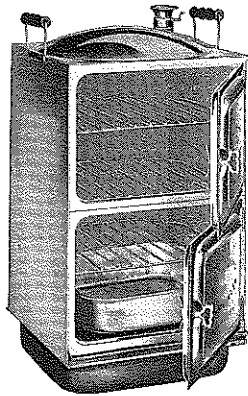


The "Conservo" Book on Cooking and Canning



*Practical Suggestions and Prize Winning Recipes
Money Making Hints*



CONSERVO



*The Modern Improved Conservo Way to
Flavorful Foods the Year 'Round*

Conservo has stood the test of time. It has met with approval wherever used. Government home demonstration agents have used it extensively for years in their work.

And what is best of all, Conservo has won the approval and enthusiastic endorsement of a half million housewives in America. You can do no better than ask someone in your own locality what she thinks of Conservo.

Manufactured by

The Swartzbaugh Mfg. Company

Formerly The Toledo Cooker Co.

Toledo, Ohio



Every jar shown was canned in
Mrs. Funk's Conservo Steam Cooker and Canner

“I Own This Most Helpful Conservo”

—Mrs. Goldie R. Funk.

I HAVE a family of five—just now for a few weeks four extra guests. I keep no help. I hire nothing done outside or inside the house except the laundering of bed linen and my husband's shirts and collars. I practice two children twice daily on their music lessons, and do many other things.

Our big, old-fashioned house has few conveniences.

Now, I couldn't get all my work done if I did not deliberately plan to save myself work and time. The canning of meats,

fowls, hares, squabs, etc., saves me, in both points.

Just now I have in my supply closet, canned, a quarter of beef prepared in a number of appetizing ways, each of which my family thinks is the best. Fancy many jars of beef in aspic, its own juice, tender as old cheese; many jars of fried liver in brown gravy, unbelievably tender because of the two hours' steaming in the “Conservo” Steam Cooker in the jars after frying a light brown. This is delicious cold or heated up in the oven with a bit more

brown; many jars of fried sausages, some with their own drippings over them, some with brown gravy to cover them; many jars of wild rabbits—we have hunter friends who go to the eastern Washington rabbit drives every year and divide their kill with us; many jars of pigeons and squabs we bought at market price from our two kidlets; many jars of old hens and roosters bought cheap, because the average woman will not buy an old hen or rooster. I will take as many as I can find, because I own this most helpful "Conservo" Steam Cooker. Six hours of steaming over one gas flame will cook sixteen tough old hens, because one quart jar will hold the best joints of one fat hen. Venison, wild ducks, salmon and smelts are all there, ready for use. Half a dozen beef tongues, too, ready to slice cold.

When you add to these, all breakfast foods, rice, whole wheat grains, cracked wheat, rolled oats and rolled wheat, steel-cut oats, bran flour, Roman meal, corn meal mush, all ready cooked in glass jars; and all vegetables that grow, or, to be more specific, greens of spinach, beet tops, young kale tops, beets, turnips, peas, corn, beans, both string and wax; baked beans, carrots, sweet potatoes, summer squash, Hubbard squash, pumpkin, radishes, cucumbers, this last sliced but not cooked; baked apples, home-made hominy, etc., etc. There's two-thirds of a housekeeper's troubles "jarred" away ready to turn out in casseroles for butter and a heating up in the oven. Mind you, the whole dinner in the gas oven! That means one flame. Otherwise it would take three or four flames on top of the stove, to say nothing of the labor of the separate preparations. It takes just as long and almost as much fuel to cook any one of these as it does your biggest "Conservo" Steam Cooker full.

My husband can bring anyone home to dinner unexpectedly at any time and we both know there's an endless supply to draw on. Oh, I forgot the ready "jarred" soups and desserts and salads. When I "jar" away the meat from a quarter of beef, I break up the bones. Usually there's 16 to 18 quarts of stock. Some I can clear. Other jars of stock contain the regular vegetable mixture. Others a cup of rice, and still others a scant cup of barley, elbow macaroni, spaghetti, etc. I "jar" away several kinds of puddings. Several of salads.

Now I don't "can" meats and fowls and fish just any old time. I know the markets. I made out a calendar based on three years of close study.

There's a cheapest time everywhere for everything. I buy at that time. Until this year I never paid more than 10 cents a pound for my beef, 12 for pork, in this land

of high-priced feed. This year I paid 14 and 17 cents. I pay a farmer just what a butcher would pay him. I "jar" away hundreds of dozen of eggs and many pounds of butter, but that is beside the question. Only, with them there are a few days of each year when these, too, are cheapest. I consider it's a housewife's business to know the cheapest buying time for all classes of food, just as business houses expect their buyers to study the markets and take advantage of the most favorable conditions.

Needless to say, we haven't had a monthly butcher's bill for years. The first payment settles the yearly meat bill. It includes all the finest cuts. The same amount of gas that it takes to prepare two meat roasts for a family will prepare, in glass jars in the "Conservo" Steam Cooker, sixteen meals.

Now, when canning meats, fowls and other flesh foods so obviously saves time and labor and fuel and money it's unwise not to.

If any woman questions whether the canned stuff is as good as the fresh cooked stuff she has only to remember the principle on which she cans sterile food in air-tight jars. If you should dine with us this evening and I served a platter of beef cubes in their own aspic jelly you would think I had prepared it this morning unless I told you I had canned it a year or more ago. Why, dear me, if it didn't taste exactly like it did the minute it was first cooked in the jars it would be spoiled, and there's no slightest modification of that statement. It's perfect or it's spoiled. And as for the flavor, that's according to the cook. She settled that when she cooked it. It remains. Another point—I use any kind of a jar. I've tried every kind in the market. They are all good. I know cooks who say they are successful with one kind only. The trouble is not with the jar—it's with the cook. She hasn't the necessary information about it. Or she loses sight of what she is trying to attain—sterile food in an air-tight jar. Has she cooked the food long enough? Is the jar air-tight? It's all so easy when you once know. In order to know you've just got to strike out for yourself and work and observe. I've talked with many agricultural college demonstrators about this point and they say it's their daily experience to hear women say they can use only one kind of a jar—but I have heard foods now in every kind of a jar I ever heard of.

I use no preservative of any kind. Sterile food in air-tight jars will keep indefinitely. A preservative that would prevent decomposition will injure the human system. No kind of preservative is necessary for any kind of food stuff in any climate. I've canned on the plains as well as at sea

level. A mountain climate would offer no new problems because the principle obtains at any altitude.

If it pays me, who must have time, and I say this after several most satisfactory years, it will pay any woman who wants time.

You can readily see from a money standpoint that I'm greatly the gainer because I buy quantities of all cannable foods, at cheapest time. In our case my children raise staple vegetables, and I buy of them at market price. Ditto chickens and squabs and pigeons.

As I've before remarked, a fire that will cook one meal will cook a "Conservo" Steam Cooker full. I know of no other woman whose monthly fuel, wood and gas bills are as low as mine, because of this wholesale cooking of each article at one time.

A half day's preparation and canning outfits us with a year's supply of any given food. I wouldn't go back to the old dumb way of scraping carrots forty times a year, cooking a dab of them for a half hour, and cleaning up the mussed dishes and sink and a table if we never had carrots. So with each article. I realize this is a long step ahead in household manage-

ment. I've long since proven its value. When women say, "Oh, but it takes so many jars!" I reply that my several hundred are all second-hand jars bought at second-hand stores for just half price. Every town has them, because some one is always moving away or disposing of a certain kind. They have to be perfect jars, of course. Furthermore one is always emptying jars—fill 'em up—fill 'em up with other things. For instance, I wouldn't start out in the Fall when canning vegetables is heavy, and meats, to can baked apples. The reasons I "can" baked apples are first to save them. Before they begin to wilt along in the early spring, I use a lot of empty jars and "can" enough in a half day to save all on hand; and, second, to have them ready for use.

I think the average husband would be like mine—glad if his wife would cut the worst work out of housework so she'd make home what he hoped it would be—a refuge of quiet and comfort and peace, against all the outside world he returns from. She can't when she's cussin' mad in a hot kitchen over a burned or underdone dab of dinner. But she can when she owns, as I do, a "Conservo" Steam Cooker.

Very cordially,

(Mrs. Geo. F.) GOLDIE R. FUNK.

How I Take Care of a Whole Hog With My Conservo

By Mrs. George Daman, Cresco, Iowa

THE men butcher the hog one day, let it cool over night, and I plan to have it out of the way by the next day. They usually dress 100 to 175 pounds.

I arise early in the morning (the men have split the hog). I lay it on a table, cut off head, peel out leaf lard, cut off shoulders and hams, skin out ribs, cut the rest into bellies and back. The bellies I put in brine for immediate use, beans, etc. The back I cut in slices and fry just part done or until slightly brown, pack in sterilized jars and sterilize in Conservo 90 minutes.

One ham and shoulder I season and roast nearly done, cut and pack in quart jars, and sterilize 90 minutes. The other ham and shoulder I cut into small pieces, pack in jars raw, add one teaspoon salt to each quart jar. The raw meat is to be sterilized (or cooked) in Conservo three hours. All partly cooked meats 90 minutes.

I take the legs, with feet cut off, bones, heart and tongue, put in large kettle, salt and boil until tender. When cool enough remove meat from bones and pack in jars, put some stock over it, partly seal and sterilize in Conservo 90 minutes. This makes excellent meat ground for sandwiches, etc.

I cut heart and tongue in slices, pack in pint jars, pour vinegar with little stock

and sugar over it. Also fix part of pigs feet this way. Also can all extra stock from boiled meat and roast meat for gravies.

I slice liver, roll in flour, partly fry and pack in pint jars, pour liquid in spider over and sterilize 90 minutes.

I trim head and use any extra meat scraps for sausage. Make into patties, partly fry, pack in quart jars. Sterilize 90 minutes.

Then comes the lard. I put it through food grinder and fry out in oven while using top of stove for Conservo, etc. Strain and pour into quart or half-gallon jars and seal while hot. This does not have to be sterilized.

Now this may sound hard, it really is quite a little work, but it goes rapidly after you know how.

We get tired of all one kind; that is the reason I make a variety.

You see while the raw meat is cooking in Conservo, you are getting everything else ready for the next one full. Be sure the water is boiling before starting to time it three hours for each quart of raw meat; 90 minutes for partly cooked meat.

Sometimes I cure and smoke hams and shoulders, but this is the way I handle it in warm weather.

Canning Made Easy

COLD-PACK Canning is the simplest, surest way to preserve food-stuffs for future use.

Conservo is the simplest, surest invention for Cold-Pack canning.

Conservo is the easiest, most economical way to cook the entire meal.

The writer of this booklet has used Conservo eight blessed years. For fourteen years I did things the old-style way: Cooked three times a day, washed dishes three times a day. It was heart-breaking. I have five children, many guests—and still have leisure. All this testifies what Conservo has done for me. Learn to let it help you likewise.

Conservo is designed to fit over a single burner of any type of range—gas, oil, coal or wood. The copper bottom of Conservo is a water tank and the steam from the boiling water in this tank permeates and thoroughly cooks by steam pressure the food placed on the shelves above. This method of steam cooking and sterilization has been found to be remarkably successful for every kind of canning and is being vigorously advocated in Government and State bulletins on canning. Its value in every-day cooking will be taken up later in this booklet.

The family-size Conservo No. 20 has space on its four removable shelves for fourteen quart cans of fruit, meat or vegetables—or for an entire dinner, when used in the meal getting. Its very great simplicity is one of its most valuable assets.

Recommended by an Authority

"The steam canner made of heavy tin is the simplest outfit for home canners, and the lightest to handle. The copper bottom will hold several quarts of water to provide the steam. The time for steam canning is the same as for wash boiler canning. Two compartments, one above the other, will hold sixteen quart jars, or thirty-two pints, or ten half-gallon jars. It has the added merit of being a cooker also, so that canning surplus garden stuff and cooking the dinner may be done at one and the same time."

Conservo Fits Exactly

HELPFUL HINTS ON CANNING

Can Anything Fit to Eat

1—Any foodstuff whatever that is in fit condition for present cooking and eating is right, also, for canning for future eating.

Salt Not Necessary

2—It isn't fatal if you forget to salt foods you are canning. A level teaspoon per quart for vegetables, meats and fish is recommended, but that small amount has nothing to do with preserving the food.

Conservo Cannot Over-Sterilize Food

3—Remember government time tables give the least possible time for sterilizing.

beginning with boiling heat in canner, hot jars and hot contents. Few housewives can be so exact. So don't be alarmed if you forget and sterilize longer than table



says. There are few foods you can over cook in an open vessel. So with foods in side of jars in steamer. Most foods are better for long cooking, as meats, soups, vegetables, puddings, cereals. Just watch berries and other soft foods pretty closely. Sixteen minutes is long enough for berries and other soft fruits if syrup. Jars and canner are all at boiling heat. Writer prefers to work more comfortably and add a few minutes to sterilizing period. Let Conservo do the sweating.

Cool Jars After Canning

4—Jars should be cooled quickly—never left in canner.

