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C265 Recipes and Food Collection

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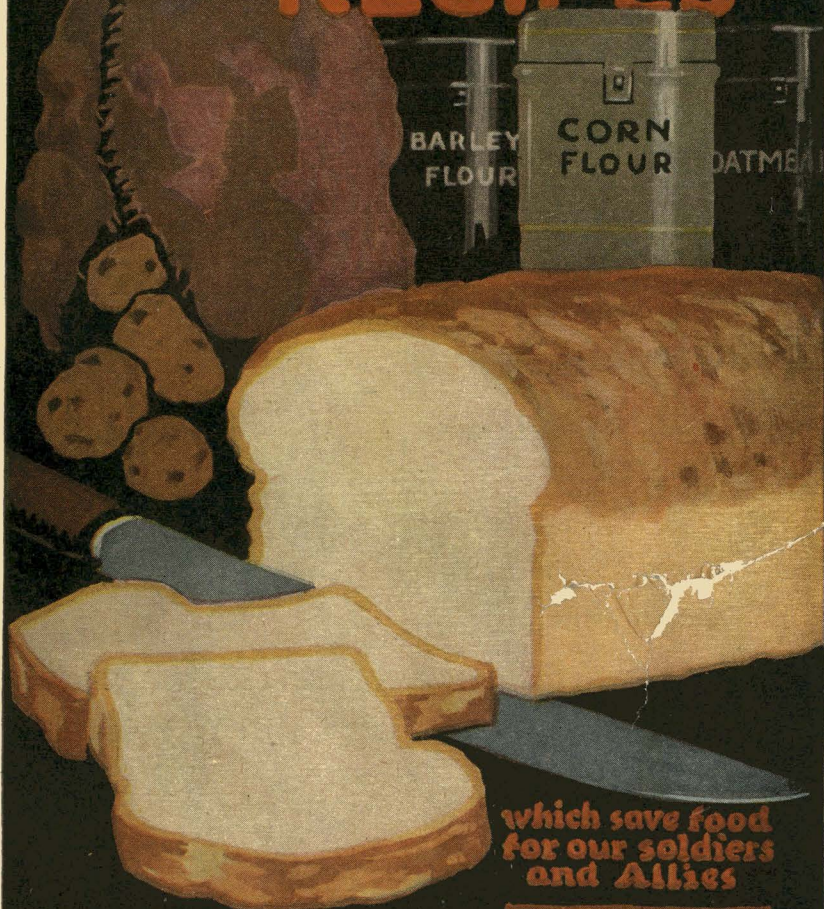
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BREAD RECIPES




which save food
for our soldiers
and Allies

TABLE OF EQUIVALENTS

4 cups.....	1 quart
2 cups.....	1 pint
1 cup.....	$\frac{1}{2}$ pint
16 tablespoons.....	1 cup
3 teaspoons.....	1 tablespoon
2 tablespoons of liquid.....	1 oz.
2 cups of butter.....	1 pound
2 cups of granulated sugar.....	1 pound
2 $\frac{1}{2}$ cups of brown sugar.....	1 pound
4 cups of sifted flour.....	1 pound

All measurements in the recipes in this book are level. When flour is mentioned, sifted flour is intended.

HELP TO SAVE WHEAT BY USING OTHER AVAILABLE CEREALS

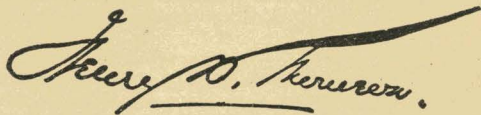
 SUBSTITUTES for wheat are now obtainable at moderate prices in nearly all parts of Canada and the public is asked to use them to as large an extent as possible, in order to release wheat and wheat flour for shipment overseas. As the result of arrangements made by the Canada Food Board, corn, oats, barley, etc., are being milled in both East and West and flour from these grains is being produced in sufficient quantities to meet present and rapidly increasing demands.

Corn flour, corn meal, barley flour, and oatmeal, rolled oats and oat flour are the principal substitutes available in this country. Potatoes are also abundant and some potato flour is being manufactured in the Dominion. All these substitutes should be used to the greatest possible extent for purposes for which wheat flour has been used heretofore.

If dealers experience any difficulty in obtaining supplies from the mills, information as to where any of these substitutes can be secured will be furnished promptly, upon application, by the Canada Food Board, Ottawa. Supplies are now on sale in most first-class retail stores where flour is usually sold, and the people are urged to insist that the dealers whom they patronize carry these wheat flour substitutes in stock. Dealers are asked by the Food Board to do their utmost to save wheat flour by impressing upon the public the food value of these other cereal products and urging their more general use.

The recipes in this book are intended both for bakers and for housewives. By following them, nourishing, attractive and palatable loaves can be produced. Most of the cereal substitutes for wheat are as nutritious as wheat itself and in war time we must change our eating habits to meet an emergency situation. It is the earnest hope of the Food Board that these recipes will assist in saving wheat for shipment overseas for those who need it and to whom substitutes are not available.

CANADA FOOD BOARD



Chairman.

Ottawa, June, 1918.

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YEAST AND QUICK BREADS

HOW TO USE SUBSTITUTES FOR WHEAT FLOUR IN BAKING ATTRACTIVE, PALATABLE AND NOURISHING BREADS.

ALL the cereal substitutes for wheat suggested in this booklet, like wheat, are high in food value and may be used in part in place of wheat flour in the baking of nourishing and palatable yeast breads and quick breads.

For a bread dough up to one-third of corn flour or corn meal may be used with wheat flour for a good loaf. If barley or oat flour be used a satisfactory loaf can be obtained by using up to 25 per cent of these cereals with 75 per cent of wheat flour.

In using any new recipes the greatest care should be used to see that measurements are accurate. If a cup be required, a cup holding half a pint, quite level, is meant. When a tablespoon or teaspoon is mentioned, level measurement is intended.

In making yeast breads two things are of very great importance—good yeast and proper temperature. Any woman who can carefully comply with the requirements in respect of these two items can make good bread. The temperature must be uniform and from 75 to 90 degrees, not higher or lower. The yeast must be good. To test a yeast cake, take a bowl of lukewarm water and drop the yeast cake into it. If it immediately comes to the top, the yeast cake is good. If it falls to the bottom and remains there, all your labour will be in vain.

CANADIAN STANDARD FLOUR

Canadian Standard Flour of today is a white flour. It is very similar to the average white flour of pre-war days and in using it the home baker will not need to change her good practice of former days.

POSSIBLE SUBSTITUTES FOR WHEAT FLOUR

1. Finely-ground flours—Corn, Barley, Rye, Potato, Buckwheat and Rice.
2. Meals—Yellow and White Cornmeal, Oatmeal, Barley and Rye.
3. Rolled Oats and Rolled Barley.
4. Potatoes.
5. Whole Rice.

When using substitutes in the form of meals—

It is better partly to cook cereal meals before using them in making yeast bread. They may be scalded, *i.e.*, boiling liquid stirred in, the dish covered and allowed to stand for a time. They may be more or less thoroughly cooked into a porridge or mush. Left-over porridge or mush will do as well as the fresh cooked.

MODIFY YOUR OWN RECIPES

If you have good recipes for bread of any kind, make them conform to food conservation principles by omitting some of the sugar and fat, and by using at least one-fourth wheat substitutes. Try for yourself with your own recipe. Many people think that milk is necessary for good bread, but it is not, although it of course adds to the food value. Water, milk and water, whey, potato water or rice water may be used for the liquid.

All measures in these recipes are level and the flour is measured after sifting. It is especially important that the quantities of salt used in following any of the recipes in this book should not exceed the level spoon measurements. Otherwise it would interfere with fermentation upon which the success of the bread-baking depends.

WHITE BREAD*

Prepare the yeast one day before the bread is to be made, using the following ingredients :

2 quarts of potato water
1 yeast cake

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

At noon drain the water from potatoes which are being cooked for dinner. Let it cool until it is lukewarm. Add the sugar and yeast. Leave this mixture upon the warmer all afternoon. By supper time it should be foamy. Leave it until the next morning ; it will not be harmed by cooling during the night.

The following day at any time put the yeast preparation on the stove and heat until it is lukewarm. Add two tablespoons (level only) of salt and enough standard flour to make a dough sufficiently stiff that it will not stick to the hands or the kneading board. Knead it for a couple of minutes on the board and then put it in a pan which should have been scraped and greased. Let the dough rise until it is $2\frac{1}{2}$ times its original size. This should not require more than $1\frac{1}{2}$ hours. Then put the dough in pans and let rise again to $2\frac{1}{2}$ times the size. Bake slowly. The crust should not start to brown for at least fifteen minutes after the bread is put into the oven.

Notes

1. If there is not enough potato water from the potatoes cooked for dinner, any additional amount required can be easily prepared, using two potatoes for every quart of water. All the potato water to be used should be ready at noon on the day before the bread is to be baked, and no water should be added on baking day.
2. It is a good plan to place the pan of dough in a water pan containing warm water. In this way the dough can be kept at an even temperature.
3. The bread will be better if the dough be kneaded down once or twice after the first rising.

ENTIRE WHEAT AND WHITE FLOUR BREAD

Use potato water preparation as in white bread.

1 quart potato water
1 tablespoon salt
 $\frac{1}{2}$ cup sugar or $\frac{1}{2}$ cup molasses.

White flour to make a batter
Entire wheat flour to stiffen into
dough.

Proceed as for white bread.

ROLLED OATS BREAD

2 cups rolled oats
2 cups boiling water
1 tablespoon salt

1 tablespoon butter
1 cup molasses
2 cups potato water.

Pour boiling water over rolled oats and let stand one hour; add molasses, salt and butter; when lukewarm, add potato water and proceed as for white bread.

CORN FLOUR BREAD

$2\frac{1}{2}$ lbs. standard flour
 $\frac{1}{2}$ lb. corn flour
1 tablespoon brown sugar
3 cups water

2 tablespoons salt
 $\frac{1}{2}$ oz. yeast
1 tablespoon fat

Dissolve the yeast in warm water. Mix well all the ingredients, keeping the temperature as near as possible to 80 degrees. Let stand three hours to rise. Punch down and let rise again an hour and a half. Knead again and allow an hour before placing in the pans. Let rise three-quarters of an hour and bake in a quick oven 35 minutes. This should produce $4\frac{1}{2}$ lbs. of bread.

*Although white bread is put first in this booklet, it is urged that breads, involving the use of as large proportions as possible of other cereals than wheat, be made instead of white bread, in order to save wheat flour.

POTATO BREAD

2½ lbs. standard flour	½ oz. yeast
1 lb. strained and mashed potatoes	1 tablespoon shortening
3 tablespoons salt	2½ cups of water

Use same method as for corn flour bread, only allow one rising of three hours before kneading and putting in the pans. Bake in a sharp oven 35 minutes. Should produce 4 lbs. of bread.

BROWN BREAD

2½ lbs. standard flour	1 tablespoon shortening
6 oz. bran	2 tablespoons salt
2 tablespoons molasses	½ oz. yeast
2½ cups water	

• Use the same method as for potato bread.

POTATO FLOUR BREAD

2½ lbs. standard flour	1 tablespoon brown sugar
½ lb. potato flour	1 tablespoon shortening
2 tablespoons salt	½ oz. yeast
2½ cups water	

Care must be taken during fermentation. Starchy matter retained in the potato flour aids fermentation, and requires a shorter period than all wheat flour dough.

Dissolve the yeast in warm water, and mix all together at a temperature of 80 degrees. Let it stand three hours to rise. Punch down and repeat the operation in an hour and a half. Repeat again in half an hour before placing in pans. Let rise for three-quarters of an hour. Bake in sharp oven for thirty-five minutes. Will produce four and a half pounds of bread.

RICE AND TAPIOCA BREAD

2½ lbs. standard flour	2 tablespoons flour
6 oz. rice flour	½ oz. yeast
6 oz. tapioca flour	1 tablespoon brown sugar
1 tablespoon shortening	2½ cups water

Dissolve the yeast in warm water and thoroughly mix all the ingredients together at 80 degrees. Allow to rise four hours. Knead and place in the pans, allowing three-quarters of an hour for it to rise. Bake in a sharp oven 35 minutes. Should produce four and a half pounds of bread.

CORN AND RYE BREAD

¾ lb. corn meal	½ tablespoon salt
¼ lb. rye flour	4½ level teaspoons baking powder
3 tablespoons shortening	1½ cups milk
6 tablespoons syrup	1 egg

Mix the syrup and the shortening and add the egg and milk. Then gradually beat in the cornmeal and rye flour, in which has been mixed the salt and baking powder. Beat thoroughly, and allow to stand a few minutes before baking. Bake in a sharp oven.

WHEATLESS ROLLS

½ lb. oatmeal	½ tablespoon salt
¼ lb. rye flour	½ tablespoon fat
1 tablespoon syrup	1 cup milk
¼ oz. yeast.	

Scald the oatmeal before using. Dissolve the yeast in warm milk. Mix the syrup and shortening, add all the other ingredients, and let rise. Bake in a sharp oven. Will produce a dozen rolls.

CORNMEAL YEAST BREAD.

2½ cups milk and water or water	1 cake compressed yeast
1⅓ cups cornmeal	4 tablespoons sugar
4⅔ cups flour	2 tablespoons fat
½ cup water	4 teaspoons salt

Add to the liquid the sugar, fat and salt, and bring to a boil. Then add slowly the cornmeal, stirring constantly. Remove from the fire, and cool the mixture. When lukewarm, add the compressed yeast softened in one-half cup of warm water. Add the four and two-thirds cups of flour, and knead well. Let rise to double its bulk, knead again, and put into a pan. When light bake in a moderate oven for half an hour.

Wherever possible use white cornmeal, and a lighter coloured loaf is the result. This amount will make two loaves.

OATMEAL YEAST BREAD

5 cups wheat flour	1 yeast cake
2 cups rolled oats	4 tablespoons sugar
2 cups milk and water or water	2 tablespoons fat
½ cup warm water	2 teaspoons salt

Scald the liquid, and pour it over the rolled oats, sugar, salt and fat. Leave until it is lukewarm, and then add the yeast softened in warm water. Beat until smooth, then add the flour and knead. Let rise until double its bulk, knead again, and place in the pans. When light bake in a moderate oven for from three-quarters of an hour to one hour.

This makes two loaves.

BARLEY FLOUR BREAD.

5½ cups wheat flour	2 tablespoons sugar
1½ cups barley flour	2 tablespoons fat
2 cups milk and water, or water	2 teaspoons salt
1 cake compressed yeast	

Soften the yeast in part of the liquid. Combine all the ingredients, and mix into a dough. Knead and let rise to double its bulk. Knead again. Put into the pan, and when double its bulk bake about three-quarters of an hour.

This makes two loaves.

RYE BREAD

4½ cups wheat flour	4 tablespoons sugar
4½ cups rye flour	4 tablespoons water
2 cups milk and water, or water	2 tablespoons fat
1 cake compressed yeast	2 teaspoons salt

Rye bread may be made of equal parts rye flour and white flour. This makes a smaller loaf than if it were all white flour, but the manipulation is the same as for wheat bread.

Combine the ingredients. Mix into the dough and knead. Let rise until double the original bulk, and knead again. When this doubles in bulk, bake about three-quarters of an hour.

RICE YEAST BREAD

8 cups flour	½ cake compressed yeast
7 cups boiled rice	4 tablespoons sugar
½ cup milk and water, or water	4 tablespoons fat
¼ cup warm water	1½ teaspoons salt

Scald the milk. Pour over fat, sugar and salt. Cool and add the yeast moistened in one-quarter cup warm water. Then add the rice and flour, and knead. When it

risers, the light dough will be so soft that it cannot be kneaded with the hands. It should be well stirred with a strong spoon, and placed in the pans, when it will look like a stiff drop batter. After it rises a second time, bake three-quarters of an hour. This makes two loaves or three small loaves.

POTATO YEAST BREAD

$\frac{1}{2}$ cup milk and water, or water	$\frac{1}{4}$ cake compressed yeast
8 cups flour	4 tablespoons sugar
4 cups boiled potatoes	4 tablespoons fat
$\frac{1}{4}$ cup warm water	$1\frac{1}{2}$ teaspoons salt

Boil and mash the potatoes, and add the milk, sugar, fat and salt. Let cool till lukewarm, then add yeast cake, dissolved in one-quarter cup warm water. Into this mix the flour, and let rise to double in bulk. Knead. Shape into loaves. Put into pans. Let rise to double its bulk. Put into the oven and bake.

RAISIN BREAD

$1\frac{1}{4}$ cups rye flour	$\frac{1}{4}$ cup lukewarm water
2 cups Graham flour	$\frac{3}{4}$ cup hot water
$\frac{1}{2}$ cup dark corn syrup	1 teaspoon salt
1 tablespoon fat	$\frac{3}{4}$ cup raisins
1 yeast cake.	

Pour hot water over syrup, fat and salt. When lukewarm add yeast softened in lukewarm water. Add flour gradually, stirring well after each addition. Add raisins, stir well. Let rise until double in bulk. Beat. Turn into a greased pan. Let rise until almost double in bulk. Bake in a moderate oven for about one hour.

WHOLE WHEAT BREAD

$7\frac{1}{2}$ cups whole wheat flour	1 yeast cake
$1\frac{1}{2}$ cups milk, scalded and cooled	3 tablespoons brown sugar
$1\frac{1}{2}$ cups lukewarm water	1 tablespoon melted lard
	$1\frac{1}{2}$ teaspoons salt

Dissolve the yeast and sugar in the lukewarm water. Add the lard, salt and flour gradually. Knead thoroughly. Place in a greased bowl, cover and let rise to double in bulk. Mould into loaves, put into greased pans, and when light bake one hour in a moderate oven.

RYE BREAD

5 cups rye flour	1 tablespoon salt
$1\frac{1}{2}$ cups wheat flour	1 tablespoon lard
1 cup milk, scalded and cooled	1 yeast cake
2 cups lukewarm water	

Dissolve the yeast in the lukewarm water. Add $2\frac{1}{2}$ cups rye flour. Beat well. Put in a warm place to rise for about two hours. When light add the wheat flour and the lard, and the remainder of the rye flour and salt. Keep the dough rather soft. Knead until smooth, let rise to double its bulk, mould into loaves, and let rise again until light. Bake in a moderate oven for one hour.

BREAD CRUMB BREAD

1 cup milk	$1\frac{1}{2}$ teaspoons salt
$\frac{2}{3}$ cup warm water	$1\frac{1}{2}$ tablespoons fat
$1\frac{3}{4}$ cups dry bread crumbs	1 cup Graham flour
1 tablespoon corn syrup	$1\frac{3}{4}$ cup white flour.
1 yeast cake	

Pour scalded milk over syrup, salt and fat. Add two-thirds cup water. When lukewarm add yeast softened in remainder of water (one-third cup). Stir; add bread crumbs. When softened add flour gradually and knead on floured board. Let rise until double in bulk. Knead lightly and shape into loaves. Let rise until double in bulk. Bake in a moderate oven one hour.

QUICK BREADS

CORNMEAL GRIDDLE CAKES OR WAFFLES, No. 1

1 cup milk	2 teaspoons baking powder
$\frac{3}{4}$ cup flour	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup cornmeal	1 egg

Add beaten egg to milk and add to dry materials, well mixed.

CORNMEAL GRIDDLE CAKES OR WAFFLES, No. 2.

1 cup sour milk	1 teaspoon baking powder
$\frac{3}{4}$ cup flour	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup cornmeal	1 egg
$\frac{1}{2}$ teaspoon soda	

CORNMEAL MUFFINS, No. 1.

1 cup milk or water	1 to 2 tablespoons sugar
$1\frac{1}{2}$ cups flour	1 egg
$\frac{2}{3}$ cup cornmeal	4 teaspoons baking powder
1 to 2 tablespoons fat	$\frac{1}{2}$ teaspoon salt

Method 1: Mix milk, egg and melted fat, and add dry ingredients, well mixed.

Method 2: Scald cornmeal with the hot milk, add egg, melted fat, and dry ingredients.

CORNMEAL MUFFINS, No. 2.

1 cup sour milk	1 to 2 tablespoons sugar
$1\frac{1}{2}$ cups flour	1 egg
$\frac{2}{3}$ cup cornmeal	$\frac{1}{2}$ teaspoon soda
1 to 2 tablespoons fat	2 teaspoons baking powder
	$\frac{1}{2}$ teaspoon salt

Combine as in Cornmeal Muffins, in Method 1.

BROWN BREAD

2 cups Graham flour	$1\frac{1}{2}$ cups sweet milk
1 cup white flour	$\frac{3}{4}$ teaspoon soda
$\frac{1}{2}$ cup molasses	$1\frac{1}{2}$ teaspoon salt

Sift the flour, salt and soda well. Add the molasses and the milk. Pour into well-greased moulds and steam about three hours.

JOHNNY CAKE

1 cup cornmeal	1 tablespoon molasses
1 cup white flour	$\frac{1}{2}$ teaspoon soda
$\frac{1}{3}$ cup sugar	$\frac{1}{2}$ teaspoon baking powder
$1\frac{1}{2}$ cups sour milk	1 teaspoon salt

Mix and sift the dry ingredients twice, and gradually add the sour milk. Beat well and bake in a shallow, greased pan, in a moderate oven.

POTATO BISCUIT, No. 1

$\frac{1}{2}$ yeast cake	1 egg
1 cup milk	$\frac{1}{2}$ tablespoon granulated sugar
2 cups flour	1 level tablespoon butter
2 cups mashed potatoes	$\frac{1}{2}$ teaspoon salt

Bake and mash three or four large potatoes, enough to make one quart. Place in bowl, add salt, sugar and butter. Take a cupful of milk, heat until lukewarm, dissolve

yeast cake in it, and add enough flour to make a sponge—about half a cup. Set sponge in warm place, free from draught, to rise. Bring the balance of the milk to the boiling point and then add it to the potatoes, salt, sugar and butter. When sponge has risen and dropped back add it to the potato mixture. Then add the egg well beaten, the remainder of the flour, and mix all together thoroughly. Let rise in a warm place. Butter a baking dish and drop the mixture in spoonfuls, as the dough should not be handled. Let rise again and bake from fifteen to twenty minutes.

POTATO BISCUIT, No. 2

- | | |
|---------------------------|------------------------|
| 2 cups flour | 1 level teaspoon salt |
| 1 cup potato (mashed) | 1 level tablespoon fat |
| 3 teaspoons baking powder | 1 level teaspoon sugar |

Liquid to make a soft dough.

Sift flour, baking powder, salt and sugar together. Work fat into flour. Add mashed potato, then add milk to make a soft dough. Roll out to about one-half inch thick, cut with a biscuit cutter and bake fifteen minutes in a quick oven.

OATMEAL MUFFINS

- | | |
|----------------------|-------------------------------|
| 1 cup cooked oatmeal | 2 tablespoons sugar |
| 1½ cups flour | 2 tablespoons melted dripping |
| ½ cup milk | 4 teaspoons baking powder |
| 1 egg | ½ teaspoon salt |

Mix and sift flour, sugar, salt and baking powder. Add half the milk and the egg well beaten. Mix the remainder of the milk with the cooked oatmeal and add to the dry ingredients. Beat thoroughly, then add melted dripping. Bake in greased gem pans.

BUCKWHEAT GEMS

- | | |
|-----------------------|---------------------------|
| ½ cup sugar | 1 egg |
| 1 cup buckwheat flour | 3 tablespoons dripping |
| ¾ cup white flour | 2 teaspoons baking powder |
| 1 cup milk | ½ teaspoon salt |

Beat the sugar into the egg, and add the melted dripping. Add alternately the milk and buckwheat flour, then the white flour into which the baking powder and salt have been sifted. Bake in greased gem pans.

CORNMEAL GEMS

- | | |
|----------------|------------------------------|
| ½ cup cornmeal | 1 tablespoon melted dripping |
| 1 cup flour | 1 tablespoon sugar |
| ¾ cup milk | 3 teaspoons baking powder |
| 1 egg | ½ teaspoon salt |

Mix and bake the same as for ordinary muffins.

BOSTON BROWN BREAD, No. 2

- | | |
|---------------------------|-----------------------|
| 1 cup rye meal | 1 cup Graham flour |
| 1 cup granulated cornmeal | 2 cups sour milk |
| 1½ level teaspoons soda | 1 level teaspoon salt |
| ½ cup molasses | |

Fill to two-thirds well greased baking powder cans. Grease the lids, and put them on. Place in a steamer and steam three and a half hours.

SPOON CORN BREAD

- | | |
|----------------------|-----------------------------|
| 2 cups water | 1 level tablespoon dripping |
| 1 cup milk | 2 teaspoons salt |
| 1 cup white cornmeal | 2 eggs |

Mix boiling water and cornmeal and bring slowly to the boiling point and cook five minutes. Add eggs well beaten and other ingredients. Beat thoroughly, and bake in a well-greased pan for twenty-five minutes in a hot oven. Serve from same dish with a spoon. This serves six people.

OATMEAL MUFFINS

$\frac{2}{3}$ cup rolled oats	2 tablespoons melted fat
1 cup scalded milk	$1\frac{1}{2}$ cups flour
3 level tablespoons sugar	$1\frac{1}{2}$ level tablespoons baking powder
$\frac{1}{2}$ level teaspoon salt	1 well-beaten egg

Add scalded milk to rolled oats and let stand thirty minutes. Add sugar, salt and melted fat, the flour sifted with the baking powder. Mix ingredients. Add the well-beaten egg and beat the mixture thoroughly. Drop spoonful into well greased muffin tins and bake from twenty-five to thirty minutes in a moderately hot oven.

BUCKWHEAT MUFFINS

1 cup buckwheat flour	1 well-beaten egg
1 cup white flour	1 cup milk
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup molasses
4 level teaspoons baking powder	$1\frac{1}{2}$ teaspoons melted fat

Beat the molasses into the eggs, add the melted fat. Add alternately the milk and buckwheat flour. Then add the white flour in which the salt and baking powder have been sifted. Bake in gem pans.

INDIAN PUDDING

$\frac{3}{4}$ cup cornmeal	1 quart milk
3 tablespoons sugar or $\frac{1}{3}$ cup molasses	$1\frac{1}{2}$ teaspoons salt

Heat the milk. Sift in the cornmeal as in making mush. Add salt and sugar. Turn into buttered baking dish, put dish in pan of water, and bake very slowly $2\frac{1}{2}$ to 3 hours. Serve with hard sauce, cream or crushed fruit.

OATMEAL MUFFINS, No. 1

$\frac{1}{2}$ cup milk	2 tablespoons sugar
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon salt
1 cup cooked oatmeal or rolled oats	4 teaspoons baking powder
2 tablespoons fat	1 egg

Cook oatmeal, using one part oatmeal to two parts water. A larger proportion of water makes too soft a mush and gummy muffins. Mix milk, oatmeal, egg and melted fat. Add dry ingredients after sifting them together. Bake twenty-five to thirty minutes. This makes ten to twelve muffins.

OATMEAL MUFFINS, No. 2

$1\frac{1}{2}$ cups milk	2 tablespoons fat
2 cups rolled oats	2 tablespoons sugar
1 cup flour	4 teaspoons baking powder
2 eggs	1 teaspoon salt

Pour milk over oats and let soak one-half hour. Add eggs and melted fat. Add to dry ingredients, which have been sifted together. Bake twenty-five to thirty minutes. This makes ten to twelve muffins.

CORN BREAD

1 cup cornmeal	1 egg
1 cup flour	1 tablespoon fat
1 cup sour milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup sugar	$\frac{3}{4}$ level teaspoon soda

Mix well the dry ingredients. Dissolve the soda in the sour milk and add to this the beaten egg and melted fat. Beat well and add the dry ingredients. Bake in a bread pan in a moderate oven.

HOMINY BREAD

1 cup hominy	1 egg
1 cup flour	1 tablespoon fat
1 cup sweet milk	$\frac{1}{2}$ teaspoon salt
1 tablespoon sugar	$\frac{1}{4}$ level teaspoons baking powder

Mix and sift the baking powder with the flour and add the other dry ingredients. Beat the egg, add the milk, and melted fat. Then beat in the dry ingredients. Bake in a bread pan in a moderate oven.

