



## *Tempting Desserts Despite Rationing*

Under our present rationing system, providing the family with tempting desserts is not the least of our menu planning problems. Not only sugar, but also many of the other materials that go in to the making of good desserts, are rationed and scarce. Yet desserts are needed to round out rationed menus, and often there are lunches to pack for the war worker. Also, to most families, dessert is dessert, and they like it!

Most of us are finding that after stewed fruits and applesauce are sweetened, and sugar served on cereal and in beverages there is little left over for desserts. The problem, then, is to find desserts that use as little sugar and shortening as possible and yet provide a considerable amount of food value and appetite appeal. It is a large order, yet attractive desserts are possible, even under present conditions.

Perhaps the first step in solving the dessert problem is deciding that our desserts cannot be the same as in normal times, and that in baking cakes and cookies, it is not possible to merely substitute some form of syrup, honey or molasses in any of our favorite before-the-war recipes and expect the finished product to be entirely satisfactory. That cannot be done for the simple reason that sugar, as a dry ingredient, does not behave in the same manner as do these liquid forms of sweetness. Therefore, it is wiser to use recipes tested to include other sweeteners, or to substitute for only a portion of sugar in a recipe. Generally speaking, in baking cakes and cookies, one half the sugar can be replaced with some other sweetening. Below are suggestions for saving sugar in cakes, pies and other desserts.

Vegetable shortening or chicken fat can replace all or part of the butter in cakes, cookies or other desserts.

### **SUGGESTIONS FOR USING LESS SUGAR**

#### **Cakes and Drop Cookies**

For 1 cup granulated sugar, use: Maple-flavored syrup or corn syrup— $\frac{1}{2}$  cup plus  $\frac{1}{2}$  cup granulated sugar. Reduce liquid 2 tablespoons.

Molasses (light or dark), honey, or sorghum, if available— $\frac{1}{2}$  cup plus  $\frac{1}{2}$  cup granulated sugar. Reduce liquid 2 tablespoons. Add  $\frac{1}{8}$  teaspoon baking soda in cakes.

Brown sugar or maple sugar—1 cup, firmly packed.

Mixing method—No change when brown or maple sugar is used. Add other sweetenings to creamed shortening and sugar.

#### **Muffins**

For granulated sugar—substitute any of the mentioned sweetenings directly.

Mixing method—Add substitute sweetening to liquid ingredients.



## Fruit Pies

For 1 cup granulated sugar, use: Molasses (light or dark), honey, brown sugar, or maple sugar—1 cup.

Maple-flavored or corn syrup— $\frac{1}{2}$  cup plus  $\frac{1}{2}$  cup granulated sugar.

Mixing method—Mix syrup, molasses, or honey with prepared fruit before placing in pie shell. (This avoids soaking the pastry.)

## Ice Cream

For 1 cup granulated sugar, use: Honey, brown sugar, maple sugar, or maple-flavored syrup—1 cup.

Corn syrup— $1\frac{1}{2}$  cups.

Molasses and sorghum, if available— $\frac{1}{2}$  cup plus  $\frac{1}{2}$  granulated sugar.

## Blancmange (Cornstarch Pudding)

Use any substitute plus an equal amount of granulated sugar.

## Fruits

Sweeten with a substitute according to taste.

## Measuring

Use corn syrup, honey and molasses at room temperature so they'll pour readily into greased measuring cups. When cold, these sweetenings are stiff and difficult to pour.

## Baking

Temperatures for baking cookies, cakes, muffins, and pies made with sugar substitutes remain the same. If honey is used, grease pans well to prevent sticking.

## VICTORY CHOCOLATE CAKE

$1\frac{1}{2}$  cups all-purpose flour

1 teaspoon soda

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

$\frac{1}{3}$  cup shortening

$\frac{1}{2}$  cup brown sugar (firmly packed)

$\frac{3}{4}$  cup dark corn syrup

1 egg, well beaten

1 square unsweetened chocolate,  
melted

1 teaspoon vanilla

$\frac{3}{4}$  cup buttermilk or sour milk

Sift flour, measure, add soda and salt, and sift together twice. Cream shortening until soft. Add brown sugar gradually and continue creaming until light and fluffy. Stir in corn syrup slowly. Add egg in two portions, beating well after each addition. Stir in melted chocolate and vanilla. Add sifted dry ingredients alternately with buttermilk and stir gently to mix after each addition. Line a tube pan, 9 inches in diameter, or loaf pan  $9 \times 5 \times 2\frac{1}{2}$  inches, with waxed paper. Grease sides of pan and over waxed paper. Pour in batter and bake in a moderate oven of 350 degrees F. for 45 minutes, or until an inserted toothpick comes out clean. Cool in pan at least 10 minutes before removing to cooling racks. Frost with any desired frosting.

## MAPLE GINGERBREAD

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

1 cup maple syrup

1 egg

2 cups flour

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

$\frac{1}{2}$  teaspoon soda

1 teaspoon ginger

$\frac{1}{2}$  cup sour milk

$\frac{1}{2}$  lemon, rind and juice

Cream shortening until of whipped-cream consistency. Add maple syrup slowly, blending it in well. Add beaten egg. Sift flour, measure and sift with salt, soda, and ginger. Add to first mixture alternately with sour milk. Add lemon juice and grated rind. Turn into a well-greased shallow pan,  $8 \times 12$ , or into individual cup-cake pans, and bake in a moderate oven of 350 degrees F. for 50 minutes for the large cake, and 25 minutes for the cup cakes. Remove from oven, let stand a few minutes, then remove from pans.



## VICTORY SPICE CAKE

2 teaspoons baking powder  
2 cups all-purpose flour  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon cloves  
 $\frac{1}{2}$  teaspoon allspice  
 $\frac{1}{2}$  teaspoon nutmeg

$\frac{1}{2}$  cup shortening  
 $\frac{1}{2}$  cup brown sugar, firmly packed  
 $\frac{3}{4}$  cup corn syrup (dark)  
2 eggs, well beaten  
 $\frac{3}{4}$  cup milk

Sift flour and measure. Add baking powder, salt, cloves, allspice and nutmeg and sift together twice. Cream shortening until soft; add brown sugar gradually. Slowly stir in the corn syrup. Then add well-beaten eggs in four portions and blend each portion thoroughly with the creamed mixture. Add the sifted dry ingredients alternately with the milk, stirring after each addition. Line two 8-inch layer cake pans with waxed paper. Grease sides of pans and cover waxed paper. Pour in batter and bake in a moderately hot oven of 375 degrees F. for 25 minutes, or until an inserted toothpick comes out clean. Cool in pans at least 10 minutes before removing to cooling racks. Frost cake, or put together with fruit jams, as desired.