If Mould Develops on Rubbers

5—If mould develops on rubbers, or outside of jars, it is because they are in a damp, poorly ventilated place. Wash mould off, ventilate storage place. In time the mould will destroy rings if left on them, thus breaking the seal.

How to Use Jars

6—If you want jars hot when filling them, set them in Conservo a few minutes. Writer never heats jars before filling. Simply set jars on table, fill cold-pack, pour boiling water or syrup in thin stream on contents, which, being cold, reduces the heat of the incoming liquid and allows jars to be heated slowly enough for absolute safety. Pour into middle of jar, not to one side.

GENERAL INSTRUCTIONS FOR CANNING

1—Use only fresh, sound fruit, vegetables, fish, meat or other materials. Sterilize fruit and vegetables same day as picked if possible.

2—To test screw-top jars: Put some water in the jar. Put on rubber and lid. Screw lid tight. Invert jar. Watch for leak. If a drop oozes out turn jar right side up, press edge of lid down firmly and evenly all around, using an old knife handle or the curved handle of a pair of pliers. Test again by inverting. If drop still comes out, try another lid. Screw-tops are made to fit screw-top jars—if they don't fit, it is because your rubber has lost its resiliency, or because you curved the edges of the lid upward when you removed it from a jar of last year's pack. In the first case use a new rubber. In the second, simply press rim of lid down to its proper shape so it fits into the rubber cushion.

3—To test glass-top jars: Put water in jar. Put on rubber. Snap bail in place. Invert. If drop oozes out, it's because your rubber is not new and cushiony, or the bail needs tightening. This is never the case with new glass-top jars, but it may occur after two or three years' use. Remove bail from tightening lever and bend until it fits tightly. Wire bail on a glass-top jar should always go on with a snap.

4—To test self-sealing jars: Discard any self-sealing jar with a nick in rim.

If merely rough, use an old knife or file and scrape smooth. These jars should be tested after contents have been sterilized, cooled and clamp removed. Tap lid with end of a clamp or a spoon. A high-ringing sound means jar is perfectly sealed. Should any of contents touch inside of lid the sound will be dull, but different from that of an unsealed jar. Lay a lid on the filled jar, tap lid and the difference will be apparent at once.

5—Clamp-spring, rubber-top crockery jars should be handled just as glass jars with glass tops. Allow about 20 per cent longer sterilizing period if crockery jar is more than one-quart size.

6—Directions for testing and sealing tin cans may be had by sending to U. S. Department of Agriculture for Farmer's Bulletin 839. Every tin "canner" should have this free bulletin. There is absolutely no difference between glass-jar canning and tin canning, as far as recipes are concerned or time of sterilizing. Thousands of home canners who use tin cans use Conservo. Likewise, many farmers who can surplus products for the markets. Conservo is a favorite canner among Neighborhood Canning Clubs, Mother and Daughter Canning Clubs and Boys' and Girls' Canning Clubs the country over, whether glass jars or tin cans are used.

7—Rubbers should be wide, thick, soft, elastic.

8—"Blanch" means parboil and cold dip
"Blanching"

9—Blanch asparagus, peas and all greens to heighten color and to reduce the bulk. The alternate heat and cold of blanching kills certain destructive spores also. Put these vegetables in a cheese cloth or a wire basket; set in Conservo from one to fifteen minutes, according to age. Remove, cool till cold, in changing water. Don't let stand in warm water. Avoid a forceful stream.

Blanch peaches, tomatoes and beets in order to skin easily. Blanch dry or shell beans in order to remove acrid flavor. Blanch corn in order to set the milk.

10—Pack blanched product into jars. In case of asparagus, peas, beets, tomatoes, greens or corn, add level teaspoon salt, fill up with boiling water. Tomatoes provide their own liquor. In case of peaches, fill jar with boiling syrup.

When Not to Blanch

11—Do not blanch any other vegetables than those mentioned above except shell or dry beans. Blanching most vegetables is not necessary if you are careful to keep things sterile.

12—Jars or tins should be filled to within one inch of the top, in case of fruits, vegetables, meats or fish. Cereals and batters will be taken up later.

Do Not Tighten Covers

13—In case of screw tops, put on rubbers and lids, turn lid with thumb and one finger till it stops. Don't tighten. In case of screw bands, lay lid on clean top of

jar, screw band down as for screw-top jars. Do not tighten. In case of glass tops, put on rubber and lid, leave ball down. All tins should be made air-tight before sterilizing.

In all canning recipes in this book, "adjust lids" will mean the above. "Fill jar" will mean fill it to within an inch of the top, any amount less, but never more.

14—Sterilize according to time table. Invert jars. Cool. Store in dry place, not too light.

How to Care for Empty Jars

15—When you empty a jar scrub it, rinse, put upside down in a dust-proof place. Use cartons jars come in; also apple and pear boxes with lids. When twenty or thirty jars are wanted at once they are ready to use immediately. The same sterilizing the contents get will also sterilize the jars, lids and rubbers. Lids and rubbers likewise should be scrubbed and rinsed as soon as removed from jars, not thrown into dishwater. Once a year sterilize screw-top metal lids in a pan of boiling water with a tablespoon of concentrated lye added. Rinse several times, shaking each lid with a vigorous downward jerk to get water out from behind porcelain. Drain lids sloping. Self-sealers require new lids. Keep the screw bands, store lids and rubbers covered and they, too, will be ready for instant use.

CANNING

FRUITS AND VEGETABLES

Number of Cans or Jars per Bushel of Fruit or Vegetables

The following table shows the approximate number of cans or jars that can be filled per bushel of various fruits and vegetables:

PRODUCT (1 bushel)	No. 2		No. 3	
	Cans	Pt. Jars	Cans	Qt. Jars
Windfall Apples	30		20	
Standard Peaches	25		18	
Pears	45		30	
Plums	45		30	
Blackberries	50		30	
Windfall Oranges, sliced	22		15	
Oranges, Whole	35		22	
Tomatoes	22		15	
Shelled Lima Beans	50		30	
String Beans	30		20	
Sweet Corn	45		25	
Shelled Peas	16		10	
Sweet Potatoes	30		20	

Time Table for Canning

One Period Cold-Pack Method: Time given is actual boiling period for quart pack at altitude up to 1,000 feet. For smaller or larger containers reduce or increase the sterilizing period by a few minutes. At higher altitude increase sterilizing period 10 per cent for each 500 feet.

VEGETABLES—

	Steam in Conservo
Asparagus	2 hours
Beans, String	3 hours
Beans, Shell	3 hours
Beans, Any Variety, Dried	3 hours
Beans, Baked	1 hour
Beets	3 hours
Brussels Sprouts	2 hours
Carrots	2 hours
Cauliflower	2 hours
Cabbage	2 hours
Corn	3 hours
Greens, Any Kind	2 hours
Hominy, Commercial	2 hours
Hominy, Cooked Lye	3 hours
Macaroni	2 hours
Onions	2 hours
Peas	3 hours
Parsnips	2 hours
Peppers, Red or Green	2 hours
Pumpkins	2 hours
Squash	2 hours
Sauerkraut	2 hours
Salsify	2 hours
Sweet Potatoes	2 hours
Tomatoes	25 minutes
Turnips	2 hours

Above table calls for blanching of Asparagus, Beets, Peas, Tomatoes, Corn, Macaroni, only. Baked Beans should first be baked 2 hours or more. Lye Hominy should be at least half done before putting into tins or jars.

Macaroni should be cooked till tender and rinsed till cold.

FRUITS—

	Steam in Conservo
Apples	30 minutes
Apricots	20 minutes
Blackberries	20 minutes
Barberries	20 minutes
Blueberries	20 minutes
Cherries	20 minutes
Currants	20 minutes
Cranberries	40 minutes
Dewberries	20 minutes
Figs	20 minutes
Gooseberries	20 minutes
Grapes	20 minutes
Huckleberries	20 minutes
Peaches	20 minutes
Pears	30 minutes
Plums	20 minutes
Preserves, Jarred or Tinned	20 minutes
Quinces	30 minutes
Raspberries	20 minutes
Strawberries	20 minutes

Making the Syrup

How sweet the syrup should be depends largely upon your personal taste. Syrup is made of sugar and water boiled ten minutes.

Syrup for rhubarb, gooseberries, sour plums and cranberries, should be made of one cup sugar to every cup of pulp.

For all other fruits, a syrup made of 2-3 cup sugar to one quart of fruit is just right.

For fruits of great acidity like cherries, plums, strawberries, grapes, etc., writer recommends a heavy syrup.

Each housewife knows her family's taste better. The average home canner does not use so sweet a syrup as do commercial canners.

COLD PACKING FRUITS

Cold-pack all fruits, except sweet apples and pears. These hard fruits cannot be crowded and the result is there would be too much room left in the jar afterward. By "warm pack" I mean cooking the hard fruits first in syrup. Can hard fruits as follows:

Sweet Apples and Pears—Pare, quarter and core sweet apples. Halve pears. Drop into boiling syrup. Cook till tender. You can now pack closely in jars. Fill with boiling syrup. Adjust lids. Sterilize 30-40 minutes. Pears the same.

Canning Berries and Cherries—Pack jars with any kind of berries or cherries. Fill with syrup. Adjust lids. Sterilize 20 minutes. Very ripe or very soft fruits sterilize 16 minutes.

Peaches and Apricots—Scald. Cold dip. Skin. Halve. Pack in jars. Adjust lids. Sterilize 20 minutes.

Improved Canned Pears—Instead of halving pears, chip them rather fine. Pack jars. Pour over boiling syrup. Adjust lids. Sterilize 20 minutes. Pears may be canned hot-pack or afterwards sterilized. A rich, new dish is to use cranberry juice for the syrup, half water, sweetened to taste. Result is rich, red fruit.

Plums—Pack whole, or halved, seeded or not. Fill with boiling syrup. Adjust lids. Sterilize 20 minutes.

HOW TO CAN VEGETABLES

Asparagus—Lay all the tips one way after thoroughly cleaning with brush. Par-boil 5 minutes. Cold dip till cold. Pack pint jars, tips up. Add $\frac{1}{2}$ teaspoon salt per pint. Fill jar with boiling water. Adjust lids. Sterilize 2 hours.

String Beans—Wash. String. Lay several pods together on table, cut into $\frac{1}{2}$ -inch lengths. Or pack jars with whole pods. This makes a nice show jar but full-size whole pods are not convenient to use. Save the small, young pods to pack whole for salads. Pack jars tight. Add 1 teaspoon salt per quart. Fill jars with boiling water. Sterilize 3 hours.

Shell Beans—Parboil 30 minutes in boiling water. Cold dip till cold. Pack jars. Add 1 teaspoon salt per quart. Fill up with boiling water or boiling tomato juice. Add catsup if liked. Adjust lids. Sterilize 3 hours.

Dry Beans—Same as shell beans. Use any kind of meat, or any preferred dressing or seasoning.

Baked Beans—See recipe in chapter on cooking. Pack jars with baked beans; adjust lids; sterilize 2 hours.

Corn—Parboil 5 to 10 minutes to set milk. Cold dip till cold. Cut from cob. Scrape cob. Pack jars tight, but not quite full. Add teaspoon salt per quart. Adjust lids. Sterilize 3 hours.

Corn on Cob—Use half-gallon jars. Par-boil to set milk, according to age, 5 to 10 minutes. Pack jars. Adjust lids. Sterilize 3 hours. Fill jars with boiling water, or with just enough to dissolve salt. Try both ways.

Cauliflower—Break into flowerets, size you prefer. Cut leaves, including the thick middle vein, into pieces right for eating. Pack jars tight, packing flowerets and leaves either separate or together. Writer does both. If leaves are packed separate, serve them as greens, with butter and pepper; or cold with mayonnaise; or put a piece of bacon in each jar. Add teaspoon salt. Fill up with boiling water; or pour a hot dressing over the cauliflower if you like. This is not economical if you use milk. Some leftover milk may serve later. No thrifty housewife, or mother who plans for children's growing teeth and roughage for the family, will ever throw away cauliflower leaves. Sterilize 2 hours.

Cabbage—Rinse well. Cut into pieces to fit into jars. Pack jars. Add teaspoon salt per quart. Fill up with boiling water. Adjust lids. Sterilize 2 hours.

Celery—Scrub with stiff brush. Dice, using yellow and white leaves. Pack jars tight. Add teaspoon salt. Fill up with boiling water. Adjust lids. Sterilize 2 hours.

Carrots—Scrub till eyes are clean, using stiff brush. Scrape or peel with peeler. Young carrots need not be scraped as skins are tender. Dice, halve or quarter. Pack jars. Add teaspoon salt per quart. Fill up with boiling water. Adjust lids. Sterilize 2 hours.

Onions—Pack jars with sliced, halved, quartered or whole onions, or green onions. Add teaspoon salt per quart. Fill up with boiling water. Adjust lids. Sterilize 2 hours. Some old onions require 3 hours.

Peas—Parboil 5 to 10 minutes, according to age. Cold dip till cold. Pack jars tight. Add teaspoon salt per quart. Fill jars with boiling water. Adjust lids. Sterilize 3 hours.