OATCAKES—COOKIES

5 cups of oatmeal	$\frac{3}{4}$ cup sour milk
3 cups of flour	1 cup melted dripping
1 cup of sugar	1 teaspoon of soda

Dissolve the soda in the sour milk. Add the melted fat and other ingredients and roll thin.

Rolled oats put through a meat chopper are quite as good as the finely granulated meal, which is more difficult to obtain.

DATE LOAF

3 cups Graham flour	3 teaspoons baking powder
$\frac{1}{2}$ cup sugar	1 lb. dates

Milk sufficient to make a stiff batter.

CEREAL MUFFINS

1 cup cooked oatmeal	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup milk
2 tablespoons sugar	1 egg
4 teaspoons baking powder	2 tablespoons melted butter substitute

Mix and sift flour, baking powder and salt. Add the egg well beaten and the one-half cup milk with the cereal and beat it thoroughly. Then add the butter substitute. Bake in buttered muffin or gem pans about 30 minutes in a moderate oven.

GRAHAM GEMS

1 egg	1 cup buttermilk
2 tablespoons sugar	1 teaspoon soda
1 tablespoon fat	1 teaspoon cream of tartar
$1\frac{1}{2}$ cups Graham flour	$\frac{1}{2}$ cup white flour

ALMOND CAKES

$1\frac{1}{2}$ cups rolled oats	$\frac{1}{4}$ teaspoon salt
1 tablespoon butter substitute	1 egg
1 teaspoon baking powder	2 teaspoons almond extract
$\frac{1}{2}$ cup sugar	

Combine dry ingredients, add butter substitute, the extract and, last, a well-beaten egg. Shape in teaspoonfuls and place on a buttered pan. Bake in a very moderate oven 25 to 30 minutes, or until dry and light brown.

PASTRY

RYE PASTRY

1½ cup patent rye flour	½ cup liquid
½ cup bread flour	1½ teaspoons salt
½ cup fat	

Mix flour and salt, cut in fat. Add liquid gradually. Turn out on a board which has been brushed with flour. Roll thin. Bake in an oven at a temperature of 210° C. to 215° C.

WHEATLESS PIE CRUST, No. 1

2½ cups rye flour	1 level teaspoon salt
2 cups corn flour	¾ cup of fat
1 level teaspoon baking powder	¾ cup of water

Sift flour, salt and baking powder together; cut the fat into the flour mixture. Add water, mixing and handling as little as possible. Chill until ready to roll.

WHEATLESS PIE CRUST No. 2

2½ cups of rye flour
1½ cups rice flour

Other ingredients and method of preparation are the same as in recipe immediately preceding.

RICE CORN PUDDING

1 cup cornmeal	1 level teaspoon baking powder
1 tablespoon rice	1 teaspoon salt
1 tablespoon fat	2 eggs
2 cups milk	

Boil rice in one and one-half cups of water for ten minutes. Scald half the cornmeal with the boiled rice. Add melted fat and well-beaten eggs. Then add the milk and the remainder of the cornmeal, together with the salt and baking powder. Mix thoroughly and bake in a moderate oven 40 minutes.

CAKES

GINGER BREAD

½ cup molasses	½ egg
⅙ cup fat	1 cup flour
½ teaspoon soda	1 teaspoon ginger
¼ cup sour milk	¼ teaspoon salt

Heat molasses, pour over fat. When cool add egg. Then add flour sifted with ginger and salt. Add milk with soda dissolved in it. Cook in moderate oven.

CORNMEAL GINGERBREAD

2 cups yellow cornmeal	1 cup barley flour
½ cup molasses	1 teaspoon soda
½ cup sugar	2 teaspoons baking powder
2 tablespoons shortening	1 egg
1 teaspoon salt	1½ teaspoons ginger
1 cup sour milk	1½ teaspoons cinnamon
1½ cups sweet milk	½ teaspoon cloves

Mix the first seven ingredients in a double boiler and cook for 35 minutes over hot water. Beat the eggs and sift the flour, soda and spice together. Add the first mixture when it has cooled. Bake in a shallow tin in a moderate oven.

BUCKWHEAT CHOCOLATE CAKE

$\frac{1}{2}$ cup fat
1 cup sugar
2 eggs
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ teaspoon vanilla

$\frac{3}{4}$ cup buckwheat flour
 $\frac{3}{4}$ cup wheat
2 ounces chocolate (melted)
 $2\frac{1}{2}$ teaspoons baking powder

Cream butter, add sugar gradually, and yolks of eggs well beaten. Beat the whites of the eggs stiff. Add milk, flour, and baking powder and beat thoroughly. Add chocolate and vanilla and bake 40 minutes in a shallow cake pan.

CORNMEAL ORANGE GINGERBREAD

2 cups yellow cornmeal
1 egg
 $\frac{1}{2}$ cup molasses
1 teaspoon ginger
 $\frac{1}{2}$ cup sugar
2 tablespoons shortening
1 teaspoon salt

1 teaspoon soda
2 level teaspoons baking powder
 $1\frac{1}{2}$ cups milk
2 cups flour
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon cloves
Grated rind of one orange

Sift cornmeal, flour and spices twice. Dissolve soda in molasses. Add egg, shortening, milk and sifted ingredients and stir well with orange peel. Bake in a shallow buttered pan 20 minutes.

LAYER OR LOAF CAKE (Rye)

$\frac{3}{4}$ cup sugar
2 eggs
 $\frac{1}{2}$ cup shortening
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup milk or water
2 level teaspoons baking powder
 $1\frac{1}{2}$ cups rye flour
1 level teaspoon flavoring

Cream shortening and sugar. Add well-beaten eggs and milk. Add the sifted dry ingredients. Add flavoring, beat well. Bake in moderate oven twenty-five minutes.

DROP CAKES (Rye Flour and Oats)

1 cup rye flour
 $1\frac{1}{4}$ cups rolled oats
 $\frac{1}{2}$ cup shortening
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{4}$ cup corn syrup
1 egg

3 tablespoons water
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ cup nut meats
 $\frac{1}{2}$ cup raisins

Combine the sugar and the fat. Add the syrup and the water. Combine the flour, rolled oats, baking powder and salt and add to the first mixture. Add the cinnamon, nuts and raisins. Drop on greased pans and bake in a moderate oven.

CORN PEANUT COOKIES

3 tablespoons fat
4 tablespoons sugar
2 eggs
1 teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt
2 teaspoons cocoa

4 tablespoons cornmeal
4 tablespoons corn flour or other
flour
2 tablespoons milk
 $\frac{1}{4}$ cup peanuts

Combine the fat and sugar. Add the eggs well beaten and mix. Mix all dry ingredients together with the milk. Then add the peanuts. Drop in spoonful portions not too close together on a greased pan. Bake in a moderate oven until golden brown.

MISCELLANEOUS RECIPES

BARLEY AND OATMEAL DROP CAKES

1 cup barley flour	1 egg
1½ cups rolled oats	2 tablespoons water
½ cup fat	2 teaspoons baking powder
¼ cup brown sugar	½ teaspoon salt
½ cup corn syrup	½ cup nuts

Cream butter and sugar; mix dry ingredients. Then add beaten egg to creamed butter and sugar. Then add the flour and milk alternately. Mix well. Drop from spoon upon buttered tin. Bake in a moderate oven.

BUCKWHEAT BREAD

¾ cup buckwheat flour	1 teaspoon salt
2½ cups wheat flour	1 tablespoon corn syrup
1 cup milk (lukewarm)	½ cake yeast

Bake as ordinary bread, mixing all ingredients and allow it to rise until it is light. Knead and allow it to rise again, then mould it into loaves and after these have risen bake about 50 minutes in a moderate oven.

COOKED CORNMEAL BREAD

1 cup cooked cornmeal or hominy.	¼ cup lukewarm water
1 teaspoon salt	2½ cups of flour
1 tablespoon syrup	½ cake yeast

— Cool the cooked cornmeal until it is lukewarm. Add the yeast, salt and syrup and about one cup of the flour. Cover and allow it to rise until light and then knead in the rest of the flour. The dough should be stiffer than for white bread. Cover and let rise. Knead and finish as other breads.

ROLLED OATS BREAD

¾ cup rolled oats	1 teaspoon salt
2½ cups wheat flour	1 tablespoon syrup
1 cup water	½ cake of yeast

Scald the oatmeal with three-quarter cup of boiling water. Dissolve the yeast in one-quarter cup of lukewarm water. Cool the oatmeal and add to it the yeast and work in as much flour as possible.

Cover and set to rise until light. If the dough seems soft, add more flour and knead until smooth and elastic. Cover and let it rise again. When light, place in greased pans and allow it to rise until light enough for the oven. Bake slowly in a moderate oven for about one hour.

OAT SPONGE CAKE

4 eggs	1 cup sugar
1 tablespoon lemon juice	½ cup oat flour
½ teaspoon salt	½ cup corn flour

Beat the yolks of the eggs until thick and lemon-colored. Add the sugar gradually with the salt and lemon juice and beat well. Fold into this the stiffly-beaten egg whites and the flour. Line a pan with greased paper and bake the mixture for from thirty-five to forty minutes in a moderate oven.

CHOCOLATE POTATO CAKE

- | | |
|---------------------------------------------------------|---------------------------------|
| $\frac{1}{4}$ cup fat | $\frac{1}{4}$ cup milk (about) |
| $\frac{3}{4}$ cup sugar | $\frac{1}{4}$ teaspoon salt |
| $\frac{3}{4}$ cup riced potatoes or dry mashed potatoes | 1 square chocolate |
| 1 egg | 3 level teaspoons baking powder |
| | $\frac{3}{4}$ cup white flour |

Cream the fat, add the sugar and the potatoes, then the egg. Beat all well and add the flour with the salt and baking powder and sufficient milk to make dough. Cook for thirty-five minutes in a moderate oven.

BARLEY FLOUR CAKE

- | | |
|---------------------------------------------|---------------------------|
| 2 cups barley flour | 3 tablespoons brown sugar |
| $\frac{1}{4}$ cup fat | 1 cup corn syrup |
| $\frac{1}{4}$ teaspoon salt | 2 eggs, beaten separately |
| $\frac{1}{2}$ cup milk | 1 teaspoon vanilla |
| $\frac{1}{4}$ level teaspoons baking powder | |

Vary this by adding melted chocolate to make a chocolate cake.

BARLEY SPONGE CAKE

- | | |
|-----------------------------|----------------------------------|
| 4 eggs | 1 cup sugar |
| 1 tablespoon lemon juice | $1\frac{1}{2}$ cups barley flour |
| $\frac{1}{8}$ teaspoon salt | |

Beat yolks of eggs, salt, lemon juice and add the sugar. Fold in the whites of the eggs and the flour. Cook in a pan with lining of greased paper for thirty-five to forty minutes in a moderate oven.

POTATO FLOUR SPONGE CAKE

- | | |
|----------------------------------|-------------------------------------|
| $\frac{3}{4}$ cup powdered sugar | 1 teaspoon baking powder |
| 4 egg yolks | $\frac{1}{8}$ teaspoon salt |
| 4 egg whites | 1 teaspoon lemon or vanilla extract |
| $\frac{1}{2}$ cup potato flour | |

Beat egg yolks until thick and add 4 tablespoons of sugar. Beat the whites until very thick with $\frac{1}{2}$ cup of sugar until it forms a stiff meringue. Cut and fold this into the yolks and slowly add the flour with the baking powder and salt, cutting and folding in until it is completely blended. Bake in moderate oven for about three-quarters of an hour.

FRUIT CAKE

Without eggs, milk or butter.

- | | |
|------------------------------|---------------------------|
| 1 cup brown sugar | 1 teaspoon nutmeg |
| $1\frac{1}{4}$ cups water | 1 teaspoon cinnamon |
| 1 cup seeded raisins | 1 cup corn flour |
| 2 oz. citron cut fine | 1 cup rye flour |
| $\frac{1}{3}$ cup shortening | 5 teaspoons baking powder |
| $\frac{1}{2}$ teaspoon salt | |

Boil the first eight ingredients for 3 minutes. When cool, add the flour and baking powder sifted together. Mix well and bake in a loaf pan in a moderate oven for about forty-five minutes.

SPIDER CORN BREAD

1 egg	2 tablespoons sugar
1 $\frac{3}{4}$ cups milk and water	1 teaspoon salt
1 cup corn meal	2 teaspoons baking powder
$\frac{1}{8}$ cup flour	1 tablespoon shortening

Beat egg in bowl and add one cup milk and water; stir in corn meal, flour, sugar, salt and baking powder which have been sifted together; turn into frying pan in which shortening has been melted. Pour remaining milk over it but do not stir. Bake about 25 minutes in hot oven. There should be a line of creamy custard through the bread. Cut into triangles and serve.

WAFER CORN BREAD

2 cups corn meal	1 egg
2 teaspoons baking powder	1 tablespoon shortening
$\frac{1}{2}$ teaspoon salt	2 cups milk
2 tablespoons molasses (if desired)	

Mix thoroughly corn meal, baking powder and salt. Add melted shortening, molasses, well beaten egg and milk. Beat well. Pour into greased shallow pans (the batter should be about $\frac{1}{4}$ inch deep) and bake in hot oven until brown on both sides. The bread should be less than $\frac{1}{2}$ inch thick when baked.

CORN MEAL SPOON BREAD

2 cups milk	1 teaspoon salt
1 egg	$\frac{3}{4}$ cup corn meal
2 teaspoons baking powder	

Add beaten egg to milk. Mix and sift corn meal, baking powder and salt and stir into the liquid. Pour into hot greased earthen dish and bake in hot oven thirty to forty minutes. Serve hot with a spoon from dish in which it was baked.

NUT BREAD

3 cups Graham flour	1 $\frac{1}{2}$ cups milk and water
5 teaspoons baking powder	1 cup chopped nuts (not too fine)
1 $\frac{1}{2}$ teaspoons salt	or 1 cup raisins washed and floured.
$\frac{1}{4}$ cup sugar or corn syrup	

Mix together flour, baking powder and salt; add milk and water, sugar or corn syrup and nutmeats or raisins; mix well and put into greased loaf pan, allow to stand thirty minutes in warm place. Bake in moderate oven forty to forty-five minutes.

PEANUT BISCUITS

2 cups flour	2 cups peanuts (finely ground or crushed)
4 teaspoons baking powder	1 tablespoon shortening
2 teaspoons salt	
$\frac{3}{4}$ cup liquid (milk and water)	

Sift flour, baking powder and salt together; add peanuts. Cut in shortening; add liquid slowly to make a soft dough. Roll out lightly on floured board; cut with biscuit cutter and put into greased pan. Bake in hot oven 10 to 12 minutes.

MAPLE ICING

2 cups maple or corn syrup	2 teaspoons shortening
1 egg white	

Boil syrup until it spins a thread; add shortening. Pour slowly over beaten white of egg. Beat until stiff enough to spread on cake.

The following uniform booklets have been prepared by experts under the direction of the Canada Food Board:

1. **Fruit and Vegetables: Canning, Drying, Storing.**
2. **Fish Recipes.**
3. **Vegetable Recipes.**
4. **Bread Recipes.**

Copies of any of these booklets can be secured at a price of **5** cents each, upon application to the Canada Food Board, Ottawa.



PRICE OF



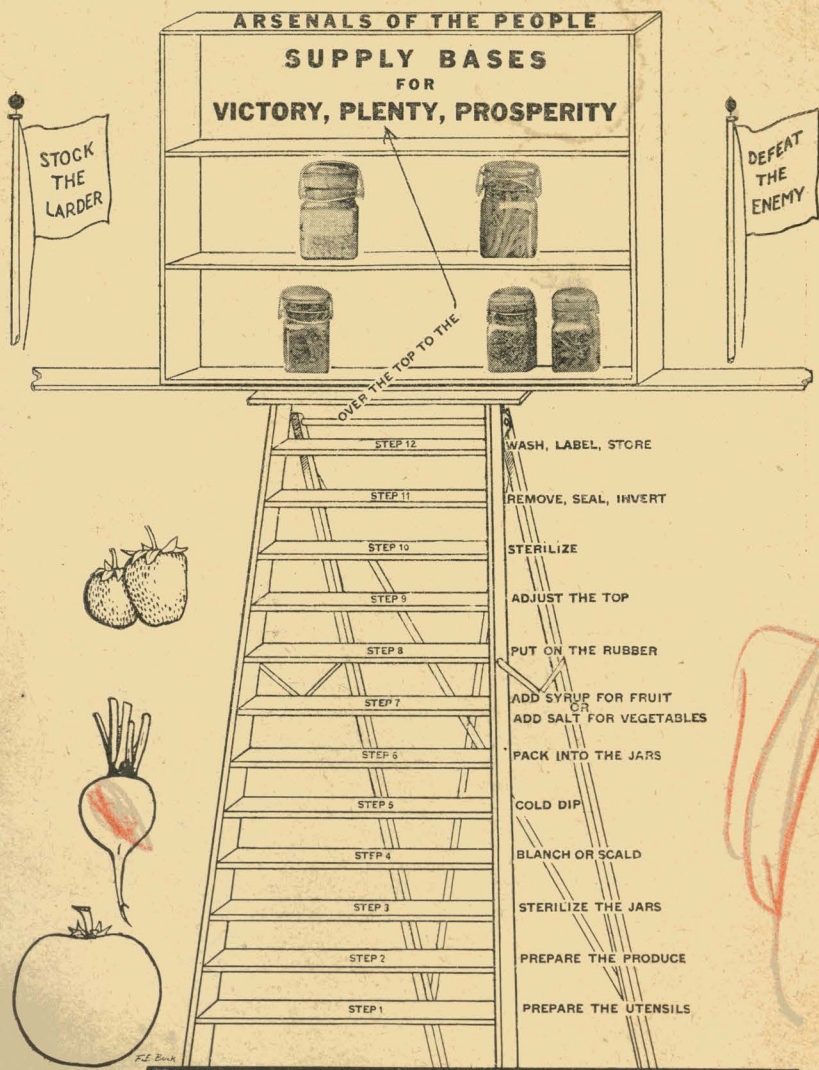
THIS BOOK

FRUIT *and* VEGETABLES

CANNING
DRYING
STORING



STEPS IN THE CANNING PROCESS



SAVE THE PERISHABLE FOODS

CANADA'S war gardeners and all classes of our people who have engaged in food production this year have done splendid service. The response to the call for more food has been magnificent and there is every prospect of a bountiful harvest. The need of food overseas continues to be great and, if we are to take the utmost advantage of our opportunity to feed our soldiers and Allies, we must make the fullest use of our food resources.

By eating fruit and vegetables freely while they are in season, and by canning, drying or storing our surplus for winter use, we can release more wheat and other foods for shipment overseas. At the same time we can reduce our own cost of living. Fruit and vegetables are conducive to health, and greater and more regular use of them throughout the year would have positively beneficial effects.

But these are perishable foods and in order to avoid very great waste—which would be little short of criminal, in view of the situation in Europe—they must be handled promptly and carefully. This booklet is intended to give simple, definite and reliable information for the guidance of those who are willing to do their part in saving for winter use our harvest of fruit and vegetables, and especially the home grown produce.

Canning, drying and storing of fruit and vegetables mean true food service. They are a natural development of the efforts of the War Gardener, and all may have a part in the work of making the most effective use of our 1918 harvest. By so doing every housewife can contribute to the attainment of the final victory.

CANADA FOOD BOARD

Henry D. Thurston.

Ottawa, June, 1918.

Chairman.

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NOTE.—The services of Mr. F. E. Buck, Assistant Dominion Horticulturist, Ottawa, in the preparation of the material in this booklet are gratefully acknowledged.

HOME CANNING CALENDAR

FROM THE HOME GARDEN TO THE LARDER

MAY—This is the planting month. Sow those crops which will give the best supply of palatable and nutritious food during the winter.

JUNE—The garden becomes the larder for the next three months. Asparagus, if you have enough of it, can be canned with profit, also rhubarb this month or next.

JULY—Peas, young beets, carrots and other vegetables will be ready for canning this month. Fruits also are plentiful.

AUGUST—Fruits, beans, cauliflower, corn, Swiss chard, etc., should be put up this month.

SEPTEMBER—Can plums, peaches, tomatoes, corn, etc. Remember also that this is the month when plans for winter storage should be made.

OCTOBER—Store your crops. What about cellar storage and pit storage? See Storage Section of this bulletin.

NOVEMBER—Watch your stored crops. The attic in which onions and squash should be stored must be frost-proof.

DECEMBER—Take note of any failures in canning, etc. Try some of your dried products.

JANUARY—Extra care should be given to the stored crops. Sort out any decayed specimens. Don't let the storage cellar become too dry.

FEBRUARY—Plan your garden for next year. Estimate your needs on the present supply in your larder.

MARCH—Buy your seeds for the following season. Start early vegetables, such as early cabbage, in the house.

APRIL—Prepare the garden. Manure is the best fertilizer. Clean out your storage cellar.

COMMUNITY CANNING CALENDAR

FEBRUARY—The community clubs should organize or re-organize. Discuss the year's work for the members, especially the most suitable vegetables for them to grow in their gardens for canning purposes.

MARCH—Club members to meet and discuss the purchase of supplies, organization of the year's work and the equipment of the club building.

APRIL—Members to meet and hear addresses on the canning and home conservation of foods.

Appoint committees to obtain new members.

MAY—The club to meet in order to welcome and instruct the new members. Members' night to discuss helpful recipes and useful publications, etc.

JUNE—Club to arrange a visit to the gardens of some of its members. Demonstrations of certain gardening work.

JULY—The regular canning demonstrations of the club start this month. At the first meeting explain the uses of the canning equipment. Emphasize the importance of good quality of fruits and vegetables.

AUGUST—The regular demonstrations continue. Appoint a committee to make arrangements for displays of canned goods at Exhibitions and Fall Fairs.

SEPTEMBER—Arrange a display of canned exhibits in the club rooms. Canning demonstrations conclude this month.

OCTOBER—Arrange for a review of the year's work.

SUCCESSFUL CANNING

THE THEORY OF CANNING—The canning of vegetables in glass sealers in the home is comparatively a new art. Its success depends upon the application of certain well-known laws; for instance, it is known that,

(1) All decays, moulds, fermentations and rots of food are caused by minute forms of life known as bacteria, yeasts and moulds.

(2) These minute forms of life exist in the atmosphere and are found in and on everything in nature, especially in and on all food products.

(3) After any food product, especially fruit or vegetable, has reached a certain stage of ripeness, these minute forms of life, if conditions are favourable, will increase exceedingly rapidly by feeding on the food and destroying it.

(4) Sufficient heat at a sufficiently high temperature will destroy any form of life.

THE SUCCESSFUL PRACTICE OF CANNING—The success in the practice of canning may be explained in two sentences.

First, the material to be canned must be subjected to enough heat to kill all those forms of microscopic life found in or on it.

Second, after such forms of life have been killed the food product **must be** hermetically sealed to protect it from exterior sources of re-infection, such, for example, as the atmosphere or the hands. The product will then keep indefinitely. This has been proved by thousands of experiments.

Non-success in household canning is due, therefore, either to insufficient sterilization or cooking or to imperfect sealing.

CANNING AND ITS WAR-TIME SIGNIFICANCE—In the year 1895 the mystery previously attached to the art of canning began to disappear and canning became a commercial industry. This industry grew by leaps and bounds. It started in the year 1860; by 1890 it had a turnover in the United States of over \$45,000,000. In the year 1916 the turnover had increased to thirteen times that sum and the canning industry is now established as one of the most important in the life of the nation.

The exigencies of war have had a wonderful influence on the art of canning,¹ but not until a few years ago was there such a thing heard of as home canning. During the last few years canning as practiced in the homes of the people has played a very significant part in connection with the successful conduct of the war on the part of the Allies. Its two-fold development is most interesting. Commercially canned or preserved food in every conceivable form has made it possible for countries thousands of miles distant to contribute all types of food for the needs of the men in the trenches.

Garden produce grown in the home garden and canned in the home has also made it possible for these same countries to release tremendous quantities of wheat and cereals which would have been otherwise required for home consumption. There is still a third phase in the development of canning and this is known as community canning. It also promises to have very important bearing on the future economic life of the nation.

NO DANGER FROM POISONING

THERE IS NOT THE SLIGHTEST DANGER FROM POISONING as a result of eating vegetables and fruits canned by the Cold Pack Method, or any other methods recommended in this pamphlet, PROVIDED THE INSTRUCTIONS AS GIVEN ARE FOLLOWED.

No bacterial life exists, or can exist, in a successfully canned product. *Bacillus botulinus* will never be found in properly-canned products.

Cooking canned vegetables for ten minutes at the boiling point after opening the jar for use, will even remove any danger in cases where perfect success has not rewarded the efforts of those first attempting to can. This would be true also of fruits, like peaches and pears.

COMMUNITY CANNING

Community canning is the most recent phase of the art of canning. It is due to the fact that there exists today a greater opportunity than ever before for successful co-operative effort.

Those who are able to organize community effort for the canning of garden produce will be amply repaid for their trouble. Community effort is frequently much better and more efficient than individual activity in the kitchen. This is especially true in this time of stress and food shortage.

The tremendous success of the war-time gardens is due partly to the fact that it had been splendidly looked after by patriotic and other civic organizations. These organizations should remember that to complete gardening activities the individual gardeners should be organized into groups in order that the produce may be economically and scientifically conserved.

In the case of womens' organizations in large cities or co-operative associations in the smaller country places it should not be difficult to organize a canning campaign during the summer on a community plan. Many of these organizations have already become responsible for increased production and they now have a great opportunity to spread the gospel of scientific and profitable means of saving and conserving food.

In community canning enterprises there is less liability for the individual to make mistakes, as one working with the other tends to promote efficiency. Economy in the purchase of supplies is also another great consideration, while the spirit of good-fellowship which is decidedly encouraged in such work is another reason for such co-operative effort. Individual instruction in the matter of canning is difficult under the best of circumstances, but the individual working with others is quick to appreciate the successes and failures of fellow members. This promotes efficiency and self-confidence. Individuals working together in such a manner work to a certain standard, which standard is lived up to. Instruction can be given, moreover, in a more definite and scientific way to a number of workers than it can to the individual. This also saves time and makes for efficiency. Economy in the matter of buying supplies on a large scale is a strong point in favour of community canning.

Should it be impossible for organizations to organize a community club for canning, it might be possible for organizations like the Women's Canadian Clubs, Soldiers' Wives' Leagues and Church organizations to band together and purchase supplies for the requirements of the householder on a wholesale basis. Existing organizations should be used wherever possible, as in many cases such organizations have rooms and a certain amount of equipment which could be used for community canning. When a hall must be rented for the purpose, possibly a membership fee of \$1.00 could be assessed upon each member in order to pay expenses. Halls fit for canning purposes, however, must be equipped with water supply and heat.

Community canning has been tried and has succeeded in the United States. If a fully equipped club is not possible this year, co-operative and helpful work could be undertaken following along the lines suggested below:

- (1) Various organizations in a centre to meet together and appoint a canning committee.
- (2) This committee to appoint sub-committees, such as (a) a committee to look after the hall arrangements and equipment of the hall.
- (b) Another committee to be responsible for the purchase of a few necessary supplies for instruction and demonstration purposes.
- (c) Another committee, or preferably one person, to be responsible for the actual work.

It is further suggested that a day be set aside for definite crops. For instance, one demonstration should be devoted to the canning of corn, another to raspberries, or possibly one fruit and one vegetable at the same demonstration.

Complete community canning outfits cost a considerable sum of money and it is doubtful whether many organizations would be prepared to spend too large a sum in equipment, or whether such equipment could be obtained on short notice for this season. However, much can be done (this year) by using the simpler appliances such as the wash boilers used in home canning.

In many cases it has been found that the services of high school girls can be profitably used in such work. In one district in the United States about eight thousand community club members put up over two hundred thousand containers.

In some community canning work carried on at Parkhill, Ont., last year a small 5 h.p. vertical steam boiler was used to generate the steam supply. The water bath principle of canning was used and two wooden vats were used, one for sterilizing the empty jars and the other for sterilizing the filled jars. These vats were made at a local mill to hold 72 quart jars each.

The Ottawa Horticultural Society also carried on a successful series of canning demonstrations in the City of Ottawa last year. The demonstrations were largely attended.