## SOUR CREAM CAKE

(While this cake calls for rich sour cream, it can be made with sour top milk. In that case it will be good but it will not keep as well as when sour cream is used.)

1 cup sour cream  
1 cup sugar  
2 eggs  
1 teaspoon vanilla

$1\frac{3}{4}$  cups cake flour  
 $1\frac{3}{4}$  teaspoons baking powder  
 $\frac{1}{4}$  teaspoon soda  
 $\frac{1}{4}$  teaspoon salt

Beat the cream, then beat in sugar gradually. Add eggs, one at a time, beating thoroughly after the addition of each. Sift flour, measure and resift with baking powder, soda and salt. Stir flour mixture gradually in about four portions, into the cream mixture, stirring just until smooth after each addition. Do not overmix. Add vanilla. Bake in a greased 8-inch tube pan or in two 8-inch layer pans, the bottoms of which have been greased and lined with waxed paper. Bake in a moderate oven of 375 degrees F. for a loaf cake, or 350 degrees F. for layers. Bake the loaf cake for about 35 minutes and the layers for 25 minutes, or until done. Frost with Chocolate Icing, Boiled Icing or Seven Minute Icing. A good batter for upside down cakes.

## EGGLESS, BUTTERLESS, MILKLESS CAKE

2 cups brown sugar  
2 cups hot water  
2 tablespoons shortening  
1 teaspoon salt  
1 teaspoon cinnamon

1 teaspoon cloves  
3 cups all purpose flour  
1 teaspoon soda  
1 package seedless raisins

Boil together the sugar, water, shortening, salt, raisins, and spices for 5 minutes. When cold, add flour and soda dissolved in a teaspoonful of hot water. This makes 2 loaves. Bake about 45 minutes in a 325 degrees F. oven. This cake is of good texture and will keep moist for some time.

## MOCK ANGEL CAKE

1 cup sugar  
 $1\frac{1}{2}$  cups cake flour  
 $\frac{1}{4}$  teaspoon salt  
3 teaspoons baking powder

$\frac{2}{3}$  cup scalded milk  
1 teaspoon vanilla  
2 egg whites

Mix and sift first four ingredients 4 times. Add the scalded milk (hot) gradually, stirring gently. Add flavoring. Fold in egg whites beaten until stiff, but not dry. Turn into an ungreased angel cake pan and bake for about 45 minutes in a moderate oven of 350 degrees F. This cake is better if kept 24 hours before serving.



## SPONGE CAKE MADE WITH YOLKS

(A good quick little cake. It may be used for strawberry shortcake, layer or loaf cake.)

$\frac{3}{4}$  cup cake flour  
3 egg yolks  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{8}$  teaspoon salt  
 $\frac{1}{4}$  cup boiling water

2 teaspoons baking powder  
1 teaspoon vanilla or  
 $\frac{1}{2}$  teaspoon grated orange or lemon  
rind

Beat egg yolks until light and lemon-colored. Add sugar and salt gradually, beating them in. Add boiling water. Sift flour, measure and resift with baking powder. Add flour mixture gradually to egg mixture, stirring gently to mix. Add flavoring. Bake the cake in an 8-inch layer pan or a small loaf or tube pan in a moderate oven of 350 degrees F. for about 30 minutes. Split and spread the layers with jelly, stewed or fresh fruit or with any desired filling.

## Cookies

### CHOCOLATE CHIP HONEY COOKIES

$\frac{1}{2}$  cup shortening  
 $\frac{1}{2}$  cup honey  
1 small egg  
1 cup sifted flour  
1 teaspoon baking powder

$\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon vanilla  
 $\frac{1}{2}$  cup semi-sweet chocolate chips  
 $\frac{1}{4}$  cup nut meats chopped

Cream shortening and honey until light and fluffy. Add egg and beat well. Sift flour, baking powder and salt twice. Add flour mixture to butter mixture; then add vanilla and blend all well. Fold in chocolate chips and nuts. Chill and drop by teaspoonsfuls on greased cookie sheet. Bake in a moderate oven of 375 degrees F. for 12 minutes.

### HONEY NUT BROWNIES

2 eggs  
 $\frac{1}{2}$  cup honey  
2 ounces unsweetened chocolate  
 $\frac{1}{4}$  cup butter or mild flavored fat  
 $\frac{1}{2}$  cup sugar

$\frac{1}{2}$  cup flour  
 $\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{4}$  teaspoon salt  
1 cup chopped nuts, when available  
 $\frac{1}{2}$  teaspoon vanilla, when available

Melt butter and chocolate together. Add honey. Add to well beaten eggs. Sift together flour, baking powder, salt and sugar and stir into the first mixture, being careful not to overmix. Add chopped nuts and vanilla. Spread  $\frac{1}{2}$  inch thick in a shallow pan, the bottom of which is lined with paper. Bake in a slow oven of 300 degrees F. for 35 minutes, or until done. Invert pan, remove wax paper and cut into squares.

### HONEY HERMITS

$\frac{1}{2}$  cup shortening  
1 cup honey  
 $\frac{1}{2}$  cup brown sugar  
2 eggs, well beaten  
3 tablespoons milk  
 $2\frac{1}{4}$  cups flour  
1 teaspoon baking soda

$\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon allspice  
1 cup seedless raisins  
1 cup currants  
1 cup dates, when available  
 $\frac{1}{2}$  cup nuts, when available

Cream shortening, add honey and sugar, then well beaten eggs, milk and dry ingredients, and fruit and nuts. Drop from teaspoon onto a greased cookie sheet, bake in a moderately hot oven of 400 degrees F. for 10 or 12 minutes. Makes about  $7\frac{3}{4}$  dozen.

### PEANUT BUTTER DROP COOKIES

1 cup all-purpose flour  
 $1\frac{1}{2}$  teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  cup fat

$\frac{1}{2}$  cup peanut butter  
 $\frac{1}{2}$  cup sugar  
2 eggs  
 $\frac{1}{3}$  cup milk



Sift flour, measure and sift with baking powder and salt. Cream fat and peanut butter together. Add sugar gradually, creaming the while. Add well-beaten eggs. Mix thoroughly. Add flour alternately with milk. Drop from tip of a teaspoon onto a cookie sheet. Bake in a hot oven of 400 degrees F. for 8 to 10 minutes.

