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Home Service News

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Canning Season

NOW, when your victory garden is yielding supplies of fresh fruits and vegetables, is the time to begin preserving and canning them for future use. The chances are that you've raised more than you can possibly eat now . . . so put them up to help your winter ration coupons go further. Start canning now so that you and your family can enjoy the fruits of your victory garden throughout the winter.

SINCE canning is of even more importance these last few years than ever before, and since many more housewives are contemplating preserving and canning, we have devoted this issue of the Home Service News entirely to canning recipes by Mrs. M. A. Foulds of our Home Service Department.

Causes of Spoilage in Canned Foods

1. Imperfect container or lid, which prevents perfect seal.
2. Poor rubber.
3. The use of dirty, over-ripe or decaying products.
4. Too slow heating before boiling point is reached.
5. Too slow cooling.
6. Poor storage—too warm or too damp.

Syrup for Fruits

Thin Syrup—1 c. sugar to 3 c. water.
Medium Syrup—1 c. sugar to 2 c. water.
Heavy Syrup—1 c. sugar to 1 c. water.
Stir all together and boil 5 min.

Without Sugar

All fruits may be successfully canned without sugar. Use boiling water instead of syrup. All lids should be put into boiling water. Rubbers should be scalded. Lids should be screwed on firm unless where glass tops are used. Glass top jars are best if screwed up tight and then loosened one turn. Do not disturb lids when cooking is finished, wait until product is cold, then test.

Strawberry Jam (Doing only 2 boxes at a time)

2 Boxes strawberries, 4 c. sugar, 1/3 c. lemon juice. Place in preserving pan all together. Do not stir. Boil fast, after coming to the boil, for 11 minutes.

Cherry Jam

Sound ripe cooking cherries, an equal quantity of sugar. To each pound of fruit allow 1/4 pint red currant juice or water, or the two mixed. Remove the stones, keeping the cherries as whole as possible and preserve the kernels, put the red currant

juice or water into a preserving pan with the sugar and boil to a syrup. Add the cherries and kernels, and simmer gently until the cherries are tender, but not broken, and the juice jells almost immediately when a little is poured on a cold plate. Pour into jars, seal, store in a cool dry place.

Greengage Jam

To each pound of fruit allow 3/4 lb. of sugar. Remove the stalks and stones, crack a few of the stones and put the kernels aside. Cover the bottom of a preserving pan to the depth of 1/2 inch with cold water. Put in the fruit and kernels, bring slowly to the boiling point, and boil gently for about 15 minutes. Meanwhile warm the sugar, and add it gradually to the fruit. The boiling point must be continued until the jam sets quickly when tried on a cold plate. Bottle and seal.

Damson Jam

To each pound of fruit allow 3/4 lb. of sugar. Remove the stalks, put the fruit and sugar into a preserving pan, put over a slow heat until some of the juice is extracted, then bring slowly to a boiling point, stirring to prevent sticking. Boil gently for about 45 minutes or until the jelly when tested on a cold plate stiffens readily. Pour into jars and seal.



Black Currant Jam

To 3 c. berries, add 2 c. water, boil 20 min. Add cup for cup of sugar and fruit. Boil 5 minutes.

Maraschino Cherries

4 1/2 lbs. of cherries (pitted). Soak for 24 hours in a brine of 1 tsp. of alum and 1 Tb. of salt to every quart of water. Next day, drain and wash them well. Make a syrup of 3 c. sugar to 1 c. of water and 1 oz. cochineal. Bring to a boil. Pour over the cherries, let stand for 24 hours, bring to a boil again, let stand 24 hours. Third day add 1 oz. almond flavouring, 1 Tb. lemon juice. Bring all to a boil and bottle.

Apricots

Peel, halve and pit, pack to within 1 inch of top of jar. Cover with boiling thin syrup or water. In oven use bottom element only, heat to 275 deg. for approximately 1 hour or allow 55 minutes for water bath. Follow directions given with pressure cooker. Usually at a pressure of 10 lbs. for 6 to 8 minutes.