EQUIPMENT FOR COMMUNITY CANNING

It is not easy to be specific with regard to equipment for community canning. From three hundred to six hundred dollars will buy all the tables, slicers, paring machines, seeders and sealers, together with the canning outfit proper to do several thousand quarts per day.

Such an equipment should be able to produce enough to meet the requirements of about twenty-five families. This would work out at a cost of about twelve to twenty dollars for each family. In some cases, however, as in the case cited above, local ingenuity and patriotism can be relied upon to reduce this cost. The work is new, and should be encouraged, and in the case of a large factory, for example, the employers would no doubt be willing to provide several of the essentials; and this, if the employees could be organized into a club, would materially reduce the initial cost.

If profitable returns are assured, an initial outlay, however heavy, should not be looked upon as a discouraging factor.



DEMONSTRATING CANNING AND DRYING BEFORE AN OUTSIDE AUDIENCE

Community canning can often be done in the open. In hot weather it is better than in a small building. In this case the building holding the supplies was at the rear of the demonstrators. A special "Home Canner" is made for use outside. Many people have used it with success. It burns wood or coal and is inexpensive.

"CANADIAN CROPS FOR VICTORIES IN FRANCE"

PART I.

CANNING IN THE HOME

SOME EXPLANATIONS

Modern canning depends for success upon **heat** and **rubber rings**. The one kills all decay organisms, the other keeps them out.

When "sterilization" is advised it means you are to boil in **boiling water** or steam long enough to kill the bacteria, moulds, etc.

When "perfect sealing" is advised it means you are to use a **new** rubber band and a jar which can be depended upon to keep out all air.

If you can by the method which follows you will have fruit and vegetables which will keep for years. If you have never tried before, why not this year?

"THE COLD PACK METHOD" OF CANNING.

This is a phrase which is used to describe the most common method of handling the produce. Nearly all vegetables are canned this way. They are packed into the sealers **cold** and the cooking follows in one of the three ways described in the next three paragraphs.

 Sterilizing may be done in three different ways, each of which has its advantage.

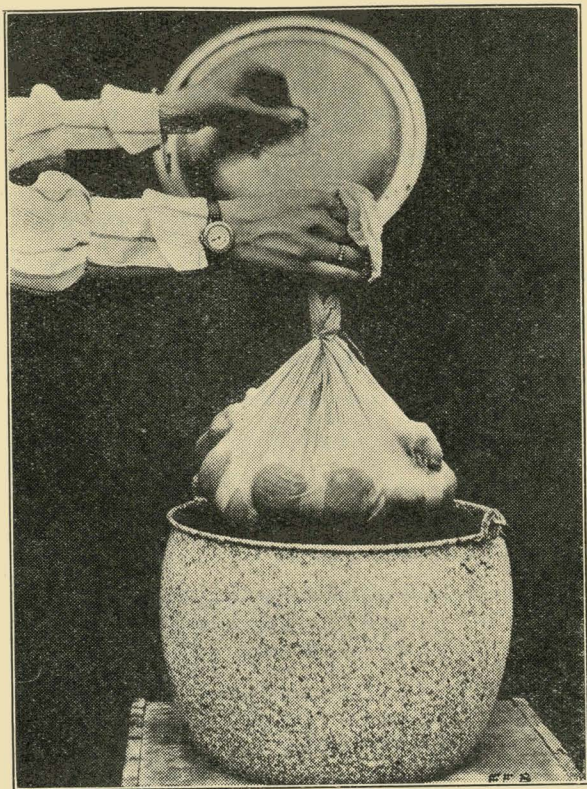
1. **SINGLE BOILING**—This is the commonest method and if carried out carefully there will be but few failures. A common pot or wash boiler is used by making a false bottom of slats to keep the jars off the bottom and thus prevent breakage. The water in the boiler should come half-way up the jars, or with vegetables it may even cover the jars. A steam cooker such as is ordinarily used in the kitchen works well and is a little more convenient than the wash boiler. The time of boiling differs with different vegetables, but in any case the time of sterilizing is counted from the time the water starts to boil vigorously in the boiler.

See page 30 for time table of sterilizing different products.

2. **INTERMITTENT OR FRACTIONAL STERILIZATION**—This method is the same as No. 1 except that the sterilization of the food is divided into three periods upon three successive days. If followed out properly there would be absolutely no failures. Thus instead of boiling three hours at once the jars are boiled one hour each day for three days. However, it requires more handling of jars, more fuel and more work, which is the disadvantage.

3. **PRESSURE STERILIZATION**—This is carried out in a pressure cooker that can be closed and thus produce steam under pressure. This is the most effective and rapid method but special apparatus is required. The advantage of the steam pressure method is that it requires shorter time and is more thorough. Small pressure canners can be obtained in which from six to thirty pounds' pressure can be produced, but as these cost more than the average housewife cares to expend, instructions in this pamphlet outline a canning method where the ordinary wash boiler may be employed with a slat rack upon which to place the cans.

Other utensils recommended consist of enamel kettle, wire baskets, or cheesecloth, enamel colander, wire strainer, glass measuring cup, large spoons, fruit masher, pint and quart measure, clean towels and glass containers.



HOW TO SCALD OR BLANCH

This shows the method of scalding or blanching garden produce. Tomatoes, peaches, etc., are placed in cheese cloth of double thickness and dipped into boiling water, as indicated in the illustration. In the case of greens, blanching greatly reduces the bulk and a full pack is then made possible. For the time for different products see Canning Chart on page 30.

SCALDING is for the purpose of loosening the skin, so that fruits like tomatoes and peaches, for instance, may be peeled easily.

BLANCHING is more thorough than scalding and consists of leaving the product in a large amount of boiling water for a short time. Blanching gives a thorough cleaning and destroys all bacteria on the surface of the product. It often helps to improve the flavour and in some instances it removes strong or objectionable odors or flavours. Blanched peaches and pears have a more transparent appearance, better texture and a mellow flavour.

STEPS IN THE CANNING PROCESS

1. Prepare the canning utensils and select jars and tops. Make sure that everything is clean and that jars are air-tight.
2. Sterilize jars 15 minutes.
3. Wash fruit or vegetable in clean, cold water. Prepare the vegetables as you would if getting them ready to boil for dinner, and the fruit as for serving.
4. **BLANCH**—This is done by putting material for canning into a cheesecloth, or a wire basket, and dipping into boiling water for from one to twenty minutes.
5. **COLD DIP**—Immediately upon removal from boiling water the product should be plunged into cold water and left till it feels cold to the touch.
6. **COLD PACK**—Pack the cold vegetables or fruit into the sterilized jars.
7. To the vegetables add salt—one teaspoon to one quart jar and fill the jar with boiling water.
8. To the fruit add syrup according to instructions in the syrup table.
9. Put on a new rubber and the glass top, but only partly seal the jars.
10. Sterilize by putting the jars into a boiler with false bottom. The water in the boiler should be at least half-way up the outside of the jars. For time see schedule on page 30 of bulletin. Take time after the water starts to boil.
11. Remove from boiler at end of the required time and seal the jars immediately by tightening the covers. The cover must be perfectly tight and must not be opened until needed for use. Invert to test for leaks.
12. When cool, wash jars, label and date. Store in the dark or wrap each jar in paper to prevent bleaching.

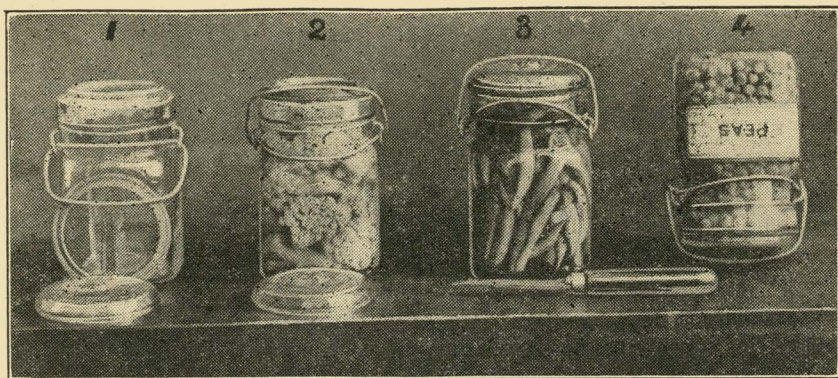
THE SYRUP TABLE.

For sweet fruits.....	1 pint sugar to 2 pints water.
For slightly acid fruit.....	2 pints sugar to 3 pints water.
For acid fruits.....	1 pint sugar to 1 pint water.
For very acid fruits.....	2 pints sugar to 1 pint water.

The amount of sugar used will also depend on individual taste, but too much sugar spoils the natural flavour of the fruit.

In all cases boil the sugar and water together for 5 minutes, and strain if not clear.

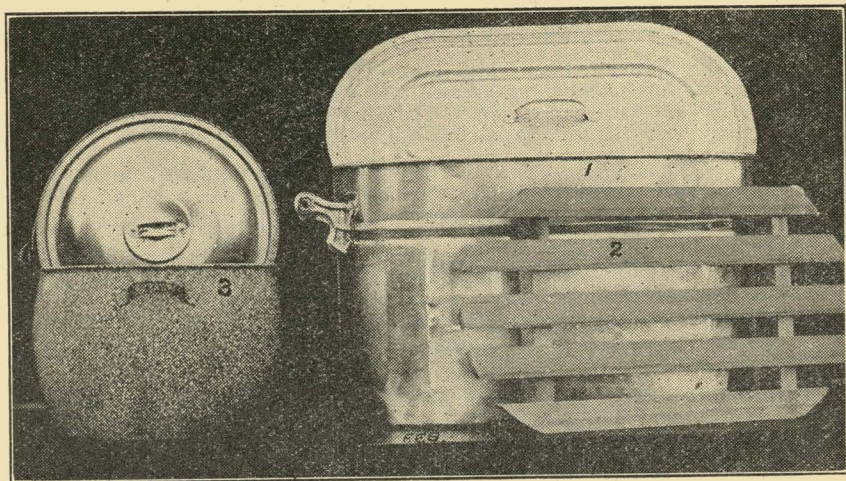
For quart jars of large fruit about 1 pint of syrup is required. For quart jars of small fruit about $\frac{1}{2}$ pint.



ILLUSTRATING FOUR STEPS IN THE CANNING PROCESS

(see page 10 for other steps)

1. The jar ready for filling.
2. A jar packed with cauliflower and filled with water and salt.
3. A jar with the cover on and clamp left loose. Ready for boiling.
4. Jar inverted after boiling to test for leaks.



THE SIMPLEST TYPE OF CANNING OUTFIT

1. Tin wash boiler.
2. False bottom for boiler.
3. Scalding pot.

CANNING RECIPES IN DETAIL

BEANS—String and remove ends of beans. Blanch five minutes, then dip in cold water. Cut in one- or two-in. pieces and pack closely in jars. Add one teaspoon of salt to each quart jar. Fill the jars with cold boiled water. Adjust rubbers and covers. Sterilize 2 hours. Young beans may be packed whole.

BEETS—Wash beets thoroughly, leaving on roots and one or two inches of stem to prevent loss of colour. Blanch ten minutes in water that is kept boiling, or steam if possible. Cold dip and remove skins, roots and stems. Pack closely in jars. Add one teaspoon of salt to each quart jar. Fill jar with boiled water. Adjust rubbers and covers. Sterilize one and one-half hour.

CARROTS—Wash and scrub carrots. Blanch five minutes in boiling water. Cold dip, cut off roots and pack upright in jars as closely as possible. Add one teaspoon of salt to each quart jar. Fill jar with boiled water. Adjust rubbers and covers. Sterilize one and one-half hour.

CAULIFLOWER—Cut flowered portion into pieces small enough to be easily packed in jars. Place in water, slightly salted, for one hour. Blanch five minutes, then cold dip. Pack in jars. Add one teaspoon of salt to each quart jar. Fill jar with boiled water. Adjust rubbers and covers. Partly seal. Sterilize one and one-half hour.

CORN—Blanch the corn on the cob five minutes. Cold dip for one minute. Cut off tops of the kernels and scrape off the rest of the pulp. Pack and press firmly into jars so that the corn juice may fill all spaces. Add one teaspoon of salt to each quart jar, and if the milk of the corn is not sufficient to fill the jars, add water. Adjust rubbers and covers and partly seal. Sterilize three hours.

GREENS (Spinach, Beet Tops, etc.)—Choose young leaves and wash carefully. Blanch twenty minutes in a steamer, then cold dip. Pack tightly in jars. Add one teaspoon of salt to each quart jar. Fill jar with boiled water. Adjust rubbers and covers. Partly seal. Sterilize one and one-half hour.

PEAS—Wash and shell, blanch five minutes, then cold dip. Pack in jars. Add one teaspoon of salt to each quart jar. Then fill with boiled water. Adjust rubbers and tops. Partly seal. Sterilize three hours.

TOMATOES—Choose firm, ripe tomatoes. Wash and scald for two minutes in boiling water. Place in cold water. Remove skins and core without cutting into seed cells. Pack whole in jars. Add one teaspoon of salt to each quart jar. Fill the spaces in the jar with tomato juice (made by stewing large or inferior tomatoes about ten minutes and pressing through fine sieve). Adjust rubbers and covers. Partly seal. Sterilize thirty minutes.

PEACHES—Blanch fruit two minutes.* Cold dip. Remove skin, cut in halves and pack in jars. Fill with syrup as for sweet fruit. Sterilize fifteen to twenty minutes according to the ripeness of the fruit.

RASPBERRIES—Pick over and wash fruit. Pack in jars as closely as possible without crushing. Fill with syrup as for sweet fruit. Sterilize twelve minutes.

PEARS—Pare, cut in halves and remove the core. Pack in jars. Add syrup as for sweet fruit. Sterilize twenty minutes. Flavour may be varied by adding to each quart jar juice of half a lemon, or by sticking a whole clove in each half pear.

OTHER METHODS OF CANNING

"RAW CANNING" OF SMALL FRUITS: Small fruits like raspberries can be sterilized so as to retain their natural shape, colour and flavour without actual cooking.

Pack fruit in hot sterilized jars. Fill jars with boiling syrup (see syrup table) and seal tightly. Place jars in a wash tub, or similar vessel, and fill it with enough boiling water to reach to the top of the jars. Place a blanket over the tub and leave till cold. If using screw top jars, tighten occasionally as the water cools. Invert to test for leaks.

Instead of the tub of boiling water the fireless cooker may be used. Heat soap stones, place them in fireless cooker, then put in packed and sealed jars, seal up cooker and leave till cold. Remove jars and test for leaks.

ACID FRUITS CANNED WITHOUT HEAT OR SUGAR: Inquiries have been made with regard to the success of this method. The following acid fruits are those generally used: rhubarb, gooseberries, sour cherries, plums and currants.

The method employed is as follows, but at present it has not been tried out sufficiently to be endorsed.

Fresh fruit, free from blemishes, is placed in the jars. The jars are then placed in a tub or receptacle deep enough so that when it is filled with water the jars will be at least four inches below the surface. The tub is then placed under a tap or source of running water and the water is allowed to run until all the air bubbles have ceased to appear and the impurities are washed away. This usually occupies from five to ten minutes. The jars are then sealed under water, wiped dry, turned upside down and allowed to remain in that position for 24 hours; if dry after that period the bottle is proved to be air tight; if not, the process must be repeated. The water must be pure; to make certain boil it first and sterilize the jars in any case.

THE QUESTION OF RUBBERS

Careful attention to detail is sure to bring success in canning. People in all parts of the country had success last year, but NOT ALL had equal success! Why? Perhaps the chief reason may be summed up in this word "RUBBERS." Rubbers from the last year's jars may be used, but you are taking chances if you use them with some things! You cannot SEAL THE JARS PERFECTLY with a rubber which has been used.

If, therefore, you fail in this simple matter of detail, but which also happens to be one of fundamental importance, DON'T BLAME THE METHOD, BUT YOURSELF.

OTHER METHODS OF SAVING FOOD

1. **DEHYDRATING OR DRYING**—The modern art of dehydrating fruits and vegetables is the same as the older art of drying practised by our forefathers.

Dehydrating signifies that the water has been removed from any substance. In dehydrating or drying this is all that does happen, the water is the only thing that is removed and no chemical change takes place in the fruit or vegetable.

War conditions have brought the old art of drying into prominence and modern equipment has stimulated it and made it a profitable and safe method of saving food. For its advantages and suitable methods of drying products in the home see the section of this bulletin devoted to Drying.

2. **STORAGE**—Nearly all of the vacant lot and home gardens which started under war conditions grow vegetables. Very few as yet grow fruits. The majority also of these gardens grow potatoes. Under such circumstances proper cellar storage is very important because perhaps as high as seventy-five per cent of the crop of many of the gardens has to be stored. One section of this bulletin is therefore devoted to the question of Home Storage.

3. **PRESERVING**—Preserved fruit is fruit which has been cooked in sugar syrup until it is clear, tender and transparent. The fruit, whether whole or in pieces, should keep its form and plumpness and be crisp rather than tough or soft. To attain this object it is often necessary to start cooking the fruit in a thin syrup.

Preserving differs from canning in the method of cooking and packing the fruit in the containers. It is more like jam making. See section of this bulletin devoted to preserving recipes.

4. **JAM MAKING**—Whole small fruits are generally used in jam making and the fruit does not remain whole as in the case of preserves. A jam to be attractive should have a bright clear colour. The broken fruit gives a fine colour and rich flavour. About half of the fruit should be under ripe, as such fruit contains more acid and this with the pectin of the fruit gives a jelly-like consistency to the finished product.

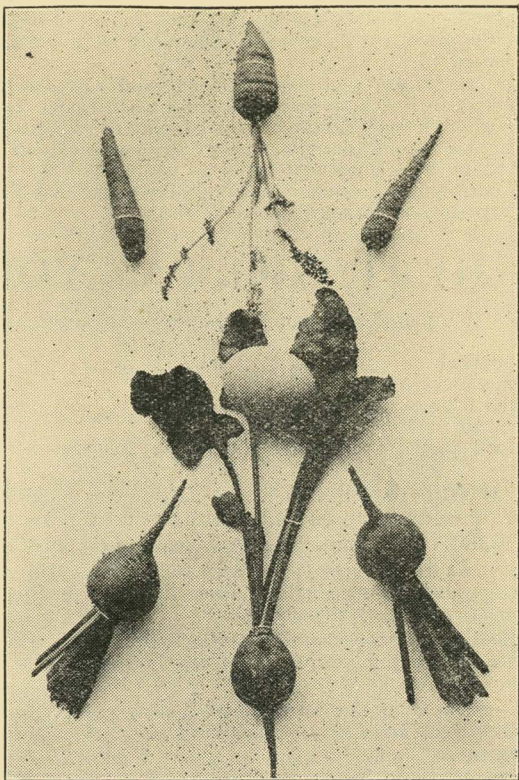
Cook rapidly and over a clear fire. A better colour and flavour will result if the fruit is cooked in small quantities and with three-quarters of a pound of sugar to a pound of fruit. See also section devoted to jam making.

5. **PICKLING**—Much wholesome food may be preserved for home use by means of pickling. In pickling, the food is preserved by means of well-known preservatives, such as salt and vinegar, either with or without the addition of spices or sugar. In many cases unripe fruits such as unripe tomatoes can be used to advantage this way. The commoner vegetables best adapted for pickling are cucumbers, tomatoes, beets, onions, carrots, artichokes and cabbage.

Many of the fruits also can be used to advantage for sweet pickles, those most generally used being apples, plums, grapes, gooseberries, pears, cherries and water-melons.

Mixed pickles also constitute an appetising form of food. Such vegetables as beans, tomatoes, cauliflower, onions and cucumbers are largely used in the making of mixed pickles.

The preservative may be used at various strengths, although no pickle will keep perfectly unless the air is excluded. Cheesecloth and melted paraffine are often used to make the containers air-tight. See section of this bulletin devoted to pickling recipes.



Young beets for canning should be pulled when about the size of a small egg; carrots when about three inches long.

The egg in the middle of the illustration shows relative size.

A NEW METHOD

There is a new method of using garden beets. Have you tried it? It is well spoken of by all those who have.

The beets are used when quite young and tender. Their flavour is at the best then. They are pulled when about the size of an egg and canned. The method is described on page 12.

Custom has prescribed us from trying this method sooner. There is no real reason why the beets should be allowed to grow to full size, as for many people they are then less palatable. Every person likes the young canned beets.

Mature beets take longer to cook. Twelve jars of young canned beets will supply a household with a delightful vegetable for perhaps a month. The quantity required

to fill twelve jars can be cooked with about the same amount of fuel as it would take to cook two days' supply of the older beets. They can be prepared with about the same amount of labour.

Why spend fifteen minutes each day during the winter preparing the older beets and a large amount of fuel each time to cook them when better results may be obtained from one morning's work devoted to the canning of young beets?

Save your time and fuel. Please your family. Try young carrots, spinach and the mid-ribs of Swiss chard in the same way.

Don't follow custom for the sake of custom. Try something new. If it is not a better method return to your former method.

WHY IT WILL PAY YOU!

It will pay you to can as great a quantity as possible of vegetables and fruit this year because:—

1. It is economical.
2. It gives a variety of diet.
3. It is in the interest of the family's health.
4. It saves sugar.

The day's food should provide for the body's constant need the following substances:

A. **MINERAL SUBSTANCES** such as lime salts for building and repairing bone wastage and for neutralizing acid substances produced by the digestive organs.

FRUITS, VEGETABLES and milk are the source of supply of these substances.

B. **PROTEIN**—Protein is needed for growth and for fuel. Milk and meat supply this, but acids are produced when such are digested and **Vegetables** are needed to supply substances to neutralize these acids.

C. **STARCH**—Starch is the chief food of the body. Cereal foods supply starch, but the **potato**, the main vegetable crop of the war-time garden, also consists largely of starch.

D. **SUGAR**—Sugar is another form of body fuel and should be supplied for the body's use. **Fruits**, syrup and honey contain large percentages of sugar.

E. **CELLULOSE**—Cellulose makes up the framework of garden produce. **Fruits and Vegetables** supply it to the body, without which it is difficult to prevent constipation and other body ills.

F. Fats and other substances in small quantities are also required by the body. **Fruits and Vegetables** help to supply some of these. Nuts contain considerable fat.

I. FRUITS AND VEGETABLES WHICH CONTAIN MINERAL MATTERS AND BODY-REGULATING SUBSTANCES.

Fruits

Apples, pears, etc.
Bananas
Berries of all sorts
Melons
Oranges and citrous fruits.

Vegetables

Salad vegetables, such as lettuce, etc.
Greens of all sorts, such as beet greens,
Potatoes and root vegetables
Peas, beans, etc.
Tomatoes, squash, etc.

II. FOODS SUPPLYING STARCH AND SUGAR

- The cereal foods made from wheat, corn, barley, oats or rye
- Potatoes and other starchy vegetables
- Sugar, honey, molasses, syrups, preserved and dried fruits

SHALL WE USE BROWN OR WHITE SUGAR?

Measures which have been taken by the Canada Food Board seem to assure that, with economy in the use of sugar in private homes and elsewhere, there will be a sufficient supply of sugar for the canning and preserving season. It should be pointed out, however, that yellow and brown sugars can be used for canning purposes with entirely satisfactory results. Brown sugar is slightly cheaper than white granulated sugar and it is desirable to conserve the latter, as far as possible, for those purposes for which it is essential.

The following statements are based on a report of the Chief Analyst of the Dominion Government, who states that "it is only want of knowledge on the part of the public which prevents the extended use of yellow and brown sugars."

REFINED SUGAR.

Refined sugar, whether made from the sugar cane, sugar beets, sorghum, maple or palm, is required by law to contain at least 99.5 per cent of sucrose which is the sweetening constituent of sugar and it has to be free from all artificial colouring matter. Analyses made in the Dominion Laboratory show that the refined sugar on the Canadian market is of a very high grade.

YELLOW OR BROWN SUGARS

There are three grades of these sugars which are generally classified as bright yellow, yellow and dark yellow, or on another basis as yellow, golden and brown. These sugars contain from 7 to 10 per cent. less sucrose than refined sugar, but they have, in addition from 4 to 8 per cent. of invert sugar. This invert sugar has a sweeter taste than cane sugar and is the sugar found in honey, molasses and fruits.

WHITE AND BROWN SUGAR COMPARED.

When the consumer purchases 100 pounds of refined sugar he gets 99.5 pounds of sucrose. When he buys 100 pounds of yellow sugar he gets 96.4 pounds of sucrose. Thus the yellow sugar should be bought at about thirty cents per 100 pounds cheaper than the refined sugar. Inquiries made at several retail stores elicited the information that there is really a difference of about fifty cents in the selling price per 100 pounds. Wherever then either of these sugars can be used the yellow variety should be employed. This should apply to all baking and much more table use than is customary and if the people knew the real value as it has been shown here there would be little doubt that they would respond heartily.

Referring to the different kinds of brown sugars, it is further stated that, in the case of raw beet sugar, the refining process is necessary as it has a disagreeable, soapy taste and odour, but on the other hand, raw cane sugar is aromatic, fragrant and delicious to a far greater degree in the raw state than when it is refined. Certainly the Demerara crystals so much used in the West Indies are very highly esteemed. In the retail stores yellow sugar is sold at about one-half cent per pound less than granulated sugar.

The Canada Food Board calls the attention of the Public to these statements and recommends that, whenever possible, brown sugars be used to can and preserve fruits.

PRESERVING AND OTHER FAVOURITE RECIPES

RHUBARB CONSERVE—Wash rhubarb, cut into small pieces and for every three pounds of rhubarb allow three oranges, three pounds sugar, three-quarters cupful water, one pound seeded raisins and half pound shelled pecans (if desired).

Slice oranges, rind and all, wash raisins and scald nuts. Mix all together and boil over a low fire about forty-five minutes. Pour into sterilized jars and seal at once.

YELLOW TOMATO PRESERVES

4 lbs. fruit
6 lbs. sugar
2 qts. water

$\frac{1}{4}$ oz. ginger
 $\frac{1}{2}$ oz. cinnamon
 $\frac{1}{2}$ lemon

Boil together water, sugar, lemon and spices for fifteen minutes. Add fruit gradually and cook gently until fruit becomes bright and clear, stirring occasionally and being careful not to allow it to burn. Pack into sterilized jars and seal at once.

MEDLEY FRUIT CONSERVE

2 lbs. peaches
2 lbs. quinces
 $1\frac{1}{2}$ lbs. pears

$\frac{1}{2}$ lb. apples
3 lemons
 $4\frac{1}{2}$ lbs. sugar.

Wash and prepare fruit. Pass through food chopper and weigh. To each pound of fruit allow three-quarters pound sugar. Put fruit and sugar in alternate layers in a bowl and let stand overnight. Next morning place in a preserving kettle with the pulp of lemons and one-half the rind sliced in thin strips. Boil until mixture becomes very thick. One cupful of scalded nuts (chopped) may be added, if desired, five minutes before removing from fire. Pack into sterilized jars and seal at once.

GREEN TOMATO MINCE MEAT

1 peck green tomatoes
1 peck apples
6 lbs. brown sugar
2 lbs. currants

2 lbs. raisins
2 teaspoons cinnamon
2 teaspoons cloves
2 teaspoons allspice

Cook three hours and seal.

PEAR GINGER—Peel, core and cut into slices pears not too ripe. To four pounds pears use four pounds sugar and a half cup of water. Add juice of two lemons and rind cut thin. Break one ounce of ginger root into small pieces; add, and simmer all until thick as marmalade.

SPICED GRAPES—Four quarts grapes, one-half pint vinegar, one and one-half pound sugar, one-half teaspoon each cloves and cinnamon. Remove the skins of the grapes. Boil the pulp five minutes and strain to remove the seeds. Then put the skins and pulp together, add the sugar, vinegar and spices and cook until thick as marmalade.

CITRON PRESERVE—Two pounds citron, two pounds sugar, two cups water, two lemons, and small piece of ginger root to flavour. Wash the citron, cut in half

and remove the seeds, then cut into eighths. Put into a weak brine overnight, then drain and cover with clear, cold water four or five hours. Remove skin, drain and cook until clear in the syrup to which the lemon and ginger root have been added. Fill jars and seal as you would any fruit cooked by the open kettle method.