## OLD-FASHIONED MOLASSES DROP CAKES

- |                                    |                           |
|------------------------------------|---------------------------|
| 1 cup molasses                     | ½ teaspoon cinnamon       |
| ½ cup vegetable shortening or lard | 1 teaspoon salt           |
| 2 eggs                             | 1 tablespoon soda         |
| 1 tablespoon ginger                | 3 tablespoons warm milk   |
| ¼ to ½ teaspoon cloves             | 3½ cups all-purpose flour |

Heat molasses to boiling point, then add shortenings and stir until they are melted. Cool to lukewarm and add eggs, one at a time, beating well after each addition. Add spices and salt, stirring them in. Add soda dissolved in lukewarm milk. Stir in sifted flour to form a smooth dough, but do not overmix. Drop by generous spoonfuls two inches apart on a baking sheet, flattening with a knife to ¼ inch thickness. Sprinkle tops with sugar, if desired. Bake in a slow oven of 325 degrees F. for about 15 minutes, or until done. Makes about 3 dozen large, soft cookies.

## *Frostings*

### BROILED ICING

- |                             |                                |
|-----------------------------|--------------------------------|
| 3 tablespoons melted butter | ⅛ teaspoon salt                |
| 10 tablespoons brown sugar  | ½ cup nutmeats, when available |
| 2 tablespoons cream         |                                |

Combine ingredients and spread upon a cake while it is warm. Place the cake very low under a broiler with the flame turned low. Broil the icing until it bubbles all over the surface, but do not permit to burn.

### BAKED ICING

- |                   |                                      |
|-------------------|--------------------------------------|
| ½ cup brown sugar | ⅛ teaspoon salt                      |
| 1 egg white       | ¼ cup broken nut meats, if available |

Use on a thin cake only as the icing is baked at the same time as the cake—one that will require 25 minutes or less. Whip egg white and salt until stiff. Fold in sugar. Spread on cake. Sprinkle with nut meats.

### SUGARLESS CHOCOLATE FROSTING

- |                                 |  |
|---------------------------------|--|
| 2 squares unsweetened chocolate | 1 can (1½ cups) sweetened condensed milk |
| 1 tablespoon water              |  |

Melt chocolate in top of double boiler. Add sweetened condensed milk, stir over boiling water 5 minutes until it thickens. Add water. Cool. Spread on cold cake. Makes enough frosting to cover top and sides of two nine-inch layers, or top and sides of loaf cake generously, or about 24 cup cakes.

### MAPLE SYRUP FROSTING

- |                                      |              |
|--------------------------------------|--------------|
| 2 cups maple or maple-flavored syrup | 2 egg whites |
|--------------------------------------|--------------|

Boil syrup to 238 degrees F. or until it can be formed into soft ball when a little of mixture is dropped into cold water. Remove from heat. Beat the egg whites quickly, until stiff. Pour the hot syrup in a fine stream over the white beating constantly. Continue beating until mixture is stiff enough to spread. Fills and frosts two nine-inch layers or 8 x 8 x 2 inch cake.



## SUGARLESS MERINGUE

Beat three egg whites with beater until frothy. Gradually beat in three table-spoons white corn syrup. Continue beating until stiff enough to peak. Heap on pie, and bake in a slow oven of 300 degrees F. for 30 minutes.

## *Puddings and Other Desserts*

### BAKED INDIAN PUDDING

- |                                 |                                     |
|---------------------------------|-------------------------------------|
| 5 cups milk                     | $\frac{3}{4}$ teaspoon cinnamon     |
| $\frac{1}{3}$ cup sugar         | $\frac{3}{8}$ teaspoon nutmeg       |
| $\frac{1}{2}$ cup corn meal     | 1 teaspoon salt                     |
| $\frac{2}{3}$ cup dark molasses | 4 tablespoons butter or cooking oil |

Scald 4 cups milk over hot water. Stir sugar, corn meal, and molasses into the milk, adding each slowly and blending well. Add spices, salt and butter or cooking oil. Cook for 20 minutes, or until mixture thickens, stir occasionally as it cooks over the hot water. Pour into a baking dish, add remaining cold milk, do not stir. Put into a slow oven of 300 degrees F. and bake for 3 hours without stirring. Serve warm, with cream or hard sauce, or with a small scoop of vanilla ice cream. Serving it with the ice cream is a New England custom.

### STEAMED SUET PUDDING

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1 cup raisins                   | $\frac{1}{2}$ teaspoon ginger  |
| 1 cup nut meats, if available   | $\frac{2}{3}$ cup chopped suet |
| 2 cups flour                    | $\frac{2}{3}$ cup sour milk    |
| $\frac{2}{3}$ teaspoon soda     | $\frac{2}{3}$ cup molasses     |
| 1 teaspoon salt                 | $\frac{1}{2}$ teaspoon nutmeg  |
| $\frac{1}{2}$ teaspoon cinnamon |                                |

This amount will fill 12 individual molds or two pound coffee cans. Grease well and prepare utensils for steaming.

Wash raisins, drain well. Break nutmeats coarsely. They may be omitted. Sift flour, measure and sift with soda, salt, and spices. Add raisins, nut meats and suet, toss together lightly. Stir sour milk and molasses together. Add to dry ingredients and stir to mix well. Turn into prepared pans and steam 2 to 3 hours. The pudding may be steamed one day, removed from the mold to cool, and steamed again just before serving. Serve with hard or foamy sauce.

To resteam, either set mold in boiling water and reheat as when first steamed, or cut in slices, place in a colander or strainer and set over boiling water for 30 minutes to steam. In either method, the kettle must be covered tightly.

### MOLASSES RICE PUDDING

- |                                    |                                 |
|------------------------------------|---------------------------------|
| $\frac{1}{3}$ cup raw rice, washed | $\frac{1}{4}$ teaspoon salt     |
| $2\frac{1}{4}$ cups milk           | $\frac{1}{4}$ cup molasses      |
| 3 eggs, separated                  | $\frac{1}{2}$ teaspoon cinnamon |
| $\frac{1}{4}$ cup granulated sugar |                                 |

Cook rice and milk in a double boiler for 1 hour, stirring occasionally. Beat egg yolks, add salt, molasses and cinnamon. Add hot rice mixture gradually, while stirring. Return to double boiler, and cook for 2 minutes. Cool slightly. Beat egg whites until stiff, add sugar slowly, while continuing to beat; then fold into pudding. Chill and serve. Serves 6.



## MAPLE BROWN BETTY

2 cups bread or graham cracker  
crumbs  
¼ cup melted butter or cooking oil  
3 or 4 medium apples

1 tablespoon lemon juice  
½ teaspoon grated lemon rind  
¼ to ½ cup maple syrup  
½ cup hot water

Prepare crumbs. Melt butter in a frying pan or heat the cooking oil, put in crumbs and stir over low heat until lightly brown. Put a layer of crumbs in the bottom of the baking dish.

Pare, core, and slice apples. Over crumbs, place a layer of apples. Sprinkle apples with half the lemon juice, grated rind and maple syrup. Cover with a second layer of crumbs. Add remaining apples, lemon juice, rind, and syrup. Cover top with remaining crumbs. Moisten with water (orange juice may be used instead). Bake in a moderately hot oven of 375 degrees F. until apples are tender, from 30 to 40 minutes. Serve warm with cream, whipped or plain, with a lemon or orange sauce, or soft custard. Serves 4.

