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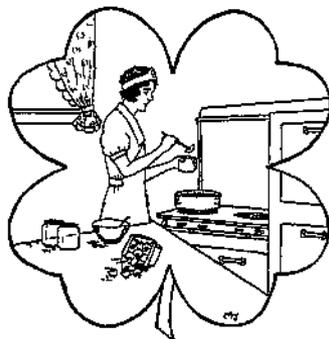
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AGRICULTURAL EXTENSION SERVICE

ARIZONA
BOYS' AND GIRLS' 4-H CLUB WORK
SECOND YEAR CANNING CLUB



By
FRANCES L. BROWN
AND
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TABLE OF CONTENTS

	PAGE
Club emblem.....	2
Club pledge.....	2
Club motto.....	2
Club creed.....	2
4-H canning clubs.....	3
Requirements for First Year 4-H Canning clubs.....	3
Requirements for Second Year 4-H Canning clubs.....	3
Requirements for Third Year 4-H Canning clubs.....	4
Requirements for Fourth Year 4-H Canning clubs.....	4
Requirements for Fifth Year 4-H Canning clubs.....	4
Arizona Boys' and Girls' 4-H Club work.....	5
Requirements for Second Year 4-H Canning clubs.....	5
Requirements for members.....	5
Directions for canning club.....	5
Notes on preparation for canning nonacid vegetables.....	6
Operation of steam-pressure cookers.....	7
All vegetables in Second Year Club Work should be processed in pressure cooker.....	7
Asparagus	7
Beans, Lima.....	8
Beans, string.....	8
Beets	8
Carrots	8
Cauliflower	8
Corn (cream style).....	9
Corn (whole grain style).....	9
Okra	9
Peas, black-eyed.....	9
Peas, English or garden.....	9
Peppers (bell).....	9
Pumpkin	9
Spinach or other greens.....	10
Squash (summer squash).....	10
Sweet potatoes.....	10
Score card for canned vegetables.....	10
Timetable for canning nonacid vegetables with pressure cooker.....	11
Preserving	11
Score card for preserves.....	12
Preserves	12
Crab apple preserves.....	12
Watermelon preserves.....	12
Muskmelon or cantaloupe preserves.....	13
Peach preserves.....	13
Pear preserves.....	13
Cherry preserves.....	13
Plum preserves.....	13
Quince and apple preserves.....	13
Strawberry preserves.....	14
Table showing the changes necessary for gauge pressures at different altitudes in Arizona.....	15

CLUB EMBLEM

The four-leaf clover with an H on each leaflet is the National Boys' and Girls' Club emblem. The four H's represent the four-fold development of head, heart, hands, and health.

CLUB PLEDGE

As a true club member I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living for my club, my community, and my country.

CLUB MOTTO

Make the Best Better

CLUB CREED

The Arizona club creed is:

I believe in boys' and girls' club work because of the opportunity it gives me to become a useful citizen.

I believe in the training of my head because of the power it will give me to think, to plan, and to reason.

I believe in the training of my hands because it will make me helpful, skillful, and useful.

I believe in the training for health because of the strength it will give me to enjoy life, to resist disease, and to become efficient.

I believe in the great trinity of club work—the school, the home, and achievement.

I believe in my country, in the state of Arizona, and in my responsibility for their development.

To the fulfillment of all these things I am willing to dedicate my service.

4-H CANNING CLUBS

The five years of 4-H club work in canning are designed to give club girls a practical working knowledge of the general field of food preservation and if possible should be taken in order.

It is highly desirable that all canning club girls take the first year's work before taking the work of the following years, because the first year's work covers the simpler processes in food preservation. But where it is not possible to obtain fruit and tomatoes and where the girls desiring to form a canning club are of the age required for second year work, it would be permissible to take the second year before the first. The remaining years should be taken in the order specified. The third year's work is not absolutely essential but is necessary in order that club girls might receive general instructions that are very important and without which their knowledge of the entire field mapped out for them would be decidedly lacking.

The fifth year's work is not necessary in order to complete the field of canning, but it does make a splendid program in canning for older girls who have had the previous work.