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

APPLE SAUCE—Pare, core and cook soft in an open kettle any apples suitable for apple sauce. Sweeten to taste while cooking. If you wish to put away for future use place in sterilized jars and seal as you would any other fruit prepared by the open kettle method. This will keep as long as any other canned fruit, but care must be taken to see that there is no decay on any of the fruit when ready for the kettle, and it must be thoroughly cooked. Apple sauce can be prepared in this way by any housewife as a matter of economy of time and fuel. When several jars of other fruit become emptied fill them with apple sauce. Apples that have not good keeping qualities may be thus used.

STOCK YOUR LARDER

Every householder this year should figure on canning or preserving by some method the normal supply for the household, with an additional supply of twenty-five to thirty per cent. This is the year of crisis in connection with the food supply of the world. Should wheat be required in larger quantities next year for the Allies' needs our surplus of vegetables will enable us to give it up to them. **Stock your larder from your Home Garden!**

JAMS AND JELLIES

JAM—To make successful jam, have the fruit good and firm and part of it a little under-ripe. Fruit in this condition makes jam of a jelly-like consistency, while soft or over-ripe fruit makes syrupy jam. Wash the fruit carefully, removing any bruised or decayed parts, then put all in a preserving kettle, mashing a few pieces to let the juice escape and prevent fruit from sticking to the bottom of the kettle. Put on stove and bring slowly to boil. Boil gently until tender. Then add sugar according to taste—usually $\frac{3}{4}$ lb. sugar to 1 lb. fruit, but in some cases it may be necessary to add 1 lb. sugar to 1 lb. fruit. Let boil gently until sugar is all dissolved. Bottle at once in sterilized jars.

JELLY—Jelly to be successful must be made from fruit containing both pectin and acid. Pectin is a substance which is soluble in hot water. When cooked with sugar and acid and subsequently cooled it gives the right consistency to jelly. It is plentiful in most fruits which are just ripe or slightly under-ripe. The skin and core of apples contain it and crab apples contain it in even greater degree, as also do green grapes, green gooseberries and wild cherries. A little of the juice extracted from these fruits and added to sweet fruits, which are short of pectin or acid, will produce good results.

Directions for making jelly.—Wash fruit, remove stems and, if large, cut into pieces.

Put into the saucepan. In the case of juicy fruits they should first be crushed and then have only enough water added to allow the fruit to cook until tender. Less juicy fruits like the apple require more water.

Allow to simmer until tender.

Strain through a bag of flannel or double cheese-cloth.

Measure out proportion of sugar and heat on a platter.

Add sugar to juice when it begins to boil.

Boil rapidly. (Probably 20 minutes, or 10 minutes for currant and grape jelly).

The jelly point is reached when the juice drops as a mass from the side of a spoon, or when two drops run together and fall as one from the spoon.

Skim the juice and pour into sterilized jars.

When cool pour hot paraffine over the surface and protect with a cover of paper or metal.

Sugar Used.—Currants and under-ripe grapes, 1 cup to 1 cup of juice.

Berries, crab apples, wild cherries and gooseberries, $\frac{2}{3}$ of a cup to a cup of juice.

Peaches, pears, sweet apples and quinces lack acidity and will need the juice of crab apples. Strawberries and cherries lack pectin and will also need it.

PICKLING RECIPES

CUCUMBER PICKLES—Soak cucumbers in brine, made of one cup of salt to two quarts of water, for a day and night. Remove from brine, rinse in cold water and drain. Cover with vinegar, and one tablespoonful brown sugar, some stick cinnamon and cloves to every quart of vinegar used; bring to a boil and pack in jars. For sweet pickles use one cup of sugar to one quart of vinegar.

PICKLED ONIONS—Peel, wash and put onions in brine, using two cups of salt to two quarts of water. Let stand two days, pour off brine, cover with fresh brine and let stand two days longer. Remove from brine, wash and pack in jars, cover with hot vinegar to which whole cloves, cinnamon and allspice have been added.

GREEN TOMATO PICKLES—Take four quarts of green tomatoes, four small onions and four green peppers. Slice the tomatoes and onions thin; sprinkle over them one-half cup of salt and leave overnight in a crock or enameled vessel. The next morning drain off the brine. Into a separate vessel put one quart of vinegar, one level tablespoonful each of black pepper, mustard seed, celery seed, cloves, allspice and cinnamon and three-quarters cup of sugar. Bring to a boil and then add the prepared tomatoes, onions and peppers. Let simmer for twenty minutes. Fill jars and seal while hot.

SWEET PICKLED CARROTS—Boil young, tender carrots until three-quarters done. Scrape, cut in thin slices and pour a boiling spiced syrup over them. The syrup is made by boiling together one quart of vinegar, one quart of sugar, one tablespoonful of cinnamon, cloves, mace and allspice. Allow to stand overnight in this syrup; next morning boil for five minutes. Pack in jars and seal tightly.

BEANS IN SALT—Snip and blanch the beans. Pack in crock in layers beginning with a layer of salt, then a layer of beans until the crock is filled. Finish with a layer of salt. Put a plate on top and weight, and they will make their own brine.

SAUER KRAUT—If you have a surplus of cabbage which you are unable to keep fresh, make into sauer kraut. Cut the cabbage into shreds, do not chop. Put a layer of cabbage about three inches deep into tank or vessel having straight sides. Crockery ware, or cypress or white pine casks are good for the purpose. Sprinkle over the first layer of shredded cabbage the best dairy salt. The proper proportion is two and one-half pounds salt for each 100 pounds of cabbage. Repeat this until the cask is full and heaped up. Have a cover fitted to inside of cask. Put this over the cabbage and weight it down with rocks. In ordinary temperature the kraut will cure in from sixteen to eighteen days.

PART II.

DRYING FRUITS AND VEGETABLES

Drying of most of the ordinary fruits and vegetables has been greatly stimulated by war conditions.

The advantages of drying fruits and vegetables over canning them are in economy of space, lessened cost for jars, etc., lessened risks from frosts or heat injury, and the ease of shipment. Drying should be resorted to when canning is impracticable or to make the best use of all garden produce, as smaller quantities of fruits or vegetables can be dried than can be profitably canned.

PREPARATION OF THE MATERIAL

As in canning so in drying, all material should be carefully prepared. Cleanliness is essential. Fresh fruit and vegetables should be used, and these **should be young and tender**. Vegetables should be cut into slices or strips. Slices should be from one-eighth to a quarter of an inch thick. Too thin slices are difficult to handle and lose flavour. Too thick slices do not dry so quickly.

For slicing, a sharp kitchen knife or a special slicer may be used, or in some cases, the meat cutter answers very well. Most root vegetables should be peeled before slicing. Blanching is also desirable in some cases to remove strong flavours and to loosen the fibre, which promotes quicker drying. The blanching consists of plunging the vegetables into boiling water for a few minutes. After they have been blanched most vegetables should be dipped for a few seconds into clear, cold water. The reason for this is stated in the article on canning.

METHODS OF DRYING

Fruits and vegetables may be dried in several different ways. There is first of all the old-fashioned method of "sun drying." It is inexpensive, simple and satisfactory where there is enough sun. The produce is spread out in thin layers on trays, sheets of paper or muslin. Muslin or wire screening should be used as a covering to keep off the insects.

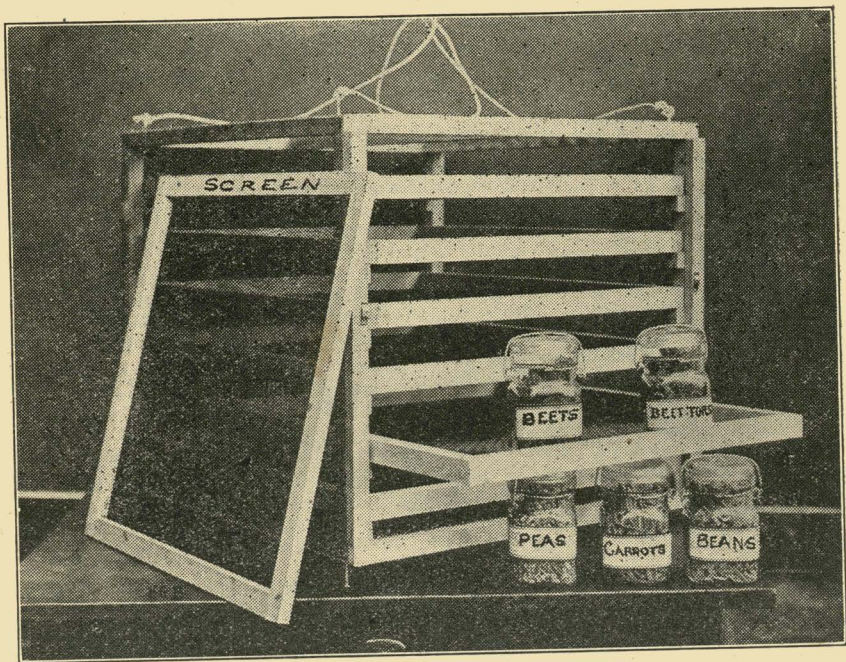
The most modern and the quickest method is that of using an electric fan either with or without artificial heat. Vegetables dried by this method are not so liable to discolour. The cost of running an electric fan is very inexpensive, generally less than a cent per hour, and where one is available this method gives satisfaction.

The third method, known as the "artificial heat" consists of utilizing the heat of the stove or of the oven. For most town and farm homes this method is the most practicable. Note the following points:—

1. A gentle heat at the start is desirable. High temperature at the start generally results in the formation of a hard surface over a juicy interior.
2. After a short time increase the temperature to 130° F., and it may run to up 150° without any injury.
3. Products should not be dried hard or they will not resume their original shapes.
4. Products should be dry and leathery when finished and will not mould if protected from a moist atmosphere.
5. All fruits and vegetables should be spread out on the trays in thin layers and occasionally moved or the trays should be changed.

DRIERS

Driers of various designs may be used. For home drying those of simple construction are quite successful and can be made in the home. A typical drier consists of a number of trays, each tray consisting of a sheet of small-meshed galvanized screen or wire netting, tacked to a framework of wooden strips about an inch or less in thickness. Six to twelve trays are used in each drier. The trays are placed above each other so that the heated air can pass through them or over them. The drier may be placed over the stove or immediately on it; in the latter case it is necessary to encase it in a galvanized sheet-iron covering.



A simple form of drier for utilizing the heat from the stove. It may be placed on the stove or suspended above it on a swivel arm and swung out of the way when the stove is needed for other purposes. Its construction is very simple.

Requirements—

About 24 feet of inch square strips for the framework.

About 36 feet of inch square strips for the trays.

Window screen netting 20-inch width to enclose the framework and to form the trays, or a double thickness of cheesecloth may be used for the trays.

Four hooks and cord to suspend.

Four screw nails to raise it two or three inches from the stove.

The principle involved in a good drier is that which induces the heated air to enter at the bottom, pass over the product as well as through it and out ventilation holes at the top. In doing this it gathers the moisture and dries the product uniformly in most of the trays. Trays at the top should be changed occasionally with those below.

AFTER TREATMENT OF THE PRODUCT.

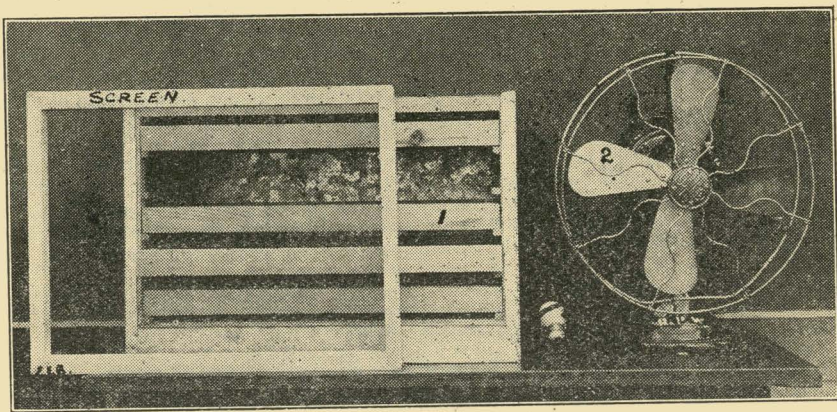
After the fruit or vegetables have been dried it will be necessary to "condition" them. This consists of putting the material into boxes and pouring from one box into another so as to mix it thoroughly and give the whole mass an even degree of moisture. If too moist re-dry for a short time, then store away in glass jars, tin cans, etc., in a cool, dry, well ventilated room.

FRUITS WHICH MAY BE DRIED SUCCESSFULLY.

Apples, pears, peaches, plums, raspberries, currants and blueberries.

VEGETABLES WHICH MAY BE DRIED SUCCESSFULLY.

Sweet corn, beans, peas, beets, turnips, parsnips, cabbage, spinach, beet tops, celery, rhubarb, squash, cauliflower, pumpkins.



1. A new type of drier which can be used in four ways. (a) On the stove. (b) On the oven door flush with the open oven. (c) With an electric fan. (d) On the oven door and with an electric fan, combining "artificial heat" and "air blast" methods.

This drier is constructed in a similar way to the hanging drier. Galvanized sheet iron is used to completely enclose it. Doors each side made of the same material which are made to lift out, enable it to be used as an "air blast" drier.

2. Electric fan used with the above drier.

DRYING RECIPES IN DETAIL

BEANS—Wash, remove stem, tip and strings, cut or break in pieces one-half to one inch long. Place on trays and dry. Beans can also be sliced lengthwise and then dried quickly. "Condition" for a few days, then pack away in bottles, boxes or pasteboard boxes.

BEEETS, SWISS CHARD, etc.—Choose young plants, wash carefully. Cut in sections about one-quarter inch long, both leaf stalk and blade. Spread on trays and dry. "Condition" and pack away as described for beans.

CORN—Boil or steam on the cob ten minutes. Drain well and cut corn from cob, using a very sharp and flexible knife. Dry from three to four hours at 110 to 145° F. Corn may be dried in the sun. Dry in the oven ten to fifteen minutes and finish drying in the sun. "Condition" for a few days. Corn may be packed in boxes, bottles, cartons or in cheesecloth bags hung in a dry place. If hung in bags it is advisable to give the bag an occasional shake to loosen up the corn and permit free circulation.

PEAS—Wash in the pod, shell and dry as soon as possible by spreading on trays and using any of the three methods. Test for dryness by cutting a pea in half and if there is no sign of moisture inside, the peas are dry enough. Condition and store as for beans.

SOUP MIXTURE—Shred or cut in small pieces fresh, well washed vegetables suitable for soups or stews. Beans, carrots, celery, cabbage, onions and turnip make a good mixture. Dry separately on trays, then mix together and condition for a few days. Pack as for beans.

This has proved a boon to the busy housekeeper when preparing a meal, as it is only necessary to add a spoonful or two of the mixture to soup or stew instead of preparing each vegetable separately.

APPLES—Apples that will not keep over winter may be dried successfully by any of the three methods. Prepare by peeling, coring and slicing one-quarter inch thick, then dropping in brine made with 1 tablespoon salt to 2 quarts water. This keeps them white. Spread on clean towels to absorb excess moisture, then on trays till dry and leathery, but not brittle. Condition and store as for beans.

PART III.

WINTER STORAGE OF VEGETABLES AND FRUITS

Crops grown during the summer should have as much thought bestowed upon their winter care as upon their summer culture and the proper winter storage of the very large extra quantities of vegetables produced by owners of small gardens or vacant lots is a matter of the greatest importance. About 75 per cent. of garden produce can be successfully stored. Will you not store all you can? Should you have to spend a little money in providing a storage room for vegetables the investment will be a good one. It is a business proposition. Properly stored vegetables

have all the qualities of those freshly gathered from the garden and from a health standpoint they are invaluable. If you have them for winter use you may save doctors' bills.

THE STORAGE ROOM

If you have grown the crops, without doubt you have some sort of a cellar. If you have a cellar you should have a storage room in it. You can make one as follows:

1. Select a suitable portion of the cellar.
2. Board it off from the rest of the cellar.
3. Cover the boards with felt paper. Do so on both sides of the partition and do a thorough job. Your object is to exclude the artificial heat from the furnace.
4. Provide a false floor for part of this room.
5. Nail a few slats on one of the walls.
6. Build a few bins on one side of the room.
7. Provide a few hooks in the ceiling.
8. Order a load of builders' sand and store it in one of the bins.
9. Provide a few slat boxes and old bags.

The reasons for this advice are given in what follows:—

FACTORS IN SUCCESSFUL CELLAR STORAGE

TEMPERATURE—The ideal temperature is one ranging from 35° to 40° F. The temperature which drops a few degrees lower will seldom injure the stored crops provided they are stored where rapid changes in temperature are not possible. If the temperature is 32° at night and 40° in the day, for example, more injury will result than if it drops to 32° and remains so for a few days and then gradually rises through several more days to the right temperature.

HUMIDITY—Humidity is the second important factor in successful storage. The less moisture there is in the air the quicker stored products will dry out. This results in a serious deterioration and shrinkage. The air should be slightly moist. Without a special partition it is difficult to keep the air of the ordinary city cellar, containing a furnace, moist enough. Moulds are due to excessive dampness. Better ventilation will reduce the dampness. Rapid changes of temperature also produce damp conditions.

SAND, SOIL, ETC., FOR COVERING—Many of the roots, like carrots and beets, will keep better in cellar storage if covered with sand or dry soil. Builders' sand is ideal. In some cases it is better to have it slightly moist (not wet). If the cellar is very dry, and not too hot, and the roots are stored on a cement floor it may be found necessary to moisten it occasionally. On earth floors which give off some moisture this would be less necessary. If the earth floor is very damp a slatted floor about two inches from the earth should be provided.

VENTILATION—Good ventilation, as suggested, is extremely important, and every means should be adopted to promote the circulation of the cellar air in and around or amongst the stored crops. The large losses which occur every year from insufficient ventilation, especially of the potato crop, are very serious. Even in moderate quantities the saving in the produce would more than offset the cost of installing a very simple ventilation system. This may be provided by means of upright square troughs placed in the heaps, or by nailing slats to the walls so that the air can circulate around the heaps. When root crops are stored in boxes they should be of the crate type, with space between the slats to allow a circulation of air.

PITTING OUTSIDE

Pitting the roots in specially constructed, but very simply made pits in the field or garden is also successful, and where large quantities of potatoes have been grown this year these may be used as a useful method of storage for the small householder. It is a method which can be used for surplus produce.

The method is as follows: Select a well-drained spot in the garden and in sandy or gravelly soil. Mark off an area five feet wide and any desired length. Dig out the soil from this to a depth of about eight inches, placing it well back from the edge of the space. In this shallow trench place a layer of straw and on this pack the roots so that they will come to a neat pile about four feet high. Different kinds of vegetables may be placed in the same pit, if necessary, but should be separated by a thin partition of straw. Cover the pile with several inches of coarse straw and then on the top invert a "V"-shaped trough, which should protrude from each end of the pit to provide ventilation, then cover the whole heap with about three inches of loose earth. Later on in the fall, about the end of November, either add another covering of straw and another covering of earth, or increase the covering of earth to about eight inches, or even ten inches. It may be advisable, in exposed places, to give a third covering of straw and earth. Alternate layers of straw and earth provide better insulation than the solid earth covering.

Full particulars may be found in Exhibition Circular No. 57, issued by the Experimental Farm, Ottawa, obtainable free upon application.

VEGETABLES IN DETAIL

POTATOES

1. **CONDITION**—If dug on a fine day and left on the ground for a short time they will be in ideal condition. Brought into the cellar in a wet condition the keeping quality will be impaired, and often serious loss from rotting results from the same cause.

2. **DARKNESS**—Store in a dark part of the room. Light adversely affects quality.

3. **TEMPERATURE**—The ideal temperature is from 33° to 35° F.

4. **VENTILATION**—Place the potatoes on the false floor and against the wall on which you tacked the slats. Large piles of potatoes should have upright ventilators every few feet. Make these by nailing three six-inch boards together to form a "V"-shaped trough.

5. Sort over occasionally for decayed tubers. In the spring break off all sprouts except from those reserved for seed.

CABBAGE

Part or complete outside storage for cabbage is the more successful way. They should not be brought into a warm cellar in the early autumn.

METHOD—Place in piles in the garden and cover with dry leaves. Early in the winter take in and pile in the bins or on shelves. Sometimes they will keep well if tied in bunches of three and suspended from the ceiling. Another method is to stack and cover with a larger quantity of leaves. Keep in this way until needed. The pitting method is also successful.

CELERY

Celery may be kept outside in trenches or inside in boxes with the roots covered with soil. When kept inside it is important to keep the roots moist and the leaves dry. If the foliage is wetted it succumbs to disease. Take up before it is injured by frost. Leave the roots on and place upright in shallow boxes containing several inches of moist sand. Keep in an airy, but dark, part of the room.

In outside storage trenches are made about the depth of the celery and a foot to sixteen inches wide. The trenches should be made on a side hill or a well-drained spot. Stand the plants upright in the trench and leave until the leaves are touched by an early frost. This reduces their moisture content. Then cover with leaves. Leave one end of the trench open in order to get at the celery as it is required for use. When brought into the house place in cold water to bring out the frost. It will then freshen up.

BEETS, TURNIPS, CARROTS, PARSNIPS, AND SALSIFY

These roots may be stored similar to potatoes. They may be kept, however, in better condition by covering with sand. Conditions of the place of storage and of the roots themselves should determine whether to use the sand dry or slightly moist. If they start to shrink, moisten the sand. When boxes are used a little damp sand should be placed in the bottom of the boxes, then alternate layers of vegetables and sand. When piled on the floor a covering with sand is generally sufficient. In drying beets the tops should be twisted off and not cut off with a knife, as this will cause "bleeding," loss of colour and very often decay.

ONIONS

Store in the attic. They should be dry and thoroughly well cured outside before they are placed in storage. Dampness causes decay. They will keep well in slat boxes or shallow trays.

SQUASH, PUMPKIN

These are more difficult to store. They require a slightly warmer temperature. Placed in barrels or boxes and packed in straw or excelsior and in a part of the cellar near to the furnace they may keep for some time. They should be carefully handled so as to avoid bruising. Sort over frequently for spoiled ones. Others may be placed in the attic as a temperature of about 50° is better for them.

TOMATOES

One of the best and most recent methods of ripening green tomatoes in the late autumn is to wrap each fruit in paper and place in a closed box or drawer located in a warm room. Another method is to pull the vine before any signs of injury from frost and suspend from the ceiling of a warm room or the cellar. In some cases, if conditions are suitable, the fruit will go on ripening until Christmas. A dark place is preferable and a temperature of 50° to 65° suitable.

STORAGE OF FRUIT

It is safer and as economical in most cases to can or dry fruit. When kept under storage conditions the same general principles apply to it as to vegetables.

APPLES—One of the essential points in successful apple storing is to see that the fruit reaches the cold storage, or storage cellar, in the most favourable condition. If this is done the apples will keep for a very much longer period than if placed in storage after they have been left to heat up in piles in the orchard, or have been otherwise injured by improper handling. Only apples of good keeping quality should be selected for winter storage. The fruit should be mature. Apples picked green cannot be recommended for storage purposes. The apples should be cooled immediately they are picked. This helps to prevent skin diseases which are otherwise likely to develop in storage. If the fruit is left to heat up in piles or in barrels in the sun after picking, the diseases are encouraged to start, which afterwards play great havoc amongst the stored apples. The ideal temperature for apples is one between 31° and 33° F. Apples wrapped in paper and placed in boxes, each holding about a bushel, which may be packed one above the other in the storage room can be easily handled and will keep in ideal condition. Barrel storage is also satisfactory.

READ THESE DON'TS BEFORE YOU FAIL

YOU MAY THEN NOT NEED TO READ THEM AFTER.

DON'T try, at first to can **vegetables** in any jar larger than a quart. The smaller the jar the easier it is to sterilize.

DON'T use old rubbers. It is cheaper to buy new rubbers than to lose your **vegetables**.

DON'T try to use a wide rubber on a screw-top jar. The wide rubbers fit the spring-top jar and the narrow rubber the screw-top.

DON'T shorten the time of sterilization until you have become familiar with the process.

DON'T fail to seal jars tightly. See that the spring is adjusted to give good pressure on spring-top jars and that the screw-top does not slip on gem jars.

DON'T let the heat down so that the water fails to boil. Keep it jumping.

DON'T use a doubtful sealing jar for vegetables. Put rhubarb or some such easy keeping product in chipped or uneven jars.

DON'T use a dirty dish cloth to wipe off the top of the jar. It may undo all your work.

CAUTIONS ABOUT STORING.

Don't let the frost injure the crops before you take them into the cellar.

Don't bring them in while they are in a moist condition.

Don't cover roots with damp sand if the cellar is hot. They will start to grow if you do. Eat them quickly, can, dry or give away in preference.

Don't let cold winds dry out your potatoes. If you do a bitter taste is the result.

Don't try to store onions, squash or pumpkin in a cool cellar. They will keep better in the attic.

Don't forget to watch your storage room and sort out any decayed specimens before the trouble spreads.

Don't forget that a cheap thermometer is a good friend in a storage room.

If it is impossible to provide a special storage place, as suggested, select that part of the cellar farthest removed from the furnace and where the greatest amount of air circulation takes place.

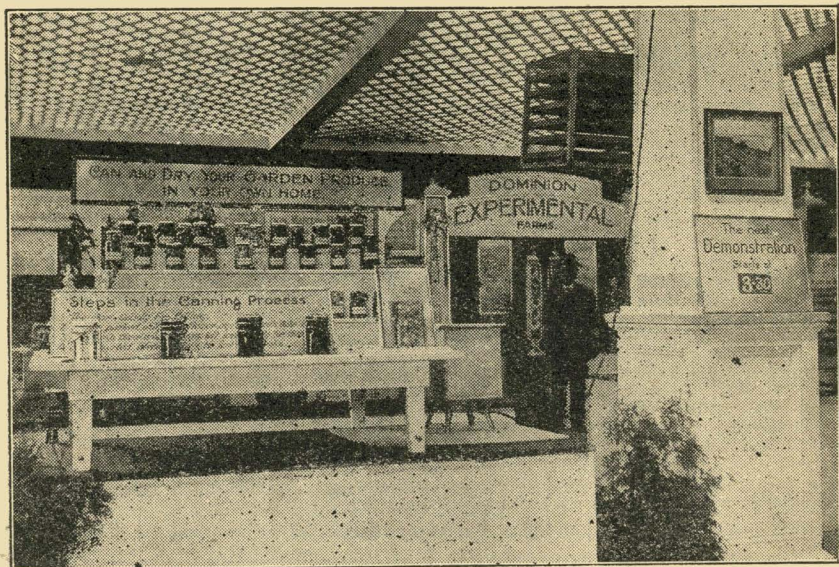
COST OF FUEL AND CANNING SUPPLIES

The question has been asked, "What are we going to do with the garden crops after we get them?" and also, "How are we going to get the most out of them?" The answer to these two questions is that every individual who grows crops must also save them by the most practical methods. The most practical methods of saving many of the garden crops are by canning and drying.

Last year a few people were discouraged from doing much canning work owing to the extra cost of jars. This year canning supplies may be even a little more expensive. The extra cost on each individual can of produce, however, will not be more than several cents, and if we do not can our own produce and are compelled to buy it at the store, probably the extra store price will be several times that sum.

There is, however, another consideration. It can be shown that with coal at \$10 per ton, it costs 5 cents to cook six large beets as taken from the cellar storage. With an equal bulk when the beets are young and small they can be canned at a cost of 2 cents for fuel. In addition to this, as pointed out on another page, these young beets are superior in quality and flavour to the older beets. This saving in the cost of fuel applies to nearly all the stored root crops. Any investment, therefore, in canning apparatus, jars, etc., may prove to be decidedly profitable, when the saving of cost of fuel and of canned goods, which would otherwise have to be bought at the store, is taken into consideration.

Those who do not feel that they can afford, this year, to purchase additional jars, etc., for canning need not be discouraged. By following the simple directions given in this book, they can dry vegetables at only a small expense and they will find the dried product entirely satisfactory. Drying of vegetables no longer is an experiment but a proved, efficient and economical method of handling fruit and vegetables. It is coming more and more into the favor which it merits.



CAN OR DRY YOUR GARDEN CROPS

A display of products canned by the "Cold Pack Method," Home dried products and driers made for use in the home were also a feature of this display.