## BAKED RICE PUDDING

4 cups milk  
½ cup rice  
½ teaspoon salt

Grated rind of ½ lemon or dash of  
nutmeg  
½ to ¾ cup sugar

Wash rice, mix ingredients, pour into oiled pudding dish, and bake three hours in a slow oven of 325 degrees F., stirring three times during first hour of baking to prevent rice from settling. For a richer pudding, stir in one or two well-beaten eggs, 30 minutes before pudding is done. Serve hot or cold. Serves 6.

## HOT FUDGE PUDDING

(Easily made, unusual, delicious and economical. Be sure to try it.)

1 cup sifted all-purpose flour  
2 teaspoons baking powder  
¼ teaspoon salt  
¾ cup sugar  
2 tablespoons cocoa  
½ cup milk

2 tablespoons shortening, melted  
1 cup chopped nuts, if available  
½ teaspoon vanilla  
1 cup brown sugar  
4 tablespoons cocoa  
1¾ cups hot water

Sift dry ingredients together, stir in milk and shortening, mix until smooth. Add nuts and vanilla, and spread in pan. Sprinkle with brown sugar and second amount of cocoa, mix. Pour hot water over entire batter. Bake in a greased and floured 8-inch square pan in a moderate oven of 350 degrees F. for 40 to 45 minutes. Invert squares on plates, dip sauce from pan over each.

## OLD-FASHIONED STRAWBERRY SHORTCAKE

2 cups flour  
¼ cup sugar  
3 teaspoons baking powder  
1 egg or 2 egg yolks, well beaten

½ cup shortening  
½ cup milk  
½ teaspoon salt

Mix dry ingredients and sift twice, work in shortening with pastry mixer, fork, or finger tips, and add egg and milk. Toss mixture on floured board and divide in two parts. Pat, roll out, and put half in round tin or casserole. Spread lightly with melted butter and place other half on top. Or roll ½ inch thick and cut into individual shortcakes with large biscuit cutter and bake on greased cookie sheet. Bake 12 minutes in hot oven of 450 degrees F.

To serve, split with fork and spread with butter. Spread sweetened and slightly crushed berries between layers and on top. Serve with cream or ice cream may be put between layers and on top.



## HONEY, RICE AND DATE PUDDING

2 cups cooked rice  
½ cup chopped dates or raisins  
½ cup honey

½ cup milk, scalded  
2 eggs  
¼ teaspoon cinnamon or nutmeg

If you do not have cooked rice on hand, wash ¾ cupful and add slowly to 2 quarts rapidly boiling salted water (use 3 teaspoons salt), until tender, as evidenced by a grain feeling soft with no hard core when crushed between the fingers. Turn into colander to drain.

While rice cooks, put milk on to scald, wash dates. Pit, if necessary, and cut in small pieces. Grease a baking dish.

In the baking dish, spread half the amount of rice; over it put half the dates. Drizzle half the amount of honey over the rice and dates, add remaining rice, dates and honey. Pour scalded milk onto beaten eggs, pour into dish, spread it evenly over ingredients. Sprinkle nutmeg or cinnamon over top. Set dish in a pan of water and bake in a moderate oven of 350 degrees F. until set, about 1 hour. To test, insert a clean knife in the centre. If it comes out clean, the custard is done. Remove from oven and serve hot or cold, with plain or whipped cream. Serves 4 to 6.

## SUGARLESS CHOCOLATE SAUCE

2 squares unsweetened chocolate  
½ cup water  
½ cups corn syrup

⅛ teaspoon salt  
1 teaspoon vanilla extract

Cook the chocolate and water over direct heat about 2 minutes, or until thick, stirring constantly. Remove from heat, and slowly add the corn syrup and salt. Simmer gently 10 minutes, while stirring occasionally. Add vanilla. Serve hot or cold over ice cream, etc. Makes 1½ cups.

## PEACH COBBLER

1½ cups flour  
1 teaspoon baking powder  
½ teaspoon salt  
2 tablespoons sugar  
6 tablespoons shortening  
approximately ¾ cup milk

3 cups fresh peaches  
½ teaspoon cinnamon  
1 cup sugar  
2 tablespoons butter or cooking oil  
1 tablespoon flour

Grease a baking dish or pan of 2 or 3 inches depth that will serve 3 or 4 nicely. Heat over to 450 degrees F.

Prepare dough by sifting together dry ingredients, working in shortening and adding milk to make a soft but not sticky dough. Roll out to ½ inch thickness.

Pare and slice peaches. Put into pan, sprinkle with combined sugar, cinnamon, and flour, and dot over with butter. Mix slightly. Cover with biscuit dough. Cut slits in dough to permit escape of steam, bake in a hot oven of 425 degrees F. for 20 to 25 minutes, until crust is nicely baked and peaches are tender. Serve hot or warm with cream or with hard lemon sauce.

## Apple Pan Dowdy

3 apples  
¼ cup brown sugar  
1 cup cake flour  
1 teaspoon baking powder  
¼ teaspoon salt  
¼ cup melted butter or cooking oil

½ cup sugar  
1 egg  
¼ cup milk  
½ teaspoon grated lemon rind  
1 teaspoon lemon juice



Grease a round or square cake pan, about 8 or 9 inches in diameter.

Wash apples, pare, cut in quarters, core and slice. There should be 2 cups sliced apples when finished. Place in a baking dish, spreading them evenly over the surface and putting them in neatly. Sprinkle with brown sugar.

Quickly mix cake. Measure melted butter into mixing bowl. Stir in sugar gradually, add egg and beat it into ingredients vigorously. Have flour sifted, measured, and sifted with baking powder and salt. Add it alternately to first mixture, with milk, stirring to mix well after each addition. When last has been added, add lemon rind and juice, stirring it in. Turn over apples and brown sugar. Bake in a moderate oven of 350 degrees F. until when the cake is tested with a cake tester or toothpick it comes out perfectly clean. Remove from oven and remove at once from pan to serving platter. Serve warm with plain or whipped cream or Sunshine Sauce or Lemon Sauce. Serves 5 or 6.

## ECONOMY FRUIT SHERBET

Juice 2 oranges

Juice and grated rind of one lemon

3 bananas

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

3 cups water

2 egg whites

Mash bananas to a pulp, add lemon and orange juice and lemon rind. Bring water to a boil and dissolve honey in it. Add to fruit and mix well. Cool and fold in stiff egg whites. Pour into refrigerator trays to freeze, stirring occasionally during the freezing. Set the refrigerator to very cold for the freezing. It may later be reduced for storing the sherbet until ready for use.