More than one year's canning may be carried on during any one year, particularly if the first year's work is the one taken with some other year. The requirements for each year's work are as follows:

REQUIREMENTS FOR FIRST YEAR 4-H CANNING CLUBS

1. Each member will can at least 3 quarts of tomatoes or 3 pints of ripe pimientos.
2. Each member will can 9 quarts of fruit, 3 quarts each of any three varieties.

Exhibits:

1. Three jars of tomatoes or ripe pimientos.
2. One jar each of three varieties of fruit.

REQUIREMENTS FOR SECOND YEAR 4-H CANNING CLUBS

1. Each member will can 9 quarts of vegetables, 3 quarts each of any three varieties.
2. Each member will make 9 pints of vegetable or fruit preserves, 3 pints each of any three varieties.

Exhibits:

1. Three jars of vegetables, three varieties.
2. Three jars of preserves, three varieties.

REQUIREMENTS FOR THIRD YEAR 4-H CANNING CLUBS

1. Each member will can 9 quarts of pickles or relishes, 3 quarts each of any three varieties.
2. Each member will make 9 pints of jams, butters, conserves, or marmalades, 3 pints each of any three varieties.

Exhibits:

1. Three jars pickles or relishes, three varieties.
2. Three jars jams, butters, conserves, or marmalades, three varieties.

REQUIREMENTS FOR FOURTH YEAR 4-H CANNING CLUBS

1. Each member will can 9 pints of meat, 1 pint each of any three varieties.
2. Each member will make 9 pints of jelly, at least three varieties.

Exhibits:

1. Three jars canned meat, three varieties.
2. Three jars jelly, three varieties.

REQUIREMENTS FOR FIFTH YEAR 4-H CANNING CLUBS

Each member will can:

1. Three varieties of fruit.
2. Three varieties of vegetables, including tomatoes and greens.
3. Three varieties of pickles or relishes.
4. Three varieties of preserves, including jams, butters, and marmalades.
5. Three varieties of jelly.
6. Three varieties of meats.

Exhibits: (The budget needed for a single individual for one week)

1. Three jars of vegetables, including tomatoes and greens.
2. Three jars of canned fruit, three varieties.
3. Three jars of canned meat, three varieties.
4. One jar of preserves (jam, butters, marmalades, or jellies).
5. One jar of pickles or relish.
6. One jar of tomato, fruit, or kraut juice.

ARIZONA BOYS' AND GIRLS' 4-H CLUB WORK

SECOND YEAR CANNING CLUB

By

FRANCES L. BROWN AND OLIVE G. PICARD

REQUIREMENTS FOR SECOND YEAR 4-H CANNING CLUBS

1. Prepare a club program of work.
2. Finish with 60 per cent of enrollment.
3. All work completed with stories and reports by November 15.

REQUIREMENTS FOR MEMBERS

1. Each member must be thirteen years of age.
2. Each member must have completed the first year's canning club work or its equivalent.
3. Each member will can 9 quarts of vegetables.
4. Each member will make 9 pints of vegetable or fruit preserves.
5. At least two thirds of this work should be done by members in their own homes as home work.
6. Each member will also make an effort to exhibit at local, county, or state fairs.
7. Each member will attend six club meetings.
8. Each member will keep records of all work.
9. Each member will write a story and make a final report.

DIRECTIONS FOR CANNING CLUB

Each member will can 9 quarts of vegetables, 3 quarts each of any three of the following vegetables:

Asparagus	Cauliflower	Peppers
Beans, Lima	Corn	Pumpkin
Beans, string	Okra	Spinach or other greens
Beets	Peas, black eyed	Squash
Carrots	Peas, English or garden	Sweet potatoes

Each member will make 9 pints of vegetable or fruit preserves, 3 pints each of any three varieties of fruits or vegetables.

Each member will also make an effort to exhibit at local, county, or state fairs six jars, one jar each of the three varieties of vegetables canned and one jar each of the three varieties of preserves made. These products may be exhibited in any standard type glass jar. If a member cannot make a complete exhibit she should exhibit one jar of each variety made.