CANNING FRUITS:	Blanching	Sterilizing		Remarks
		Hot water	Steam 5 to 10 lbs. pressure	
	Minutes	Minutes	Minutes	
Apples.....	1 to 2	20	10	Strawberries 8 and 6 minutes.
Berries.....		12	8	
Cherries.....		12 to 15	10	
Currants.....		12 to 15	10	
Gooseberries.....	1 to 2	12 to 15	10	
Peaches.....	1 to 2	12 to 15	10	
Pears.....		20	15	
Plums.....		12 to 15	10	
Rhubarb.....	1 to 3	20	15	
Fruits without sugar.....		30	15	
CANNING VEGETABLES:				
Asparagus.....	5 to 10	120	60	Blanch the tough ends longer.
Greens.....	15	120	60	
Beets.....	5 to 10	60 to 90	40	About size of small egg.
Cauliflower.....	3	60	30	Soak in cold brine for one hour.
Carrots.....	5	60 to 90	40	Small size.
Corn.....	5 to 10	180	120	Cut from cob.
Parsnips or Salsify.....	5	90	60	
Peas.....	5 to 10	120 to 180	60	Remove any split peas.
String Beans.....	6 to 10	60 to 120	60	Whole or cut in pieces.
Tomatoes.....	1 to 2	20 to 30	15	Whole or in pieces.

Times are for pint or quart jars. Quart jars should have the full time.

Where the steam pressure runs up to 20 or 30 pounds the time should be reduced to about two-thirds of that given.

“AT A GLANCE” STORAGE CHART

VEGETABLE	Best Temperature	Will Keep Till	Remarks
Beets	33-38°F	May	Will keep better if in sand.
Carrots	33-38°F	May	Will keep better in sand.
Cabbage	32-37°F	March	Provide good ventilation between the heads.
Celery	33-38°F	January	Must be carefully handled.
Cauliflower	33-38°F	December	Retain the leaves and do not allow heads to touch.
Onions	35-40°F	May	In shallow layers on shelves or trays. Need air.
Pumpkins	40-45°F	January	Store in the dark. Do not bruise.
Parsnips	33-38°F	May	Keep in slightly moist sand. Leave some in ground all winter.
Potatoes	33-38°F	June	Provide good ventilation and sort over for decayed tubers.
Salsify	33-38°F	April	In moist sand or outside.
Squash	40-45°F	January	In a dry place. Do not bruise.
Swede Turnips	33-38°F	May	Keep on dry side. Easy to store.
White Turnips	33-38°F	April	Keep in sand or boxes.
Tomatoes	50-55°F	December	See special directions.
Apples	32-37°F	May	See special directions.

CHERRY MOCK OLIVES.—Select large ripe cherries and pack with their stems on into sealers. To a quart jar, add 1 tablespoon of salt and fill to overflowing with liquid of equal parts of water and vinegar. These require no cooking and are ready for use in a few weeks.

“AT A GLANCE” DRYING CHART

DRYING FRUITS:	Blanching	Drying	Temperature
	Minutes	Hours	
Apples.....	5 to 6	115 to 150
Berries.....	4 to 5	115 to 140
Cherries.....	3 to 4	115 to 150
Peaches.....	5 to 6	115 to 150
Plums.....	5 to 6	115 to 150
DRYING VEGETABLES:			
Beets.....	Till skin cracks	3	115 to 150
Brussels Sprouts.....	6	3 to 4	115 to 140
Cabbage.....	10	3 to 4	115 to 145
Carrots.....	6	3	115 to 150
Cauliflower.....	6	3 to 4	115 to 145
Celery.....	3	3 to 4	115 to 140
Corn.....	5 to 10	3 to 4	115 to 145
Green Pod Beans.....	6 to 10	3 to 5	115 to 145
Onions.....	5	3 to 5	115 to 140
Parsnip.....	6	3	115 to 150
Peas (Garden).....	3 to 5	4	115 to 145
Spinach and Greens.....	3 to 4	115 to 145

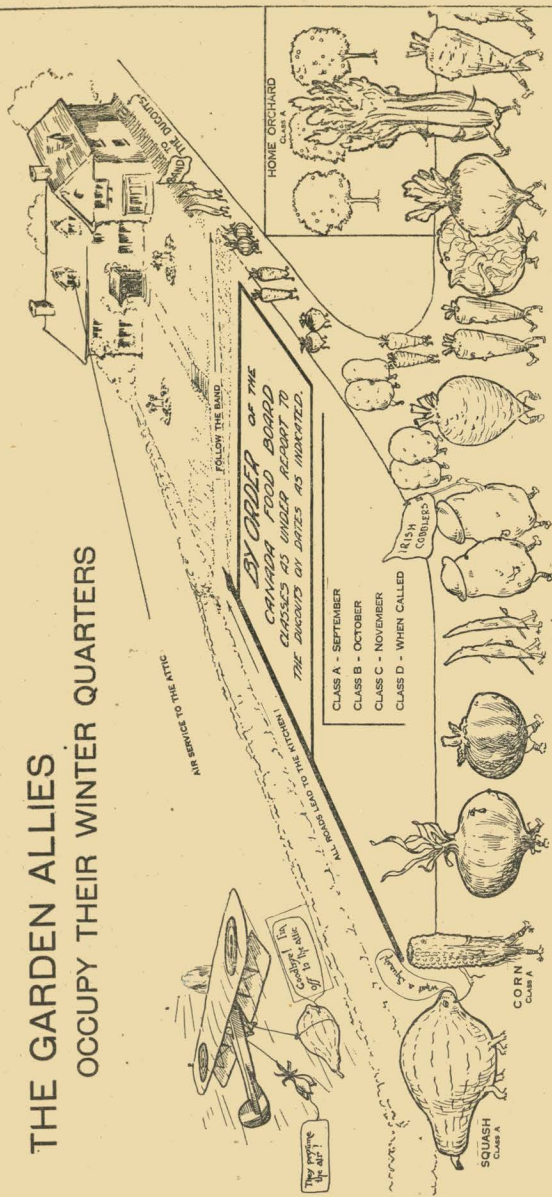
It is impossible to give the exact times required to dry products. Those given above are approximate. Much will depend upon the style of the drier used.

The following uniform booklets, have been prepared by experts under the direction of the Canada Food Board:

1. **Fruit and Vegetables: Canning, Drying, Storing**
2. **Fish Recipes**
3. **Vegetable Recipes**
4. **Bread Recipes**

Copies of any of these booklets can be secured at a price of 5 cents each, upon application to the Canada Food Board, Ottawa.

THE GARDEN ALLIES OCCUPY THEIR WINTER QUARTERS



ONIONS
CLASS B

POTATOES
CLASS A

POTATOES / BEANS
CLASS A

POTATOES
CLASS A

BEETS
CLASS A

CARROTS
CLASS A

CABBAGE TUNNERS
CLASS C

CABBAGE TUNNERS
CLASS D

CABBAGE TUNNERS
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CABBAGE TUNNERS
CLASS D

THIS GROUND TO BE TRENCHED BY THE PLOW DIVISION AND
OCCUPIED TILL SPRING BY GENERAL WINTER'S DIVISION

From a sketch by Mr. F. E. Buck, Assistant Dominion Horticulturist, Central Experimental Farm, Ottawa



PRICE OF



THIS BOOK

FISH RECIPES

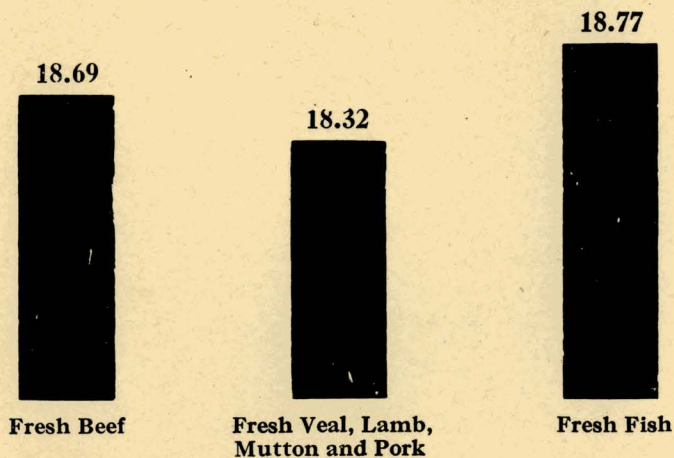


CANADIAN FISH AND
HOW TO COOK THEM

Design by courtesy of *Forest and Stream*

FISH

IS THE BEST AND CHEAPEST SUBSTITUTE FOR MEAT



THE above chart shows that, in protein content, fish ranks slightly higher than meat. Protein is the body-building and maintaining element—and generally the most expensive element—in our foods. By substituting fish for meat, we can provide the body with an equivalent supply of protein, in a less expensive and more readily-absorbed form. At the same time we can save meat for export to our Soldiers and Allies.

EAT MORE FISH

CANADA has fish resources which are without equal. Canadian fishermen produced over 800,000,000 pounds of fish last year but the consumption within the Dominion was only about one-quarter of that amount. Fish are now available in nearly all parts of Canada at moderate prices.

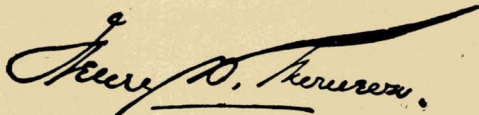
The Canada Food Board, after a careful study of the meat and other requirements of our soldiers and Allies, urges the increased consumption of fish as the best and cheapest substitute for meat. Last year the people of Canada ate only 29 pounds of fish per capita. This year our objective should be at least 52 pounds. It is gratifying to know that fish consumption in all parts of Canada is on the increase, but still greater use of fish is necessary if we are to do our full duty to those overseas, who are dependent upon us for food.

The question of increased fish consumption is in the hands of the people themselves. The supply is assured and prices are reasonable.

Learn all about fish and how to cook the many different varieties of Sea, Lake and River Fish of Canada, and patronize the up-to-date stores which make a specialty of dealing in fish in a proper and cleanly manner.

The fish industry of Canada is here to stay and it is ^{up} to YOU to do your part in developing this great national source of wholesome food supply.

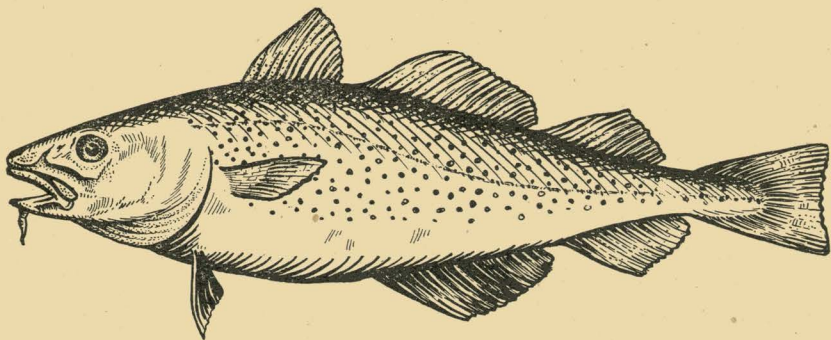
CANADA FOOD BOARD.

A handwritten signature in dark ink, reading "Percy D. Perren". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

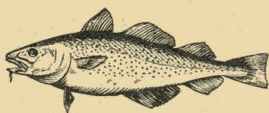
Chairman.

Ottawa, June, 1918.

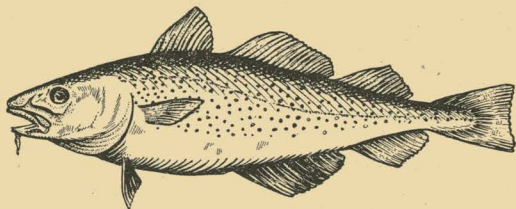
Be Patriotic—Eat More Fish



Last year Canadian fishermen landed 94 pounds of fish for every person in the Dominion.



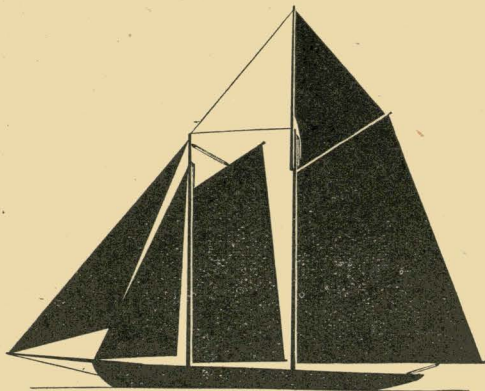
Last year Canadians ate only 29 pounds of fish per capita.



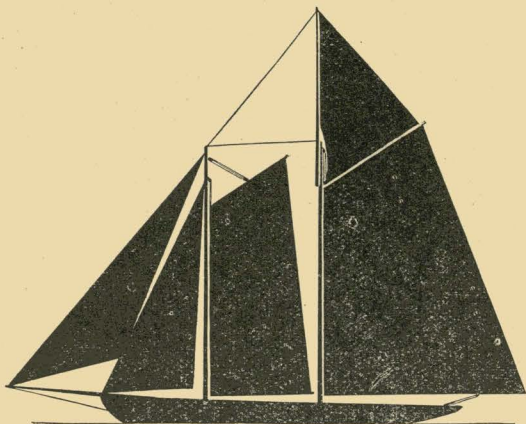
This year Canadians must eat an average of 1 pound per week (52 pounds per capita per annum), if we are to do our full duty to our soldiers and Allies, by sending them the meat and other foods which they need.

REMEMBER THE NEEDS OF OUR SOLDIERS AND ALLIES
AND AT THE SAME TIME HELP A CANADIAN INDUSTRY

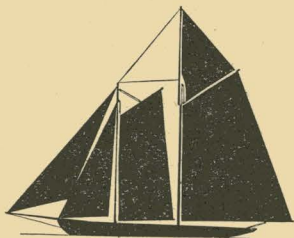
CANADA MUST CATCH MORE FISH



**In 1886 Canadian
Fishermen caught
130 pounds per
capita.**



**In 1891 Canadian
Fishermen caught
144 pounds per
capita.**



**In 1917 Canadian
Fishermen caught
only 94 pounds per
capita.**

Canada's fish production has not been keeping pace with the increase of population. There are just as many fish in the sea, and Canadian fishermen must increase their production if the Dominion is to maintain its place among the fish producing countries of the world.

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FOOD VALUES OF FISH

SOME COMPARISONS OF FISH WITH OTHER FOODS.

THE value of any food to the body is reckoned upon its yield of digestible nutrients, chiefly in the form of protein, fat, starch and sugar. The market demand for it frequently depends upon its cost.

Fish yields a great deal of protein (the chief body-building material) and in many cases at considerably less cost than meat, eggs, and milk.

Conserve the land products by eating the products of the sea. There is no way in which meats can be saved so well as by using fish in the place of meat. We have been large meat eaters and have on occasions used fish as a change or as Lenten dish on one day of the week instead of meat, but we have not considered it as a steady article of diet. Most fish, properly cooked, are digested with more ease than meat, and are completely absorbed, so that we can substitute fish for a large part of the meat now eaten with profit and increased health.

The energy-yielding value of a food is reckoned in calories. A calorie is the unit of heat or energy generated in the human body by the assimilation of a certain amount of food. In other words, the heat necessary to raise four pounds of water one degree Fahrenheit, is one calorie.

The energy value of fish, especially of the oily fish, compares favourably with other foods.

Generally speaking, fish has about the same percentage of digestibility as meat, the non-oily kinds being more easily digested than the oily ones.

The calorie rating of different foods is not a complete measure of their value. A better test is the proportion absorbed by the human body as tissue-and-blood-building elements. From this point of view fish foods rank high.

CLASSIFICATION

Fish may be classified as:—

Oily—as Salmon, Trout, Mackerel, Herring, etc.

Non-Oily—as Haddock, Cod, Hake, Pollock, Halibut, Flat Fish.

In the oily fish the fat is mingled through the flesh, and in the so-called non-oily, the oil is contained in the liver, and is therefore removed when the fish is dressed for cooking.

PURCHASING

Fish appears on the market in the form of fresh, salt, dried and smoked, shredded, frozen and canned fish. Most markets offer Smoked Salmon, Haddock, Trout and Herring, Shredded Codfish, Salted and Dried Cod, Hake and Pollock, while Herring appears also in the form of Kippered Herring and Pickled Herring. There are many brands of canned salmon, differing in appearance and in price, but while some of the cheaper brands of canned salmon are somewhat less attractive in color and shape, their food value is about the same. In purchasing fresh fish, see that the eyes are bright and prominent, that the flesh is firm, and the gills red.

Many fish such as Flounders, Plaice, Sole, Witches, Brill, Skate, Red Cod, Ling Cod, Burbot, Cusk, Mullet, Catfish, Silver Hake and Gray Fish, are of excellent food value, but there has been comparatively little market for them because they have not been well known.

PREPARATION OF FISH

FRESH FROZEN FISH

Frozen fish must be placed in COLD water to have the frost drawn out. When this is completed, clean and prepare as any other fish, and cook in any desired form. Fish which has been frozen is just as nutritious as any other, and its cheapness should make it more widely known.

When fresh fish are prepared by scaling or skinning, they should be wiped with a clean, dry cloth, and placed dry in a cold place. If put in cold water, food substance will be dissolved and so lost.

Before boiling, salt fish must be soaked for several hours in cold water to remove some of the salt. This water should be changed several times, or, better, place the pan containing the fish under a tap which is allowed to drip, thus insuring constant change of water.

The head and tail of a fish may or may not be removed, according to size of the fish and manner of cooking. Small fish are generally served with head and tail left on. If the head is left on, the eyes should be removed.

TO BONE A FISH

To bone a fish, first clean and skin. Then beginning at the tail, run a sharp knife under the flesh close to backbone, and with knife follow the bone (making as clean a cut as possible) its entire length, thus accomplishing the removal of one-half the flesh; turn, and remove flesh from other side. Pick out with the fingers any small bones that may remain.

TO FILLET A FISH

To fillet a fish, clean, skin, and bone. A piece of fish, large or small, freed from skin and bones, is known as a FILLET. Halibut, cut in three-fourths inch slices, is more often cut in fillets than any kind of fish, and these are frequently rolled. When flounder is cut in fillets, it is served under the name of Fillet of Sole. Sole found in English waters is much esteemed, and flounder is our nearest approach to it.

WHAT TO DO WITH FISH IN DANGER OF SPOILING

Fish will keep longer cooked than raw, so that surplus fresh fish can be cooked by steaming, boiling or baking, and then this can be reheated when needed; or they can be baked in a granite pan with the addition of a quantity of weak vinegar, salt, pepper and a bay leaf. This pickled fish is excellent either hot or cold. Any left-over fish (not pickled in vinegar) can be used to make creamed fish, scalloped fish, fish pie or fish chowder.

METHODS OF COOKING

The value of fish as an article of diet depends largely upon the method of its cooking. Fish in fine condition, well cooked, neatly served, **and with appropriate sauce**, stimulates the appetite, induces a flow of saliva and favours digestion and absorption; while fish badly cooked and served carelessly is unappetizing and undesirable. There are many methods of cooking fish.

FRYING—Prepare the fish for frying in one of the three following ways:

- (1) Roll in cornmeal, sifted oatmeal, or flour.
- (2) Dip in prepared batter.
- (3) Dip in egg, then in bread crumbs.

No. 1, with oatmeal or cornmeal, is most economical.

The fish may be fried in a frying-pan with enough fat to keep it from adhering to the pan, brown on one side, then turn over and brown on the other. This is called pan-broiling; or it may be fried in deep fat until brown. In pan-broiling the pan must be hot, and in deep frying the fat should be very hot. When the fish is removed from the deep fat it should be placed on paper or a clean cloth so as to absorb the fat, then placed on a hot dish and served.

HOW TO BOIL FISH

Clean and wash in cold salted water any fresh fish suitable for boiling, such as Cod, Haddock, Eel, Mackerel, or Hake, cut off the fins, take out the eyes from small fish, wrap and pin in cheese-cloth and put into boiling water, add salt and a tablespoon of vinegar. The water must not boil vigorously. Allow ten minutes for each pound, and ten minutes extra for a large fish; when done, lift out, drain, and serve hot on a dish with appropriate garnishes and sauces. So estimate the time of cooking as to be able to serve the fish hot immediately it is cooked.

HOW TO BAKE FISH

Clean the fish, remove the eyes if the head is left on, rub with salt, fill with the dressing and sew the edges together; place on a rack, skewer into the shape of an S. This is done by putting the skewer through the tail into the middle of the body and through the head, then drawing up. Dredge with flour and put a little fat in the pan, baste the fish every ten minutes. Cook in a hot oven. Allow ten minutes for every pound of fish, and ten minutes extra. Garnish with parsley, and serve with drawn butter or suitable fish sauce.

Dressing for Baked Fish—

1 cup soft bread crumbs;	1 teaspoon onion juice
$\frac{1}{2}$ teaspoon salt;	or grated onion;
$\frac{1}{8}$ teaspoon pepper;	2 tablespoons melted
1 teaspoon chopped	dripping;
parsley.	$\frac{1}{2}$ teaspoon mixed sea-
	sonings.

Mix the seasoning with the bread crumbs, then add the melted dripping. If moist dressing is required, moisten with milk.

HOW TO BROIL FISH

Clean the fish and remove the head and tail; if a large fish, remove also the backbone; if very large, cut into steaks. Rub with butter, then salt and pepper. Grease the broiler, sear the fish on one side, then the other. When cooked, the flesh separates from the bone. Season, garnish, and serve.

GARNISHES FOR FISH

The appearance of the fish when served is much improved by the addition of a garnish of parsley, lemon cut into various shapes, cress, egg, beet pickle slices, etc.

BEST METHODS OF COOKING DIFFERENT FISH

All fish can be fried. Some lend themselves to boiling and for chowders, whilst others are better baked or broiled. We give the following list of ways in which the different fish are best:

Fried—Perch, Catfish, Goldeyes, Maskinonge, Bass, Pickerel, Pike, Dore, Trout, Smelts, Herring, Soles, Flounders, and any small fish are better fried.

Broiled—Any fish that can be fried can be broiled.

Boiled—Bluefish, Carp, Codfish, Haddock, Hake, Halibut, Salmon, Sea Trout, Skate, Mackerel, White Fish, Maskinonge, Lake Trout and Pike.

Baked—Bluefish, Bass, Carp, Cod, Hake, Pollock, Haddock, Halibut, Salmon, Fresh Mackerel, Large Sea Bass, Shad, Sea Trout, Flounders, and Herring.

Eels—may be stewed, fried, baked or pickled.

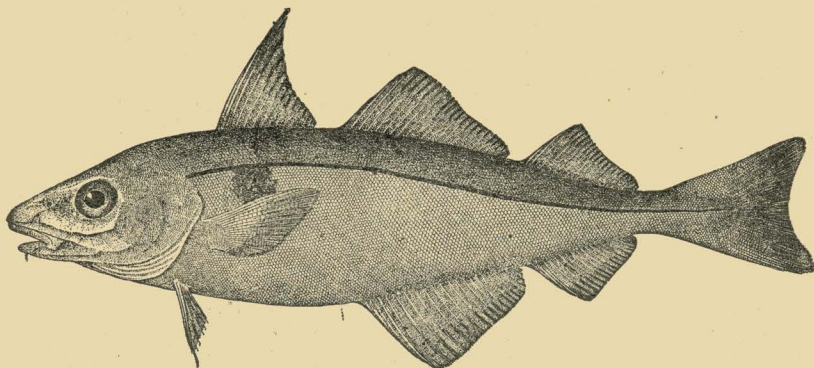
Fish Balls—Take left-over fish, remove all the bone and shred finely. Boil, mash, and season potatoes according to the quantity required. Add the fish. Make into balls about the size of an egg. Flour the outside lightly, and fry in fat.

Fish Chowder—Boil separately any white-fleshed fish, onion and potato. Drain, remove the bones from the fish. Combine the three in one pan, add white sauce and reheat. Serve hot. This may be varied by adding pieces of bacon cut fine. This recipe is equally good when left-over fish is used.

Scalloped Fish—Take equal measure of canned or left-over fish, and standard white sauce. Arrange in layers in a baking-dish with sauce on top. Melt a small bit of fat and stir in enough dried bread crumbs to cover the top. Spread them evenly and bake in a hot oven until thoroughly heated through. The measure of fish may be made up partly with potatoes, cooked rice or hard-boiled eggs.

Steamed Fish—Any fish that is suitable for boiling may be steamed and requires the same length of time for cooking as boiled fish.

CANADA'S CHIEF SEA FISH



HADDOCK.

HADDOCK—This favourite fish is taken in great quantities on the Atlantic coast. About 26,000 tons are landed annually, of which the greater part is consumed fresh. Much of it is smoked and appears on the market in the form of Finnan Haddie.

This may be bought whole or in fillets. The fillets have the skin and bone removed and are necessarily higher in price, as there is no waste.

HADDOCK (Poor Man's Style)—Bone the fish and cut to individual portions, boil same in water with little vinegar and salt. Serve with sliced onions fried in fat, shake a little vinegar over this and pour brown butter over all. With boiled potatoes on the side.—A. Franchi, Chef, Chateau Laurier, Ottawa.

HADDOCK, BOILED.—Wash and scale thoroughly, wipe the inside, and fasten the tail in the mouth with a skewer. Put 2 oz. salt into $\frac{1}{2}$ gal. water, and when it is dissolved, put in the fish. Bring the water quickly to a boil, remove the scum, then simmer gently (about $\frac{1}{2}$ hour), until the eyes of the fish start and the flesh leaves the bones easily. Take it up as soon as it is sufficiently cooked, or it will be hard and tasteless. Garnish with parsley, and serve with melted butter.

HADDOCK, FLAKED—Boil a fresh haddock in the usual way, and when cooked lift the flesh from the bones, and let it fall into flakes. Season with pepper and salt, and sprinkle a little lemon juice over it. Have ready a cupful of white sauce. Toss the fish and sauce together; arrange the mixture on a dish that can be sent to table, put bread crumbs on top, and bake in a hot oven for about 15 minutes.

BAKED STUFFED HADDOCK—Wash, scale and wipe fresh haddock. Prepare a dressing with one ounce of chopped suet to two ounces of bread crumbs, one teaspoon of herbs and parsley. Season with a little salt and pepper. Add to this two tablespoons of milk or one-half an egg, and stuff the body. Sew up at opening. Brush over with beaten egg. Sprinkle with bread crumbs, and a few bits of fat. Bake in a brisk oven until done, basting frequently. Pour over it a little melted dripping and serve hot.

Fresh Haddock may be baked, broiled or fried. The left-over parts may be used in Chowder, Fish Pie, Fish Cakes, or Fish Croquettes, by the addition of a small quantity of onion, potato and seasonings.

CREAMED FINNAN HADDIE—Pour boiling water on the Finnan Haddie. Leave a few minutes, and pour off. This takes away some of the smoky taste. Lay the fish in a baking pan and cover with milk or water. Cook gently in the oven until done. Make a white sauce, using the milk that is on the fish. To one cup of this milk use two tablespoons of flour, one tablespoon of butter and one-eighth teaspoon of pepper. It requires no salt. Carefully remove the bones from the fish, breaking it as little as possible. Add this flaked fish to the white sauce. Reheat, and serve at once.

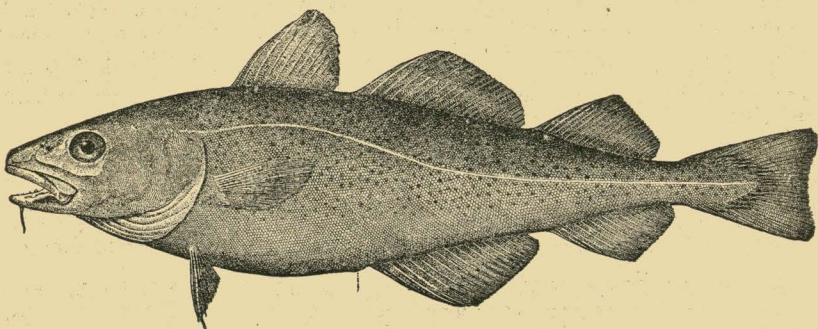
BAKED FINNAN HADDIE—Put fish in a pan in the oven with a little water. Cook about half an hour or until done and drain off the water. Place on a hot dish, add a few bits of dripping and sprinkle with pepper and serve hot.