Special Note—Peas should be canned as soon as possible after picking. This applies to all vegetables. Peas are as easily canned and as certain to keep as peaches. If you have ever had spoilage you alone are to blame. Try again and make certain your jars, lids and rubbers are right. Sterilize full 3 hours—longer does not hurt—many experts sterilize 4 hours, which is not necessary but make certain your jars are air tight, and you cannot lose. If you canned wilted peas you likely lost. Writer has experimented many ways with peas, some years blanching, some not, but never forgetting the principle on which food keeps—sterilize food in air-tight jars. Use new lids, if possible. Play the game right and your peas will keep.

Peppers (Red or Green)—Rinse well. Remove seeds. Cut to fit in jars. Pack small sections into the larger ones. Pack jars. Best to use pints. Add $\frac{1}{2}$ teaspoon salt per pint jar. Fill up with boiling

(Continued on Page 13)

Can with live steam

Stop using
old style
Apparatus!



Cans 14 Quart Jars at one
time over one burner

CAN and COOK at the same time in CONSERVO



Do more
with less
work

A GOOD many users of Conservo find it extremely handy to can "left overs" every day right in the Conservo Steam Cooker while they are doing their cooking. In this way a variety in the diet is obtained without the waste of any good food.

Other Conservo users find they can do their regular season's canning in the Conservo while they are getting their regular meals. It takes very little time to put up a few quarts of fruit or vegetables and these can be canned by the regular accepted Government approved cold-pack process on the upper shelf of the Conservo while the dinner is cooking in the lower compartment.

Think what a saving of time this is! The bugaboo of the canning season vanishes. There really is no extra work, for you'll never miss the time taken doing your canning little by little.

(Continued from Page 10)

water, or boiling vinegar. Adjust lids. Sterilize 2 hours. You can re-sterilize any peppers left, sterilize 20 to 30 minutes.

Parsnips—Same as carrots.

Pumpkin—Cut into large pieces. Steam, rind side up, till tender. Scrape out of rind and pack jars, not too full. Add teaspoon salt per quart. No water. Adjust lids. Sterilize 2 hours.

Radishes—Same as carrots. Serve buttered or creamed, or use as salad, or mix in vegetable salad.

Squash—Proceed exactly as for pumpkin.

Sweet Potatoes—Scrub with stiff brush till all eyes are clean. Peeling optional. Writer does both ways. Slice, halve, quarter, cut into sections or pack whole, into jars. In both cases add 1 teaspoon salt per quart. Add 1 or 2 tablespoons boiling water per jar to provide sufficient steam inside the jar. Adjust lids. Sterilize 2 hours. Use half-gallon jars for whole potatoes, peeled or with skins on, so as not to crowd. Peeled sweets, when wanted, are ready for any use. Those with skins on need only to be heated hot through, in oven, to be baked potatoes.

Salsify—Same as peeled sweet potatoes.

Tomatoes—Blanch to skin. Pack whole, or not, in jars. Add teaspoon salt per quart. Fill up with tomato liquor or boiling water. Adjust lids. Sterilize 25 to 30 minutes.

Turnips—Scrub. Peel; dice or slice. Grinding is not satisfactory. Pack jars. Add 1 teaspoon salt per quart. Fill up with boiling water. Adjust lids. Sterilize 2 hours. Never throw away the water from canned turnips, carrots, cauliflower, cabbage or any other vegetable. If you do not want it for the cream dressing, put it into the stock pot or add to any vegetable leftovers and make a soup.

Salad Mixtures—Pack alternate layers of carrots, peas, celery, string beans in pint or quart jars for salads; Add 1 teaspoon salt per quart. Adjust lids. Sterilize 3 hours. Many such jars should be in every supply closet after a summer's abundance has passed.

CANNING OF HOME-DRIED OR COMMERCIAL DEHYDRATED FOODS

Women everywhere dry fruit. Home-drying of vegetables is common. Retail stores sell thousands of tons of commercial dehydrated foods, both fruits and vegetables. Thousands of families in cities, in poor farming sections, in remote places, literally live on these products.

Today's markets furnish dehydrated (dried) apples, pears, peaches, apricots, cranberries, loganberries, spinach, potatoes, currants, raisins, string beans, cherries, corn, squash, cabbage, and soup vegetable mixture, as well as Irish potatoes.

Many women home-dry all the staples. Other women, not so situated as to have a surplus to dry, find the commercial products, when freshened in water, as appetizing as the freshly harvested foods.

How to Can Home-Dried Fruits and Vegetables

Wait till some day when you have a lot of empty jars on hand. Then put your dried stuff to soak over night in separate vessels, and covered with water. In the morning pack some jars with the fruits, others with the vegetables. Use water fruit is soaked in to make syrup. Pour boiling syrup over the fruits; boiling water over the vegetables. Add one teaspoon salt per quart. Never mind any syrup rule, sweeten to your family's taste. Adjust lids. Sterilize exactly as for fresh fruits and vegetables. (See Time Table for Canning.)

How to Can Commercial Dehydrated Fruits and Vegetables

In buying either fresh or dehydrated products, writer urges women to buy in wholesale quantities. It makes house-keeping an interesting business. It's the idea employed by retailers. Suppose they bought for one day's custom—or even one month's custom!

Most commercial packages of dehydrated fruits and vegetables hold an even quart after contents are soaked. For this reason empty contents of cartons directly in to quart jars. Fill up with warm water. Soak over night. Use water on fruits to make the syrup. Cover fruits with boiling syrup exactly as for fresh fruit, cold-packed.

In case of vegetables, they will have absorbed the water. Add teaspoon salt per jar. Fill with boiling water. Adjust lids. Sterilize as per time table.

Remember, after the all-night soaking, no fruit or vegetables will swell any more, so do not allow for room. Simply allow the usual inch at top.

JELLY MAKING General Instructions

Success in jelly making largely depends not upon "good luck" or "bad luck," but upon whether or not pectin (a vegetable starch that stiffens the jelly) is present in sufficient quantities to make it harden. Most of the pectin is present in the skins and cores of the fruits and is found in greater abundance in under-ripe fruit, and in lesser amount in fruit that is ripe. So, if possible, choose fruits that are a little green, or at least not over-ripe.

Wash the fruit, and, if it is of juicy type like currants or grapes, crush it in a pre-serving kettle. Steam until fruit is tender and the juice is running freely. Then drain through a flannelette jelly bag, but do not squeeze it if a clear effect is desired. In using hard fruits, as apples, add enough water to keep them from burning and boil them until they are soft.

Test the Juices for Pectin

To make sure that the jelly will stiffen, put 2 teaspoonfuls of the unboiled and unsweetened juice in a tumbler and add 2 teaspoonfuls of grain alcohol. Stir until well mixed and let stand for half an hour

If a jelly-like substance collects in the bottom of the tumbler, it is evident that pectin, or the jelly-making principle of fruits, is present.

If pectin is lacking, boil a few apples (as these are rich in pectin), or some green citron melon, or the white inner skin of a few oranges, and add it to the fruit juices. This inner skin of the oranges may be saved the year through and dried to be ready for such an emergency.

Finishing the Jelly

Measure the juice. Then bring to boiling point and boil rapidly for 20 minutes. Add to this three-fourths the quantity of granulated sugar, warmed in the oven, or one-half the quantity of sugar, and one-fourth the quantity of white corn syrup. Boil briskly until two rows of drops form on the end of a spoon held sidewise. The temperature is usually about 220° F. Pour into sterilized glasses. Let stiffen and when cool seal with melted paraffine.

Most common fruits may be made into jellies if they are sound, and not too ripe, although pear jelly is difficult to make. If, however, the pears are combined with apples, this difficulty may be overcome.

Juice of apples combined with juice of any other fruit makes a good combination and always insures jelling. Likewise pulp of apple combined with pulp of any other fruit makes a successful combination for jams, marmalades and conserves.

Never mind about proportions when adding apple or green grape juice to any other juice. Any proportion of apple juice with cranberries, blackberries, currants, quinces, raspberries, loganberries, barberries, elderberries, etc., will be right for jelling and for taste. So with pulp.

Add a spray of mint leaves to apple jelly the last few minutes of boiling for Mint Jelly.

Or several geranium leaves for Geranium Jelly.

Use lemon essence and vanilla, half and half, to flavor Apple Jelly. It will delight and mystify your family.

Save Fruit Juices—Can Them

Try jarring away fruit juices of all kinds this year, not omitting cranberry juice in November. Useful for punch, fancy drinks, puddings and pudding dressings, sherbets, cakes, gelatine desserts, etc., etc.

PICKLES AND CONSERVES

Apricot Marmalade—Steam together 7 pounds each of apricots and sugar; juice, pulp and ground, or grated, or shaved rind of 12 oranges. Finish cooking on stove till thick. Add 1 pound blanched almonds.

Gooseberry Conserve—Use pulp of apples and gooseberries, half and half. Add juice 5 oranges and grated rind of 3; 2 pounds raisins, 1 pound English walnuts, chopped; add sugar, cup of sugar to every cup of gooseberry and apple pulp. Boil down till thick.

Mixed Pickles—One large head chopped

cabbage, 1 quart lima beans, 1 quart string beans, 1 quart pickling onions, 1 quart sweet corn, 24 small cucumbers, sliced, 24 small red peppers, 1 bunch chopped celery, 1 tablespoon celery seed, 2 tablespoons salt, ½ cup white mustard seed, 1 pint cut cauliflower, 3 cups brown sugar, 1 gallon vinegar. Steam all together. Pack jars. Adjust lids. Sterilize 40 minutes.

Salted Cherries—Sometimes called "Mokk Olives." Fill quart jars with firm, skinned, large cherries, with stems left on. Dissolve 1 level tablespoon salt in ¼ cup vinegar. Pour into jar over cherries. Fill up with cold water. Seal. Do not sterilize. Serve as olives. In sections where the Royal Ann cherry is grown use this variety, as it is large and firm-skinned.

Plum Relish—Three pounds seeded plums, 1 pound raisins, 2 oranges, 3 pounds sugar. Steam 30 minutes, except walnuts. Add 1 pound walnuts and steam a few minutes longer. Writer prefers, in such recipes as call for English walnut meats, to add them just before serving—not to cook them in the mixture. Try both ways.

Gingered Pears—Eight pounds peeled chipped pears, 3 or 4 lemons, 6 pounds sugar, ¼ pound ginger root. Shave yellow rind off of lemons. Use juice. Discard white part. Mix and stand over night. Next morning steam 3 or 4 hours until pears are tender. Skim pears out. Pack in jars. Boil syrup down and pour, boiling hot, on pears. Seal.

Cherry Preserves—Pie cherries are best. Press some juice out. Boil 1½ cups sugar with ½ cup water till it is ready to candy. Add to this 1 cup pitted cherries, and cook on stove till cherries are done.

The illustration shows six different types of canned meats, each in a separate can. The cans are arranged in two columns. The top row shows a can of HOGS (left) and a can of BEEF (right). The middle row shows a can of HOGS (left) and a can of TURKEYS (right). The bottom row shows three smaller cans labeled RABBITS, BIRDS, and CHICKENS from left to right.

CONSERVO
— have a supply of
good canned meat at
all times

MEAT CANNING

Can meats—all kinds.

Can cooked, partly cooked, or raw meat. It's as easy as canning cherries.

The only difference is that meat requires a little longer time to sterilize.

In canning meat, your own ingenuity and experience will help you to no little extent. But the following general rules should best be followed:

Cut meat into cubes or oblongs any size you like and pack snugly in cans. Remove the suet but keep all other fat, putting both fat and lean into each jar. (This is for better flavor and because considerable of this young fat is of creamy delicacy.) Pack some of the tenderest meat with some not so fine grained. Writer prefers to pack meat from hind shin—all below the Pike's Peak—in separate jars. This, because of the great amount of gelatinous matter it contains, is especially delicious when served cold in its own aspice. Cut all meat across the grain—otherwise never mind how the butcher would cut it—your aim is to pack it into jars. Don't pack pieces so big you'll have to tear them to get them out. Adjust lids. Sterilize $3\frac{1}{2}$ hours.

Put all bones, trimmings and ligaments into cold water to soak all night; leg bones sawed into at least a dozen pieces. You want all extractives and marrow. (Divide marrow between jars having the least fat.) The bones will require two big dishpans. Cover with cold water, cover pans and set aside till morning.

Add 1 teaspoon salt to each quart jar or tin of meat, and enough water to dissolve salt. You may—or need not—fill interstices with hot water. The meat is juicy. When cold some jars will be in aspice—others not. This is because some pieces of meat contain more gelatinous matter than others.

There are quite a few questions which will come up to your mind if you have never canned meat. We will answer the most of these here.

1—Does it pay to jar away meats?

Just as it pays to jar away any other foodstuff. You can buy enough meat to last for six months at about 50% less than a market can afford to furnish you a meal at a time.

You use one day's fire to cook meats for six months.

You have a set of greasy vessels every six months instead of every day.

Your main dish is always ready.

2—What kinds of meats may be canned?

Any flesh that forms part of human diet may be canned, whether it walked, swam or flew.

3—When may meats be canned?

Any kind of meat may be canned any day in the year.