NOTES ON PREPARATION FOR CANNING NONACID
VEGETABLES

1. Heating material to kill the bacteria or other germs that might be contained therein is called processing. Be sure to study the timetable carefully and process each article at the temperature and for the time indicated in the table.

2. Since all nonacid vegetables are to be processed in the pressure cooker, it will not be necessary to have the jars and covers sterilized before they are filled. They should, however, be cleaned and ready for use. It is well, if the jars have been stored away for some time, at least to rinse them in hot water. Lids and rubbers, if the type of jar is used calling for rubbers, should also be rinsed preparatory to use. If the type of lid is used having the composition in the lid instead of a separate rubber, then these lids might be placed in a shallow pan or bowl, and boiling water poured over them. The pan should be kept warm during the canning process, and the lids should be taken out of the warm water as needed.

3. When the jar is filled, wipe the top carefully, and if using rubbers, place the rubber band in position and adjust the lid according to instruction for that particular type of jar. If using the spring type jar, adjust the lid, and put the clamp in place by leaving the spring up. If using the screw top jar, adjust the lid and turn the screw as tightly as possible by using the thumb and small finger only. If using the type of jar with the composition in the lid, take the lid out of the water, place on the jar with the sealing composition next to the glass, and screw the band firmly tight.

4. *All nonacid vegetables should be kept hot after the first heating.* Therefore, the cooker should be placed on the fire ready for use in time for the first jar as it is filled with precooked vegetables. To get the cooker ready, be sure it is clean and all parts in good working order. Then place it on the fire or over the flames, put in the rack, and put in enough water to come about $\frac{1}{2}$ inch above the rack. This will allow a little extra water for the escaping steam. Place the lid loosely on the cooker and allow it to heat so that when the first jar is placed in it the cooker will be hot to receive the hot jar.

5. Leave the lid loose upon the cooker until the last full jar has been placed in it; then put the lid on carefully, fasten it tightly as directed, and follow other directions of the operation of pressure cookers.

6. When the processing time has been completed, if glass jars are used, remove the cooker from the fire and before opening the cooker allow the temperature to fall until the arrow in the gauge points to zero. Open the cooker and remove the jars, being careful that no direct draft strikes them while they are hot. If using the type of jar calling for a rubber, complete the seal by screwing the screw cap tight or by snapping the spring into place. If using the type of jar having the composition in the lid, the seal is already

complete and nothing further should be done to it except to see that the lid is not disturbed while hot lest the seal be broken.

7. Do not turn jar upside down when it is removed from the cooker.

OPERATION OF STEAM-PRESSURE COOKERS

To secure the best results in the operation of steam-pressure cookers in canning, the following precautions should be observed:

1. Do not leave the cooker dry when over a flame or fire.
2. Have the water come to the rack at least or a little above it.
3. When the cooker has been filled, put lid in place with arrow on lid over arrow on cooker, fasten the opposite clamps moderately tight; then tighten each pair of clamps fully or put band in place around the cooker and tighten it securely.
4. Allow the petcock to remain open until live steam escapes from it for seven minutes.
5. Close the petcock completely. Close the safety valve also.
6. Force the pressure to the required point before counting time. In order that the same temperature may be secured at high elevations as when cooking at sea level the gauge pressures should be increased by approximately $\frac{1}{2}$ pound for every 1,000 feet increase in elevation. (Example: At 1,000 feet altitude the gauge should register $10\frac{1}{2}$ pounds where 10 pounds is called for at sea level or $15\frac{1}{2}$ pounds where 15 is called for—H. C. Schwalen.)
7. The cooker should be absolutely steam tight.
8. Maintain a uniform pressure during the processing period. This may be done by turning down gas or oil flame or moving cooker back on the stove. Liquid will be lost from jars during the sterilizing period if steam leaks at the joint or around the fittings; if the pressure is allowed to run up and down; or if steam is allowed to blow from the petcock during or at the close of the processing period, before the gauge is at zero.
9. When the processing time is up, allow the cooker to cool until the steam gauge registers zero before opening the petcock.
10. Remove cover from cooker, tilting lid away from the face to avoid being burned by escaping steam.