COD—Cod, either fresh or salted, provides some of our best fish food. This fish is very abundant, and is a cheap source of protein. About 100,000 tons are taken annually by Canadian fishermen. Much is salted, but, if its value were better known, more of this fine nourishing fish would be consumed fresh in this country with beneficial results to producer and consumer.

Cod are mainly caught from April to November, but are most plentiful from June to September inclusive.

BOILED COD—A large codfish should not be cooked whole; the head and shoulders make a good dish by themselves, though the middle contains more solid

meat. Well wash and cleanse the inside of the fish, put it into plenty of cold water, with a handful of salt, bring to a boil, skim carefully, let it boil gently, and when nearly cooked draw it to the side of the fire, and let it remain until done. Plain melted butter may be served with it. Time to boil 20 minutes for a moderate-sized piece, longer for a large one.



COD.

BOILED FRESH COD—Wrap the fish in cheese-cloth, and place on the rack in a fish boiler, with enough tepid water to cover. Add salt and a tablespoon of vinegar. Bring to boil and boil gently until the fin or tail bone will come out if pulled lightly. When done, lift carefully out of the water, drain, dish up and serve with melted butter, anchovy, parsley or oyster sauce.

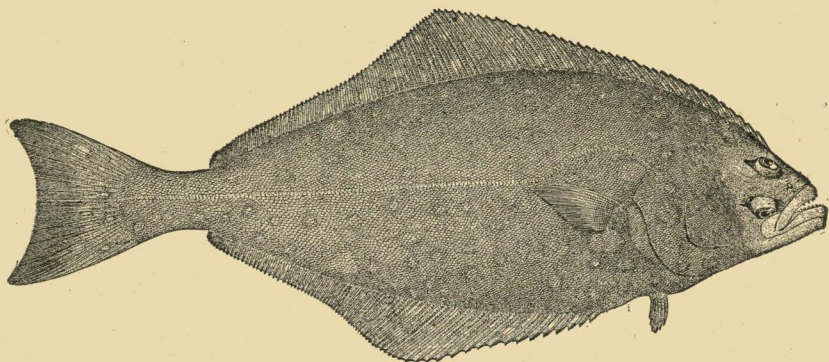
BAKED COD—Wipe the fish and place on a buttered baking tin. Prepare a dressing of bread crumbs, savory herbs, parsley, pepper and salt. Bind it with a little beaten egg. Place this upon the fish and season. Add to the top a little fat in the form of butter or dripping. Bake in a moderate oven for ten minutes for every pound and five minutes extra. Serve with Hollandaise sauce with the addition of some anchovy, or any sauce that may be preferred.

FRIED COD STEAK—Clean the steak. Sprinkle with salt and pepper, and dip in cornmeal. Cook in a frying-pan in a little dripping until light brown on each side.

CODFISH BALLS—1. Boil one cup of codfish. Boil and mash four good-sized potatoes. Combine the potatoes and codfish. Mash all together. Add butter, pepper and one beaten egg. Roll in flour to form balls and place in a frying-pan. Fry brown on one side, turn and brown the other. These may be egged, crumbed, and fried in deep fat.

2. Another good method is to take the same materials, cut the potatoes into three or four pieces, tear the fish into pieces, and boil together until the potatoes are tender. Then drain, mash and season with butter, pepper and egg, and drop by spoonfuls into deep hot fat.

LUNENBURG SALT COD—Soak the fish overnight. Pour off the water. Cut into small bits. Put on in cold water and bring to a boil. Pour off the boiling water once or twice, and renew with fresh boiling water. Then add an equal quantity of potato pared and cut into cubes. Cook until the potatoes are done. Fry some sliced onions and pork scraps until the onions are cooked. Serve the fish and potatoes in a deep dish and pour the onions over the whole.

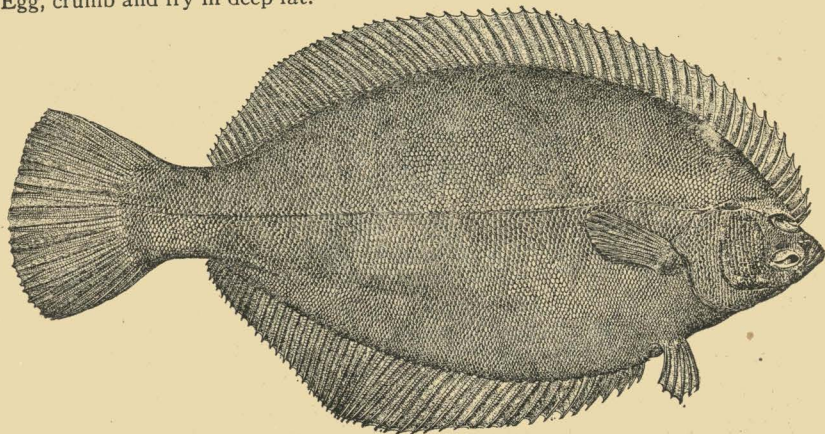


HALIBUT

HALIBUT is one of the largest of the flat fishes common to the Atlantic and Pacific Oceans. The greater part of Canada's halibut comes from the Pacific—about one-fifth only being caught in the Atlantic. It is most plentiful during the summer months.

BAKED HALIBUT—Clean the fish. Put on a rack in baking pan. Brush over with butter. Bake, allowing ten minutes per pound, until the flesh separates readily from the bone, basting every ten minutes. Remove skin. Garnish with lemon and parsley, and serve with drawn butter sauce.

FRIED FILLET OF HALIBUT—Remove the skin and bones from a slice of halibut weighing about one and one half pounds. Cut into eight fillets. Sprinkle with salt and pepper and lemon juice. Roll, and fasten with a wooden skewer. Egg, crumb and fry in deep fat.



FLOUNDER

FLOUNDERS—Including all varieties of small flat fish.

Flounder is an exceedingly common and readily procurable flat fish of good eating quality, seasonable during the winter months.

FLOUNDER, Baked—Flounder is often served as English sole. The following is a method of baking:

Fillet a flounder, and place the fillets on a well-greased dish. Sprinkle over with finely-chopped parsley, salt and pepper, and add a tablespoon of vinegar and enough fish stock to half cover. The fish stock is made by boiling the bones with an onion, a clove and a little salt about fifteen or twenty minutes. Over the fillets of flounder place bits of butter or lard, and sprinkle with bread crumbs. Bake in a hot oven about one quarter of an hour. Send to the table in the dish in which it was cooked.

NOTE.—Sole and flounders are found in abundance on the Pacific Coast, and are very desirable forms of cheap fish.

FLOUNDERS OR SOLES—Fried—Cut into convenient pieces, season with salt and pepper, dip in milk and dredge with cornmeal or oat flour and fry in boiling fat.

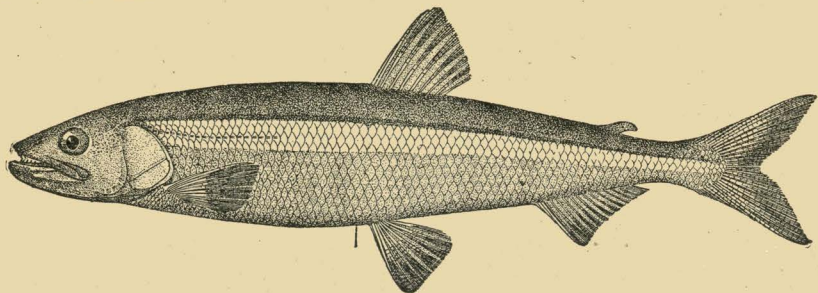
STUFFED PLAICE—Clean, cut a slit from head to tail on the white side and form pockets on either side by partially filleting the fish from the bone. Place the stuffing in the opening thus made and bake.

Stuffing

2 tablespoons bread crumbs
1 tablespoon suet
 $\frac{1}{2}$ tablespoon chopped parsley
Pinch powdered herbs.

A little grated lemon rind
Salt and pepper
3 tablespoons milk

WITCHES—Wash well and wipe, roll in cornmeal and flour, and cook on a hot greased griddle.



SMELT

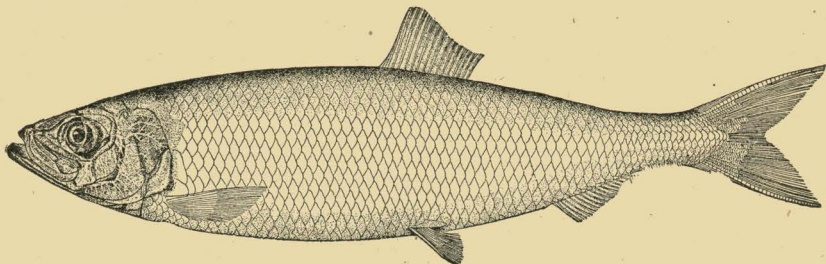
The smelt is a small and very delicate food fish native to the Atlantic and Pacific Oceans. It averages four or five ounces and is in season from December to March.

SMELOTS—Smelts are served **fried**. Open the gills, draw each separately between the finger and thumb, beginning at the tail. Wash, clean and drain. Then salt, roll in a mixture of half cornmeal and half white flour. Fry in a frying-pan with plenty of fat. Take out, drain and serve on toast. They should be crisp and brown. Garnish with parsley and lemon.

BROILED FRESH EULACHAN (or Pacific Smelt)—Dress, without splitting, and wipe dry. Score across the back, and broil slowly over a clear fire, turning once. No fat need be used. Serve on a hot platter, with high seasoning of salt and pepper and lemon juice.

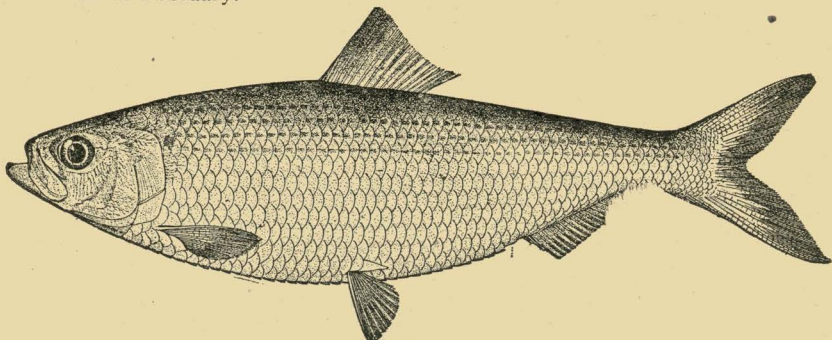
Eulachan may also be pan broiled in a frying pan with a very little fat.

HERRING—A tasty fish, prepared in a number of ways in Canada. It should command a larger market than it does. Pickled in salt and brine it is put up in barrels, half-barrels and small kegs. Split and smoked it is marketed as bloaters and kippers, and in small boxes as boneless smoked herring. In the latter state it is often known as "Digby Chickens." As a cheap and tasty food, herring is hard to beat. Both the Pacific and Atlantic varieties of herring are prepared in many ways, and the fresh water lake herring is also pickled and in a smoked state commands a ready market as Ciscoes. In cans, herring is packed as kippered herring, plain or in tomato sauce.



HERRING

Herring are caught on the Atlantic from April to November. They are in best condition from July to October. On the Pacific coast they are most plentiful from November to February.



LAKE HERRING

FRIED FRESH HERRING.—Clean and scale the herring and wipe them well. Remove the heads. Roll in flour. Dust over with a little pepper and salt, and fry in a hot frying-pan. They need very little fat as they contain a great deal of oil.

BAKED HERRING.—Clean as for frying. Place in a baker on a rack enough herring to cover the rack. Put in one teacup of water, one-third of a teacup of vinegar, a bayleaf and one-half a teaspoon each of pepper and salt. Cover and cook one-half hour. Serve in the dish in which they are cooked.

KIPPERED HERRING.—Place the herring between a greased gridiron and cook over a bright fire for ten minutes. Spread a little butter over the top and serve.

FRESH, BOILED HERRINGS.—Wash, scale, and clean them, sprinkle with a little salt, and dip them once in vinegar, skewer them securely with their tails in their

mouths, put them into boiling water, simmer very gently until done, 12 minutes, and take out immediately.

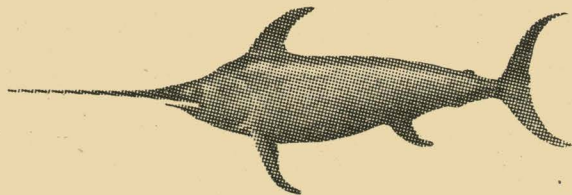
SPICED HERRINGS.—Clean 4 fresh herrings. Lay them in a dish with sufficient vinegar to cover them, add 4 cloves, 2 allspice, 1 tarragon leaf, pepper and salt as desired, and a pinch of cayenne. Bake slowly for 2 hours, place on a dish, garnish with sliced lemon, and serve cold.

SALTED HERRING.—Clean the herring, salt well, leave for three days. Make salt brine strong enough to hold up medium sized potato. Place herring in brine and use as required. It will keep for months.

SOUSED HERRING.—Take backbone 'out, starting from tail end, sprinkle with salt and pepper, then roll it, cover with vinegar and water. This will keep for a week.

TONGUES AND SOUNDS

The thick tongue of the cod and the sound—a glutinous substance which lies along the backbone of the fish—is put up in salt and pickle in barrels and pails. Fried or boiled, they are a particularly delicious and tasty food. The sounds of hake are largely dried and used for making isinglass and glue.



SWORDFISH

SWORDFISH—Swordfish is a remarkable fish native to the Atlantic Ocean. It has been recognized as a valuable food only of late years and is now regarded as one of the most palatable of salt water fishes. The flesh is white, free from bones, and with a taste not unlike veal. It is in season during the summer months.

Swordfish are always cooked as steaks. They are called swordfish steaks.

HAKE, POLLOCK, CUSK AND SKATE

The **Hake** is a native of the Atlantic, and much esteemed as food. It is procurable at all times, but in the best condition in the fall. It is largely salted and dried for export.

The **Pollock** is a salt water fish, native to the Atlantic and belonging to the cod family. When fresh, it is a cheap and palatable food. It is at its best during the summer and fall. It is also salted and dried for export.

The **Cusk** is a member of the cod family. It is similar to the burbot, and in Great Britain is known as ling. It is a fine food fish, and is a favourite in the United States. It is sold in fillets. The smoked fillets find a ready market as a choice article of diet. It may be fried, broiled, creamed or scalloped.

The **Skate** is a fish caught in the Atlantic and Pacific, but not sufficiently appreciated by Canadians. There is a good market for skate in Great Britain.

All four of these fish are good fried, boiled or creamed.

BAKED HAKE.—Baked hake is a favourite fish. The head is left on, and it is stuffed with dressing. Strips of fat pork or bacon are put over it, and it is baked and served whole on the platter with drawn butter sauce.

HAKE CUTLETS, Fried.—Cut 2 lb. hake into cutlets, dry them well, and dip them into a thin batter of flour and water. Cover them with breadcrumbs, and fry them in hot lard or dripping, until brightly browned on both sides. Put them to drain, and garnish with parsley.

SKATE may be fried in the pan or dipped in batter and fried in deep fat. It is also excellent boiled. This fish is extremely gelatinous and rich in phosphorous, and is considered one of the most nourishing of all fish foods.

SKATE, Fried.—Cut the skate into square pieces; let these lie for an hour in cold water with a little vinegar, a sprig of parsley, and a few peppercorns, drain, dry and flour them, dip them in egg and breadcrumbs, and fry them in hot dripping till they are lightly browned.

SKATE, Boiled.—

1½ lbs. fish

1 bay leaf

1 or 2 slices of onion

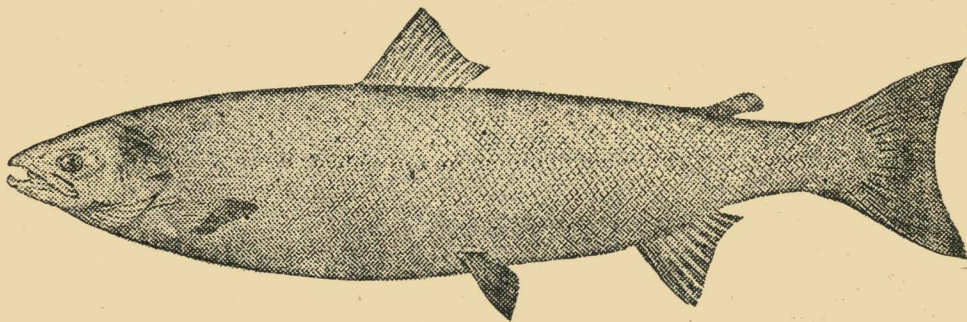
1 dessert sp. vinegar

1 dessert sp. salt

1½ oz. butter, lard or dripping.

Skin the fish; cut into strips and twist into rings. Put the fish into a stewpan or fish kettle, with enough salted water to cover it; add a bay leaf, the onion slices and the vinegar. Bring to a boil, remove the scum, and cook until tender. Take up the fish, drain well and put on a hot dish. Melt the butter in a frying pan, allow it to get brown, then pour it quickly over the fish; sprinkle over with a little chopped parsley and serve.

A little Worcestershire sauce or grated cheese added to the cream sauce improves the flavor of skate.



SALMON

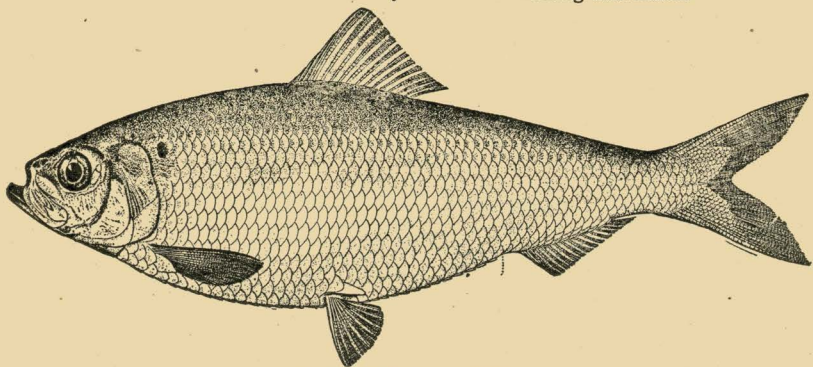
SALMON—is native to the Pacific Coast, to the Maritime Provinces of Canada, Labrador and Newfoundland. The Atlantic salmon is most plentiful during June and July, the close season for it extending from August to April. The five Pacific varieties can be obtained fresh and frozen throughout the year.

Canned—Great quantities of salmon are canned yearly, so that much of what is used inland is canned. With canned salmon we may make salmon salads, salmon loaf, salmon croquettes, salmon timbales, salmon soufflé, scalloped salmon and creamed salmon. The method in use for these is the same as for any other meat or fish.

SALMON, Boiled—Rub a fish about six pounds in weight with salt. Tie carefully in a cheese-cloth, and boil slowly three-quarters of an hour. Serve with egg or caper sauce. Garnish with parsley and lemon. Cook in as large pieces as possible.

SALMON LOAF, No. 1—One small can of salmon; one cup of dry bread crumbs rolled fine, one egg; two tablespoons sweet milk; pepper and salt. Remove bones from salmon, break into small pieces, and well-beaten egg, seasoning, and cracker crumbs; bake in a well-buttered dish for fifteen minutes; serve hot.

SALMON LOAF, No. 2—One can salmon, one pint of mashed potatoes, one cup browned cracker crumbs, two cups of parsley sauce. Grease a good-sized mould with dripping, sprinkle with cracker crumbs, and line with mashed potatoes. Drain oil from salmon and remove skin and bones. Season with pepper and salt and pack in mould. Cover with potatoes and then cracker crumbs, put a few pieces of butter on top, and bake one-half hour in fairly hot oven. Turn out and pour parsley sauce over. The oil drained off the salmon may be used in making this sauce.



GASPEREAU OR ALEWIFE.

GASPEREAU—is sometimes known as a branch herring. It is found in either salt or fresh water, and is in season from April to June, fresh. It is extensively salted and sold in this way. It may be cooked as any fresh or salt herring.

MACKEREL

Mackerel are caught from May to November. They are most plentiful in May, June and in September and October.

FRESH MACKEREL, Baked—Split fish, clean and remove head and tail. Put in buttered dripping pan, sprinkle with salt and pepper and dot over with dripping (allowing one tablespoon to a medium-sized fish) and pour over two-thirds cup milk. Bake twenty-five minutes in a hot oven.

Mackerel will not keep fresh as long as other fish; it is therefore necessary that it should be consumed whilst perfectly fresh.

• **Boiled**—Wash, clean, remove insides, remove heads and tie the fish in a cheese-cloth. Put in boiling water, and boil gently for thirty minutes. Serve with drawn butter sauce. Garnish with parsley.

Fried—Split the mackerel down the back and clean, scraping all the thin black skin from the inside. Wipe dry, and lay in the frying-pan; fry on one side a nice brown, then turn and brown the other side. Season with butter, pepper and salt.

SALT MACKEREL—Soak in plenty of water from ten to twelve hours before cooking. Cook as fresh mackerel.

Broiled—Soak the mackerel for twelve hours or more, with the skin side up, and change the water several times. Simmer for fifteen or twenty minutes in the water with a teaspoon of vinegar, a bay-leaf, one slice of onion, and a sprig of parsley. Then drain and broil. Serve with a little dripping, lemon juice and chopped parsley.

SABLEFISH (Black Cod)

BOILED SABLEFISH (black cod)—Add 1 tablespoon vinegar, 1 teaspoon salt, 1 slice of onion, and a bit of bay leaf to 1 quart boiling water. Into this put compact pieces of fish tied in cheese cloth. Simmer until flesh leaves the bone easily, about 10 minutes to the pound. Drain and serve on a hot platter with egg sauce.

BAKED SABLEFISH STEAKS (black cod)—Place fish on baking sheet, season with salt and pepper. Add $\frac{1}{2}$ cup water with 1 teaspoon vinegar, 1 minced onion, dredge lightly with coarse cornmeal. Bake in covered pan 15 minutes. Uncover and brown well.

KIPPERED BLACK COD, Boiled—Divide into convenient pieces, cover with boiling water, add a teaspoonful of sugar, and boil fifteen minutes. Serve on hot platter with potatoes.

Broiled—(1) Brown the fish in a greased broiler, remove and cover with boiling water, let stand for ten minutes and drain.

(2) Cut the fish into separate portions and parboil it. Wipe dry, and broil on a greased gridiron.

GRAYFISH

GRAYFISH, Fried—Skin and cut off head and tail, wipe dry. Score deeply, sprinkle with salt and pepper, dip in oat flour, cornmeal or bread crumbs, and fry crisp in fat.

GRAYFISH, Panned—Put smoked grayfish in baking pan on a sheet and add 1 cup milk. Place in hot oven until heated through. Serve on hot platter garnished with lemon and parsley. The milk may be thickened for a sauce.

CANADIAN SHELL FISH

SHELL FISH—are oysters, clams, scallops, lobsters, crabs and shrimps.

OYSTERS—are in season from September to May. They may be creamed, broiled, fried, scalloped, served raw or in oyster soup. Oysters are valuable in sick room cookery.

LOBSTERS—in a fresh state are more abundant from June to September. They appear on the market throughout the year CANNED. In using canned lobsters, the contents of the can should be removed IMMEDIATELY upon its being opened.

CLAMS—Clean one pint, remove soft part, and chop finely the hard parts. Melt three tablespoons butter, add chopped clams, a half teaspoon salt, few grains red pepper. Cook eight minutes. Add soft part of clams and a half cup of milk. Cook two minutes, then add yolk of one egg, one tablespoon of flour and a tablespoon of fat. Serve on toast.

CLAM SOUP

1 dozen shelled clams
 $\frac{1}{2}$ cup scalded milk
 $\frac{3}{4}$ tablespoon butter

$\frac{3}{4}$ tablespoon flour
 $\frac{1}{8}$ teaspoon salt
Few grains pepper

Wash and scrub clams, changing the water several times. Put in saucepan with two tablespoons water and cook until shells open. Remove clams from shell, reserve soft portions and liquor drained from clams. Strain liquor through double thickness cheese cloth, reheat, and thicken with butter and flour cooked together. Add milk, soft part of clams, salt and pepper.

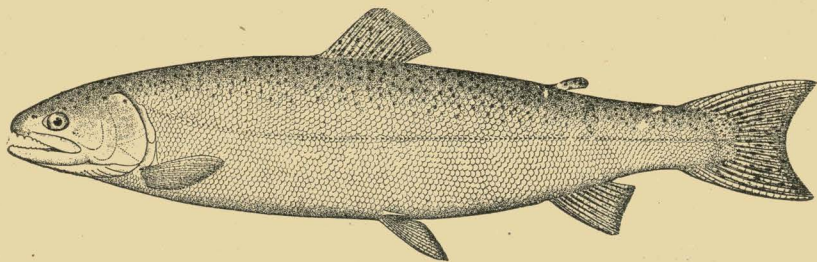
CLAM FRITTERS—Wash the clams and put them in a pan in the oven to open, take out the meat and strain the liquor, keeping it separate. To two-thirds cup of meat allow one egg, one-sixth teaspoon salt, few grains of pepper, two-thirds of a teaspoon of baking powder, two-thirds cup of the liquor, or if there is not as much as that add milk to make that amount, and flour to thicken. Drop into hot fat and fry.

CRABS—Make a white sauce of
2 tablespoons of butter
2 tablespoons of flour

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

As soon as this thickens, add one cup of crab meat, half teaspoon of salt, quarter teaspoon of paprika, the yolk of one egg and one tablespoon of lemon juice. Cook gently until done.

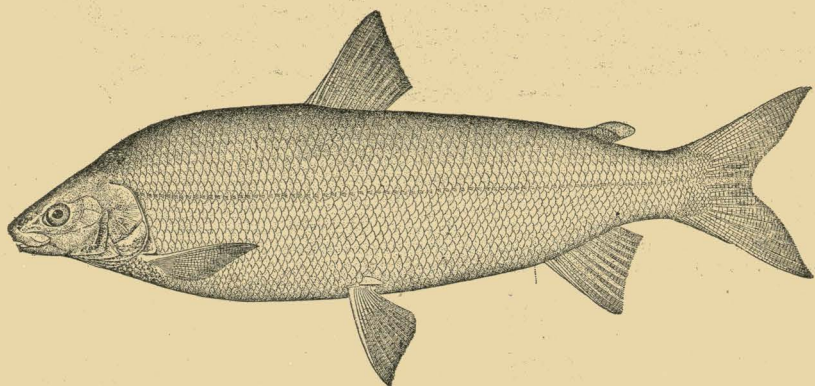
CANADIAN FRESH-WATER FISH



SALMON TROUT.

The inland waters of Canada abound in excellent fish, and these are not used in quantities warranted by their excellence. There are many kinds of food fish of which the white fish and salmon trout are much in demand. It would surely reduce the cost of living if many more people learned to eat the cheaper fish, such as pickerel, herring, pike, carp, catfish, eels, perch and burbot. These are just as good food as the more expensive kinds and every bit as palatable when properly cooked.

White fish, lake trout and pickerel, bass, perch, pike or any fresh-water fish, may be boiled or baked as any other fish. All fresh-water fish are good for frying. The method is the same—clean, dry, roll in fine oatmeal, cornmeal or white flour, and fry in a frying pan in fat.



WHITEFISH.

This is the most important and the best known of the fresh-water fish. It is easily procurable from April to December. Its flesh is very fine and has high food value.

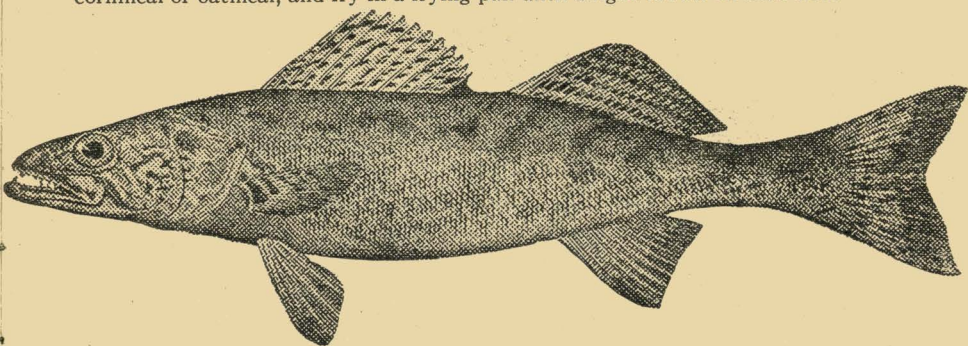
White fish can be broiled or cooked in milk on the top of the stove. Add a little butter always before serving.