## *Canning, Etc.*

This year you will be canning and preserving the produce from your Victory Garden and the surplus crops the farmer has raised. These local crops which cannot reach large markets and the commercial canner, multiplied by the efforts of millions of Canadian women, will be an extremely valuable addition to the winter food supply.

Important as home food preservation has always been, this year with a shortage of canned foods it has become a necessity. Our armed forces and allies need huge quantities of commercially canned foods and we are glad to can our own in order that they may have practically all of the available supply.

Women everywhere are planning to can as they have never canned before and by fall there will be millions of jars of well prepared foods ready for use in Canadian homes. Every jar of canned fruit and preserves you place on your storage shelf means variety and interest and health for your family menus during the months to come.

Preserving and jelly-making will not be as important this year as the canning of fruits and vegetables. The reason is simple. They require a considerable amount of sugar and we may not be able to afford sugar in sufficient amounts to make many of these spreads. Make some if you can, but keep in mind the fact that canned fruits contribute more to your table and require a great deal less sugar.

In all your canning and preserving, follow directions carefully in order that there may be no spoilage when food is so precious. On page 47 you will find directions for substituting other sweets for part of the sugar in your favorite canning and preserving recipes.

## *Canning Fruits, Etc.*

### METHODS OF CANNING

"Open-kettle" is the oldest method of canning and is still used to some extent for tomatoes and fruits. In this method it is important that the jar lid and rubber be hot and sterile when the jar is filled; that the product be thoroughly cooked and hot when placed in the jar; that not too much be cooked at one time. The jar is filled to overflowing and completely sealed, then cooled. This method should never, under any circumstances be used for non-acid vegetables and meats.

When the product is cooked in the jar, it is either "cold-pack" or "hot-pack." In either case, the jars are processed in one of four pieces of equipment: a water-bath, a pressure cooker, a steamer, or an oven.



"Cold-pack" is used for tomatoes and fruits. The product is placed in the jar cold, boiling syrup or boiling water is added to within  $\frac{1}{2}$  inch of top of jar, the jar is partially sealed, then processed in one of the above pieces of equipment. Its advantages are: the ease of packing and the conserving of shape, color, and flavor. With some products it has the disadvantage of decided shrinkage, thus leaving unfilled space at the top of the jar. This in no way injures the product.

"Hot-pack" has gradually replaced "cold-pack" for non-acid vegetables and may be used for fruits and meats as well. In this method the product is brought to boiling or cooked a short time, then packed hot to within  $\frac{1}{2}$  inch of the jar top, using the liquid in which the product was cooked. One inch at top of jar is allowed for expansion of corn, peas, and beans. In meat canning, the meat is quickly browned in deep fat for not more than 5 minutes and packed with no added liquid. The jar is partially sealed, then processed. Vegetables packed hot are more likely to keep because they start to process as soon in the centre of the jar as at the outside. Also, the product is thoroughly shrunk and the air driven out before packing in the jar, so that there is no noticeable shrinkage during processing.

## CANNING EQUIPMENT

**Water-bath**—The equipment for water-bath may be any large vessel that is fitted with a cover and will allow the jars to be covered by 2 inches of water. It should be fitted with a wire rack to hold the jars. In this method it is important that the jars do not touch, that the time be counted when the water starts to boil after the jars are in, and that the water be kept boiling during the entire time.

**Pressure Cooker**—It is extremely important to exhaust the air by letting a steady flow of steam escape for 5 minutes before closing pet cock. Time is counted when gauge reaches specified pressure and must be kept constant or liquid is drawn from jars. Cooker must not be opened before pressure gauge registers zero; pet cock is then opened slowly.

**Oven**—Should be used only when stove is equipped with a regulator. Do not allow jars to touch. Start counting time when the oven has returned to the required temperature after placing the sealers in it.

**Steamer**—Do not allow jars to touch; keep water boiling; add more water if necessary.

## PREPARING, FILLING, SEALING AND PROCESSING JARS

Use only fresh, sound material and wash carefully to remove every trace of soil. Lift fruit or vegetables out of water, do not pour it off. "Two hours from garden to can" is the ideal.

Wash caps and jars in soapy water and rinse. Glass jars for the open kettle method should be sterilized (boiled for fifteen to twenty minutes). For all methods that process the pack, it is sufficient merely to bring jars to the boiling point and keep hot until filled. Pour boiling water over caps with seals and dip rubber rings into boiling water, placing on jars before filling. It is better to use only pint or quart jars, as larger ones call for longer processing.

1. Filling, sealing, and storage: Leave at least half an inch space at top when filling jars; one inch for starchy foods, such as corn and peas and beans as they expand more. The liquid must always cover the solid material. The exception to the rule is in the open kettle cooking of tomatoes or fruits. In canning these, fill jars full to overflowing then put on lids.



2. Sealing different types of jars: The mason type of jar must be screwed tight before processing, and turned one fourth back. When removed from boiler, screw down tightly. With the lightning type of top, clamp must be snapped in place and the side clamp left up, to be pushed down after processing. With the self-sealing type, the screw band must be put on tight before processing.

3. Placing jars in the water bath canner: A wash-boiler or other container with a rack and tightly fitting cover may be used. Place partly sealed jars on rack far enough apart so that the water can circulate around them. Fill with boiling water one or two inches above the tops of the jars and keep it at this level. Begin to count the time of processing only when the water is boiling vigorously. When the time is up, remove the jars one at a time and seal tightly if necessary.

4. Cooling jars: Place in upright position in all cases. Protect from drafts, but do not cover, as covering retains heat. After cooling, invert and inspect for leakage if rubber rings are used. Tap jars with lacquered tops; a clear sound shows a perfect seal; if dull in sound, empty jar and reprocess to perfect seal.

5. Storage: Label your jars, store in a cool, dry place, and protect from light.

6. Opening jars: Look for signs of spoilage; if lid is bulged—be careful; if there is a peculiar odor, do not taste. And remember—botulinus poisoning found in non-acid vegetables and meat is dangerous—boil all non-acid vegetables and meat not canned in the pressure cooker 10 minutes before tasting, even if served cold.

## STANDARD SYRUPS FOR CANNING FRUITS

(See Substitutions Below)

Syrup	Proportion of Sugar to Liquid	To Make
Light	1 part sugar to 3 parts water or fruit juice	Mix and boil until
Medium	1 part sugar to 2 parts water or fruit juice	sugar dissolves.
Heavy	1 part sugar to 1 part water or fruit juice	Keep hot.

## SUGAR SUBSTITUTIONS IN CANNING AND PRESERVING

Rule 1: For canning syrups, replace up to one-half the sugar called for by an equal measure of honey, or up to one-third of the sugar by an equal measure of corn syrup.