4—Is a preservative necessary?

A preservative of any kind is not only absolutely unnecessary but it is harmful.

5—What KEEPS the meat?

Any vegetable or animal food keeps in air-tight jars when both jars and food have been sufficiently sterilized.

6—Are meats harder to keep than vegetables?

There is no difference.

7—How may jars be tested for air tightness?

Only screw-top jars and jars with glass lids can be tested before filling. Jars whose lids have a composition gasket depend on heat for self sealing.

To test screw-top jars and glass lid jars, partly fill with water, put on rubbers and lids, tighten lids, invert jars. If screw-top jar leaks take a knife handle and press edges down into rubber ring. Make lid fit tightly all around. Don't use lids with cracked porcelain lining.

If jar with glass lid leaks, either tighten bail or slip a tiny piece of wood clamp on top.

Test self-sealing jars by striking cap smartly with end of a clamp, the other end of clamp hold tightly in hand. An air-tight jar gives off a high, ringing sound. Top will be slightly concave.

If a portion of food touches under side of cap, it will give off a dull sound, even though air tight.

If jar is not air tight the sound will be low and dull, but different from any other sound. In this case put on another lid and clamp and sterilize again for twenty minutes.

Compare the sound produced by tapping cap of an air-tight jar with that produced by tapping cap just clamped on a jar before heating. Knowing those three sounds makes you mistress of self-sealing jars.

8—What is a sufficient sterilizing period?

Three hours is sufficient for raw meats if time is counted from time when water begins to boil in the vessel used for sterilizing. An hour longer is desirable unless meat is young—it insures meat being gratifyingly tender.

Two hours is sufficient sterilizing to keep partly cooked meats. Just remember you can scarcely overcook—that you want to insure tenderness just as you do when cooking meat in a pot.

9—How long will canned meats keep?

Indefinitely. As long as the rubber ring or the composition gasket on the lid remains intact. This is one reason it is important to know you are getting good rings. The self-sealing jars whose sealing depends on a composition gasket may be relied on.

10—What is the test of a good rubber?

It should be wide, soft and thick. To test it, double it between thumb and finger, pinch tight, release, and a good rubber will instantly resume its shape. Stretch it and it will go back to shape.

11—Is it advisable to can meats to last longer than a year?

A year—twelve months of time—is an old-fashioned, ill-advised, legendary limit. The marvelous principle on which we jar away foods at all is that sterile food in air tight containers keeps—remains—is not subject to change. Change of any kind would mean spoilage. The rule for jarring away any human food should be: Can ALL YOU CAN whenever it is cheapest, not just what you'll need in a twelve-month. In a year that same food may be dear or unobtainable. Think of the satisfaction of comparing your supply bought in quantity, when meat was cheap, with the daily expensive dabs your neighbor has to buy. Think of the comfort of having ready to serve, all you want, while she is straining to keep up with the old daily game.

12—How should one proceed to obtain a quantity of beef or pork for jarring away?

Almost any town woman can get in touch with a farmer who butchers his own meat. Get a hind quarter of beef. It has all the best cuts and less bone than a fore quarter, and will cost two or three cents less per pound. Get half a hog, which should include half the head, heart and liver. Few farmers will sell the fat unless they butcher often.

It pays to buy half a sheep, veal or lamb, and jar it away.

13—When is the best time to can chickens?

They are cheapest in the market when the laying season is over and hens are being sold off or killed. In thinning out their flocks all chicken raisers should jar away an abundance for family use before selling.

14—Is some particular time best for pigeons and squabs?

Whenever flocks need thinning.

15—Does canned meat taste as good as fresh?

Raw meat, canned, is boiled meat. Not even a professional chef could tell, by tasting, whether it had been cooked in a glass jar or a pot, and allowed, in each case, to cool in its own aspic. It is absurd to fancy anyone can find a difference.

16—Suppose one wants the caramel taste of roast meat?

Put the jarred meat into a casserole or other baker and set in hot oven a few minutes before serving.

17—Suppose one's family objects to the idea of canned meat, and yet the mother sees she could manage more conveniently and economically by jarring away meat?

It's a wise cook who keeps her own counsel.

18—How can one recognize spoiled meat?

By the offensive odor and the disintegrated texture. Don't risk using even partly spoiled meat. If you are merely suspicious but both odor and texture are right, boil the meat ten minutes.

19—Why should any jar of meat ever spoil?

Jar, lid or rubber may have had some slight imperfection which was overlooked so that jar was not air tight. The only other possible reason is that the sterilizing period was cut short.

20—What kind of jar is safest for canning meat?

Any meat may be canned in any kind of a jar that can be made air tight.

21—Must jars be packed full and tight?

Not necessarily. Any vacant space or interstices left have been sterilized as well as the meat.

22—May drippings or creamed gravy be canned with the meat?

Pour either drippings or creamed gravy over meat, just so jar is not too full. Leave a good inch at top if jar contains creamed gravy, because the heat puffs it up. It is highly desirable to jar away gravy also, as it saves an extra job when the jar is opened. Allow space for gravy by packing jar loosely. If family is large, can extra jars of gravy.

23—What is the rule for using salt?

A teaspoonful to a quart of meat. Add more in serving if desired.

24—Suppose a rubber pushes out from under lid in sterilizing?

Push it back. On no account change rubbers unless you sterilize the jar of meat, lid and rubber again fifteen minutes, with water **BOILING**. To avoid having rubber come out while tightening lid, twist it more slowly, holding rubber in place.

25—Should one use old rubbers and lids while sterilizing and then change for the ones intended to stay on?

Too many women think they must do this. It is not only wasted motion, a hard, hot job, with no reason behind it, but necessitates sterilizing everything again. All jars and lids, and all good rubbers are made to stand the long sterilizing period.

26—May one tier of jars be set directly on top of another tier?

Before writer discarded home made appliances for a steam cooker holding fourteen quart jars, she considered it a waste of fuel and time to can one tier at a time, and so planned as to have enough jars to set directly on top of the lower tier. Now of course Conservo simplifies this problem. You can pack seven quart jars on each shelf in Conservo.

27—How deep should water be in boiler or tub?

In the use of Conservo just fill the tank. The whistle blows when the water gets too low.

28—Suppose, after sterilizing fried young chicken two hours, the meat comes off the bones in serving?

Sometimes it does. Over against that trifling disappointment try to remember the great convenience of having ready-

cooked chicken always on hand and the economy of having done many at once. Reflect on its delectable tenderness.

29—Should fish be skinned?

Never. The fat is the lining of the skin and the flavor is in it.

Remember that any kind of meat, whether raw, partly or wholly cooked, may be canned in any kind of a jar that can be made air tight.

Beef, Pork, Mutton, Venison, Uncooked

—Cut into cubes or strips that will go into jars. Pack jars, add one teaspoon salt per quart, pour on hot water to dissolve salt—and enough more to fill jar or not. Try some each way to see which you like best. In either case, the meat, when cold, will rest in its own aspic. Adjust rubbers and lids, or lids and clamps. Sterilize three hours or longer. Tighten lids.

Roast Beef, Pork, Mutton or Venison—

These partly or wholly cooked any other way, as braised or stewed. Cut into any shaped pieces that will go into jars. Pack jars loosely if you want to add creamed gravy or drippings. Otherwise jar might just as well be filled tight. Add salt unless meat was salted in cooking. A little hot water if gravy was not used. Adjust rubbers and lids or lids and clamps. Sterilize two hours.

Smoked Ham or Shoulder—Cut meat in slices. Pack jars. Add a tablespoon of water. Sterilize two hours.

Sausage, Hamburger Steak—Fry, or boil, sausage or hamburger steak lightly on both sides. A quart jar holds ten or twelve patties. Pack jars right from frying pan. Save drippings to either pour directly into jars, over meat, or make a cream gravy and pour over meat. Add teaspoon salt per quart. Adjust cover. Sterilize two hours.

It is best never to fill a jar so full that it will overflow in the sterilizing. In case of meats and gravies you lose the fat. Any full jar in either shoulder deep water or steam cooker loses some liquid by evaporation or overflow. There is little if any loss in submerging. Some people submerge successfully, but many come out with boiling water in the jars.

Spring Fried Chicken—Fry light brown, but not necessarily done. Season while frying. Pack two or three or possibly four into each quart jar. Pour drippings into jar. Adjust covers. Sterilize two hours.

Roast or Fried Chicken—Unjoint. Roast or fry till partly or wholly done. Pack jars. Add one teaspoon salt unless seasoning was added when cooking. Add drippings or small amount of hot water. Adjust covers. Sterilize three hours.

Uncooked Chicken—Unjoint. Pack jars tight, omitting backs, necks, shoulders. One quart jar holds one good sized chicken. Some canners leave out liver and gizzard if they object to the flavor of these giblets through the rest of the contents of jar. If canning several chickens at one time—and that is the most economical way from every standpoint—put

giblets by themselves in pint jars, if you prefer.

Cook backs, necks and shoulders till meat falls from bones. Pack into jars for later use as minced chicken, chicken in aspic, salad, sandwiches or creamed chicken.

Add one teaspoon salt to each quart of chicken joints also to the minced chicken. Add any amount of water, from half a cup to within an inch or inch and a half of top. In either case chicken will cool in its own aspic. Adjust covers. Sterilize three hours or more. Four hours is better for all but young hens.

Pigeons and Squabs—Brown lightly in drippings. Pack two of either in jar. Add salt, one teaspoonful per quart jar, unless seasoned in browning. Add drippings and half a cup of hot water. Sterilize two hours.

To serve, either turn into casserole and brown in hot oven, uncovered, or use liquor in jar and make cream gravy. This applies to any jarred away meats. All are delicious served cold. All are ready for any purpose, whether meals, picnics, trips or lunches for school or work.

Game Meats—Any game meat, two or four-footed, should be canned exactly as domestic meats. There is no danger from over sterilizing. Can raw, or partly or wholly cooked. Can with or without drippings or gravy. With or without the addition of water. A very little water is always best, for steam.

Fish—Pour a thin stream of boiling water slowly over scaly fish. Scrape scales off. Wipe fish. Do not rinse after scraping. Never remove skin. Cut fish into pieces that will go into jar. Pack jar tight. Fill interstices with boiling water. Add teaspoon salt to each jar. Adjust covers. Sterilize three hours.

Another way: Cut into strips or cubes. Brown lightly in hot fat after dipping in flour. Need not cook through. Pack jars. Add seasoning. Pour in drippings. Adjust covers. Sterilize about three hours.

Dress small fish. Pack whole. Sterilize three hours.

Dress smelts. Fill jar one-fourth full. Sprinkling of mixed spices. Alternate smelts and spices. Add one teaspoon salt per quart jar. Fill jar with hot vinegar. Adjust covers. Sterilize two hours. Serve cold, as sardines.

Corned Beef—Soak corned beef two hours in water, changing once. Boil slowly half an hour. Plunge into cold water. Pack jars. Adjust covers. Sterilize two hours.

Macaroni and Sausage or Rice and Sausage—Brown two medium-sized minced onions lightly in drippings. Have macaroni in small pieces, ready blanched, and sausages browned. Pack alternate layers macaroni, sausage and minced onion in drippings. Add one teaspoon salt per quart. Sterilize three hours. Use rice instead of macaroni if preferred. If family objects to onion flavor pour a little drip-

pings or melted butter over each layer of macaroni.

Meat Stew (Any Kind of Meat)—Brown meat in fat. Pack jars with alternate layers of meat, hominy, rice, macaroni or peas and carrots. Add boiling water to nearly fill jars. Sterilize three hours.

CANNING SOUPS

1—**Why can soups?** For convenience; for economy of money, fuel, labor, time.

2—**How is it economical?** You buy "the makings" in quantity, at a discount; or, you save them from your garden. One day's fire and work are enough to jar away soups for a hundred meals.

3—**What kinds of soups may be canned?** Any kinds. Preferably those having meat stock foundation—beef, mutton, veal, lamb, chicken, clam, oyster.

4—**Is it practical to jar away cream soups?** From the standpoint of convenience—yes. But because they are most often the economical means of using leftovers, imperfect vegetables, purees, milk that might otherwise spoil—no. Some recipes will be given, however, as convenience and economy of time and labor sometimes outweigh economy of money and fuel.

5—**Why not can plain stock and add vegetables when they are plentiful in the garden?** Jar both together to save time, work, fuel. Why not make one thought, one job, one fire, answer instead of two thoughts, two jobs, two fires?

6—**Suppose meat is not available when vegetables are plentiful in the garden or cheapest in the market—or, vice versa, vegetables not available when meats are.** In either case, jar away an abundance of what you have.

7—**Do meat and vegetable time ever correspond?** The writer has never canned soup stock at one time and vegetable soup mixture at another in seven years of soup canning. Make them correspond, if you buy your meat. Butchers trim and throw away shin bones in summer because women won't buy them. The cover page of this booklet shows soups canned from eight shin bones having on them about eight pounds of meat and ligaments, bought from a neighborhood market at eight cents, July 20, 1919. Farm women always have vegetables on hand for soup-making the day after canning meat.

