

CAROLINE COE TELLS HOW TO DO THE SUMMER CANNING—VEGETABLES FROM YOUR GARDEN

BY CAROLINE COE.

Make use of all the vegetables that grow in your garden. Don't think you must have them by the basket. Put up a can of beans today, peas tomorrow and so on. You will be surprised how little time it has taken and how great the result.

Any vegetable to be canned must be absolutely fresh. If it seems wilted or at all decayed do not waste time, fire, jars and patience putting it up, for it will not keep.

CAULIFLOWER

Trim cauliflower and allow to stand in salt water half an hour. Pull flowers apart; place in boiling salt water and cook until tender, not soft. Cool with running water. Pack in jars, being careful not to fill so full as to crush the shape of the flowerets. To one quart of cold water add one teaspoon of salt. Boil and allow to cool. Fill jars. Put on rubber and top tightly. Put in boiler on rack with cold water to depth of half the can.

Put cover on boiler, bring slowly to boiling point and let boil two hours. Lift out cans. See that covers are perfectly tight.

TOMATOES AND CORN

Boil corn on the cob twenty minutes. Cut off while hot; have tomatoes skinned and rub through sieve to smooth pulp. To each quart of corn add two quarts of tomatoes. Salt to taste. Boil hard five minutes. Fill cans from boiling kettle. Seal quickly. Be sure tops are perfectly tight. It is a good plan to turn paraffine around where top and rubber meet.

CANNED PUMPKIN

Scrape out seeds and cut in half. Put in oven and bake until all the pulp may be scraped from the skin. Mash with potato masher. To each quart of pumpkin add a teaspoon of salt and a half teaspoon of ginger. Heat to boiling and can while hot.

When ready to use open can and

turn pumpkin out on platter for an hour or so before using.

CANNED CORN

The simplest way to can corn is to cut corn from cob, not too closely, and scrape cob well to get all the juice.

To five quarts of the corn add one pint of table salt. Put in large granite kettle and boil one and one-half hours. Have tin cans piping hot.

Do not allow corn to stop boiling. Fill cans to top. Force on cover and turn hot rosin or sealing wax around edge of cover. Cover cans with a heavy blanket to allow to cool slowly. When ready to serve rinse once in clear, cold water, drain head up and season to taste.

CANNED BEETS

Use small sweet beets. Boil until tender and skin. Pack jars with beets and fill to top with water salted in proportion of one teaspoon of salt to each quart and half cup of vinegar.

Adjust tops to cans and place in boiler on rack and boil forty-five minutes. When slightly cool run beeswax around edge of cover.

Carrots may be canned in this way.

CORN AND TOMATOES

This mixture is more trouble than either canned above. Proceed as in corn recipe, but each boiling must be at least one and one-half hour (better if two).

LIMA BEANS

Shell beans, pack in cans with one teaspoon of salt to each quart of beans, fill can with clear, cold water and proceed same as for peas.

STRING BEANS

Cut off both ends of beans, string carefully and cut into any desired size. Boil in water with salt in proportion of one teaspoon to each quart of water. When boiling thoroughly drain and again pour salt water in same proportion and cook until tender but not soft.

Pack beans in sterilized jars. Fill