Cherries

Wash, stem, pack. Cover with boiling water or syrup. Cook in the water bath 20 minutes, or in the oven 35 minutes at 275 deg.

Gooseberries

Wash, pack in jars; fill with boiling water or syrup, cook at 275 deg. 30 minutes or in the boiler 20 minutes.

Pears

Pare, halve; remove core. Put in water with a little salt (about 1 Tb. to a quart) when all is prepared. Pack tightly in sterilized jars to within an inch of the top, pour a thin or medium syrup over them.

Put on scalded lids and process in the oven 275 deg. 30 minutes. Or in the boiler 20 minutes.



Peaches

Immerse in boiling water three minutes, doing only a few at a time. Cold dip, peel, put into cold salted water until there is enough to fill one or two jars. Pack in jars, add boiling water or syrup. Cook in the oven at 275 deg. 35 minutes, or in the boiler 25 minutes.

Raspberries

Wash, if necessary, pack in jars, cover with boiling medium syrup. Cook in oven 30 minutes at 275 deg. or in the boiler 20 minutes.

Rhubarb

Wash, cut in suitable pieces. Blanch 1 minute, cold dip, pack, cover with boiling medium syrup, cook in the oven 20 minutes at 250 deg. or in the boiler 15 minutes.

Apple Sauce

Wash apples, cut and cook with skins on in preserving pan with lid on. When soft, put through a strainer. Fill sterilized jars to within one inch of top. Put scalded lids on, cook for 15 minutes in boiler, or in the oven at 275 deg. about 20 minutes. This is good for making pies or desserts and requires very little sugar.



Plums

Wash, prick skins, pack cold. Cover with boiling syrup. Cook in the oven 45 minutes at 275 deg. If small, 35 minutes will be sufficient. In the boiler 35 minutes.

Canning Strawberries

To each quart of strawberries, add 1 c. sugar and 2 Tb. water. Let stand to draw the juice, then boil slowly for 15 minutes.

Let stand overnight. In the morning lift the strawberries out and pack in the jars. Heat the juice to boiling and pour over the strawberries in the jars (this prevents strawberries rising to the top). Any left-over syrup can be bottled for winter use. In water bath it takes 10 minutes per pint and 15 minutes per quart. In oven the same cooking time at a temperature of 275 deg.

★Vegetables

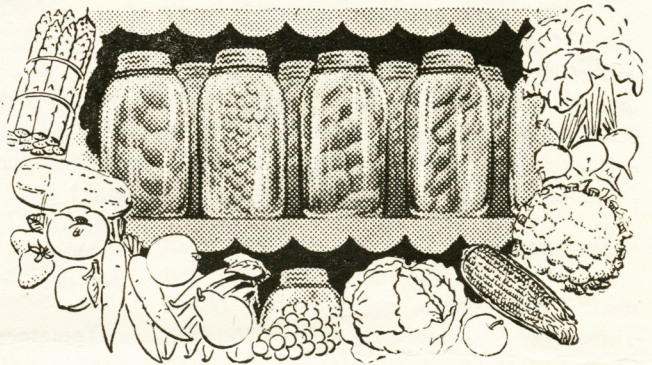
Asparagus: Select tender asparagus and proceed with the canning no later than 5 hours after it has been taken from the garden. Remove the hard portions at the end of the stems, and cut the trimmed stems into pieces the length of the jars into which they are to be placed. If preferred, the asparagus may be cut into small pieces, wash the cut asparagus thoroughly in cold water and then sort out the uneven pieces that were cut off in making the stems even in length. These may be canned separately for soup. Lay the stems of asparagus in an orderly pile in a colander or wire basket, cover it, and place it in a large vessel where it may be kept completely covered with boiling water for 5 minutes. Then pack it neatly into the jars, keeping the tip ends up, add 1 tsp. salt to each quart jarful and pour boiling water into each jar until the asparagus is covered. Adjust the covers which should be thoroughly scalded. Cook for two hours in the water bath or in a pressure cooker at 10 lbs. pressure for 40 minutes or in the oven at 275 deg. using bottom element only for two hours, or if asparagus is thick, 2½ hours.