8—**Should stock be canned full strength—that is, strong enough to be solid when cold?** Yes—or no; if short of jars, or if stock is merely to be used later in broths, soup, gravies, or made dishes—yes. If canned ready to serve as consommé or with vegetables added, it need not be so strong. The ideal way is to put into jars just what you want to take out. If you want stock, can stock. If you want ready-to-serve soups, can them so. "She ordereth the ways of her household."

9—**When may soups be canned?** Any day in the year. If you can a quantity of

meat one day, it's advisable to can soups next because you have the materials.

10—**What parts of beef are best for stock?** Neck meat and shin bones.

11—**How long should soups containing vegetables, with meat stock foundation, be sterilized?** If you were canning meat alone you would sterilize three hours or more, according to toughness of meat. Soup bones and meat have had long, slow simmering, which is really faint boiling. Naturally, that reduces time required for sterilizing stock. But vegetables are uncooked. The vegetables requiring the longest period of sterilization really governs the necessary sterilizing period, if you want to charge yourself with being exact. Peas, string or dry beans, lima beans, corn and asparagus each requires three hours. Turnips and onions are often surprisingly, obstinately, woody. Underdone vegetables in soups, even if sterilized so they will keep, are disappointing. All things considered, the writer has made it a rule to sterilize all mixed vegetable meat soups **three full hours**. One hour is safe for meat broth alone, after the long simmering. (The printed schedules extant give all the way from forty minutes to three hours for vegetable meat soups, yet each gives three hours for all protein foods such as named, when canned alone. Attention is here called to this point to save confusion. Writer gives time periods only from her own experience.)

12—**In case green peas are used in vegetable mixture, should they be blanched?** Blanching brings out the color. The theory is that alternate hot and cold water destroys certain destructive organisms. Three hours of sterilizing has always sufficed in writer's experience, whether peas are blanched or not. But the bright color is desirable.

13—**How shall one provide for a variety of vegetable soups?** Be governed by what your family likes. In different jars put different mixtures—some ground, others diced or chopped.

14—**Is it advisable to can purees for soups?** Decidedly. A variety of purees to draw on is as convenient and happiness promoting, as time, fuel, and money saving, as a variety of ready to serve soups. Purees use up imperfect or surplus vegetables. They are simply vegetables cooked and sieved.

15—**Suppose one has soups left over from last year—isn't it best to use them up before canning?** Think of your supply closet as you think of your clock—never let it run down. Can soups whenever you have the makings—or can get them. Fill empty jars. Buy perfect, second-hand jars at half price. They are always on sale in every town.

If commercial canners refrained from canning when the makings were available, merely because warehouses were full of their soups, millions of families would go soupless to bed every day.

Theirs are good ten years from now

because good things went into them; they are sterile and air tight. The same rules govern yours. If you can't reason with your family, simply don't tell them. Cooks may have business secrets.

16—How long should purees be sterilized? As long as required by the vegetable they were made from, minus the time they boiled in the cooking. But instead of trying to remember the time for each, just fix this rough rule in mind: Puree of tomato, 30 minutes; puree of asparagus, peas, beans, corn, three hours; puree of any other vegetable, two hours, except cauliflower, 50 minutes.

17—Are these sterilizing periods absolute? No. But they are absolutely safe. They fit the average home conditions where the home canner has such a multiplicity of duties that she may not sit, watch in hand, saving time per vegetable, keeping even heat by a simple twist of a switch. The aim of this booklet is to sift the number of Things To Do and the number of Things To Remember. We need science to tell us how little we dare to sterilize—but science must be only a help—not a whip lash. With the exception of tomatoes, cauliflower and asparagus, don't be afraid of over sterilizing. Count time from when water begins to boil. Most losses come from under sterilizing.

18—How full should jars be in canning soups and purees? Never quite full. Allow an inch, at least. A trifle more is better, for expansion of purees and for motion in jars of both during sterilizing period.

19—Should jars be opened and "filled up" after sterilizing has evaporated some of the liquor? Never remove a lid after sterilizing. Use the rubber rings that are intended for the long boiling, put on rubbers and lids you intend to keep on. Tighten each lid as you remove jars from cooker. The empty space is sterilized also. Opening the jar for any purpose admits air germs looking for a "House to Let."

20—Should meat be thrown away after stock is made from it? By no means. Jar it away just as you do the stock.

Plain Stock or Consomme

Soak 20 pounds of bones, ligaments, trimmings, overnight, in 4 gallons of cold water. Have bones sawed into three-inch lengths and split open so as to extract all the gelatinous substance that gives body to stock. This releases all marrow also. In the morning bring to boiling point and simmer three hours or longer. Replenish with hot water only enough to finish with 4 gallons of stock. Remove scum as it rises. Do not salt while simmering. Strain through thin flannel or fine sieve that portion you wish to jar away as consomme. Fill jars with hot stock to within an inch of the top. Add one teaspoonful salt per quart jar. Adjust rubbers and lids or lids and clamps. Sterilize one hour.

Vegetable Meat Soup

Use what is left of the above stock.

Skim off fat, or not, as desired. Thicken stock slightly with flour made into a smooth paste. Suppose you have twelve quarts of stock left: Grind, chop or dice three or four medium sized turnips, ten carrots, one head of cabbage or two of celery, several leaves of parsley, ten onions, eight medium potatoes. Mix all vegetables thoroughly. Divide vegetable mixture between six half gallon or twelve quart jars. Add one teaspoonful salt per quart, several each of cloves and pepper corns; or one large red or green pepper. Fill jars with hot stock to within an inch of top. Adjust rubbers and lids, or lids and clamps. Sterilize three hours.

Vegetable Combinations

Any other vegetables may be added to the above or any taken away. The sole idea is to add favorite vegetable flavors to meat stock. There are scores of combinations, all good tasting and wholesome. There is no rule for proportion except the rule of individual taste. Sterilize any combination three hours.

Cream of Potato Soup

Cook two pounds thinly sliced or diced potatoes ten minutes in four gallons meat stock. Add one-half pound butter. Salt and pepper to taste. Thicken with three tablespoons flour made into smooth paste. Fill jars with hot soup, leaving a little over an inch of space at top. Adjust rubbers and lids or lids and clamps. Sterilize two hours.

Macaroni, etc., in Soups

A quart jar holds five or six servings of ready to serve soup. Put into bottom of quart jars as much macaroni, spaghetti or vermicelli as five or six persons would warrant. Add one teaspoon salt per jar. Fill jar to within an inch of top with stock. Adjust covers. Sterilize three hours.

Noodles may also be used. Blanch only macaroni.

If desired add a cup of tomato puree to each jar, and several pepper corns. Grated cheese may be added when serving.

Mutton Soup

Six pounds of mutton soaked in three quarts of water for an hour. Bring to boil. Skim as scum rises. Simmer two hours. Put into jars ground, diced or chopped onions, carrots and turnips, one good cup per quart. Also a handful of green peas, or dried peas previously soaked overnight. Add one teaspoon salt per quart jar. Adjust covers. Sterilize three hours.

Tomato Soup

One chopped onion, one quart tomatoes, two quarts beef stock thickened slightly and seasoned to taste makes a delicious soup. Jar away as in preceding recipes, sterilizing two hours.

It is not advisable to jar away cream of tomato soup. Instead jar away tomato puree ready for instant use. So with peas, asparagus, cauliflower.

Cook with live steam

Keep kitchen
cool—stove
uncrowded



Cooks big meals over one
burner—saves half the
kitchen work.

Directions for Use of the Famous Conservo

Inserting Tubes and Whistle

1—The tube is inserted through the hole in the upper corner of the cooker from the outside. Whistle fits in top of tube.

How to Empty Water

2—When through cooking or canning, remove tube, empty water through hole in upper corner. Then put cooker back on hot stove just long enough to dry moisture. Dry thoroughly. Never allow water to stand in cooker. Keep in a dry place and leave doors open.

When to Start Counting Time

3—Put food in cooker when water starts to boil. Begin counting time at this point. Keep the boiling going. If allowed to die down allow more time—as much as was lost.

If Steam Escapes

4—Escaping steam does not mean Conservo is not working efficiently—it means the cook is firing up more than is needed. Open lower door to observe the state of the boiling; if it is too violent reduce the heat. Too violent boiling in the tank means too violent boiling in the jars, and consequently too free evaporation from the jars. It is not hurtful, but wasteful of both fuel and food. In a hot summer day there is no need to make the stove and canning give off unnecessary heat.

The Whistle

5—Don't depend too much on the whistle. Remember the cooker is on the stove. Two or three times using will make you wise to all its ways, which are few and simple.

Use of Utensils

6—It is not always necessary to use utensils. Potatoes with jackets on may be put directly on the shelf, or on top of a covered cooking vessel, or on top of jars or tins in case dinner hour comes when you are canning.

Cooking the Complete Meal

7—Suppose you want to cook a dinner consisting of meat, vegetables, custard, all to be served hot. Proceed just as in any other mode of cooking—give meat the longest time, then put in vegetables, then custard.

Browning Meat

8—There are two ways to brown meat that is going to be, or has been cooked in Conservo. One way is to place the meat in a quick oven before putting it in Conservo. The second method is to brown the meat after it has been cooked in Conservo. Your experience will teach you which method is preferable.

Use of these Recipes

9—The recipes in this book have not only been proven in point of appetizing results, but chosen for wholesomeness, nourishment and economy.

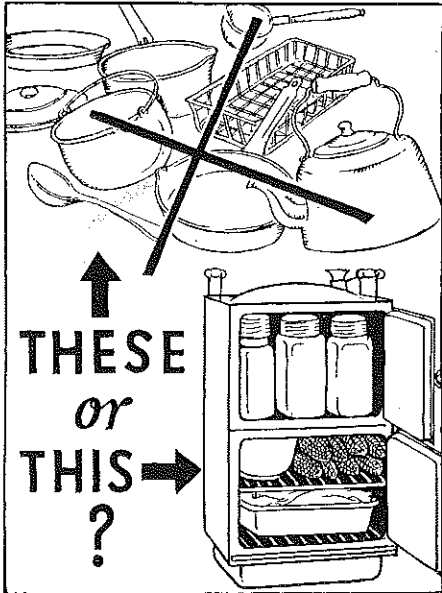
Cooking Made Easy

EVER since tableware was invented, women have multiplied motions —“dishing-up.” And washing both cooking vessels and serving dishes with many additional side dishes. We reveled in our lot of lovely table dishes, but we paid for it in the work it made afterward. Three tables a day! Lifelong slavery!

Plan to steam your meat and vegetables, or combination dishes in baking dishes you are not ashamed to put right on the table. The head of the family can serve directly from this dish. Food thus keeps hot throughout the meal. After the meal, turn left-overs into smaller dishes, reheat and serve again.

The handsome big square baking dish that comes with Conservo, holds enough of any meat or vegetables for a harvest crew. Conservo will hold utensils of many sizes. Use tin, aluminum, enameled ware, glass. By sending the dishes directly to the table, it simply revolutionizes the after-dinner cleaning up. Steamed victuals don't stick. It's only certain ones that are browned in the oven that stick. The only advantage of browning is for variety, for change in taste and because some dishes look better browned.

Steam cooking with Conservo liberates mother and daughter from a self-inflicted treadmill of dishwashing. I believe women try to enjoy their kitchen work, but it's an iron woman who can say she honestly enjoys doing three hours' dishwashing, soaking, scraping, and scouring every day of her life. The average woman is not iron. She is looking for a let-up in some of the seemingly necessary motions.



HOW TO COOK IN THE CONSERVO STEAM COOKER

Time Table

Chicken	15 minutes per pound
Goose	18 minutes per pound
Venison	15 minutes per pound
Duck, tame	50 minutes, entire time
Duck, wild	30 minutes, entire time
Partridge	40 minutes, entire time
Pigeons	30 minutes, entire time
Liver, whole	2 hours, entire time
Mutton	15 minutes per pound
Potted Beef	35 minutes per pound
Corned Beef	30 minutes per pound
Ham	20 minutes per pound
Turkey	15 minutes per pound
Beef	20 minutes per pound
Bread—according to size...	45 to 60 minutes
Brown Bread.....	3 hours
Fruit Cake—according to size	2 to 3 hours
Puddings—	
Bread, Rice, Tapioca, Sago,	
Cocoanut	1 hour
Indian, Plum, Huckleberry—	2 to 3 hours
Cottage	45 minutes
Vegetables—	
Peas, Tomatoes, Green Corn,	
Asparagus, Spinach.....	15 to 20 minutes
Rice, Potatoes, Macaroni, Summer	
Squash Celery, Cauliflower Young	
Cabbage, Old Peas.....	20 to 30 minutes

Young Turnips, Beets, Carrots, Parsnips,
Baked Potatoes, Sweet Potatoes,
Onions, Cabbage.....30 to 45 minutes
String Beans, Shell Beans, Vegetable
Oyster, Winter Squash 45 to 60 minutes
Winter Vegetables.....1 to 2 hours

BREAKFAST FOODS

Oatmeal, Rolled Oats, Etc.—Stir 1 cup of oatmeal, rolled oats, rice, or any other breakfast food that swells as Farina, Roman Meal, into 4 cups boiling, salted water. Steam rice 1 hour. All cereals are better for longer cooking. Oatmeal, especially steel-cut, should be given 3 hours.