ALL VEGETABLES IN SECOND YEAR CLUB WORK SHOULD BE PROCESSED IN PRESSURE COOKER

In order to make nonacid vegetables absolutely safe for consumption, they should be boiled in the jar for ten minutes before opening. This is done for a double purpose—to render the food safer and to cause the contents of the jar to reabsorb the flavors that would escape into the air if the product were opened cold.

Asparagus

Asparagus for canning must be fresh and tender. Pick over carefully, discard any imperfect pieces, sort according to size, and wash thoroughly. Tie in uniform bundles, place in a saucepan

with boiling water over the tough lower portion only, cover tightly, and boil for two to three minutes; or cut in $\frac{1}{2}$ -inch lengths, add enough water to cover, and boil for two minutes in an uncovered vessel. Pack boiling hot into containers, cover with the water in which it was boiled, and add 1 teaspoon of salt to each quart. Process immediately. (U.S.D.A. Farmers' Bull. No. 1471.) Asparagus may be broken into uniform pieces before precooking.

Beans, Lima

Only young and tender lima beans should be canned. The older ones may be dried successfully. For the young, tender ones, use the method suggested for peas. Process immediately. (U.S.D.A. Farmers' Bull. No. 1471.)

Beans, String

Pick over carefully, string, wash thoroughly, and cut into pieces of desired size. Add enough boiling water to cover and boil for five minutes or until color clears in an uncovered vessel. Pack in containers boiling hot, cover with the water in which boiled, and add 1 teaspoon of salt to each quart. Process immediately. (U.S. D.A. Farmers' Bull. No. 1471.)

Beets

From the standpoint of quality, only young tender beets should be canned. Grade according to size and color. In preparing beets for precooking be careful to leave them with at least 1 inch of the stem and all of the root. This will help to prevent loss of juice with accompanying loss of color and flavor. Wash thoroughly and boil for five to ten minutes, or until skins will slip easily. Dip for only an instant into cold water if this is considered desirable in order that they may be more easily handled but handle while hot. Drain and peel by slipping the skins from the beets. Pack whole if possible in layers, fitting the second layer into the spaces left by the first, and repeat until the jar is full. Add 1 teaspoon salt and 2 teaspoons sugar to a quart if desired. Cover with boiling water and process immediately.

Carrots

Only young, tender carrots should be used for canning. Grade as to size and color, wash carefully, scrape or peel, and cook in boiling water from three to five minutes. Pack while hot, add boiling water to cover and 1 teaspoon salt and 2 teaspoons sugar to quart if desired. Process immediately. When the carrots are large they may be sliced or diced before precooking.

Cauliflower

Soak cauliflower for one hour in a cold brine made in the proportion of 1 tablespoon salt to 1 quart water. This will remove any lurking insects and help to prevent discoloring later in the cooking process. Rinse and blanch (boil) for three minutes or until

it clears, pack quickly into hot jars, add 1 teaspoon salt to each quart, fill with boiling water, and process.

Corn (Cream Style)

Gather the sweet corn when tender, shuck, silk, and clean carefully. Without precooking remove the corn from the cob by shallow cutting through the grain and scraping. Add 1 teaspoon of salt and 2 teaspoons of sugar to each quart and half as much boiling water as corn by weight. Heat to boiling. Fill jars at once. Process immediately. (U. S. Bureau of Home Economics.)

Corn (Whole Grain Style)

Use only tender, freshly gathered sweet corn, shuck, silk, and clean carefully. Place in boiling water and leave four to five minutes at simmering temperatures to set the starch. Cut the kernels from the cob deeply enough to remove most of them without objectionable hulls. Do not scrape the cobs. Add 1 teaspoon of salt and 2 teaspoons of sugar to each quart of corn and half as much boiling water as corn by weight. Heat to boiling and pack into jars and process at once. (U. S. Bureau of Home Economics.)

