.

The plan of preserving dill pickles by sealing in jars has the merit of permitting the use of a small quantity without the necessity of opening and resealing a large bulk, as is the case when pickles are packed in large containers. A little shaved horseradish root may be added.

SPICED RIPE GOOSEBERRIES

Seven pounds ripe gooseberries, 5 pounds sugar, 1½ cups vinegar, 3 tablespoons ground cinnamon, 2 tablespoons ground cloves. Put all the ingredients over a fire in a granite saucepan, heat slowly, stirring until the sugar is dissolved. Boil for about 20 minutes. Pack away in sterilized jars and seal. The same method may be used with wild gooseberries.

GRAPE CATSUP

4 pounds grapes
¾ pint cider vinegar
1 teaspoon cloves
1 teaspoon salt

1½ pound sugar
2 teaspoons ground cinnamon
1 teaspoon ground allspice

Wash and stem grapes. Place in saucepan with vinegar, and cook for 15 minutes; rub through sieve fine enough to retain the seeds. Boil pulp until thick, add other ingredients and boil half an hour longer. Fill into hot sterilized jars or bottles and seal.

SPICED GRAPES

6 pounds of well flavoured grapes
1½ pints white wine vinegar
½ teaspoon pepper
1 teaspoon mace

1 teaspoon ground cinnamon
8 whole cloves
1 teaspoon ground nutmeg
½ teaspoon table salt

Remove seeds and prepare grapes as for jam. Mix all other ingredients together, bring to the boil, add grapes, simmer very gently for two hours. Seal in sterilized jars.

MUSHROOM CATSUP

Trim mushrooms and salt for 12 hours. Drain, wash, and pulp. To each quart of puree add:

1 pint of vinegar
2 tablespoons ground mace
2 tablespoons mustard

1 tablespoon salt
2 tablespoons whole cloves
2 tablespoons whole allspice } In a muslin bag

Boil gently until thick. Remove bag of spice and bottle hot.

PICKLED ONIONS

- | | |
|---------------------------------------|--------------------------------|
| 1 quart small pickling onions, peeled | 1 teaspoon table salt |
| 1 quart good white vinegar | 2 teaspoons whole pepper-corns |

Bring vinegar and seasoning to boiling point, remove any scum, put in onions, simmer for 3 minutes, or until onions look transparent. Pour into sterilized sealers and seal.

PEPPER RELISH

- | | |
|------------------------|----------------------|
| 12 large onions | 12 large red peppers |
| 12 large green peppers | 1 head celery |

Chop exceedingly fine, cover with boiling water, slightly salted. Let stand 10 minutes, then drain. Do this three times, the last time pressing in a cloth. Add 1 quart of vinegar, 3 cups sugar and cook slowly 1 hour.

SPICED RHUBARB

- | | |
|--------------------------|-----------------------|
| 8 pounds of rhubarb | 3 pounds brown sugar |
| 1 pint vinegar | 1 teaspoon salt |
| 1 teaspoon pepper | 1 tablespoon cinnamon |
| 1 teaspoon ground ginger | |

Wipe rhubarb, cut into small pieces, but do not peel. Boil all ingredients together till rhubarb is soft. Seal in sterilized jars.

GREEN TOMATOES PICKLED WHOLE

- | | |
|------------------------------------|---------------------------------------|
| 1 peck of small green tomatoes | $\frac{1}{4}$ teaspoon cayenne pepper |
| 1 quart boiling water | 1 teaspoon cinnamon |
| $\frac{3}{4}$ cup of pickling salt | 1 teaspoon mixed spice |
| 1 quart vinegar | 1 teaspoon celery seed |
| 3 pounds of brown sugar | 10 whole cloves |

Dissolve salt in boiling water, put in a few tomatoes at a time and boil for 12 minutes, remove each tomato carefully with a wooden spoon to prevent spoiling shape, drain thoroughly and pack in jars. Tie spices in a muslin bag, put into the vinegar, add sugar and boil until slightly thickened, remove spice bag, pour liquid over tomatoes, filling sealers full, and seal tightly.

GREEN TOMATO MINCEMEAT

- | | |
|-----------------------|----------------------|
| 1 peck green tomatoes | 2 teaspoons cinnamon |
| 1 peck apples | 2 pounds raisins |
| 6 pounds brown sugar | 2 teaspoons cloves |
| 2 pounds currants | 2 teaspoons allspice |

Cook 3 hours—Seal while hot.