Cracked Wheat—Use 1 cup cracked wheat to 4 cups boiling, salted water. Steam 3 hours. Whole grains of wheat the same amount except steam 5 hours or longer. (Especially good for children's teeth on account of bone-making material.)

Hominy—One cup of hominy to 3 cups boiling, salted water. Steam 2 hours or more.

Mush—Stir corn meal into boiling, salted water till you have a thick paste. Steam 3 hours.

Roman Meal Mush—One cup Roman meal to 3 cups boiling salted water. Steam 2 hours.

Fruit Mush—Use any cereal with any fruit or fruit juice. One cup cereal stirred into 4 cups boiling fruit juice sweetened. Steam 2 hours. Instead of fruit juice, use water; in which case add raisins, prunes, dates, figs or any preferred fruit.

EGGS

Eggs—Butter a plate. Break in the eggs, steam 4 minutes. Be sure water is boiling. Steamed eggs are tender and light.

Steamed Ham Omelet—Two eggs, beaten separately. One pint milk or milk and water; 1 cup bread crumbs, 1 cup minced ham. Salt and pepper to taste. Mix, fold in beaten whites, turn into hot greased baking dish. Use cover. Steam till set. This is more delicate than any baked omelet and does not fall.

Another variation is to use chipped beef, or rice, macaroni, or cup of grated Irish or sweet potato.

Some prefer flour instead of bread crumbs. One rounding tablespoon flour no recipe.

MEATS

These helpful hints to Conservo users are valuable when cooking meats:

When to Salt Meat—Never salt meat till at least half done. Salt opens the pores of the meat and allows juices to escape.

To Help Make Meat Tender—Lemon juice helps, and vinegar answers the purpose, although vinegar is less wholesome. One-half lemon is enough. Add juice before putting meat in Conservo.

Boiling Water Over Meat—Note most of recipes call for boiling water over meat. This is to close up pores of meat and prevent juices escaping.

Browning Meat—This may be done before steaming in Conservo or afterwards. Recipes that follow tell how browning is done. Conservo steamed roast may be browned just as beautifully as oven-baked and the taste and food value will be far superior.

Steak—Tender—Pound with edge of plate until fibres and all edges are broken. Broil in hot skillet without grease, or fry in hot skillet with grease. Brown both sides, lightly. Put into baking dish with one cup boiling water, cover, steam 2 hours or more. Never be afraid you will steam meat too long.

Round Steak—Sprinkle round steak—or scored flank—with flour. Pound with edge of plate or butcher knife till fibers and edges are broken. Fold double. Sprinkle again with flour—a tablespoon is sufficient. Beat the folded steak well. Sprinkle lightly with flour and fold once more. Beat well on both sides. Do not fold. Brown on both sides in hot fat in skillet. Put into baking dish, pour over two or more cups boiling water, put an onion whole or chopped beside the steak. Squeeze juice of ½ lemon on the meat. Steam 2 or 3 hours. Salt when half done. Serve gravy clear or thickened.

Roast Beef, Pork, Veal, Mutton—First, pour two or three cups boiling water over roast. Then steam in Conservo till done. Then transfer to hot oven and brown. Vegetables may be put in Conservo with the roast the last half hour.

Hash—Grind or chop left-over meat and potatoes. Season to taste. Shape into one flat round. Steam 20 minutes on a buttered plate, covered. Brown in oven.

Braised Breast of Mutton—One breast mutton, 4 slices bacon, 1 lemon, 1 cup hot water, 1 chopped onion, 1 teaspoon salt. Lay 2 slices bacon on bottom of baking dish, breast of mutton on top. Squeeze lemon juice over mutton. Lay 2 slices bacon on top, cover. Steam 2 hours, adding hot water as needed. Brown in oven. Or mutton may be browned in hot greased skillet before steaming.

Flank Steak—Steak should be scored. Sprinkle both sides with flour. Brown both sides in hot drippings in skillet. Transfer to baking dish. Put on top of steak 1 big cup sliced onions. Half cup to-matoes. Add 1 cup boiling water—(not directly on the meat). Cover. Steam 3 hours. Season with salt and pepper. Gravy will be sufficiently thickened.

Glorified Hamburg Steak—To 1 pound hamburger steak add ½ cup bread crumbs. One stalk celery chopped fine, some chopped parsley, 1 small chopped onion, salt, pepper, grated nutmeg to season.

One egg. Mix. Add a little drippings if mixture is too dry. Form the mixture into a round or oval loaf, and place in baking dish. Slice several carrots lengthwise. Peel 6 small onions. Put vegetables around loaf. Cover. Steam two hours. If desired potatoes may be put in with meat last half hour. Season now with salt and pepper. Brown meat in oven. Thicken gravy.

Veal Loaf—No oven-baked loaf can compare with a steamed meat loaf. Grind fine, 2 pounds of veal and 1 of lean pork. Add 1 cup cracker crumbs, 3 beaten eggs, 2 tablespoons drippings, or butter. Moistened enough to mold into loaf. Season with salt and pepper, adding sage or nutmeg if desired. Steam $1\frac{1}{2}$ hours. If the loaf is to be sliced cold, do not bake afterwards in oven. If you serve the loaf hot, it is better to roast it in oven after steaming in Conservo. You can make a brown crust by basting occasionally while loaf is in oven, and covering with bread crumbs, seasoning, drippings, etc.

Rolled Ham and Steak—Roll a slice of ham in a well-pounded round steak. Tie. Brown all over in bacon fat in hot skillet. Put in baking dish; pour in 2 cups boiling water, all over. Steam 2 hours. Brown in oven.

Steamed Ham—Remove skin and any mouldy spot, however small. Trim. Either hang by cord from ring in top of Conservo with dish underneath to catch drippings, or rest the large end in pan and the small end against the side of steamer. Steam till well done. Put broken macaroni into drippings during last three-quarters of an hour. Add pepper, a cup of tomatoes, if liked, and serve hot.

Jellied Veal—Put 1 knuckle of veal, 2 onions, 1 blade of mace, 12 whole cloves, 6 pepper corns, $\frac{1}{2}$ teaspoon allspice, salt and pepper to taste, in baking dish with 2 quarts cold water. Steam 3 hours. Remove meat from bones. Press into a square mold. Boil liquor down, then strain and add 1 tablespoon lemon juice or vinegar, pour over meat. Serve cold, sliced.

Steamed Turkey, Chicken, Goose, Ducks, Leg of Mutton, Lamb or Venison—Same as for Steamed Ham. Use hooks in top of Conservo and dish below to catch the drippings. Steam till tender. Brown in oven. Use drippings to make dressing.

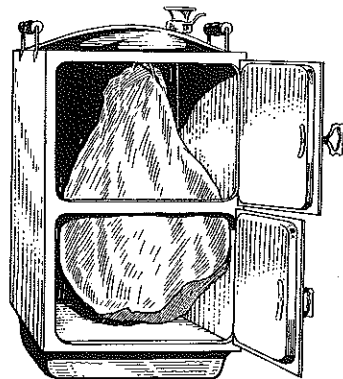
Smothered Chicken, Rabbit, Left-Over Joins of Fowl or Pieces of Mutton—Dip pieces in flour, brown lightly all over, in hot drippings. Lay in baking dish. Put in 1 whole onion, cover. Steam 2 hours or more in Conservo. This is far superior to fried joints of chicken served without steaming.

Mutton Pasty—Some small pieces of mutton, a pound or two, browned in drippings with chopped onion. Put into a baking dish with quartered carrots, onions, turnips, potatoes, 1 cup pearly barley,

and, if preferred, 3 tablespoons rice or scant cup macaroni. Smooth 2 rounding tablespoons flour in some bacon drippings, add water to make a smooth gravy. Pour over the meat and vegetables. Cover with rice biscuit dough. Steam covered 2 hours. Brown in oven—or not. "And the smell of it will make an empty man thank God for the room there is inside of him." Writer has no doubt this is even better than the Mutton Pasty John Ridd so described, and over whose head "fifty years have passed quicker than the taste of that gravy."

Meat and Corn Meal Pie—Line a greased baking dish with corn meal mush, or mush made of grits. Brown a chopped onion in fat. Add ground beef or mutton. Stir till slightly browned. Add salt, pepper, a cup of tomatoes and a chopped sweet

Steamed Ham Much Better!



Most all of us, some time or another, have enjoyed boiled ham. Many of us are enthusiastic about the delicious flavor of baked ham. But until you have tried ham, steamed in the Conservo, it is hard to appreciate the delightful flavor of this meat-standby.

Steamed ham doesn't shrink. It is cooked through and through without losing weight—without losing any of its natural full flavor.

Because the Conservo is used so frequently for steaming ham, Model No. 20 is equipped with a ring in the dome from which a whole ham may be hung.

This ring is also handy for steaming fowl and other large pieces of meat.

pepper. Turn all into the mush-lined dish and cover with a layer of mush. Steam, covered, 2 hours. Brown in oven—or not.

Shepherd's Meat Pie—Same as above, except use mashed potato instead of mush. Rice is equally as good. Hominy or macaroni also.

New England Dinner for Six Persons—Use 4 pounds of the cheaper cuts of meat. Steam this 1 hour. Add diced carrots, turnips, quarter head cabbage, potatoes. Then steam 45 minutes longer. Season to taste. Often there's almost enough left for next day's luncheon. Add boiling water, piece of butter, add a cup of macaroni, or vermicelli, or noodles.

Pressed Meat—This recipe applies to beef, mutton, lamb, tongue, chicken, rabbit, turkey, etc., etc. Steam meat with onion, parsley or sage till very tender. Cool. Chop or run through grinder. Press out juice in colander. Put meat into crock. Cover with small plate and put weight on plate to do the pressing. Use the juice for soup. If you are short of meat, mix chopped or ground meat, by tossing lightly, with a quantity of cooked macaroni. Slice pressed meat and serve cold. Good for luncheon, sandwiches, etc.

VEGETABLES

Asparagus (Creamed)—Scrub asparagus with a stiff brush. Examine closely for hidden particles of soil. Lay tip ends together in baking dish. Steam 20 to 30 minutes, according to age. Use spatula to lift asparagus to warm (not hot or cold) platter. Make cream dressing in baking dish. Another recipe is to dice asparagus before steaming.

Asparagus for Salad—Steam till tender. When cold, season with salt and pepper; add salad dressing.

Caution: There is no known antidote for poisoning from canned asparagus. Be extra careful to clean and sterilize and make air tight.

BEETS

Beets Diced with Butter—Steam till tender, leaving stems and inch of tails on to prevent bleeding. Cold dip. Pull skins off. Dice into serving dish. Salt, pepper, dot with butter, return to steamer to get piping hot. Left-overs are excellent as salads or mixed with any other left-over vegetable. Use boiled or oil dressing.

Beets for Garnishing—Diced, sliced, halved, quartered or whole, a garnish of beets makes a common dish distinctive.

An observing Miss once said: "Daddy may be looking awful blue, but if mother puts a few red beets on a dish just to make it look nice, it brightens us all up."

Beet Pickles—Steam as above till tender. Cold dip. Skin. Slice into vinegar. Salt to taste.

Beet Soup—Chop left-over beets that have not been in vinegar. Smooth 2 rounding tablespoons flour in a little water. Stir in 2 cups hot water. Cook smooth. Season with celery salt, pepper, onion juice or extract. Add beets. Set in steamer to keep hot.

BEANS

Baked Beans—Soak 1 quart beans over night. Parboil in the morning, using a scant teaspoon soda. When foam rises pour off liquid. Put beans in baker with piece of salt pork, upper surface well scored. Steam 3 hours. Brown in oven.

Boston Baked Beans—Soak 1 quart beans over night. Parboil as above. Put beans in baker with $\frac{1}{2}$ pound salt pork, 3 tablespoons molasses, 1 teaspoon salt. Put whole onion in the center—or stir well-chopped onion through. Steam 3 hours. Afterwards bake 1 hour, adding water as needed.

Spanish Beans—Soak 1 quart beans over night. Parboil as above. Add $\frac{1}{2}$ pound salt pork, chopped, 2 green peppers, chopped and seeds removed, 1 large cup tomatoes, 2 onions chopped. Season with salt and pepper to taste. Steam 3 hours. Bake 1. Americans should know this dish. Writer prefers addition of a little sugar to any baked bean dish. Helps to give a nice brown when finishing off in oven.

Lima Beans—Parboil a few minutes. Cold dip. Cover with water or milk, salt to taste. Add 1 cup tomatoes, or not. Steam tender. A tablespoon butter, ham or bacon drippings improve flavor. Can be finished in oven, or not.

Shell Beans—This means shelled beans, not yet dry. Pods are dry but beans soft. Parboil. Drain. Cover with water, salt to taste, steam till done. Add cream or butter. "Cover with water" means not more than a quarter inch on top.

Scarlet Runner or Flowering Beans—Many people who raise this bean for the beauty and usefulness of the vine in covering unsightly places, never use the rich, fat beans in the enormous pods. They are delicious, prepared as Shell Beans.