Okra

Can only young, tender pods; the older ones should be dried. In preparing the okra care should be taken not to break the pods or cut off the cap if there is objection to the gelatinous quality of the product. After the pods are washed, precook in boiling water for five minutes or until okra clears. Pack hot in the jars and add 1 teaspoon of salt to each quart. Process immediately.

Peas, Black-eyed

Same as Lima beans.

Peas, English or Garden

Use only young, tender peas. Shell, discarding any imperfect peas, and wash. Precook in boiling water for one minute or until clear. Pack boiling hot into the jars and add 1 teaspoon of salt to each quart. If desired, 2 teaspoons of sugar may be added to a quart of peas. Process immediately.

Peppers (Bell)

Can the sweet bell pepper with the skin on. Remove the seed core. Blanch for three minutes or until peppers become clear, flatten and pack tightly into hot jars, add 1 level teaspoon salt to each quart, fill with boiling water, and process immediately for thirty minutes in a steam-pressure cooker at 10 pounds.

Pumpkin

Wash, cut into slices, peel, and boil with as little water as possible until tender. Mash and stir the pulp until smooth, pack immediately into hot jars, and process. For those who are especially fond of pumpkin pie, canned pumpkin saves time and labor in the preliminary baking process. (U.S.D.A. Farmers' Bull. No.1471.) Pumpkin may be baked in the shell (or without peeling) until soft, then scoop out of shell and proceed as above.

Spinach or Other Greens

Pick over the greens, discarding any imperfect leaves and tough, fibrous stems. Wash carefully in running water or through a number of waters, lifting the greens out each time. Steam or heat the greens until completely wilted, adding in the latter case just enough water to prevent burning. Pack boiling hot into the jars, taking care that the material is not packed too solidly and that there is sufficient liquid to cover, adding boiling water if necessary. Add 1 teaspoon salt to each quart. (U.S.D.A. Farmers' Bull. No. 1471.)

Squash (Summer)

Wash thoroughly and cut into small pieces. If tender do not peel. Cook until tender with as little water as possible, mash, drain off water, pack hot into hot jars, add 1 teaspoon salt to each quart. Process immediately.

Sweet Potatoes

Where sweet potatoes can be stored successfully, canning is not necessary, but where this is not possible or where the sweet potatoes have been injured in the harvest, then they should be canned. If they are injured in the harvest, they should be canned immediately and the precooking should be slow in order to develop the greater sweetness in the potatoes.

Wash them carefully and scrub them if necessary with a brush. Cover with boiling water or steam until the skins slip easily. Peel quickly and pack while hot, either whole or cut into sections convenient for serving. Add 1 teaspoon salt and, if desired, 2 teaspoons sugar to each quart, sprinkling the sugar and salt evenly over the potatoes in the can. Process immediately. If canned dry it is not necessary to add sugar as the dry heat during the processing increases the sweetness. If canned wet use enough boiling water to constitute about one fourth or one third the depth of the jar. Sweet potatoes canned in this manner may discolor somewhat in the jar, and if this is objectionable, boiling water, enough to cover, may be put into the jar before processing. However, the sweet potato is so very superior if canned dry, that this is the more popular method.

SCORE CARD FOR CANNED VEGETABLES

	Per cent
Pack—full, attractive, practical	20
Liquid—clean, clear, up to the top for vegetables.....	10
Color—natural color, not faded or unnaturally bright.....	20
Quality of product—distinct, uniform pieces, well prepared, firm, keeping original shape.....	40
Appearance of container—clean, suitable container, clear glass, neat label.....	10
Total—perfect score.....	100