String Beans: String beans of any variety should be canned as soon as they are gathered. If the beans to be canned are not the stringless variety, prepare them by

stringing them, cut them into inch lengths or slantwise. When thus prepared, blanch them in live steam 10 to 15 minutes and pack into the prepared jars. Add a tsp. salt to each jarful, fill the jars with boiling water, use same time for cooking as asparagus.

Peas: Peas for canning should be well formed and tender. They should be canned as soon as possible after picking. Proceed by shelling the peas, blanch the shelled peas in live steam for 5 to 10 minutes or dip in and out of boiling water for 5 minutes. Pack the peas into the prepared jars, fill to first rim of jar, add 1 tsp. of salt to each quart, cover peas with boiling water, put lids on and cook in the water bath for 2½ to 3 hours, in the pressure cooker for 1 hour at a 10 lb. pressure, or in the oven at 275 deg. 3 hours. Boiling water that is used for peas can have some fresh mint boiled in it. This helps to flavour the peas.

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Vegetables—Continued

Carrots: Use only small young carrots, wash and boil 5 minutes, cold dip and slip off skins, pack whole or cut up and put in jars, add ½ tsp. of salt to 1 pint. Fill to first rim with carrots and boiling water. Process in water bath 1½ hours or in the pressure cooker at 10 lbs. 40 minutes; in oven at 275 deg. 2 hours.

Lima or other Shelled Beans: Select tender beans, shell and blanch from 5 to 10 minutes in boiling water. Pack the jars to within ½ inch of top of jar, add 1 tsp. salt and cover beans with boiling water. Put scalded lids on and boil 2½ hours in water bath or 1 hour in pressure cooker at 10 lbs. pressure.

Succotash: Of course, succotash is not a vegetable, but the name of a food that results from combining corn and beans. These vegetables may be canned together to make for variety in the winter's food supply, or each may be canned separately and combined later. Clean the ears of corn, then blanch them for 5 minutes, also remove lima beans from the pods and blanch for 10 minutes; then cut and scrape the corn from the cobs and mix it with an equal quantity of the beans; pack the mixture into jars to within ½ inch of the top, add 1 tsp. of salt to a quart, fill the jars with boiling water, put on scalded lids or rubbers. In the water bath boil for 2½ hours; in the pressure cooker for 50 minutes at a pressure of 10 lbs., or in the oven at 275 deg. for 2½ hours.

Tomatoes: For canning, firm tomatoes should be selected if possible as they will keep their shape better than those which are very ripe. If some are soft, they should be sorted out and canned for soup, or for making catsup. After washing the tomatoes, blanch them, they should be blanched from 1 to 3 minutes or just long enough to loosen the skin. After blanching dip them quickly into cold water and remove the



skins. Pack the tomatoes into prepared jars, fill them with boiling water, or boiled tomato juice, add 1 tsp. of salt to each quart jar. Put on scalded lids or rubbers. Boil for 22 minutes in a water bath or for 10 minutes at a pressure of 10 lbs.; oven at 275 deg. for 22 minutes.

Tomatoes for Soup: If there are soft tomatoes at hand, or if tomatoes are canned by open-kettle method, quantities of tomato juice will be available, such material as this may be put through a sieve and boiled down for winter use in the making of soups, etc. It may be canned simply by pouring the boiling juice into sterilized jars and sealing them immediately.