Rule 2: In preserves, jams, and butters. Replace half the weight of sugar called for by the same weight of corn syrup or honey. See table for changing from weight to measure, since sugar weighs two cups to a pound, and corn syrup and honey weigh one and one-third cups to a pound.

Rule 3: In jelly substitutions use three-fourths cup of sugar per cup of juice instead of one cup, and replace one-half of the sugar by an equal measure of honey, or one-quarter of the sugar by an equal measure of corn syrup. Cook slightly beyond jelling stage.

## TABLE OF EQUIVALENTS

- 1 pound sugar equals 2 cups
- $\frac{3}{4}$  pound sugar equals  $1\frac{1}{2}$  cups
- 1 pound honey or corn syrup equals  $1\frac{1}{3}$  cups
- $\frac{3}{4}$  pound honey or corn syrup equals 1 cup

When three-quarters pound ( $1\frac{1}{2}$  cups) sugar is being used to a pound of fruit, the amount would therefore be:

- $\frac{3}{4}$  cup sugar ( $\frac{3}{8}$  pound)
- $\frac{1}{2}$  cup corn syrup or honey ( $\frac{3}{8}$  pound)



## RULES FOR SUBSTITUTING WHEN USING LIQUID OR POWDERED PECTIN

In any bottled fruit pectin recipe, 2 cups (1½ lbs.) light corn syrup may be substituted for 2 cups (16 oz.) of the sugar required.

In any powdered fruit pectin recipe, light corn syrup may be substituted for ½ the sugar required. For each cup sugar omitted, use 1 cup light corn syrup.

### TIME TABLES FOR PROCESSING FRUITS, VEGETABLES AND MEATS

<b>FRUITS</b>				
<i>Product</i>	<i>Preparation of Fruits</i>	<i>Water-bath Minutes</i>	<i>Pressure Cooker Min. at 5 lbs.</i>	<i>Oven at 250 Degrees in Min.</i>
<b>Apples</b>	Pare, core, quarter, and place in salt bath.			
	Rinse, boil 1 minute, pack, cover with Thin Syrup.	20	10	75
	Or—bake, pack, and cover with Thin Syrup.			
	Or—pack hot in form of applesauce.	15	5	75
<b>Apricots</b>	Wipe with damp cloth, halve, and pit; pack, cover with boiling Medium Syrup.	20	10	68
<b>Berries Grapes Currants</b>	Wash, stem, pack, cover with boiling Medium Syrup.	20	8	68
	Or—bring to boil in syrup and pack hot.	5	5	68
<b>Cherries</b>	Wash, stem, pit, pack, cover with boiling Medium Syrup for sweet cherries. Thick Syrup for sour cherries.	20	10	68
	Or—bring to boil in syrup and pack.	5	5	68
<b>Peaches</b>	Select firm peaches, scald, cold-dip, peel, place in cold salt bath, rinse, pack, cover with boiling Medium Syrup.	20	10	68
<b>Pears</b>	Select firm pears, pare, core, place in cold salt bath, rinse, boil in Medium Syrup 3-5 minutes, pack, cover with syrup.	20	8	75
<b>Pineapple</b>	Peel, remove eyes, cut or slice; pack cold, cover with boiling Thin Syrup.	30	25	90
<b>Plums</b>	Wash, prick skins, pack, cover with boiling Medium Syrup.	20	10	68
	Or—bring to boil in Medium Syrup and pack hot.	5	5	68
<b>Rhubarb</b>	Wash, cut in small pieces, pack, cover with boiling Thick Syrup.	20	10	68
	Or—bring to boil in Thick Syrup and pack hot.	5	5	68
	Or—bake in Thick Syrup in oven.	5	5	68
<b>Strawberries</b>	Wash, stem, add sugar (1 cup to each quart), let stand 2 hours, boil gently 3 minutes, let stand overnight, pack.	10	10	68
	Or—if reheated second day, pack hot.	5	5	68
<b>Fruit Juices</b>	Crush any fruit or combination of fruit, heat slowly, strain, fill jars to overflowing.	30 at 180 degrees		



## VEGETABLES

<i>Product</i>	<i>Preparation of Vegetables Use water in which vegetable was cooked to fill jar. Use 1 teaspoon salt to each quart</i>	<i>Water bath in Hours</i>	<i>Pressure Cooker Min. at 10 lbs.</i>
<b>Asparagus</b>	Wash, grade, tie in bundles; boil 3 minutes, keeping tips above water; pack hot.	3	40
<b>Beans, green or wax</b>	Wash, string, boil 5 minutes, pack hot.	3½	40
<b>Beans, lima</b>	Shell, grade, boil 5-10 minutes, pack loosely.	3½	55
<b>Beets</b>	Wash, retain 1 inch stem, boil 15 minutes, slip skins, pack.	2½	40
<b>Carrots</b>	Wash, precook 5 minutes, skin or peel, slice or leave whole, pack.	2½	40
<b>Cauliflower</b>	Soak in salt water, boil 3 minutes, pack, using fresh boiling water.	1½	40
<b>Corn on cob Corn</b>	Boil on cob 5 minutes, pack.	3½ to 4	70
	Boil on cob 5 minutes, cut from cob, add half as much water by weight, bring to boil, and pack hot.	3½ to 4	70
<b>Succotash (corn and lima beans)</b>	Boil each 5 minutes, combine, and pack loosely.	3½ to 4	70
<b>Greens, all kinds</b>	Steam until wilted, using smallest amount of water; pack loosely.	3	65
<b>Mushrooms</b>	Wash, skin if necessary, slice large ones, boil 3 minutes, pack.	3	40
<b>Peas</b>	Shell, grade, boil 3 minutes, pack loosely.	3½	60
<b>Peppers</b>	Wash, remove seed pod, boil 5 minutes, flatten, pack.	¾	15
	Wash, place in moderately hot oven (400 degrees) until skins blister or crack, slip skins, remove seed pod, pack dry.	¾	15
<b>Pumpkin or Squash</b>	Wash, cut in pieces, cook until tender, mash, and pack.	3	75
<b>Salad Mixtures</b>	Prepare vegetables; precook separately, combine, process length of time necessary for vegetable requiring longest time.		
<b>Sauerkraut</b>	Pack, add salt but not water.	1	40
<b>Tomatoes</b>	Scald and peel, pack whole or cut in pieces, add hot water or tomato juice.	½	15 at 5 lbs.

**WARNING:**—Before opening a jar, inspect it. A bulging lid or rubber ring, gas bubbles, leakage—these may be signs of spoilage. Botulismus poisoning found in non-acid vegetables and meat is dangerous. Boil all non-acid vegetables and meat, not canned in a pressure cooker, 10 minutes before tasting, even if it is to be served cold. Never taste any canned food you suspect as being spoiled. Discard it!