GREEN TOMATO PICKLE

- | | |
|-------------------------|-----------------|
| 4 quarts green tomatoes | 4 green peppers |
| 4 small onions | |

Slice the tomatoes and onions, sprinkle with $\frac{1}{2}$ cup of salt and leave overnight in a crock. The next morning drain off the brine. Put in a preserving kettle 1 quart of vinegar, 1 level teaspoon each of black pepper, mustard seed, celery seed, cloves, allspice and cinnamon and $\frac{3}{4}$ cup of sugar. Bring to a boil and add the prepared tomatoes, onions and peppers, cook slowly for 30 minutes. Fill jars and seal.

TOMATO CATSUP

- | | |
|--|-----------------------------|
| 10 pounds tomatoes | $\frac{1}{4}$ quart vinegar |
| $\frac{1}{4}$ pound salt | $\frac{1}{4}$ pound sugar |
| $\frac{1}{2}$ ounce whole cloves | 1 ounce whole allspice |
| $\frac{1}{2}$ ounce whole pepper-corns | $\frac{1}{4}$ ounce cayenne |

Simmer tomatoes until soft and then make puree by brushing through a fine sieve. Tie the whole spices loosely in a muslin bag. Boil until quite thick, using preferably, an enamelled vessel. Bottle and seal hot.

CHILI SAUCE

- | | |
|-----------------------------|----------------------|
| 12 tomatoes | 1 onion |
| 6 apples (cored and peeled) | 2 green peppers |
| 1 bunch celery | 3 cups vinegar |
| 2 red peppers | 3 teaspoons cinnamon |
| 1½ cup sugar | ½ teaspoon allspice |
| 1 teaspoon ginger | 1 tablespoon salt |

Chop and mix all together and boil 1½ hour.

CHILI SAUCE AND COCKTAIL FROM ONE RECIPE

- | | |
|---------------------|-----------------------|
| 18 large tomatoes | 3 sweet red peppers |
| 2 onions | 3 sweet green peppers |
| 1 small head celery | 2 tablespoons salt |
| 4 tablespoons sugar | ½ cup vinegar |

Boil all together 20 minutes, then turn into a colander. Strain without stirring.

Return juice to kettle and boil 5 minutes. Bottle for cocktail.

To the solid pulp.

- | | | |
|--------------------|-------|----------------------|
| 1 cup vinegar, and | In { | A small piece ginger |
| | a { | 8 cloves |
| | bag { | 1 stick cinnamon |

Boil until thick. This makes a much better coloured, better flavoured pickle with less boiling than the ordinary method.

1. TOMATO COCKTAIL

- | | |
|-----------------------|-----------------------|
| 18 ripe tomatoes | 1 sweet red pepper |
| 1 cup chopped celery | 2 tablespoons salt |
| ½ cup chopped onions | 2 tablespoons vinegar |
| 3 sweet green peppers | ½ cup sugar |

Wash and cut tomatoes, but do not peel. Chop the peppers finely. Mix tomatoes, celery, onions, peppers and salt together. Boil for one-half hour. Strain through a coarse sieve. Add the vinegar and sugar. Boil 3 minutes. Seal in sterilized jars.

2. TOMATO COCKTAIL

- | | |
|---------------------|-------------------------|
| 1 bushel tomatoes | ½ teaspoon white pepper |
| 1 small head celery | 1 cup chopped onions |
| ½ cup vinegar | 4 teaspoons salt |

Boil all together 20 minutes. Strain and boil 5 minutes. Bottle and seal.

FIVE FRUIT SAUCE

- | | |
|-------------------------------|---------------------------|
| 20 tomatoes (peeled) | 5 cups sugar |
| 6 apples (peeled and cored) | 2 sticks cinnamon |
| 6 pears (cored) | 1 tablespoon whole cloves |
| 6 peaches (peeled and pitted) | 1 tablespoon mixed spice |
| 1 pint pitted plums | 2 tablespoons salt |
| 3 red peppers (seeds removed) | 1 quart vinegar |

Boil 2 hours. Makes 7 pint jars.

UNCOOKED VEGETABLE SALAD PICKLE

- | | |
|--|------------------------|
| 1 peck ripe tomatoes | 4 tablespoons cinnamon |
| 4 large red peppers | 2 tablespoons cloves |
| 12 onions (chopped by hand,
not too fine) | 2 teaspoons pepper |
| 3 cups sugar | 1 teaspoon red peppers |
| 2 cups salt | 4 stalks celery |
| | 2 quarts vinegar |

Put salt over chopped vegetables and let stand overnight. Drain well. This is most important as otherwise a very juicy mixture will result. Then pour over the vinegar and other ingredients; mix well and bottle.