BAKED WHITE FISH—Clean, stuff and skewer in the shape of an S. Brush over with dripping and bake in a hot oven until done, basting frequently. The time varies according to the size of the fish. Usually from thirty to forty minutes. Serve with any good fish sauce—drawn butter, Hollandaise or lemon.

TULLIBEES, similar to small white fish, may be cooked in the same manner.

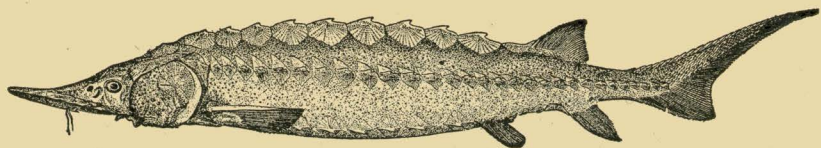
BROOK TROUT OR SPRECKLED TROUT—These can be fried by the same method as smelts.

BASS—There is no fresh-water fish that has a finer flavour than bass. To prepare, scale or skin, rub dry, and put in a cold place until needed. Roll in flour, cornmeal or oatmeal, and fry in a frying-pan until a light brown on each side.



PICKEREL

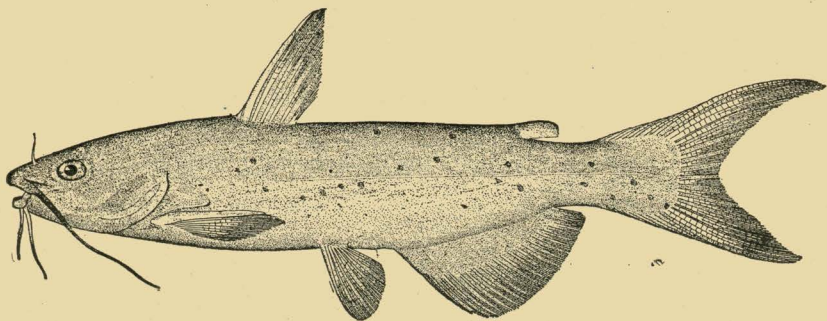
PICKEREL—The flesh of the pickerel is firm, flaky and white, and it is much esteemed as a food fish. It is in season during the summer months.



STURGEON.

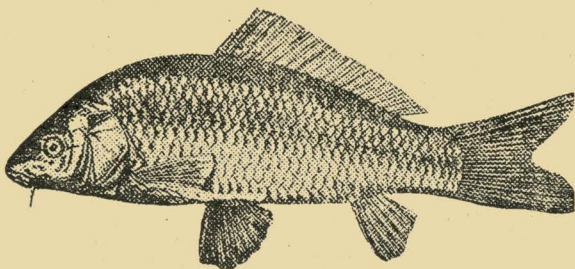
STURGEON—The sturgeon is native to the Atlantic and Pacific Coasts, and rivers and inland lakes of Canada. It is procurable at all seasons and particularly good in the summer months. It is free from bone, and is good for slicing and for cutlets. Sturgeon roe is used for making caviare.

PIKE—is a common fresh-water fish found in the inland waters. It is a good fish and can be either fried or baked.



CATFISH.

CATFISH—The catfish is sometimes called bullhead. This is a fresh-water fish. They are not attractive in appearance and are usually sold on the market cleaned and skinned. They are always served fried.



CARP.

CARP—An exceedingly common fish in the Great Lakes of Canada. It is not regarded as being of much food value by Canadians but persons from the Continent of Europe have a fancy for it. It is procurable throughout the summer months. Average size is around 3 and 4 pounds.

Carp can be cooked in a similar manner to whitefish.

BOILED CARP—Dress fish, rub with salt and wrap in cheesecloth. Tie the ends and place fish in kettle. Cover with boiling water.

1 teaspoon salt	Slice of onion
1 bay leaf	Sprig of parsley
1 tablespoon lemon juice or vinegar.	

Cover and simmer 10 minutes to every pound. Take fish from water. Remove to hot plate and garnish with slices of lemon and parsley.

BAKED CARP—Clean and wipe inside and out with a clean, damp cloth. Bone, leaving head and tail on. Rub with salt. Stuff with a dressing of

$\frac{1}{4}$ cup fat	$\frac{1}{4}$ teaspoon salt
1 cup stale bread crumbs	$\frac{1}{8}$ teaspoon pepper
1 tablespoon minced onion	$\frac{1}{2}$ tablespoon minced parsley

Hot water to moisten (about $\frac{1}{4}$ cup)

Sew up opening. Brush over with lemon juice, soft fat, salt and pepper. Place on a greased fish sheet in baking pan, dredge with flour. Baste with hot water and fat every 10 minutes. Bake about an hour. Serve with acid fish sauce.

BURBOT

This fish is variously called eelpout, eeling, ling and other names. The burbot has the distinction of being the only fresh-water member of the cod family, all of its relatives living in the sea. It is found in all our Great Lakes, and a big demand has been created for it throughout the United States. Its flesh is white and delicate, and it is equal to any of the better-known fish. The burbot is coming on the market at a price which will place it within reach of every person.

RECIPES FOR COOKING BURBOT.

1. **FRIED BURBOT**—Remove the backbone from four pounds of burbot and cut the fish into suitable pieces for serving. Salt and pepper both sides, dip in egg and roll in cracker dust or bread crumbs. Fry on both sides to a golden brown. If the fish are large, they are better if the pieces are first parboiled.

2. **BOILED BURBOT**—Boil three pounds of fish and serve with egg sauce made as follows: Thicken one pint of milk with corn starch or flour, add a lump of butter the size of a walnut, one egg, salt and pepper. Boil and stir briskly until flakes of egg yolk come to the top.

3. **SCALLOPED BURBOT**—Place two cupfuls of skimmed fish cut into small pieces in a baking dish. Dredge over it one-third cup of flour, add one-half tablespoonful of salt, pepper and two tablespoonfuls of butter. Cover with milk and bake for 30 to 40 minutes.

From Bulletin, Dept. of Commerce (Bureau of Fisheries), Washington.

BURBOT CHOWDER—Cut the meat from four pounds skinned fish. Cover bones and head with cold water and boil for half an hour. Fry two small onions in four tablespoons drippings, add strained fish stock and one quart sliced raw potatoes. Cook ten minutes, add fish, salt and white pepper. Cook until potatoes are done, add one quart hot milk, thicken with four tablespoons oleomargarine rubbed into four tablespoons flour.

GENERAL SEA FOOD RECIPES

FISH IN VINEGAR—Fish, especially oily fish are very palatable cooked in vinegar. Burbot and eels are especially good this way. Prepare fish for the pan, place in granite baker with water to half cover, to which is added a cup of vinegar, some small red peppercorns, salt and a bayleaf. Cook in oven till done. Any fish can be cooked this way. They are good eaten either hot or cold.

CURRY OF FISH

$\frac{1}{2}$ lb. any fresh fish	1 cup water
$\frac{1}{2}$ apple or small piece rhubarb	A little lemon juice
$\frac{1}{2}$ onion	1 tablespoon butter substitute
1 tablespoon curry powder or amount to suit taste	1 tablespoon flour Salt.

Chop the onion and fruit finely. Melt the fat in a saucepan; fry the onion lightly but do not brown. Add the fruit, curry powder, flour and fry for a few seconds. Stir in the water gradually, add the salt and a few drops of lemon juice, bring to the boil and skim. Simmer for half an hour, strain and return to the saucepan. Put the fish, cut in pieces, into the sauce and cook gently about 10 minutes. Serve with well-boiled rice.

FISH LOAF

2 cups flaked cooked fish	1 cup mashed potatoes
$\frac{1}{2}$ cup stale bread crumbs	1 egg
1 tablespoon lemon juice	1 teaspoon salt.

Season to taste with chopped parsley, celery salt, anchovy, capers or chopped pickles. Mix well, put in a greased mold and steam 1 hour, or shape in the form of a loaf, wrap in a greased paper and bake half an hour. Serve with a sauce.

FISH KEDGEREE

$1\frac{1}{2}$ cups cold cooked fish	4 tablespoons butter substitute
$\frac{1}{2}$ cup rice	Salt and pepper to taste
2 hard-cooked eggs	1 tablespoon chopped parsley.

Flake the fish, taking care to remove all the skin and bones. Wash and boil the rice, then drain and dry it in the oven. Melt the butter substitute in a saucepan, add the whites of eggs chopped, the fish and rice, and stir over the fire all together until quite hot. Take care that the mixture does not brown. Season with salt and pepper and pile in a mould on a hot dish. Decorate down the side with the hard-cooked yolks of eggs, previously rubbed through a sieve, and the parsley. Serve hot.

SALT WHITING FISH CAKES—Freshen, skin and bone whiting. Boil equal quantities of potatoes and fish, mash fine and season with cayenne, and fat. Add one beaten egg and milk if necessary. Shape into cakes, roll in cornmeal. Bake in hot oven till brown and serve garnished with parsley.

WHALE MEAT

WHALES—from which come the meat now offered for sale, are very clean animals, living far out at sea, away from all shore contamination, and subsist entirely on shrimps and other small marine organisms. They have no teeth, and although their mouths are huge, their throats measure only seven or eight inches in diameter, so it is not possible for them to swallow anything very large, as most people believe.

The meat of whales looks much like beef, but is much coarser in texture, and somewhat darker in colour. It has a distinctive flavour, which is not at all fishy,

and which may be largely overcome by dipping the meat before cooking in hot soda water (1 teaspoonful of soda to 1 quart of water).

Whale meat contains no bones, and practically no fat, as fat is contained in the blubber, which is one reason that fat must be supplied in the cooking. It is 98 per cent digestible matter, contains 4 per cent more protein than beef, and is free of gristle.

Like all tough cuts and meat, the best results are obtained by cooking it slowly for a long time with moist heat, low temperature and with additional seasoning.

WHALE STEAK.—Whale steak cut $\frac{1}{2}$ inch thick. Dip for a minute in hot water containing 1 teaspoonful of soda to the quart of water.

Grease the wires of a broiler or a frying pan, and allow the pan to become quite hot. Put the steak in, and sear quickly on both sides. Reduce the heat slightly, cook for about 3 minutes and allow to brown well. Remove to a hot platter, sprinkle with pepper and salt, dot over with butter, add a few drops of commercial sauce. Garnish with parsley and serve at once.

BRAISED WHALE ROAST.— $3\frac{1}{2}$ to 4 pounds of whale meat, treated with soda water, drained and seared in the same manner as the pot roast.

Dot the surface well with butter or pieces of beef fat. Put in a covered meat pan, with a small cheesecloth bag containing $\frac{1}{2}$ bay leaf, $\frac{1}{2}$ teaspoon pickling spice, 3 sprigs parsley, 1 sliced onion; and hot water to the depth of 1 inch. Cook very slowly in a very moderate oven for about 5 hours, basting well with the fat and water every 15 minutes, gradually allowing the water to lessen.

Serve hot with brown onion or tomato parsley sauce.

DELICIOUS SAUCES FOR FISH

Most kinds of fish are improved by the addition of a sauce of some kind. The same sauces may not be served with all kinds of fish. Many sauces, other than the bottled commercial sauces, are variations of the standard white sauce. We give the following sauces and their variations:—

Standard White Sauce—

2 level tablespoons flour
2 level tablespoons butter
1 cup milk.

$\frac{1}{2}$ level teaspoon salt
 $\frac{1}{8}$ level teaspoon pepper

Melt the butter, add flour and seasoning, then add milk slowly, and cook thoroughly, stirring constantly to keep from burning.

Egg Sauce—To a standard white sauce add a hard-boiled egg chopped very fine; or add the yolk, chopped fine, to the sauce, and grate the white through a sieve over the fish when serving; or chop the white of hard-boiled egg into sauce and rub the yolk through a sieve over the fish.

Egg and Parsley Sauce—is made as a standard white sauce, with the addition of chopped hard-boiled eggs, and a tablespoon of chopped parsley.

Cucumber Sauce—is drawn butter sauce with the addition of some finely chopped cucumber.

Maitre d'Hotel Sauce—Beat two tablespoons of butter to a cream with the juice of half a lemon, adding a tablespoon of finely minced parsley. Serve cold with hot fish. This may be served in a little cup made of half a lemon with the pulp and the inside white skin removed.

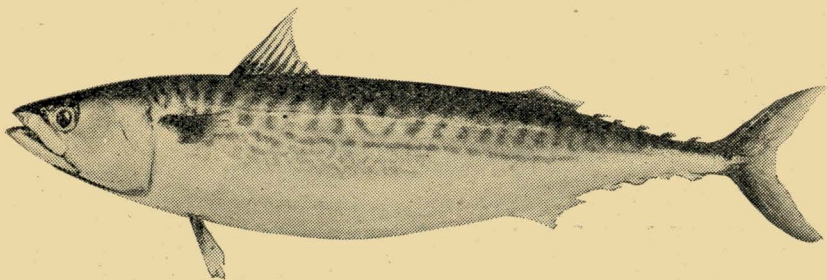
Horseradish—To a cup of standard white sauce, add a tablespoon of grated horseradish, wet with lemon juice, and work to a creamy whiteness.

Tomato Sauce—Make as white sauce, using instead of milk, tomato juice that has been strained from cooked tomatoes, with the addition of an onion.

Sauce Tartare—is Mayonnaise with the addition of finely-chopped pickles, capers, olives and parsley.

Hot Sauce Tartare— $\frac{1}{2}$ cup white sauce,
 $\frac{1}{4}$ cup Mayonnaise.

To this add $\frac{1}{2}$ tablespoon each of finely chopped capers, pickles, olives and parsley.



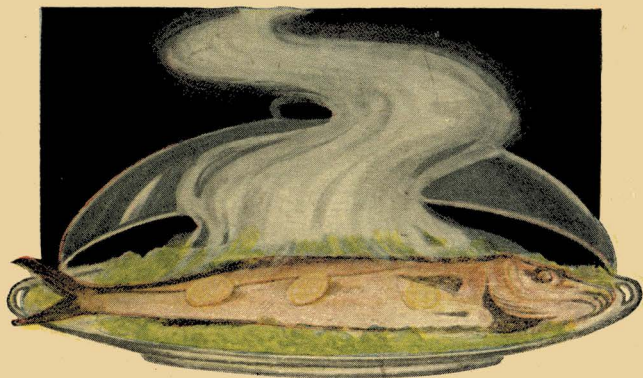
MACKEREL

The recipes in this book have been carefully selected by experts as the simplest and most economic method of cooking fish.

The following uniform booklets have been prepared by experts under the direction of the Canada Food Board:

- 1. Fruit and Vegetables: Canning, Drying, Storing.**
- 2. Fish Recipes**
- 3. Vegetable Recipes.**
- 4. Bread Recipes.**

Copies of any of these booklets can be secured at a price of 5 cents each, upon application to the Canada Food Board, Ottawa.



PRICE OF

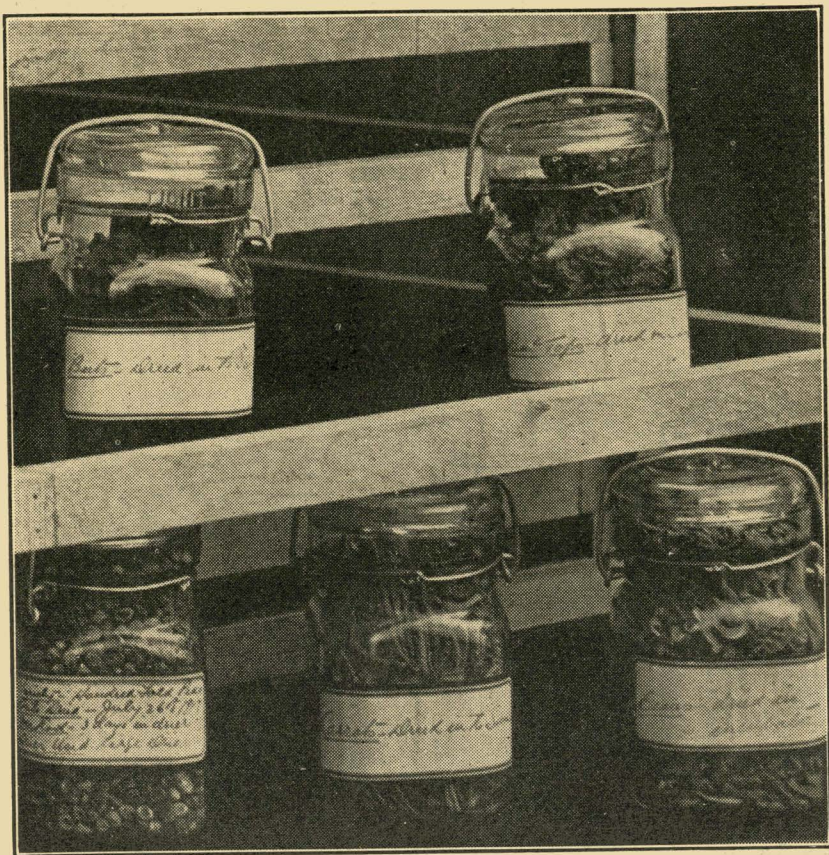


THIS BOOK

VEGETABLE RECIPES



HOME-DRIED VEGETABLES



No. 1. Young Beets
No. 3. Garden Peas

No. 2. Beet Tops
No. 4. Carrots.

No. 5. String Beans.

Home-dried products after they are taken from the trays may be placed in sealers, paper bags or other containers. Sealers are by no means necessary, and the product is equally good when put away in cardboard boxes or in other inexpensive containers. Each jar, as shown here, contains material which before drying filled two of the trays. When resoaked the string beans, for example, would be ample for several meals for a family of three or four persons.

HOW HOUSEWIVES CAN FULFILL WORK OF THE WAR GARDENERS

A SPLENDID response has been made to the call for increased production of vegetables this year by city people and farmers. Not only has farm production been largely augmented, but tens of thousands of war gardens and hundreds of thousands of war gardeners in all parts of the Dominion promise an important contribution to the National food supply.

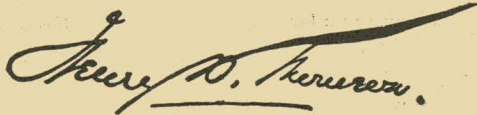
Now that we have our vegetable gardens on a far more general scale than in other years, we must use the produce of these gardens so as to make the greatest possible contribution in relief of the food situation. In this way the work of the war gardeners will be continued and its purposes fulfilled.

As the fresh vegetables become available they can be used in making a wide variety of appetizing, nutritious and healthful dishes. They are an important addition to the food supply and full advantage should be taken of them.

And these gardens will do more than provide for present consumption requirements. The surplus production will be canned, dried or stored for future use and made available during the fall and winter months.

It is the purpose of this little booklet to help to make the vegetable garden of the greatest possible service, by suggesting to the housewife some of the ways in which fresh vegetables, and those which are put away for the winter, may be served. The recipes are all simple and inexpensive and they offer a variety of which advantage is not always taken. It rests with the housewife to complete the work of our war gardeners by utilizing to the utmost this year's vegetable production.

CANADA FOOD BOARD,

A stylized, handwritten signature in dark ink, reading "Percy D. Thurston". The signature is written in a cursive, flowing style with a long horizontal stroke extending to the right.

Ottawa, June, 1918.

Chairman.

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VEGETABLE RECIPES

How to make appetizing and nourishing dishes which help to save essential food for our Soldiers and Allies

VEGETABLES in the diet are valuable because they increase the amount of mineral salts required by the body, supply bulk, and act as the medium for other foods such as milk, butter, etc., when these are used as seasoning or as sauces. All green vegetables, roots and tubers should be crisp and firm. Their preparation requires care. Lettuce, cauliflower, cabbage, Brussels sprouts, and such greens as spinach or Swiss chard, should be plunged into cold, salt water for a few minutes. When green vegetables are cooked in water the temperature should be kept at the boiling point throughout the entire time of cooking and they must be drained as soon as they are sufficiently tender.

POTATOES*

No vegetable is so much in demand as the common potato and none is so badly cooked. The method of cooking may be varied to avoid monotony. Following are a few tried and approved recipes:

BAKED POTATOES—Select smooth, medium-sized potatoes. Wash, using a vegetable brush, and place in dripping pan. Bake in hot oven forty minutes or until soft, remove from oven, break the skin to allow the moisture to escape, and serve at once.

BOILED POTATOES—Select potatoes of uniform size. Wash, pare and drop at once in cold water to prevent discoloration; soak one-half hour in the fall, and one to two hours in winter and spring. Cook in boiling, salted water until soft. Drain from water, dry over fire, and keep uncovered in warm place until serving time.

RICED POTATOES—Force hot-boiled and well-seasoned potatoes through a potato ricer or coarse strainer. Serve lightly in a hot vegetable dish.

MASHED POTATOES—To five cups riced potatoes add three tablespoons of butter, one teaspoon salt, few grains pepper, and one-third cup hot milk; beat with fork until creamy; reheat, and pile lightly in hot dish.

CREAMED POTATOES—Reheat two cups cold boiled potatoes, cut in dice, in one and one-half cups white sauce.

CREAMED POTATOES WITH BREAD CRUMBS—Put creamed potatoes in buttered baking dish, cover with buttered crumbs, and bake on centre grate until crumbs are brown.

DELMONICO POTATOES—To creamed potatoes and bread crumbs add one-third cup grated cheese, arranging potatoes and cheese in alternate layers before covering with crumbs.

POTATO OMELET WITH CHEESE—Prepare mashed potatoes, turn in hot omelet pan greased with one tablespoon fat, spread evenly, sprinkle with cheese, cook slowly until browned underneath, and fold as an omelet.

*Because of the very great relative importance of this vegetable and the many ways in which it can be prepared for table use, it is given first place in this book. Recipes for cooking other vegetables follow in alphabetical order.

POTATO BORDER—Place a buttered mould on platter, build around it a wall of hot mashed potatoes, using nine potatoes, three and one-half inches high by one inch wide, smooth and crease with case knife. Remove mould, fill with creamed meat or fish, and reheat in oven before serving.

ESCALLOPED POTATOES—Wash, pare, soak, and cut four potatoes in one-fourth inch slices. Put a layer in buttered baking dish, sprinkle with salt and pepper, dredge with flour, and dot over with one-half tablespoon of butter or butter substitute; repeat. Add hot milk until it may be seen through top layer, bake one and one-fourth hours or until potato is soft.

POTATO BISCUITS

2 cups flour	1 teaspoon salt
1 cup potato	1 tablespoon fat
3 teaspoons baking powder	1 teaspoon sugar
Liquid to make a soft dough.	

Sift flour, baking powder, salt and sugar together. Work fat into flour. Add mashed potato, then add milk to make a soft dough. Roll out about one-half inch thick, cut with a biscuit cutter and bake 15 minutes in quick oven.

POTATO BREAD

1 lb. potatoes (boiled or mashed)	1 ounce fat
1 quart liquid (water or milk and water)	$\frac{1}{2}$ ounce yeast
	3 pounds flour
1 ounce sugar	
1 ounce salt	

Boil liquid. Add yeast to $\frac{1}{4}$ cup of liquid, cooled to lukewarm temperature. Dissolve sugar, salt and fat in remainder of liquid. When lukewarm, add yeast and mashed potatoes. Beat well. Add flour and knead thoroughly. Let rise until it has doubled in bulk. Mould into loaves. Let rise again and bake.

POTATO PASTRY

$\frac{1}{2}$ lb. mashed potato	1 teaspoonful each of baking powder and salt
1 cup flour	Milk or water to mix.
$\frac{1}{2}$ cup dripping	

Mix the flour, salt and baking powder, but remember that if the potatoes were well salted when boiling less salt may be needed. Rub the dripping lightly into the flour, then work in the potato. Add sufficient liquid to form a stiff paste. Knead it lightly together, and roll out about a quarter of an inch thick. Use it for any purpose for which the usual short crust is suitable.

POTATO SCONES

$\frac{1}{2}$ lb. mashed potatoes	1 egg
1 tablespoon flour	Little milk, if needed.
$\frac{1}{2}$ teaspoon baking powder	Salt, lard or dripping for frying.

Mix the flour with the salt and baking powder. Work it thoroughly into the potatoes. Beat the egg till frothy, then add it to the potato, etc., and beat well. The mixture must be soft enough to slightly spread when put in the pan. Use either a griddle or a thick iron frying-pan, heat it, rub over with a scrap of lard, and when just beginning to smoke, put in a small tablespoonful of the mixture. Fry it—not too quickly—till brown on one side, then turn it with a knife and brown the other. Spread each as finished with a scrap of butter, pop them on a plate in the oven, and keep hot till all are ready, then serve them at once. Put as many at a time as possible in the pan.

HOT POTATO CAKES

1 lb. of mashed potatoes (cold)
 $\frac{1}{4}$ cup fine oatmeal
 $\frac{1}{4}$ cup barley flour

3 tablespoons butter or margarine
1 teaspoon each of salt and baking powder

Water if needed.

Well mix the flour, oatmeal, salt and baking powder. Work in the potatoes thoroughly, rub in the butter or margarine. Add just enough water to bind all stiffly, but it must not crumble. Roll out the dough lightly to about a quarter of an inch in thickness, stamp out in rounds or squares, place two rounds or squares together, and bake on a greased tin in a quick oven for about ten minutes, or till browned on each side. Then separate the cakes, put a scrap of dripping or margarine in the middle, and send quickly to the table. Do not flour your board with wheat flour when making these, but use fine oatmeal or barley flour instead.

POTATO AND TOMATO PIE

$\frac{1}{2}$ lb. cooked potatoes
 $\frac{1}{2}$ lb. tomatoes
1 tablespoon chopped onion
2 teaspoons of chopped parsley

1 cup cheese sauce, egg or brown sauce

1 tablespoon chopped nuts or brown crumbs

1 tablespoon dripping

Seasoning.

Grease a pie-dish, fill it with layers of thickly sliced potato and tomato, the well-chopped onion and parsley. Season well, and pour over the hot sauce, and shake either the nuts or browned crumbs over the top. Put a few scraps of dripping here and there on the top, and bake till browned and hot.

POTATO DUMPLINGS (to be used instead of ordinary boiled potatoes)

1 lb. floury mashed potato
1 egg
6 tablespoons corn flour

2 tablespoons dripping

Seasoning.

Mix well all the dry ingredients with enough beaten egg to bind them stiffly. Form into small balls, roll them in corn flour, drop into boiling water and boil for fifteen minutes, or cook in soup. The lid must not be removed during cooking, and the liquid must boil rapidly. For a change, add parsley, onion, or grated cheese to the mixture. Or, if they are to be served with jam or fruit, substitute sugar, spice and chopped or grated nuts.

POTATO DRESSING

1 pint measure of floury mashed potato
1 tablespoon each of chopped onion, parsley and corn flour or crumbs

3 tablespoons milk

1 beaten egg

Seasoning.

Mix all the dry ingredients thoroughly with the beaten egg, and sufficient milk to bind stiffly, and use as desired. For veal, rabbits, fowl, or fish use very little onion. If onion is not liked substitute lemon rind and powdered herbs.

POTATO SOUFFLES

1 lb. floury mashed potatoes
1 egg
2 tablespoons butter or margarine.

1 oz. grated cheese

1 teaspoonful of chopped parsley

About 4 tablespoons milk

Seasoning.

Melt the dripping in a saucepan, add the potato and parsley. Beat till very hot and light. Add the milk, yolk of egg and seasoning, and heat again. Beat the white of egg till a stiff froth, stir it and part of the cheese into the potato very lightly, and put the mixture either into a greased pie-dish or scallop shells. Dust the surface over with a little grated cheese, set in a baking pan of hot water, and bake in oven till lightly browned and puffed up. Serve at once. If the mixture is made too stiff, it will not

rise well. Chopped fresh mint is by many preferred to parsley with potatoes. It is good without either.