## MEATS

<i>Product</i>	<i>Preparation of Meats</i>	<i>Water-bath in hrs.</i>	<i>Pressure Cooker Min. at 15 lbs.</i>
<b>Lamb, Beef Veal, Pork</b>	Bleed well, thoroughly cool, sear or pack raw; include small bones, process.	3	60
<b>Poultry, Chicken Duck, Turkey</b>	Bleed well, thoroughly cool, sear or pack raw; include small bones, process.	3	60
<b>Wild Game, Deer, Rabbit</b>	Bleed well, thoroughly cool, soak in brine 3 minutes, sear or pack raw, process.	3	60
<b>Fish, fresh water or salt water</b>	Use only fresh fish, bleed well, soak in brine, sear in fat or pack raw, process.	3	100 at 10 lbs.

## SOUPS

<i>Product</i>	<i>Preparation of Soups</i>	<i>Water-bath in hrs.</i>	<i>Pressure Cooker Min. at 10 lbs.</i>
<b>Clam Chowder</b>	Boil mixture 10 minutes, pack hot, process.	3	100
<b>Fish Chowder</b>	Boil mixture 20 minutes, pack hot, process.	3	100
<b>Soup Stock</b>	Cover meat with cold water, simmer 6 hours, add seasoning, cool, reheat, pack hot, process.	3	60 at 15 lbs.
<b>Vegetable Soup</b>	Boil vegetables, pack hot, add salt, process.	3½	60 at 15 lbs.

## *Fruits and Fruit Juices*

### APPLES—HOT PACK

Wash, pare, halve, and core apples. Drop into vinegar-salt water (2 tablespoons each to 1 gallon water). Boil equal parts sugar and water together 2 minutes. Rinse apples. Add to hot syrup. Cook gently 5 to 10 minutes. Pack in overlapping layers into hot jars. Process 15 minutes in hot-water bath; then complete seal.

### APPLES—OPEN KETTLE

Wash, pare, halve, and core apples. Cook until tender in syrup made of equal parts sugar and water. Add lemon or orange peel, ginger, or spice to taste. Pack hot into hot jars. Cover with boiling syrup; seal at once.

### APPLE SAUCE

Wash, pare, core, and slice apples. Add a little water to start cooking. Cook until soft. Press through strainer. Sweeten to taste. Reheat to boiling. Pack into hot jars. Process 15 minutes in hot-water bath; then complete seal. May be canned in same manner without sugar.

Note: Apple sauce should be cooked in an enamel or graniteware kettle and stirred with a wooden spoon.

### ALL BERRIES—HOT PACK (Except Strawberries)

Use any variety of edible berry. Wash and measure firm-ripe, freshly picked berries. Drain. Use from ½ to ¾ cup sugar to 1 quart berries. Place layers of sugar and berries in a broad shallow pan. Let stand 2 hours then cook by simmering, until the sugar is dissolved and berries heated through. Pack into hot jars. Process 5 minutes in hot-water bath; then complete seal.



## **STRAWBERRIES**

Use berries having small cells and deep red color throughout. Wash, cap, drain, and measure berries. Work with batches of 2 or 3 quarts. Use 1 cup sugar to each quart of berries. Place sugar and berries in alternate layers in a broad bottom pan. Let stand 2 hours. Simmer 5 minutes without stirring. Cover and let stand overnight. Pack cold berries into hot jars and partially seal. Process 10 minutes in hot-water bath; then complete seal.

## **CHERRIES—HOT PACK**

Wash, pit, and measure cherries. Mix with  $\frac{1}{3}$  to  $\frac{1}{2}$  their measure of sugar. Let stand 1 to 2 hours; simmer 10 minutes. Pack into hot jars. Process 10 minutes in hot-water bath; then complete seal.

## **CHERRIES—OPEN KETTLE**

Wash, drain, stem, pit, and measure cherries. Add from  $\frac{1}{2}$  to 1 cup sugar for each quart pitted fruit. Heat slowly to boiling, then boil rapidly 10 minutes. Pour hot into hot sterilized jars; fill to overflowing, seal at once.

## **PEACHES—HOT PACK**

Make a syrup of 1 part sugar to 1 or 2 parts of water. Add peaches, a few at a time, and simmer until hot through (4 to 8 minutes). Pack into hot jars, layers overlapping, cavity side down. Cover with syrup in which peaches were cooked. Process 10 minutes in hot-water bath; then complete seal. Can left over syrup for pudding or ice cream sauce.

## **PEACHES—COLD PACK**

Pack peaches into hot jars, layers overlapping, cavity side down. Cover with boiling syrup made with 1 part sugar to 1 or 2 parts of water. Process from 20 to 30 minutes in hot-water bath; then complete seal. Use the longer period of processing for extra large or very firm fruit.

## **PEACHES—OPEN KETTLE**

Add 1 part sugar to 1 of water. Bring to a boil. Add peaches and cook until tender, but not broken. Pack hot peaches into hot sterilized jars. Fill to overflowing with boiling syrup; seal at once. This method produces peaches with extra fine flavor.

## **PEARS**

Unlike other fruits, pears should be removed from the tree before ripe and stored in a cool place (60-65 degrees F.) until ripe, but not soft. The Bartlett is considered superior to other pears for canning, but the Keifer and similar varieties are satisfactory if properly ripened and then cooked until almost tender in plain water before sugar is added to make syrup.

Wash, pare, halve, or quarter, and core pears. (The cores are not removed if the fruit is canned whole.) Drop the pared fruit into water containing salt and vinegar (2 tablespoons of each to a gallon of water). Rinse. Boil gently from 4 to 8 minutes in syrup made of equal parts sugar and water. Pack into hot jars; layers overlapping, cavity side down. Cover with syrup in which cooked. Process 20 to 25 minutes in hot-water bath; then complete seal. Use the longer period for large or hard fruit.

## **PEARS—BAKED**

Wash, stem, and remove blossom end from firm-ripe pears. Place in pan with enough water to prevent sticking. Bake until tender. Pack into hot jars and cover with syrup made of equal parts sugar or honey and water. Process 20 minutes in hot-water bath; then complete seal.



## 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. Heat to boiling. Pack rhubarb into hot jars. Cover with hot 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, adding 5 minutes extra.

## 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

$\frac{1}{2}$  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 covered 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 40 minutes and large ones 55 minutes at 10 pounds pressure or 3½ 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 5 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 3½ 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. Drain, cover with cold water, 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 2½ 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 5 minutes. Pack into hot jars. Add 1 teaspoon salt to each quart. Cover with boiling water. Process 40 minutes at 10 pounds pressure or 2½ 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 3½ hours in hot-water bath; then complete seal.