**TIMETABLE FOR CANNING NONACID VEGETABLES WITH THE
PRESSURE COOKER--**

Product	Process period in pressure canner					
	Quart glass jars			Pint glass jars		
	Time in minutes	Pressure or Temperature (lbs.) (F.)		Time in minutes	Pressure or Temperature (lbs.) (F.)	
Asparagus	35	10	240	30	10	240
Beans, Lima	55	10	240	50	10	240
Beans, string	35	10	240	30	10	240
Baby beets	35	10	240	30	10	240
Carrots	35	10	240	30	10	240
Cauliflower	35	10	240	30	10	240
Corn	80	15	250	75	15	250
Greens, including spinach	65	15	250	60	15	250
Okra	40	10	240	35	10	240
Peas, green	55	10	240	45	10	240
Peas, black eyed	55	10	240	50	10	240
Peppers, bell	30	5		25	5	
Pumpkin	75	15	250	60	15	250
Squash	75	15	250	60	15	250
Sweet potatoes	120	10	240	95	10	240

Note: The above table was taken from U.S.D.A. Farmers' Bulletin 1471 (Revised 1933).

PRESERVING

In making preserves a large amount of sugar is combined with fruit, the heavy sirup thus formed acting as a preservative. When properly made, the fruit in the preserve keeps its form, is plump, tender, clear, and of good color. The sirup should be clear also and may become a jelly upon cooling.

General Method

Prepare the fruit as for canning. Cook hard fruits, such as pears and quinces, in boiling water until partially tender. The general proportions of fruit, sugar, and water for preserving are one part fruit to three fourths to one part sugar and one eighth to one half part water by weight. Make a sirup by boiling the sugar and water for five minutes. Cool the sirup before adding the fruit to

prevent its shriveling and toughening. Add the small fruit or the partially-cooked large fruit a little at a time and cook slowly until it is tender and clear.

When cooking is completed, preserves should be poured into hot, sterilized jars. Cover with melted paraffin or seal with a sterilized cover and process for one half hour at simmering temperature in a water bath to preserve color or for five minutes at 5 pounds pressure in a pressure cooker.

Another Method

Prepare the fruit as for canning. Cook hard fruits such as pears or quinces in boiling water until partially tender, weigh fruit and sugar, using one part fruit to three fourths to one part sugar (equal weights being used with more sour fruits and berries). Then put a layer of the fruit into a granite or aluminum kettle or pan and cover this with a layer of sugar. Repeat until all of fruit and sugar are used up. Let stand about twenty-four hours. Drain off the juice, bring to a boil, and let it boil for five minutes; then remove from the fire, pour it over the fruit, and set away for another twenty-four hours. On the second day strain off the juice and repeat this process. On the third day, strain off the juice and bring it to a boil. Then put in the fruit and let it boil for five minutes or until clear and tender. Remove from fire and pour into jars, proceeding as in the general method.

SCORE CARD FOR PRESERVES

	Per cent
Pack—full, attractive, practical.....	20
Liquid—clean, clear, heavy (may be a jelly).....	10
Color—natural color, not faded or unnaturally bright but clear or with dull shine.....	20
Quality—pieces of fruit uniform in size, color, ripeness, consistency, keeping shape—not mashed or crushed.....	40
Appearance of container—clear, suitable container, clear glass, neat label.....	10
Total—perfect score.....	100

PRESERVES

Crab Apple Preserves

Select perfect, well-colored crab apples, wash thoroughly, and remove blossom ends, leaving stems and skins. Place apples in a thick, boiling sirup made of three parts sugar to one part water. Cook gently until tender (about thirty minutes). Pack hot into clean, hot, sterilized jars, cover with boiling sirup, and seal immediately. Crab apple preserves are superior in color, shape, and flavor to other preserves.

Watermelon Preserves

Peel and cut into slices the rind of one watermelon, soak slices in a weak salt solution (1 tablespoon salt to 1 quart water) over-

night. Drain off the water and parboil the watermelon rind for a few minutes in water. Drain the slices again. Make a heavy sirup using three parts sugar to one part water, add two lemons, sliced thin, and add whatever spices are desired. Place watermelon in the boiling sirup and boil slowly until tender. Pack into clean, hot, sterilized jars, cover with boiling sirup, and seal immediately.

Muskmelon or Cantaloupe Preserves

Partially green melons make delicious preserves, but they should be soaked in stronger salt water than that used for watermelons. Proceed same as for watermelon preserves.