Beans—Steamed 3 hours, with any kind of meats—beef, pork, mutton—and baked an hour in the oven, or not, makes an agreeable change from beans with salt pork.

Writer keeps a "bean shelf" which is never allowed to run low. The above recipes are all from this Bean Shelf, many jars of each. Pink, Bayo, Mexican and Brown Beans are equally good prepared with any kind of meat or seasoning that goes with white beans. They add an interesting variety to the family menu.

CORN

Corn Chowder—Two ounces salt pork, diced. Put in stew pan, cook slowly till crisp and done. Add 4 diced potatoes, 2

chopped onions, 1 pint boiling water. Steam in Conservo till vegetables are done. Add 1 quart hot milk and one can corn. Season with salt and pepper and boil up once.

Corn Fritters—One pint steamed corn, 2 heaping tablespoons flour, 1 teaspoon salt, 2 eggs, beaten separately. If batter seems thin, add a little more flour. Fold in stiffly beaten whites. Have skillet with hot lard or drippings. Drop batter in by spoonfuls. Turn when browned. Put on hot platter when done, but do not stack as under ones become soggy.

Green Corn Pudding—Cut corn from 12 ears. One tablespoon flour smoothed in 1 tablespoon butter. Add 1 pint milk and 2 eggs. Season with salt and pepper. Steam till set.

Corn Pudding—Steam green corn till tender. Cut from cob. Scrape cob. Season with salt and pepper to taste. Add 1 chopped green pepper, 1 egg, 1 cup milk. Steam in baker till set.

Roasting Ears—Remove husks and silks. Steam till milk is set.

Succotash—Two cups green corn and 1 cup shelled beans or lima beans. Put in baking dish; add $\frac{1}{2}$ cup water. Cover and steam till tender; then add $\frac{1}{2}$ cup cream or milk and small lump butter. Pepper and salt to taste. Steam few minutes longer or boil up once.

CABBAGE

Stuffed Cabbage—This is a whole dinner in itself. Stand a good head of cabbage in cold water for thirty minutes. Cut a slice from the top, hollow out, leaving as much of a shell as will be eaten. Mix together 1 pound sausage, 1 cup bread crumbs, $\frac{1}{4}$ cup milk, 1 egg, $\frac{1}{2}$ teaspoonful mace, 1 teaspoon salt. Pack stuffing into cabbage shell, tie with cord to keep in shape. Steam 2 hours. Serve with tomato sauce. Use cabbage that is scooped out for salad, or steamed and dressed with butter, salt and pepper, or a cream dressing.

Another Stuffing—One pound left-over mutton, 1 cup diced turnips and carrots, 1 cup mace, 1 cup gravy, stock, milk or water. Season with salt and pepper. Stuff cabbage; steam 1 hour, or until vegetables are all thoroughly tender. Thicken liquor, adding a little butter or drippings.

CARROTS

Scrub carrots crosswise as well as up and down with stiff brush. Carrots with black specks—dirt left in the eyes—are common but unpardonable, and account for some housewives losing their canned carrots.

Buttered Carrots—Steam very small carrots whole. Larger ones may be cut into any desired shape. Steam until done. Season with butter, salt and pepper.

Creamed Carrots—Steam. Add cream dressing.

Carrots for Garnishing—Like beets, carrots make an attractive garnish. Small dice, lengthwise, quarters, slices across or up and down, or sections are all good. Steam with meats the last half hour.

CAULIFLOWER

Creamed Cauliflower No. 1—Break into flowerets. Put into baker without water or cover; steam 20 minutes; salt and pepper to taste. Add cream sauce or butter.

Cauliflower No. 2—Chop the fresh, crisp leaves of cauliflower, not too fine, using the thick middle vein also. Steam till tender. Dress with butter, salt and pepper, or use a little drippings from ham or bacon in place of butter. Or cook diced vein with the flowerets and the green parts alone as greens. Cauliflower leaves are delicately flavored as Brussels sprouts and perform the same service as does spinach in the diet.

BRUSSELS SPROUTS

Brussels Sprouts—Steam whole till tender. Do not cover. Dress as cauliflower.

CELERY

Creamed Celery—Scrub, cut small, cutting in all yellow or white leaves. Steam till done. Dress with cream dressing. Season with salt and pepper. Add butter.

CUCUMBERS

Stuffed Cucumbers—Peel, split, hollow out. Mix part taken out of cucumbers with one onion and left-over scraps of mutton (any other meat will do). Add a little left-over gravy, or butter or drippings. Add enough bread crumbs to hold mixture together. Beat in 1 egg—or not. Add celery or onion salt, or plain salt and pepper to taste. Pack stuffing into cucumbers. Lay in baking dish; add a little tomato—or not. Serve very hot.

(Cucumbers may be canned prepared as above. Sterilize 2 hours.)

KALE, SPINACH, CHARD AND ALL OTHER GREENS

Steam with or without bacon or drippings till done. Season with salt and pepper. Garnish with sliced hard-boiled eggs—or not.

For Salad—Any left-over cold greens make an appetizing and attractive-looking salad served with mayonnaise (oil or boiled), garnished with sliced or diced hard-boiled eggs, diced beets, carrots or small string beans.

ONIONS

Creamed Onions—Steam whole, sliced, halved or quartered till done. Salt and pepper to taste; add butter or bacon drippings. Smooth 1 rounding tablespoon

flour in a little water. Turn liquor from onions over it. Cook till smooth, adding a little milk. Pour over onions. Return to Conservo to reheat.

Buttered Onions—Steam as above. Omit cream dressing and add butter.

Onions To Fry—Steam sliced onions till tender with bacon or ham drippings or any other fat. When done fry on stove.

Onion Soup—Steam sliced onions till done. Drain off liquor. Thicken a little, add butter. Keep the cooked onions for other uses, or sieve them into the soup.

PEAS

Buttered Peas—Steam shelled green peas till tender. Dress with butter, salt and pepper. Same for edible pod peas.

Creamed Peas—Same as above. Add cream dressing. Serve sometimes in hollowed-out hot biscuits.

Peas for Salad—Steam. Serve cold, mixed with one or several vegetables. Add salad dressing.

FISH

Clam Chowder—Brown 1 cup minced ham or bacon. Chop separately 4 potatoes, 1 large onion, 1 pint raw clams. Put all in baking dish with the browned meat. Add 2 or 3 cups boiling water. Steam till onions are done. Add clams. Boil 5 minutes. Add 1 quart milk, a little butter; salt and pepper to taste just before serving. Serve very hot with crackers.

Escalloped Clams or Oysters—In greased baking dish make layer of clams or oysters, alternate with layer of cracker or bread crumbs. Season with salt and pepper. Make top layer well seasoned bread crumbs mixed with butter or drippings; spread thick. Pour any oyster or clam liquor over the whole. Use enough crumbs to absorb excess moisture and still not be too dry.

Fish Steamed Whole—Never skin a fish. Draw, scald, scrape scales off clean, wipe. Salt and pepper to taste. Lay in greased baker. Steam till tender. Thicken dripping for gravy or serve with any fish sauce as Hollandaise. Blend 1 tablespoon flour in 1 tablespoon hot butter or drippings, add 1 cup water; cook till smooth. Add beaten yolk 1 egg, 1 tablespoon each chopped parsley and lemon juice, also 1 teaspoon onion juice or a little shaved onion.

All Salt Fish—Soak any salt fish over night. Remove from water. Place in baking dish with boiling water. Steam in Conservo 30 minutes. Pour off water. Lay fish on platter, remove bones—or not. Pepper to taste, dot with butter. Bake in oven a few minutes.

Salmon Loaf—This recipe answers for any kind of fish. Two cups mashed fish, ¼ cup melted butter or drippings, 1 cup bread crumbs, 3 beaten eggs, salt and pep-

per to taste, nutmeg if desired. Steam in Conservo in greased baking dish or molds 1 hour. Serve hot or cold, sliced, with hot dressing.

Shrimp and Peas Steamed—In baking dish blend 1 tablespoon flour with 3 tablespoons butter. Add 1 pint milk; cook smooth. Add 1 pint broken hot shrimp, 1 pint cooked peas; salt and pepper to taste. Cover. Steam 15 minutes. Serve on toast

Steamed Oysters—Wash and drain a quart of counts or select oysters; put them in a shallow pan and place in Conservo. Steam till they are plump with edges ruffled, but no longer. Place in a heated dish, with butter, pepper and salt and serve, or

Place oysters in a pan, upper shell downward, so the liquor will not run out when they open. Steam 20 minutes, or until oysters open. Serve at once and eat hot with butter and salt.

Oysters in the Shell—Steam 5 minutes.

Panned Oysters—Steamed oysters, just heated through, served on toast that has been cut round and moistened with oyster juice, are equal to any panned oysters prepared in the oven.

One dozen large oysters, ½ pint of oyster liquor, 1 tablespoon butter, salt and pepper. Melt the butter. As it creams, add the oysters, liquor, salt and pepper. Cover and cook 2 minutes. Serve on hot toast.

Oyster Chops—One cupful steamed oysters, 1 cupful cooked veal, 4 tablespoonfuls butter or oleomargarine, 6 tablespoonfuls flour, 1 teaspoonful parsley, ¼ teaspoonful salt, few grains cayenne, 1 tablespoonful lemon juice, few grains nutmeg. Steam the oysters. Chill, cut in small pieces and mix with veal cut in bits. Make a sauce of the butter, flour, cream and seasonings. Add the oyster mixture, chill and form into chop shapes. Dip in egg, diluted with melted butter, then in well-buttered crumbs and bake in a dripping pan until brown.

RICE

Most cooks use too much water in rice. Rice steamed in proportion of 1 cup of rice to 2 or 2½ cups of water is right. Steam rice dry. Use a fork to toss grains apart, or shake.

Plain Rice—Wash rice. Put 1 cup rice in baking dish, or fruit jar if you are crowded for room in Conservo. Add salt to taste and 2 cups water. Cover and steam 1 hour. Ready for any rice purpose.

Rice Pie—Cut up and steam a small chicken till tender—or pieces of lamb, rabbit or mutton. Steam 2 cups of rice in 4 cups of water. Put alternate layers rice and meat in greased baking dish, top layer rice. Season with salt and pepper. Add a cup of milk to meat liquor, pour over, add bits of butter or drippings.

Steam till set. Brown afterward in oven.

Rice Pudding—Steam 1 cup rice 1 hour in 2 cups milk. When done add large tablespoon butter, a little salt, 1 cup milk; 2 beaten eggs, 1 cup raisins or currants or split prunes (soaked). Turn into buttered dish, steam $\frac{1}{2}$ hour longer.

Rice Custard—Steam 1 cup rice in two cups water till done. Have ready 3 cups milk, 3 beaten eggs, cinnamon to taste, salt or not. Steam till set. Brown in oven.

Rice and Curry—Two cups left-over minced chicken, veal or lamb. Salt and pepper to taste; $\frac{1}{2}$ teaspoon curry powder, 1 cup water. Steam 1 hour. Add any left-over gravy. Steam, also, 1 cup rice with 2 cups water 1 hour. Salt to taste. Make a ring of the rice on platter, pour in the curry, meat and gravy. Serve very hot.

BREAD

One-half pint milk, $\frac{1}{2}$ pint water, 1 teaspoonful salt, 1 teaspoonful sugar, $\frac{1}{2}$ ounce compressed yeast. Mix well together. Stir in flour to make a batter that can be easily beaten. Beat it briskly till smooth and full of bubbles, then add more flour till stiff enough to knead upon the board; work vigorously with little flour. It is sufficiently worked when it shows full of blisters, and is smooth and elastic to the touch. One pint of liquid will take about 3 pints of spring wheat flour and rather more than that of winter wheat flour. Cover closely with a plate or close-fitting cover, and let rise to double its bulk—from $2\frac{1}{2}$ to 3 hours. Work it down thoroughly and shape into loaves or rolls. Let rise again to fully double its bulk and bake in a hot oven. To secure even texture and fine grain use full measure of yeast and keep the sponge cool. From 65 degrees to 75 degrees is the best temperature. One hour is usually enough for a loaf weighing 2 pounds.

Graham Bread—Two cups sour milk, $\frac{1}{2}$ cup brown sugar, 1 teaspoon soda, 1 cup molasses, 1 teaspoon salt. Stir in graham flour, as stiff as can be beaten nicely. Steam $1\frac{1}{2}$ hours.

Boston Brown Bread—Take pieces of dry bread and cake, about 3 pints, soften, add $\frac{1}{4}$ cup of molasses, 1 teaspoon each salt and soda, stir in corn meal, not too stiff. Steam 4 hours. This will make enough for six people.

Steamed Brown Bread—One cup of white flour, 2 of graham flour, 2 of Indian meal, 1 teaspoonful of soda, 1 cup of molasses, $3\frac{1}{2}$ cups of milk, a little salt. Beat well and steam 4 hours. This is for sweet milk; when sour milk is used use soda in place of baking powder. This is improved by setting it into the oven 15 minutes after it is slipped from the mold. To be eaten warm with butter.