VEGETABLE MARROW CHUTNEY

5 pounds vegetable marrow
 1 cup salt
 3 teaspoons mustard
 1 pound small onions, chopped fine
 1 teaspoon ground ginger

$\frac{1}{2}$ cup brown sugar
 3 red peppers
 $3\frac{1}{2}$ pints of malt vinegar
 2 teaspoons turmeric

Peel a ripe vegetable marrow, cut in half and scoop out all seeds and stringy parts. Cut the marrow into small pieces. Cover with salt and leave for 12 hours. Mix mustard and turmeric with a little of the vinegar, then add the remainder of the vinegar and all the other ingredients, except the marrow, and boil together for 15 minutes. Drain marrow, add to boiled mixture, cook till soft. Pour into sterilized jars and seal.

WINTER SALAD

1 cauliflower
 $\frac{1}{2}$ cabbage
 1 cucumber (large)
 1 quart onions
 1 quart green tomatoes
 2 heads celery

2 quarts vinegar
 1 cup flour
 3 cups brown sugar
 1 teaspoon turmeric
 1 teaspoon celery seed
 $\frac{1}{2}$ cup mustard

Prepare all vegetables by putting them through the food chopper. Allow to stand in salt brine overnight.

Then boil for 10 minutes in brine and strain.

Boil vinegar, mix flour, brown sugar, mustard, turmeric and celery seed in enough cold vinegar to make a paste, add to hot vinegar and boil until it begins to thicken. Pour over vegetables, mix well and bottle.

YELLOW SWEET PICKLES

1 quart ripe cucumber
 3 quarts apples

1 quart onions
 3 red peppers

Put all through the mincer, sprinkle with salt and let stand overnight. Next morning drain and add $1\frac{1}{2}$ quarts vinegar, and 8 cups brown sugar. Bring to boiling point. Make a paste of $\frac{3}{4}$ cup flour, $\frac{1}{4}$ cup mustard, and $\frac{1}{2}$ ounce turmeric, enough water to mix. Add this mixture slowly to the pickles. Boil 8 minutes stirring constantly. Pour into sterilized jars and seal.

BREAD AND BUTTER PICKLE

1 quart small white onions
 1 quart chopped onions
 1 quart gherkins
 1 quart large cucumbers chopped
 1 cauliflower broken in small pieces
 1 large head celery chopped
 3 green peppers chopped

2 quarts vinegar
 3 cups brown sugar
 $\frac{3}{4}$ cup flour
 1 cup mustard
 $\frac{1}{2}$ ounce turmeric
 $\frac{1}{4}$ ounce celery seed
 $\frac{1}{4}$ ounce mustard seed

Mix vegetables with 1 cup salt and 3 cups boiling water. Let stand over night. Drain well. Add vinegar, sugar, celery seed and mustard seed. Cook 10 minutes. Make a paste of flour, mustard and turmeric with cold water. Stir into pickle very slowly. Cook 5 minutes. Seal in sterilized bottles.

WATERMELON PICKLE

2 pounds watermelon rind
 2 pounds sugar
 2 cups vinegar
 2 cups water

1 tablespoon cloves
 2 sticks cinnamon
 1 teaspoon allspice

Cut watermelon rind in 1-inch squares. Remove peel and pink part. Add $\frac{1}{4}$ cup salt and 1 quart water. Soak over night. Drain off brine. Add fresh water and cook until tender. Add vinegar, sugar and spices. Cook until clear. Seal in hot sterilized jars.

THE SALE OF HOME-MADE JELLIES, JAMS, AND PICKLES

If home-made jams, jellies or pickles are to be sold out of the province in which they are made a permit must be obtained from the Fruit and Vegetable Division, Marketing Service, Department of Agriculture, Ottawa, Ont.

SCORE FOR JUDGING MARMALADES, CONSERVES, ETC.

Evenness and distribution of solids.....	15
Colour.....	10
Clearness.....	15
Consistency and texture.....	25
Flavour.....	35
Total.....	100

SCORE FOR JUDGING JELLY

Appearance	
Clearness 15 }	
Colour 15 }	30
Consistency.....	35
Flavour.....	25
Container (label, size of jar, seal).....	10
Total.....	100

SCORE FOR JUDGING PICKLES

Appearance.....	15
Texture.....	30
Flavour.....	45
Package (container, label).....	10
Total.....	100