POTATO SOUP

2 cups hot riced or mashed potatoes	2 tablespoons flour
1 quart milk	1½ teaspoons salt, celery salt,
2 slices onion	pepper
2 tablespoons fat	1 teaspoon chopped parsley

Mix flour with a little of the cold milk. Add the rest of the milk slowly to the mashed potato. Combine flour and milk with potato and milk. Add the remaining ingredients except parsley, and boil one minute, stirring constantly. Add finely-chopped parsley and serve.

ASPARAGUS

Cut the firm ends of asparagus into inch cubes, and put on to boil. Boil ten minutes. Then add the tips of the asparagus and cook just until they are tender. Drain, season and serve. A white sauce can be added for creamed asparagus and it may then be served on toast.

Asparagus can be used for creamed soups or salads, either alone or in combination with other tender green vegetables.

BEANS

GREEN OR WAX BEANS—Select young and tender beans. Cook whole, or cut either crosswise or lengthwise. Put on to cook in boiling water, and when nearly done add salt to the water. Drain when tender and serve with a little pepper and salt and butter substitute, or add a little cream sauce.

Cooked green, beans may be used with salad dressing with or without other vegetables. They may be canned for winter use or they may be pickled whole.

DRIED BEANS

Beans of all varieties are high in protein and can therefore be substituted for meat.

BEAN SOUP—Soak overnight two cups of dried beans in cold water with a little soda. Drain in the morning, put on to cook in cold water and when it comes to a boil, pour off this water and add fresh boiling water. Add to this a small bone of salt pork, or a ham bone, or some scraps of salt pork and continue boiling from two to three hours. Season well with salt and pepper and a little onion salt. This is a most nourishing soup, and will take the place of meat.

Dried pea soup can be made in exactly the same way.

BEAN LOAF

½ lb. beans	2 cups dried bread crumbs
3 teaspoons salt	2 eggs well beaten
¼ teaspoon pepper	1 small onion chopped finely
2 cups milk	

Cook beans with salt. When cooked, drain, mash and cool. Add all the other ingredients. Bake in a well-greased loaf pan for half-an-hour in a moderate oven. Serve with plenty of well-seasoned tomato sauce.

BEAN ROAST

1 cup beans (white) stewed	1 teaspoon salt
1 cup ground peanuts	Sprinkle pepper
½ cup bread crumbs	½ cup milk

Put beans and peanuts through grinder. Add crumbs, seasoning, and milk. Shape in loaf. Bake thirty minutes. Serve hot with tomato sauce.

KIDNEY BEAN SALAD

2 cups stewed kidney beans
1 cup diced celery

3 sweet pickles chopped

Marinate beans, celery and pickles. Mix with mayonnaise. Serve cold on lettuce.

LIMA BEANS IN CASSEROLE

2 cups Lima beans cooked (1 cup) $\frac{1}{2}$ lb. sliced salt pork
1 medium-sized onion 2-3 cup bean liquor

Soak beans overnight. Simmer till tender and drain. Brown the minced onion and salt pork in frying pan. Add beans and liquid. Place in greased baking dish. Bake until brown.

BEAN AND TOMATO STEW

2 $\frac{1}{2}$ cups stewed white beans
(1 cup uncooked)
2 cups tomato juice
 $\frac{1}{2}$ sliced onion (stewed till tender
in tomato juice)

2 level tablespoons dripping
1 level teaspoon salt
 $\frac{1}{4}$ teaspoon paprika
Sprinkle of soda

Drain tomato and onion mixture. Add to beans seasoning and fat. Cook till thick enough to serve on dinner plate.

SUCCOTASH—Equal quantities of cooked corn and cooked and seasoned dried beans. Cook together with sufficient water to keep from burning. Season well and serve hot.

BEETS

BUTTERED BEETS—Wash the beets, clean, leaving on about 1 inch of the stalk. Boil until tender, plunge in cold water and remove the skins. Chop finely, add seasoning of salt, pepper, a tablespoon of sugar and a little fat. Serve hot.

BAKED BEETS

4 medium-sized boiled beets
1 tablespoon chopped onion
3 tablespoons dripping or fat

4 tablespoons chopped or ground
nuts
Seasoning
Thick gravy

Melt half the dripping in a frying pan, put in the onion and fry a light brown. Put the beets through a grinder. Add half the nuts, and salt and pepper to taste. Grease a deep pie-dish, press the mixture into it and shake the remaining nuts over the top. Cut the rest of the fat into little bits, and dot here and there over the nuts. Bake until the nuts are just nicely browned, then serve with well-flavored gravy.

PICKLED BEETS—Slice cooked beets. Add a little sugar and equal quantities of vinegar and water. Serve as a pickle.

BEET SALAD—Boil beets until tender, chop into cubes and serve with boiled salad dressing. Use either alone or in combination with other vegetables.

CABBAGE

Chop cabbage finely, cook in boiling water until tender, drain well, add seasonings and a little fat. Reheat and leave on the stove for a few minutes to drive off the water that comes from the cabbage. Serve very hot.

CREAMED CABBAGE—Cabbage may be cooked and served with a cream sauce, or with a cream sauce to which has been added grated cheese and a little cayenne pepper.

BAKED CABBAGE—Mix some boiled chopped cabbage with a cream sauce. Put in a buttered baker. Sprinkle over the top with bread crumbs and cheese, and put in the oven until the crumbs brown.

CABBAGE SALAD

2 cups finely shredded cabbage 2 ozs. peanuts
 $\frac{1}{2}$ can petit pois

Shred the cabbage, wash the peas, and drain dry. Mix, marinate with salad dressing and add the salted peanuts.

CARROTS

Young, tender carrots can be prepared by brushing in cold water, but older carrots, especially in winter, must be scraped, cut into slices, and soaked in cold water for some time before cooking.

CREAM OF CARROT SOUP—Cook well one and a half cups carrots. Save the water in which the carrot was cooked. Put the carrot through a sieve. Make a thin white sauce of

1 cup water drained from carrot	1 tablespoon butter or butter substitute
1 cup milk	
$\frac{1}{2}$ level tablespoons flour	1 tablespoon grated onion
	Pepper and salt

Add the strained carrot pulp to this, reheat and serve.

CARROT SALAD—Equal parts Lima beans, carrots and peas, with seasoning of salt, pepper and celery salt. Serve with salad dressing.

CURRIED CARROTS

1 cup diced boiled carrots	1 cup diced boiled peas
1 cup diced boiled potatoes	Grated onion to taste

Make a white sauce. Add a small quantity of curry. Reheat the vegetable in this sauce and serve hot.

CARROT PUDDING

$1\frac{1}{2}$ cupfuls of flour	1 teaspoonful mixed spice
1 large cupful suet	1 teaspoonful salt
1 cupful brown sugar	1 teaspoonful soda, dissolved in milk enough to mix all to a stiff batter.
1 cupful raisins	
1 cupful carrots, grated raw	
1 cupful currants	
1 cupful potatoes, grated raw	

Steam three and a half hours. Serve with hard sauce.

CARROT PIE

2 cups carrot, grated raw	2 eggs well beaten
1 tablespoon or butter margarine	1 dessertspoon of cinnamon
2 tablespoons flour or cornstarch	1 dessertspoon of ginger
1 cup sugar	1 saltspoon of salt

Mix well with $\frac{3}{4}$ quart of milk. Will make two large pies.

CARROT MOULD

2 cups mashed cooked carrots	1 well-beaten egg
$1\frac{1}{2}$ level tablespoons butter or butter substitute	Pepper and salt to taste

Add the fat and seasoning to the mashed carrot. Then mix well with the egg and put into a greased mould and bake in a moderate oven until the mixture is very hot throughout. Turn out. Sprinkle chopped parsley over top and serve. This makes a good supper dish.

CARROT RISsoles—To two cups of mashed and seasoned carrots add one beaten egg and grated onion to taste. Add to this two tablespoons boiled rice, and one-half cup milk. Mix well. Place in a dish of very hot water until set. Turn out into a shallow dish and when cool form into rissoles and fry, or it may be served hot when cooked.

CARROTS au GRATIN—Clean and dice the carrots and cook in boiling salted water till tender. Drain and put in serving dish. Make a white sauce of two tablespoons of wheat flour substitute, two tablespoons of fat, one cup milk, and vegetable water, equal parts salt and pepper. Add two tablespoons of grated cheese, and as soon as the cheese is melted remove from the fire and pour over the carrots. Shake a little more cheese over the top, and brown in the oven. Oatcakes and butter go very well with this.

Parsnips, celery, turnips, vegetable marrow, artichokes, peas, or beans can be served in just the same way, and you can stir all the cheese into the sauce if you do not happen to have the oven heated.

CAULIFLOWER

Soak the cauliflower, head down, in cold salted water for half-an-hour. Then plunge in boiling water with the head down, and cook until tender. Remove from the water, drain and put into a serving dish. This may be served with a little butter or margarine and pepper and salt, or a white sauce may be poured over it.

Any cauliflower left over can be used alone or with other vegetables to make a vegetable cream soup.

CAULIFLOWER AU GRATIN—Serve cooked cauliflower with a white sauce in which is dissolved grated cheese. Sprinkle over with bread crumbs and grated cheese mixed, to which has been added some paprika or cayenne pepper. Serve very hot.

CELERY

CREAM OF CELERY SOUP—Cook till tender 3 cups celery cubes. Drain and save the water. Make a thin sauce of half milk and half water in which the celery was cooked by adding to

1 pint of liquid

Salt, pepper, celery salt to taste

1 tablespoon butter or butter substitute

1 tablespoon flour.

Simmer ten minutes and serve very hot.

This soup may be varied by the addition of two cups of mashed potatoes, and flavored with a little onion salt.

CREAMED CELERY—Cut the celery into one-half inch cubes, and cook in boiling salted water until tender, having just enough water to boil them. Drain this off and make a white sauce with half vegetable water and half milk. Return the celery to the sauce, reheat and serve on toast.

Note:—By exactly the same method, Swiss chard, green peas and asparagus may be cooked.

CELERY AND APPLE SALAD—Select crisp, tender celery. Cut into small cubes with equal quantities of chopped apple. Marinate with the salad dressing and serve on lettuce leaves.

CORN

CORN ON THE COB—This is the best way to serve corn. Remove from the husks and the silk. Drop into boiling water. Have sufficient water to cover and boil ten minutes. Cover top of the corn with husks, and boil briskly. If any of this green corn is left over, it can be cut off the cob and dried.

ONIONS

Onions are a most wholesome article of diet. They are used largely for flavor, and not fully appreciated as a vegetable. The following methods give considerable variety in the preparation.

ONION SOUP

4 cups skim milk	1 cup chopped onion
1 tablespoon butter or butter substitute	1 cup cooked and mashed potato
1 tablespoon corn flour	Pepper and salt to taste

Simmer all slowly on the top of the stove till onions are soft, or cook in a double boiler, or a fireless cooker.

Vary this soup by the addition of one cup chopped celery.

FRIED ONIONS—Cook in boiling salted water until clear and tender. Drain well. Then turn into a hot frying pan with a tablespoon of melted fat. Fry lightly and season with salt and pepper.

ONION SCALLOP—Put alternate layers of thinly sliced raw potatoes and thinly sliced onion in a dish. Sprinkle with flour, pepper and salt. Over this pour sufficient milk just to be seen. Put in the oven and cook slowly.

CREAMED ONIONS—Slice onions in thin layers. Cover with a thin white sauce. Cook in the oven until tender when pierced with a fork. Remove from the oven, cover with a layer of buttered bread crumbs, return to the oven to brown.

ONION CHOWDER

3 quarts boiling water	$\frac{1}{2}$ teaspoon pepper
1 pint minced onion	3 tablespoons drippings
1 quart potatoes cut in dice	1 tablespoon fine herbs
3 teaspoons salt	

Cook the onion and drippings together for half-an-hour, but slowly so that the onion will not brown. At the end of this time add the boiling water, potatoes, salt and pepper and cook for one hour longer, then add the fine herbs and serve.

STUFFED ONIONS—Prepare good-sized onions and cook. Parboil ten minutes in boiling salted water. Remove part of the centres and fill the cavities with equal parts of finely-chopped chicken, and seasoned bread crumbs, to which is added the finely-chopped onion which was taken out of the centre. Add a little butter substitute. Sprinkle with pepper and salt and bake in a covered baker until the onions are soft.

ONIONS AND FISH—Slice and cook until tender any good cooking onions. Put in layers in a baking dish equal quantities onions and cooked fish. Sprinkle with pepper and salt and add a few bits of butter. Pour over this a white sauce to almost cover. Sprinkle over the top buttered bread crumbs and put in the oven until the crumbs are brown.

BOILED ONIONS—Put onions in cold water and remove skins while under water. Drain, put in a saucepan, and cover with boiling salted water; boil five minutes, drain, and again cover with boiling salted water. Cook one hour or until soft, but not broken. Drain, add a small quantity of milk, cook five minutes, and season with butter, salt, and pepper.

PARSNIPS

Wash and cook 45 minutes in boiling water, drain and then plunge in cold water, when the skins will slip off easily.

TO FRY—Cut lengthwise into four parts and fry in a frying-pan with a little fat, seasoned with salt and pepper.

TO MASH—Place in a saucepan on the stove and mash thoroughly with a wooden masher. Add a little of the seasoning and serve.

FRITTERS—Take mashed parsnips, form into small flat round cakes, roll in flour and fry a light brown in a little fat in a frying pan.

PEAS

PEAS AND NEW POTATOES

Cook shelled peas and very small potatoes together until tender. Drain. Season with a little pepper, salt and butter substitute. Sprinkle over this one tablespoon of flour and shake well. Then add one cup sweet milk, put back over the fire, and cook until the flour is thoroughly cooked or for about five minutes.

PEAS A LA CREME—After boiling and straining fresh peas, shake over them one teaspoonful of fine oatmeal or flour, and two teaspoons of butter or margarine. Add half a teacup of milk, and stir gently till boiling. Add seasoning, and serve with crisped hot oatcakes.

PEA LOAF

2 cups peas (stewed)	1 teaspoon chopped celery
1 cup bread crumbs	1 egg beaten
1 teaspoon chopped parsley	1 teaspoon minced onion

Put stewed peas through food grinder. Combine ingredients. Bake thirty minutes.

POTATOES

(Because of their relative importance, recipes for the use of Potatoes appear at beginning of this book. See page 3).

TOMATOES

SLICED TOMATOES—Serve sliced tomatoes either as a salad with salad dressing, or with sugar, or pepper and salt and vinegar.

WHOLE TOMATO SALAD—Cut off the top of tomato. Remove the inside, and fill with a mixture of any chopped vegetables and chopped meat with salad dressing. Use the centre and the top which is cut off for soup.

BAKED STUFFED TOMATOES—Cut the top off tomatoes and scoop out the centre and the seed. Place them in a covered baking dish, and fill with a dressing made from bread crumbs, cold chopped meat, and celery with creamed cheese or pimento. Bake until tender and serve hot.

TOMATO SOUP—Take three large, ripe tomatoes, slice and put them over the fire in their own juice. When hot add a pinch of soda, and when it ceases to effervesce add a quart of hot milk, and a tablespoon of butter or margarine. Salt and pepper lightly. Pour cracker crumbs plentifully in, just before removing from the fire.

TOMATO BISQUE—One part stewed and strained tomatoes; two parts boiling water; a pinch of soda; season with salt, pepper, celery salt and onion. Heat thoroughly. Take from stove and stir in enough sweet milk to turn soup white as desired. Flavor with very little powdered mace and serve at once.

FRIED RIPE TOMATOES—Do not pare them, but cut in slices as you would apples. Dip in cracker crumbs and fry in butter or sweet dripping.

STEWED TOMATOES—Peel ripe tomatoes, put over the fire in a kettle and cook ten minutes or until soft. Flavor with onion salt, or a little grated onion, pepper and salt and a small quantity of fat. Serve very hot.

GREEN TOMATOES AND ONIONS—Slice green tomatoes and onions in quarter-inch slices, and put in the frying-pan with a little fat. Add pepper and salt, and a little butter substitute. Put the lid on and cook until tender.

TURNIPS

MASHED TURNIPS—Peel and slice the turnips into thin slices, cover with boiling water, add one tablespoon of salt and cook until tender. Drain well, return to the fire, add salt, pepper and some sweet dripping, butter or butter substitute, and mash thoroughly with a wooden masher, keeping over the fire until much of the moisture is driven away. The winter turnip requires from $\frac{3}{4}$ of an hour to 1 hour for cooking.

Turnips may be used in soups; or cut in dice, cooked and used with other vegetables as a salad; or they may be cooked in small cubes and served with the addition of a little thin sauce.

GREENS

SPINACH.—Wash spinach thoroughly to free from all sand, etc. Discard wilted leaves. Place in saucepan and allow to heat gradually. Boil for twenty-five minutes, or until tender. It will not be necessary to add water for cooking if the spinach is young, but old spinach should have water added in the proportion of two quarts to one peck of spinach. Drain thoroughly, chop, reheat and serve with butter, pepper and salt.

BEET TOPS.—These, when young, make a very nice dish of greens and can be used in the same way as spinach.

SWISS CHARD.—Swiss chard, when young, is prepared in the same way as spinach. As it reaches maturity it is better to strip off the green part of the leaf from the thick, fleshy mid-rib. These mid-ribs will keep better for use on the second day. Cut into pieces about four inches long and serve the same way as asparagus, which it very much resembles.

MISCELLANEOUS VEGETABLES

ARTICHOKES (Jerusalem or Tuberous).—Wash thoroughly. Place in cold water for a short time, then peel carefully. Replace in cold water, to which a few drops of vinegar or lemon juice has been added to preserve the colour. To boil the artichokes, place them in a saucepan containing boiling water and add salt in the proportion of one dessertspoonful to one quart of water. Boil until they can be pierced easily with a fork. Do not over-cook. Artichokes may be boiled in milk instead of water and the milk can afterwards be used for the sauce, with which they should be served. Serve hot.

STEWED CUCUMBERS.—(A good way to use up stale cucumbers)—Peel the cucumber. Cut it into two-inch blocks, and divide in four, lengthwise. Place these in a pan with enough boiling milk and water, mixed in equal quantities to cover, and a little salt. Simmer till tender; the time will vary with age and thickness. For half a pint of the liquid mix with cold water until thin and smooth two teaspoons of flour substitute. Pour into the pan, stir until boiling and cook slowly for about ten minutes. Then place the cucumber in a hot dish. Pour the sauce over, and serve either with meat or as a dressed vegetable.

Onions, celery and all vegetables, except greens, can be cooked this way. Add cheese or chopped hard-boiled egg to the sauce if liked.

BOILED SUMMER SQUASH.—Wash the squash and cut it in thick slices or quarters. Cook for twenty minutes in boiling salted water, or until soft. Turn into a cheese cloth placed over a colander, drain and wring in the cheesecloth. Mash and season with butter, salt and pepper.

FRIED SUMMER SQUASH.—Wash and cut in one-half inch slices. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again. Fry in hot fat and drain.

STEAMED WINTER SQUASH.—Cut in pieces, remove seeds and stringy portion and pare. Place in a strainer and cook for thirty minutes, or until soft, over boiling water. Mash, season with butter, salt and pepper. If lacking in sweetness add a little sugar.

BOILED WINTER SQUASH.—Prepared as for steamed squash. Cook in boiling salted water. Drain, mash and season. Unless squash is very dry it is much better steamed than boiled.

PUMPKIN.—Pumpkin is prepared in the same way as squash, but requires longer cooking.

SALSIFY (Vegetable Oyster Plant).—Wash, scrape and put at once into cold acidulated water to prevent discoloration. Cut in slices. Cook in boiling salted water until soft. Drain and serve with white sauce.

SALSIFY FRITTERS.—Cook as for creamed salsify. Mash, season with butter, salt and pepper. Shape in small flat cakes, roll in flour and fry in a small quantity of fat.

VEGETABLE MARROW.—Wash the marrow, cut in quarters, remove seeds and peel thinly. Cut into smaller pieces if necessary and place in cold water. To cook, place in a steamer, sprinkle with salt and cook over boiling water until it is tender and looks transparent. Arrange pieces neatly in a hot vegetable dish and pour over them well-seasoned white sauce. They may also be cooked in milk which may afterwards be used in making the sauce.

VEGETABLE CHOWDER:

4 potatoes	2 tablespoons fat
3 carrots	3 level tablespoons flour
3 onions	2 cups skim milk
1 pint canned tomatoes	2 teaspoons salt.

Cut potatoes and carrots in small pieces, add enough water to cover, and cook for 20 minutes. Do not drain off the water. Brown the chopped onion in the fat for five minutes. Add this and the tomatoes to the vegetables. Heat to boiling, add two cups of skim milk, and thicken with flour. Celery tops or green peppers also give good flavour.

CURRIED VEGETABLES.—Cook one cup each potatoes and carrots, and one-half cup turnip, in boiling salted water until soft. Drain, add one-half cup canned peas, and pour over these a sauce made by cooking two tablespoons butter substitute with two slices onion five minutes, removing onion, adding two tablespoons flour, three-fourths teaspoon pepper, few grains celery salt, and pouring on gradually one cup scalded milk. Sprinkle with finely chopped parsley.

COOKING VEGETABLES IN QUANTITY

Much time is wasted in the ordinary household by the prevailing method of preparing vegetables and other foods. Why should a housewife prepare and cook a vegetable, such as carrots, ten times in one month, when a quantity sufficient for the entire month could be cooked at one time and sealed in sterile jars? Cooking quantity effects a saving of time and fuel and provides a ready store of prepared food. This can be done with all kinds of vegetables and many housewives have already adopted the method of cooking in large quantities.

USE OF DRIED PRODUCTS*

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Many people who attempt the drying of fruit and vegetables this year will be anxious to know how to prepare the dried products for table use. Products properly dried do not contain more than 25 per cent of water and it will be necessary for them to re-absorb a large additional percentage of water before they are ready for table use. A bushel of apples, for example, which weighs about fifty pounds, consists of about 42 pounds of water and 8 pounds of dry material. After allowing for about 4 pounds of waste material, the resulting dried product of about 8 pounds still contains about 25 per cent of water. When dried beyond a certain limit, it is found that it is very difficult for the product to soak up the water lost by drying and thereby return to its original form.

Fruits and vegetables, when properly dried, have not undergone any chemical change in composition such as that which takes place when they are cooked preparatory to canning. The skill in properly drying garden produce should be supplemented, therefore, by care and skill in preparing them for use.

The following instructions with regard to preparation have been found successful in recent practice. In some cases, however, individuals will find that slight variation in these recipes may give better results. This will be due to the fact that the method of drying adopted is a big factor in the final result. Some products are better when dried in the sun, others when dried over the stove. Drying methods are discussed in a separate booklet issued by the Canada Food Board and entitled "Fruit and Vegetables: Canning, Drying, Storing," and it is not necessary to discuss the subject in detail here. Attention should, however, be called to the fact that, if dried products be mouldy, it is an indication that they were not sufficiently dry when stored. If, on the other hand, they be too crisp and brittle and do not soak up water as they should, it is an indication that they were dried too rapidly or at too high temperature. Improperly-dried products will not, of course, give the most satisfactory results. Properly-dried vegetables or fruit should be leathery and pliable. A test may be made by cutting off an end from a dried piece of vegetable or fruit and attempting to press water out of the freshly-cut end. If it can be so pressed without breaking under the pressure and, at the same time, does not show any indication of water, this may be taken as proof that it has been properly dried and that water may be soaked up according to the recipes as given below.

Best results are always obtained from young and tender vegetables of good quality. These will not deteriorate by drying. The fibre, however, of the older vegetables and fruits has a tendency to become hardened by the drying process and when prepared for use does not, of course, compare with the better-quality produce.

GENERAL PREPARATION

- 1.—Soak for several hours in warm or cold water to absorb the moisture lost through evaporation.
- 2.—Drain and boil such vegetables as peas, beans and spinach in soda water, using about one-eighth teaspoonful of soda to one quart of water.
- 3.—One tablespoonful of lemon juice added to dried beans, after soaking them, will improve the flavour.
- 4.—Add seasoning to the dried vegetables to make them more palatable—celery, mustard, onions, cheese, nutmeg, etc.

*For information as to how to dry fruit and vegetables at home, see the Canada Food Board booklet, uniform with this, on "Fruit and Vegetables: Canning, Drying and Storing." Copies may be obtained at a price of 5 cents each upon application to the Canada Food Board, Ottawa.

5.—Dried vegetables are used in soup, and deliciously-flavoured thick puree may be made of them. Four ounces of dried soup vegetables (sliced carrots, potatoes, cabbage, onions, etc.), will be sufficient to make three quarts to one gallon of vegetable soup.

MISCELLANEOUS RECIPES

BEETS.—Soak two hours in cold water. Cook till tender, in the same water, (about one and one-half hours). Drain. Serve hot with butter, pepper and salt, or with vinegar, allowing the beets to cool in the water in which they were cooked, then drain and add vinegar, also spices if desired.

CARROTS.—Soak from four to six hours, or overnight. Cook slowly in the water in which they were soaked, until tender (about one and one-quarter hours). Drain, serve hot, with butter, pepper and salt, or with white sauce.

CABBAGE.—Requires no soaking. Add seven times as much water as cabbage. Bring slowly to a boil and boil steadily for thirty minutes, add salt. Drain well, and serve hot with butter, pepper and salt, or with white sauce.

CORN.—Soak from two to four hours, cooking in water in which they were soaked until tender (about one hour). Season with butter, pepper and salt, and if desired a very little sugar also. Milk may be added to the water in which the corn is cooked if desired.

PEAS.—Soak overnight. Cook in same water until tender, (about one and one-quarter hours). Drain well. Serve hot with butter, pepper and salt, or with white sauce.

POTATOES.—Soak overnight. Cook in the same water about twenty or thirty minutes. Drain well, mash, add salt, pepper, butter and a little hot milk, beat until light and serve very hot.

SOUP MIXTURE.—Soak one hour in a small quantity of water, and add soup about one hour before serving. It is sometimes necessary, especially when the vegetables are mature, to soak the mixture overnight.

SWISS CHARD.—Soak two to six hours. Cook in same water until tender (about one and one-quarter hours). Add salt. Drain well, add butter, pepper and salt. Serve hot.

APPLES.—Soak overnight in three times as much water as apple. Cook till tender in the same water (about thirty minutes). Press through sieve, add sugar to taste, then re-heat to dissolve sugar thoroughly.

CHERRIES.—Soak six to eight hours, or overnight, using four pints of water to one pound of cherries, or three parts of water to one part of cherries.

STEWED CHERRIES.—Cook slowly in the same water and sweeten to taste. One pound of dried cherries will serve 15 people.

CHERRY PIE.—Soak one-half cup of dried cherries in one pint of water six to eight hours. Heat in the same water 15 minutes. Drain off the juice and use the cherries in the pie in the same way as fresh cherries. Add a little sugar to the juice drained off, boil down to a syrup and pour over the pie hot as it is served.

RASPBERRIES.—Soak four to five hours, using 6 pints of water to one pound of raspberries, or one and one-half parts of water to one part of raspberries. Cook in the same water 20 minutes and sweeten to taste. Use in the same way as fresh raspberries.

The following uniform booklets have been prepared by experts under the direction of the Canada Food Board:

- 1. Fruit and Vegetables: Canning, Drying, Storing.**
- 2. Fish Recipes.**
- 3. Vegetable Recipes.**
- 4. Bread Recipes.**

Copies of any of these booklets can be secured at a price of 5 cents each, upon application to the Canada Food Board, Ottawa.

The following publications may be obtained on application to the Publications Branch, Department of Agriculture, Ottawa, Canada; no postage required:

- 1. Vegetable Gardening at Home and on Vacant Lots.**
- 2. Notes on the Cultivation of Some Staple Vegetables.**
- 3. Vacant Lot Gardening in 1917.**
- 4. Tomato Culture (Pamphlet No. 10)**
- 5. Cabbage Culture (Pamphlet No. 11)**
- 6. The Potato in Canada.**
- 7. Common Garden Insects and Their Control.**
- 8. How to Protect Fruits, Vegetables and Ornamental Plants from Insects and Fungal Diseases.**
- 9. Digging and Storing of Potatoes.**

Publications on the growing, harvesting and storing of vegetables may be obtained on application to the Provincial Departments of Agriculture.



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