Peach Preserves

Blanch, remove skins, and cut peaches into halves or slices. Make a thick sirup, using two parts sugar to one part water. Cook peaches in the sirup until they are clear and the sirup is thick. Pack into hot, clean, sterilized jars and seal at once.

Pear Preserves

To every pound of pears use 2 cups sugar, 2 cups water, and one lemon sliced thin. Wash and peel the pears, removing the blossom end and stem if desired. The fruit may be preserved whole, in halves, or in quarters. Boil sugar and water together for five minutes, add pears and sliced lemon, and cook until pears are clear and transparent and the sirup is thick. Pack into clean, hot, sterilized jars, cover with boiling sirup, and seal at once.

Cherry Preserves

To every 4 pounds of cherries use 3 pounds sugar and 1 cup cherry juice. Make a sirup of the sugar and fruit juice, cool, add seeded cherries, and cook rapidly until fruit is clear and sirup is of the proper consistency. If a thermometer is used finish cherry preserves at 106 to 108 degrees C. (223 to 226 degrees F.). Cool, pack into jars, and process as for other preserves, or pack hot into sterilized jars.

Plum Preserves

To every 6 pounds of fruit use 9 cups sugar and 1 cup water. Select small, purple plums and be sure they are sound and not overripe. Remove stems, wash, and pierce each plum with a fork. Place plums in an earthen bowl or jar, cover with sugar, and add water. Cover vessel and let stand in a cool place overnight. Drain plums and boil the juice for five minutes. Add plums and cook for a few minutes until clear. Care should be taken not to overcook, as the sirup thickens or jellies after standing. Pack into hot, clean, sterilized jars and seal immediately.

Quince and Apple Preserves

To every 1 pound of quince and sweet apples add $1\frac{2}{3}$ cups sugar. Cook quinces until tender in about four times their measure of water. Pare sweet apples, cut them into medium thick slices, and cook in a small amount of water until tender. Drain off the juice from both apples and quinces, add sugar to the juice, and boil mix-

ture for five minutes. Add fruits and boil mixture until it is thick and clear. Pack immediately into hot, sterilized jars, and seal at once.

Strawberry Preserves—(3-4-5-12 Method)

Other soft fruits, such as large cherries and red raspberries may be preserved by this method. To every 4 cups of strawberries or other soft fruits add 3 tablespoons lemon juice and 5 cups sugar. Wash the berries carefully and shake off as much water as possible before hulling them. Remove any imperfect berries. Place berries, sugar, and lemon juice in a wide-bottom granite or aluminum pan and bring to a boil as quickly as possible, keeping the mass moving in the pan by stirring with a silver fork or light wooden paddle or stick as soon as the sugar begins to melt. When the twelve minutes are up, the berries should be clear and plump. The preserves can then be poured immediately into hot sterilized glasses and covered with hot paraffin, or they may be allowed to stand over night before being poured into the glasses. If there is danger of mold, the preserves should be brought to a boil on the second day before filling the glasses. Standing all night in the sirup makes the berries somewhat plumper.

Strawberry Preserves

To every 2 pounds of berries add 1½ pounds sugar and 1 cup berry juice. Pick over the fruit and put together all firm, perfect berries. Slightly heat, crush, and strain the others to obtain the juice. Make a sirup of the sugar and juice, bring to the boiling point, remove from the fire, and cool before adding the berries. Add the berries a few at a time. Place again over the fire and heat slowly to boiling. Cook rapidly to 106 degrees C. (223 degrees F.). If a thermometer is not at hand, boil until berries are bright and transparent. Cool and pack cold in jars which have been previously sterilized. Process at simmering temperature (87 degrees C. or 188 degrees F.) to give best results in color and flavor. For 12-ounce or pint jars at this temperature, process for one half hour. Other berries may be prepared the same way.

The following is a strawberry preserve recipe which makes a thicker sirup and is preferred by some. There is also less sirup remaining after cooking.