### **CORN—CREAM STYLE**

Cut top 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 1¾ cups boiling water to each quart of corn. Boil 3 minutes. Pour into hot jars. Process 70 minutes at 10 pounds pressure or 3½ 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 3½ 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 ½ teaspoon salt. Cover with fresh boiling water. Process 35 minutes at 10 pounds pressure or 2½ 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 ½ 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 ½ 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 scum 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 scum 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, sound, ripe tomatoes. Scald (a few at a time), cold dip, and drain. Skin. Pack solidly into hot jars till juice comes over top. 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 3½ 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 ½ 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 3½ 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**  
**½ pound chopped fat meat**  
**1 onion**

**1 tablespoon salt**  
**½ 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 3½ 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 3½ 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 1½ 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 3½ hours in a hot-water bath; then complete seal.

## **BONED CHICKEN**

(Use for all poultry)

Steam or boil until about ¾ 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 3½ 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 3½ hours in hot-water bath; then complete seal.

## **ROAST FOWL**

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

Prepare and roast until about ¾ 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 or 3½ 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 ½ pint jars 50 minutes at 10 pounds pressure or 3 hours in hot-water bath; then complete seal.

## **VEGETABLE SOUP MIXTURE I**

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

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**

<b>1 teaspoon mixed spices</b>	<b>1½ cups water</b>
<b>6 quarts chopped tomatoes</b>	<b>½ cup butter or mild dripping</b>
<b>1 cup chopped celery</b>	<b>¾ cup flour</b>
<b>4 onions</b>	<b>1 tablespoon sugar</b>
<b>2 sprigs parsley</b>	<b>Salt and pepper to taste</b>

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**

<b>8 pounds beef, veal, or mutton</b>	<b>¼ pod hot pepper</b>
<b>6 quarts cold water</b>	<b>1 teaspoon mixed whole spices</b>
<b>1 tablespoon whole black pepper</b>	<b>1 tablespoon salt</b>

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 60 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	$\frac{3}{4}$ 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.

## CURRENT 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**  
**Water**  
**3 cups sugar**

**1 bunch mint or 1 teaspoon mint flav-**  
**oring**  
**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 it 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**

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

Peel 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  
 $\frac{3}{8}$  to  $\frac{3}{4}$  cup sugar  
 $\frac{1}{2}$  cup corn syrup or honey  
1 teaspoon broken cinnamon

$\frac{1}{2}$  teaspoon whole cloves  
 $\frac{1}{4}$  teaspoon allspice  
 $\frac{1}{4}$  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

$\frac{3}{4}$  pound sugar ( $1\frac{1}{2}$  cups)  
 $\frac{3}{4}$  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. Simmer juice with sweetening material slightly beyond the jellifying 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 scum 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 scum as it forms on top of the brine. Scum 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 to 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  $\frac{1}{2}$  cup salt on the cover. Put  $\frac{1}{2}$  cup salt on the cover at the end of every week for 5 consecutive weeks. Remove the scum 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 lukewarm). Repeat until the desired amount of salt has been removed from the pickles.



## SWEET CUCUMBER PICKLES

(Short Process)

1 gallon cucumbers  
6 cups sugar  
1 tablespoon mixed spices

1½ quarts vinegar  
1 cup water

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

4 quarts cucumbers, cut in slices  
1 quart onions, sliced  
1 cup salt  
1¼ pounds brown sugar  
1 quart cider vinegar

1 tablespoon broken stick cinnamon  
1½ tablespoons white mustard seed  
½ tablespoon whole allspice  
1 teaspoon celery seed  
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  
12 red peppers  
12 large onions  
3 pints vinegar  
2 tablespoons whole mixed spices

2 tablespoons whole cloves  
2 cups brown sugar  
2 tablespoons mustard seed  
2 tablespoons celery seed.  
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:

3 cups vinegar  
1 cup water  
1 cup sugar  
 $\frac{1}{2}$  cup salt

1 teaspoon celery seed  
1 teaspoon mustard seed  
1 teaspoon powdered alum  
Seal jars at once

## MIXED MUSTARD PICKLES

1 medium cauliflower  
2 green peppers  
1 red pepper  
2 cups small white onions  
2 pounds green tomatoes  
2 cups very small cucumbers  
4 cups unpared cucumbers, sliced  $\frac{1}{8}$  inch thick

1 cup salt  
6 cups cold water  
3 pints vinegar  
2 cups granulated sugar  
2 teaspoons celery seed  
 $\frac{3}{4}$  cup sifted all-purpose flour  
 $\frac{1}{4}$  pound dry mustard ( $1\frac{1}{4}$  cups)  
 $\frac{3}{4}$  teaspoon turmeric

Wash the cauliflower and break into small flowerets. Wash and seed the peppers; cut in halves, then into  $\frac{1}{4}$  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

$7\frac{1}{2}$  cups corn  
 $7\frac{1}{2}$  cups chopped cabbage  
2 sweet red or green peppers  
1 cup brown sugar

1 tablespoon salt  
 $\frac{1}{4}$  cup dry mustard  
 $\frac{1}{2}$  tablespoon flour  
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

12 sweet green peppers  
12 sweet red peppers  
6 medium-sized onions  
1 hot red pepper

3 cups sugar  
1 teaspoon salt  
1 quart vinegar

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. Let stand until cold before storing.



*celery*

## CHILI SAUCE

- 5 quarts chopped ripe tomatoes
- 2 cups chopped sweet red peppers
- 1½ cups chopped onions
- 3 tablespoons salt
- 1 cup sugar

- 3 cups vinegar
- 1 teaspoon whole cloves
- 1 teaspoon whole allspice
- 1 teaspoon stick cinnamon

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
- 8 medium-sized onions
- 1½ bay leaves
- 2 long red peppers without seeds
- ¾ cup brown sugar, closely packed
- 1 tablespoon whole allspice
- 1 tablespoon whole cloves

- 1 tablespoon whole mace
- 1 tablespoon celery seed
- 1 tablespoon black pepper corns
- 2 inches of stick cinnamon
- 2 cups vinegar
- Cayenne, salt as desired

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
- 4 quarts (16 cups) cold water
- 1 cup salt
- 5 medium onions
- 1 sweet red pepper

- 3 cups vinegar
- ½ cup granulated sugar
- 2 teaspoons mustard seed
- 1 teaspoon celery seed
- 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
- 1 each of celery (bunch), sweet green pepper, large mild onion (Spanish), ripe cucumber
- 3 cups vinegar and ½ cup salt

- ½ small head of cabbage and 2 sweet red peppers
- ¾-1 pound brown or white sugar
- 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.



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