Nebraska Brown Bread—Four cups of

corn meal, 2 cups of flour, 2 cups of sweet milk, 1 teaspoonful of soda, 1 cup of molasses, 1 pound raisins, chopped, 2 cups of sour milk, 1 teaspoonful of salt. Steam $3\frac{1}{2}$ hours. To be eaten hot. Brown 20 minutes in the oven, if desired.

Best Corn Bread—Two cups corn meal, 1 tablespoon flour, 1 heaping teaspoon baking powder, 1-3 teaspoon soda, $\frac{1}{2}$ teaspoon salt, 1 egg, 1 tablespoon sugar, enough buttermilk to mix. Beat briskly for 3 minutes. Steam in greased baker. Brown in oven or not. Or grease cups, fill each half full of batter and steam till done.

PUDDING POINTERS

Mother, in her old-fashioned kitchen, using iron pots and pans, made her puddings in the most inconvenient way possible. She boiled them in a bag in an iron kettle.

She made the bag, greased and filled it, lifted the heavy pot, fired up constantly underneath it, never dared forget it for five minutes, and sometimes let it burn after all. If mother could only have had Conservo!

With Conservo in the house every mother and big sister today can hand down a fragrant, pudding-scented, mouth-watering memory to the family now under the home roof.

A pudding is a hodge podge of ingredients that tastes well when steamed done. Recipes below give proportions that have been proven good. They can be varied in unnumbered ways and still bring satisfying results. If recipe calls for one kind of fruit, and you haven't it, use another. So with flours, sugars, wettings. If you haven't milk, use water. Use sour, sweet or buttermilk in any recipe, substituting the soda or baking powder according to whether you use sweet or sour milk. You will not get exactly the result if you change specifications—but you may get a better result. You can scarcely fail on a steamed pudding; just so you keep proportions of soda or baking powder right for rising.

Any kind of dried or fresh fruit is good in pudding. Or juice of either. Fine chopped apples add to the delicacy of any pudding. Cranberries, formerly a sectional fruit only, are in all markets today and bring a juice, jam or whole fruit addition, fresh or dried, that fits surprisingly into any pudding recipe calling for fruit flavor. Likewise the hot juice, diluted, sweetened and slightly thickened, makes a wholesome and satisfying sauce for any pudding. Any cake may be steamed with splendid results. Always put pudding batter into jar, pail or baker that can be covered, the entire inside and lid greased. Sterilize 3 hours, except in case of small or very delicate puddings.

PUDDINGS

Apple and Tapioca Puddings—Soak 1 cup tapioca over night. Cook till clear. Pour this over pared and cored apples whose centers are filled with sugar and cinnamon. Sprinkle cinnamon lightly over all. Steam till apples are done. Serve hot or cold with thin cream, whole milk or whipped cream.

Apple and Corn Meal Pudding—Make a stiff corn meal mush, using 1 quart of milk. (Water may be used.) Add ½ teaspoon salt, 3 heaping cups chopped apples (fresh or dried, soaked), ½ cup chopped suet, 1 cup molasses, 1 teaspoon soda, dissolved. Steam 3 hours. Serve with any preferred liquid sauce.

Berry Pudding—One cup sour cream, 1 teaspoon soda, pinch salt, 2 cups flour, ½ cup sugar, 1 pint of any berries. Steam 2½ hours. Serve with cream and sugar.

Black Pudding—One-half cup shortening, ½ cup sour milk, 1 cup molasses, 1½ cups graham, 3 eggs, 1 teaspoon soda, 1 teaspoon each of cloves and cinnamon. Steam 3 hours. **Sauce**—One cup sugar, 1 tablespoon flour, ½ cup butter, 1 cup hot water, 1 teaspoon vanilla. Boil till thickened.

Carrot Pudding—To 1 cup each of grated raw carrots and potatoes add ¾ cup sugar, 1 cup flour, pinch of salt, ½ cup milk. Dissolve 1 teaspoon soda in 2 tablespoons boiling water and add. Fold in 1 cup raisins lightly flowered, or 1 cup dried cherries or cranberries. Steam 3 hours.

Cereal Pudding—Use any cereal. Juice from any fresh or dried fruit. Use fruit juice instead of water to make quantity desired, as ½ cup cereal to 2½ cups juice. Steam 1 hour. Use Dover egg beater and beat till doubled in bulk. Put into cups to mold, or into a single mold and serve sliced with hot fruit juice, sweetened. A happy variation of this is to fold in the whites of two eggs after beating cereal till fluffy. Keep it hot while beating.

Cereal Fruit Pudding—One and one-half cups cooked cereal (one or more kinds mixed), 3 cups boiling water, 1 teaspoon each cinnamon and salt, 2 eggs, 1-3 cup sugar, ½ cup of raisins, dates, dried cherries, cranberries or figs, 1½ cups milk. Soften the cereal with hot water. Cool. Add sugar, milk, beaten eggs, salt and cinnamon. Add fruit. Steam till like custard.

Cherry Pudding—Beat 2 eggs separately. Cream yolks with 1 tablespoon shortening. Add 1 cup milk, ½ teaspoon salt, 1½ cups flour containing 1 rounding teaspoon baking powder. Put 1 quart fresh or dried and soaked cherries in bottom of baking dish, sprinkle with ½ cup sugar, pour batter over. Steam till done. Serve hot with cream and sugar. (This is equally good using fresh or dried fruits.)

Chocolate Pudding—Cream 2½ tablespoons fat with ½ cup sugar. Add 1 well-beaten egg, ½ cup cooked mashed potatoes, 2 squares melted chocolate, ¼ cup milk. Stir together 1½ cups graham (entire wheat flour or white flour), ¼ teaspoon salt, 4 teaspoons baking powder. Add—Steam 3 hours. Serve with Velvet Cream Sauce made as follows: Two tablespoons butter creamed with 1 cup powdered sugar. Add ¼ cup cold boiled milk, a drop at a time, beating constantly

Date Pudding—Rub 1½ cups suet, chopped fine, into 3½ cups flour till mealy. Add 1 cup molasses, 1 cup sweet milk, 4 cups chopped dates, 1 teaspoon soda dissolved in a little hot water. Steam 3 hours. Serve with sauce made as follows: One cup sugar, 1 tablespoon butter, creamed, 1 teaspoon corn starch. Add hot water. Boil till clear.

Fig Pudding—Soak 2 cups bread crumbs in 2 scant cups milk. Add 3 eggs beaten light with ½ cup sugar. Add ½ cup suet, ½ pound minced figs, a little salt, 1 teaspoon baking powder mixed with a bit of flour. Beat well. Steam 3 hours. Serve hot with hard sauce made of butter, powdered sugar and nutmeg.

Graham Pudding—Stir together ½ cup sugar and ½ cup molasses (or 1 whole cup of either). Add ½ cup shortening and 1 beaten egg. Add ½ cup sour milk. Mix ½ teaspoon soda with 1½ cups graham. Add either 1 cup floured raisins, dried cherries, blackberries, cranberries, dates or figs. Add ½ teaspoon cinnamon or cloves, or ¼ of each. Chopped prunes may be used if desired. Sauce is made as follows: One cup brown sugar, 1 tablespoon butter, pinch salt, 1 tablespoon cornstarch or flour, 1 cup water. Add 1 teaspoon of vinegar if liked. Blend all and boil till clear.

Grits Pudding—Stir 1 cup grits into 5 cups salted boiling water. Stir till it swells like mush. Steam 3 hours. When done add 3 eggs, 1 cup each milk and sugar, nutmeg to taste. Steam till set. Serve with juice from either fresh or dried fruit, or with whole milk or cream.

Huckleberry Pudding—One cup each of bread crumbs, suet, flour, huckleberries, 1 beaten egg, 1 teaspoon each soda and salt, ½ cup brown or white sugar. Serve with hot huckleberry juice or any preferred dressing.

Jelly Pudding—Two cups bread crumbs, 1 cup milk, 3 beaten eggs, ½ teaspoon soda, 1 cup jelly. Steam till done. Put 1 tablespoon jelly on top of each serving.

Lemon Pudding—One scant cup shortening, suet, if handy, 2 cups bread crumbs, 1 cup sugar, 1 of flour, 1 teaspoon salt, 2 eggs, grated yellow rind of 1 lemon, enough milk to make rather thick batter. Steam 3 hours. Serve with lemon sauce made as follows: Boil 1 cup sugar and 1 cup water together 15 minutes. Add 1

teaspoon lemon extract and 1 tablespoon lemon juice.

Marmalade Pudding—Two cups graham, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ cup shortening, $\frac{3}{4}$ cup sour milk, $\frac{1}{8}$ teaspoon soda, 1 egg beaten separately, 1 cup marmalade or jam. Steam 3 hours. Serve with hot fruit juice, sweetened, or any other preferred sauce.

Nut Pudding—Use any pudding recipe and add 1 cup chopped nuts of any variety whatever—or 2-3 cup Nut Butter. Steam as per recipe used.

Plum Pudding—Something Different—One-half cup coffee, cup each of molasses and sweet milk. One cup each chopped suet, chopped, washed prunes, chopped apples. One egg, $\frac{1}{2}$ teaspoon soda, 2 tablespoons sugar, $1\frac{1}{2}$ cups graham flour, scant teaspoon spice to taste, nutmeg, cinnamon or cloves. Steam 4 hours. Serve with any sauce.

Plum Pudding No. 2—This recipe is for either Plum Pudding or Fruit Cake. It is delicious steamed and served cold, sliced as cake. One cup each of sugar, molasses, chopped, washed prunes or dried cherries or dried apples or dried apricots or two cups raisins, or part raisins and part any other dried fruit. Two cups sour milk (buttermilk is best), 4 cups flour, $\frac{1}{2}$ cup shortening, 2 teaspoons each soda and cinnamon, 1 teaspoon each cloves and allspice, 1 pound chopped nutmeats any kind. Steam 4 hours.

Prune Cobbler—Line a metal baking dish with rich biscuit dough. Fill with dried prunes, soaked, seeded and split. Sweeten to taste. Add sprinkle cinnamon. Cover with biscuit dough. Steam till done. Serve cold with thin cream. Try a steamed cobbler of dried apricots, peaches or apples, or any kind of fresh fruit or berries. A steamed cobbler is more delicate than a baked one.

Rolled Oats Pudding — One-half cup each of molasses and milk, $\frac{1}{4}$ cup butter, or other shortening, 1 egg, $\frac{1}{2}$ teaspoon soda, $1\frac{1}{4}$ cups rolled oats, not cooked. Steam 4 hours. Serve with hot maple syrup.

Roman Meal Pudding—One cup brown sugar or molasses, 1 egg, 1 large tablespoon shortening, 1 cup sweet milk, 1 teaspoon soda, 1 cup chopped raisins, nutmeg to flavor, 2 cups Roman Meal. Steam 1 hour. Sauce may be made as follows: Powdered sugar in undiluted condensed milk. This is a prize recipe for a Children's Pudding. Another sauce for same: One cup brown sugar, 1 tablespoon each flour and butter. Cream all together and

add $1\frac{1}{2}$ cups boiling water. Boil, stirring, a few moments. Nutmeg to taste.

Custard—One quart milk, 5 eggs, 2-3 cup sugar. Season to taste; fill cups and grate over them a little nutmeg. Steam until firm in center.

SALADS

Any steamed vegetable, or any combination of steamed vegetables, cold, with salad dressing, is an appetizing and attractive addition to a dinner. Such may well be the main dish at luncheon.

Ground raw cabbage and carrots, with broken nuts and plenty of dressing, looks and tastes well. Serve on lettuce leaf.

One beauty of having plenty of vegetables canned is that a salad may be made any time in ten minutes.

Top any fruit or vegetable salad with cranberry marmalade, made with half cranberry and half apple. Measure sugar and pulp, cup for cup. This is quite new and never fails to arouse enthusiasm.

Many gardens have excess radishes going to waste. Pull when at their best. Scrub, do not peel. This applies to either red or white variety. Steam till tender. Salt just before done. Set aside to cool. Serve with mayonnaise or boiled dressing.

Any minced steamed fish, mixed with chopped celery, lettuce, cabbage, or diced potatoes, if liked, or these vegetables mixed. Mix with mayonnaise. Serve on lettuce leaves. Top with mayonnaise.

A New Salad—Soak a bowl of large prunes over night. Put into glass jar or baking dish with $\frac{1}{2}$ cup hot water. Cover. Steam till tender. Remove pits. Fill prunes with chopped nuts or nuts and cottage cheese mixed. Serve in bed of lettuce with salad dressing.

You can use sour cream in any recipes calling for butter and sweet cream. It is especially delicious with potato salad, but whip the cream a little. Add minced onion, parsley or both. Shredded lettuce added improves potato salad.

Canned apples or pears with syrup made from cranberry juice makes a beautiful salad.

FRUITS

Steamed fruits, like any other steamed foods, have a peculiar delicacy and plumpness all their own.

Prepare any fruit, fresh or dried, just as you would for cooking on top of stove. Add syrup. Steam till done. Cover vessel in which fruit is steamed.

Remember, a fruit jar is a good vessel in which to steam fruit because it takes up less room.