One pound (3 cups) strawberries and 1¼ pounds (2½ cups) sugar. Put the berries in a colander or sieve and wash by pouring water over them. Then stem them. Cover the berries with the sugar and let them stand two or three hours before cooking. Let simmer until the sugar is dissolved. Boil at 220 degrees F. or until the berries are clear and transparent (twelve to fifteen minutes). Skim, cover, and let stand overnight. Pack cold in sterilized jars (and if necessary process).

TABLE SHOWING THE CHANGES NECESSARY FOR GAUGE PRESSURES AT DIFFERENT ALTITUDES IN ARIZONA

Place	Elevation	Pounds necessary for gauge pressure at given elevations	
		10 lb. pressure	15 lb. pressure
Ajo	1,770	10.88	15.88
Alpine	8,500	14.25	19.25
Ashfork	5,160	12.6	17.6
Benson	3,523	11.76	16.76
Bisbee	5,425	12.7	17.7
Bouse	1,100	10.55	15.55
Bowle	3,756	11.88	16.88
Buckeye	980	10.49	15.49
Camel Back	1,249	10.62	15.62
Canille	5,255	12.62	17.62
Casa Grande	1,400	10.7	15.7
Chandler	1,213	10.6	15.6
Clemenceau	3,460	11.7	16.7
Clifton	3,465	11.7	16.7
Cochise Stronghold	4,950	12.47	17.47
Douglas	3,930	11.96	16.96
Fairbank	3,862	11.93	16.93
Flagstaff	6,907	13.45	18.45
Florence	1,500	10.75	15.75
Ft. Apache	5,300	12.65	17.65
Ft. Defiance	6,950	13.47	18.47
Ganado	6,840	13.42	18.42
Gila Bend	737	10.37	15.37
Globe	3,440	11.72	16.72
Grand Canyon	6,866	13.43	18.43
Holbrook	5,069	12.53	17.53
Jerome	5,250	12.62	17.62
Kingman	3,266	11.63	16.63
Litchfield Park	1,180	10.59	15.59
Maricopa	1,186	10.59	15.59
Marinette	1,150	10.57	15.57
McNary	7,251	13.62	18.62
Mesa	1,245	10.62	15.62
Miami	3,603	11.80	16.80
Mohawk	538	10.27	15.27
Morman Lake	7,000	13.5	18.5
Nogales	3,839	11.92	16.92
Oracle	4,522	12.26	17.26
Parker	350	10.17	15.17
Payson	4,906	12.45	17.45
Phoenix	1,108	10.55	15.55
Pinedale	6,500	13.25	18.25
Prescott	5,389	12.69	17.69
Quartzsite	871	10.43	15.43
Redrock	1,856	10.93	15.93
Roll	257	10.13	15.13
Roosevelt (Gila)	2,275	11.14	16.14
Rucker Canyon	5,634	12.82	17.82
Sacaton	1,280	10.64	15.64
St. Johns	5,650	12.82	17.82
Salome	1,775	10.89	15.89

TABLE SHOWING THE CHANGES NECESSARY FOR GAUGE PRESSURES AT DIFFERENT ALTITUDES IN ARIZONA—*Continued*

Place	Elevation	Pounds necessary for gauge pressure at given elevations	
		10 lb. pressure	15 lb. pressure
Seligman	5,219	12.61	17.61
Snowflake	5,644	12.82	17.82
San Simon	3,609	11.80	16.80
Springerville	6,822	13.41	18.41
Superior	3,000	11.50	16.50
Tempe	1,159	10.58	15.58
Thatcher	2,800	11.40	16.40
Tombstone	4,580	12.29	17.29
Tuba City	4,500	12.25	17.25
Tucson	2,423	11.21	16.21
Vail	3,241	11.62	16.62
Wellton	225	10.11	15.11
Wickenburg	2,072	11.04	16.04
Willcox	4,200	12.10	17.10
Williams	6,750	13.37	18.37
Winslow	4,848	12.42	17.42
Yuma Valley	110	10.05	15.05

Note: For other communities not listed here, add $\frac{1}{2}$ pound pressure for every 1,000 feet increase in elevation above sea level.