Tomatoes and Corn: An excellent food combination results from combining stewed tomatoes with corn. Such a combination may be canned safely by either the open kettle or the cold-pack method. The acid of the tomatoes helps to keep the corn, but the combination requires longer cooking than just plain tomatoes. Prepare each vegetable as for canning separately but, if desired, cut the tomatoes into pieces. Mix the two foods in any desired proportion, and for the cold pack method put the food into sterilized jars; add 1 tsp. of salt to each quart but no water. Then put on scalded lids, cook the jars of foods in the water bath 2½ hours; in the pressure cooker 35 minutes at 10 lbs. pressure.

Tomato Juice: Wash, cut up and cook tomatoes, strain through a sieve or fine strainer, put juice in sterilized jars with scalded lids on to within ½ inch of top. Do in water bath 20 minutes, or in oven 20 minutes at 275 deg.

Beets: Wash and cut tops off 2 inches above beet. Blanch in boiling water 15 minutes. Cold dip, remove skins, pack in sterilized jars, add 1 tsp. salt and fill to within ½ inch of top with boiling water. Cook in water bath 2 to 2½ hours, according to size, or in the pressure cooker 40 minutes at 10 lbs. pressure; in oven 2 to 2½ hours at 275 deg.

Nasturtium Seeds Pickled: Ingredients: Nasturtium seeds, vinegar to cover them. To each pint of vinegar add 1 Tb. salt, 6 peppercorns.

Method: Boil the vinegar, salt and peppercorns together, and when cold, strain it into wide-necked bottles. Gather the seeds on a dry day, put them into the vinegar and cork closely. These pickled seeds form an excellent substitute for capers. They are ready for use in about three months and can be kept with safety for a much longer time.

Pickled Onions, clear: Choose the small white round onions. Remove the outer skin. Have ready a stewpan of boiling water, throw in as many onions as will cover the surface as soon as they are clear on the outside; lift them as quickly as possible and put them on a clean cloth; cover closely with another and scald some more. Proceed till all are scalded, let lie and allow to cool, then put them in bottles. Pour over them the best white vinegar, which has been boiled and cooled. Cover. Should the outer skin of any of them be shrivelled, peel off as they should look quite clear.

Another way to pickle onions: Boil white vinegar with a few peppercorns and let get cold. Peel onions and put in salt and water in the proportion of 1 Tb. to a quart. When all are peeled lift out of the salt and water,

put in clean jars, pour cold vinegar over. Seal.

To Can Salmon

Draw fish, then scale, being careful not to break the skin which would cause a loss of oil or fat. When cleaned, cut into suitable pieces (leave in back bone), pack into prepared jars. Use 1 tsp. of salt to a quart jar and 1 tsp. of olive oil (2 Tb. of vinegar if desired). Put on rubbers and lids, screwing lid tight (unless Perfect Seal or glass top bottles are used). With Perfect Seal use clamp up, and with other glass tops screw tight and give a turn backwards. Process in water bath 4 hours or in the oven at 250 deg. 4 hours.

Mint Jelly

2 lbs. sour apples, water to about 3 parts cover, 1 pint brown vinegar. Slice but do not peel the apples. Cook, strain through a jelly bag or fine strainer, mix with the vinegar. To each pint of liquid allow 1 lb. of sugar and 2 Tb. finely chopped mint. Boil the sugar and juice together until mixture sets when tried on a cold plate. About 10 minutes fast boiling should be sufficient, then stir in the mint, pour into small jars and seal as for jam.

Salting

String Beans: String, shred the beans and allow 5 lbs. common cooking salt to 20 lbs. beans, put a layer of salt in crock, not a thick layer, then a layer of beans, until the salt and beans are all used up, saving a layer of salt for the top; put a plate on top and a weight on the plate. If the juice is not extracted within 48 hours, make a brine by dissolving 1 lb. of salt in 2 quarts water, adding this until it comes above the plate, put a lid on or cover and stand in a cool dry place. When ready for use, wash in several clear waters and soak about 2 hours. Overnight soaking is inclined to toughen beans. Cook in the usual way.

**B. C. Electric Sulphate of Ammonia—
for your Lawn and Garden.**