HOW TO USE THE FOODS YOU CAN

by

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To The Woman Who Cans

Orchards, gardens, wild fruits,—products of Nature's laboratory; months of cold, sleet, ice, snow; drab meals of uninteresting sameness; coughs and colds—from Winter-heavy foods!

A new vision—the capturing of Nature's bounty, in clean, shining jars—ways that all women can follow. Fruits, vegetables,—Summertime itself—served upon Winter tables. The lift of strawberries and peaches; the succulency of peas—of tender carrots; the sparkle of currents; the tonic of grapes—for all alike.

They shall rise up and call her blessed—this woman, who—loving and thoughtful of future joy and health—secures the goodness of Nature at her best, and cans against the barren sameness of the Winter months. Well does she look to the ways of her household.
The cupboard—well, it’s not bare—not housekeeping the Ball-way! It’s filled with shining glass-jarred vegetables—corn, string beans, succotash, beets, cauliflower, Brussels sprouts, pickled carrots, tomatoes, rhubarb—all the Summer vegetables. Close by are peaches, pears, plums, spiced grapes, pineapple, strawberries, raspberries, blackberries, blueberries—in immaculate jars—ready to eat, or for combination with other foods; mustard pickles, piccalilli, chow chow, shredded cabbage, pickled pears, maraschino cherries,—with conserve, jellies, jams, marmalades and quince honey. Luxuries—ready-to-eat, that only those-who-can may enjoy!

“Mrs. Wiggs” turned a jar of peaches into a party. Pathetic? No! Wise Mrs. Wiggs realized that one jar of perfectly home-canned food lightened her whole meal. More than a thousand meals ahead stretches our homemaking year. What a treasure a cupboard would be with a thousand Ball Jars of canned foods upon its shelves. Learn to can the season through, while cooking. A jar of pineapple, some uncooked canned strawberries,—cold-water processed rhubarb,—asparagus—tender carrots,—refreshing fruit juices—the seasons through. But would that make a thousand jars,—and how would they be stored? What of the Fall, Winter and Spring months—of the empty jars that stand idle—the Fall and Winter foods that may be used to fill those jars? Apples, citron, cranberries, the last green peppers, cabbages, green tomatoes; fill the jars emptied in October; in November, fill as fast as they accumulate with mincemeat, pumpkin and squash pie filling; in December, orange marmalade, chutney and apple cranberry jelly or cranberry conserve can be made for Christmas presents.

January brings opportunity to fill the empty Spring jam-jars with prune butter, or dried peach preserve—and leisure to can Boston baked beans, chicken a la king, or delicious beef stew—for why cook the same thing over and over, when this way of preparedness keeps the Ball Jars filled on your shelves.

In February, prepare some dried pea soup for your empty jars—it will be delicious in late March and early April—housecleaning time is coming and the Spring sewing, and every moment will count.

Early Spring, there you are—back again—not to an empty cupboard, but to a cupboard containing enough out-of-season foods to enliven the Springtime menu—and which—because of the time saved—will make possible enough leisure for you to again begin the cycle and can in Ball Jars—in their own season, at the lowest market price—the foods for tomorrow.
PLANNING EVERYDAY MEALS

There are three essentials in planning every meal—it must balance, or furnish the approximate amount of foods to replenish and carry off the body waste caused by the business of living; must be interesting to look at, interesting to eat,—to keep the nerves controlling digestion in good order; and be reasonable in price,—yet really nutritious.

Planning each meal may be likened to the painting of a picture—first, the object of interest in the meal—the main dish; second, the foods grouped around it—of lesser interest—as the vegetables accompanying meat; third, the background—the bulky bland foods that "fill up the chinks"; then the high light, or food that adds a bit of vivid flavor, as chow chow or currant jelly.

In meal-planning the foods canned in Ball Jars are the equivalent in food value of the same type of cooked foods. For example, canned peas from a Ball Jar equal fresh peas; beef stew canned in Ball Jars equals freshly made stew; apple sauce canned in Ball Jars has the same food value as new apple sauce.

Each meal must contain the various foods—served in medium-sized portions, as follows:
**Muscle Makers:** (Provide One)

Meats, eggs, fish, dried peas, beans, or lentils, cheese, nuts, milk,—or any foods made up of any one of these; all canned meats, fish, milk, soups, etc.

**Starches:** (Provide Two or Three)

All starchy vegetables, macaroni, cereals, bread, crackers, hot breads, bananas, cornstarch and cereal puddings, and so on; all canned starchy foods.

**Sweets:** (Provide One)

Cakes, candies, rich preserves, jellies, jams, marmalades, sweetened canned fruit, stewed fruit, honey and other syrups, sugar, etc.

**Acids:** (Provide One)

Fresh and canned fruits, acid drinks, fresh and canned tomatoes, pickles, tart jellies, etc.

**Cleansers:** (Provide from One to Three)

These include all bulky foods, as green vegetables, all coarse breads, gritty cereals, bran foods, and dried fruits.

**Fats:** (Provide One or Two)

Butter, margarine, salad oils, salad dressings, rich sauces, gravies, all foods containing considerable cream, foods cooked in fat, cream cheese, cream.

**Protectives:** (Provide One or Two)

All foods rich in vitamines, as green vegetables, butter, eggs, milk, tomatoes, the citrus fruits, whole grain cereals, cream, etc.

**Liquids:** (Provide One or Two)

Water, clear soups, broths, plain fruit gelatines, water ices, frappes and sherbets; watery fruits and vegetables; all beverages that are non-alcoholic.
GOOD old-fashioned hospitality—few of us really know what it means. The joy of the unexpected guest—of the man-of-the-house when he can bring his business acquaintance to dinner; Molly’s happiness when her best beau comes on Saturday night; the delight of the small boy when his buddy comes to luncheon; the real happiness Mother gets when her friends come to tea! Where is it—and why is it slipping away? Our new methods of housekeeping are thrusting so much out of the home, because our homes are not properly equipped.

Isn’t the only real trouble with company—the thought of preparing the food? But with a cupboard filled with foods canned in Ball Jars one is both an independent and a successful hostess—and really—it’s worth the effort. It takes so little to make the everyday dinner over for company. Just add a Ball Jar of canned chicken or vegetable soup, some canned asparagus prepared with vinaigrette sauce, and a peach whip piled on peaches canned in Ball Jars and you have lifted the most commonplace meal into the epicurean.

If guests come to Sunday night supper, serve waffles with strawberries canned in Ball Jars and hot chocolate,—or a salad of Ball-canned vegetables,—or a tomato rarebit with hot toast.
and coffee; or try sandwiches of cream cheese and grape conserve put up in Ball Jars and tea. Not a large variety—but plenty of it.

For afternoon tea, try any of the following combinations and watch your informal tea hour grow popular:

**TOASTED NOISETTE SANDWICHES**
(Sandwiches of Orange Marmalade from a Ball Jar and buttered white bread)

**TEA**

**LITTLE RASPBERRY TARTS**
(Tarts of Raspberry Jam from Ball Jars)

**BAKING POWDER BISCUITS**

**CURRANT JELLY**

**SPONGE CAKES FILLED WITH STRAWBERRY JAM** from a Ball Jar

**TEA**

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**Specialties**

**PINEAPPLE SALAD WITH MAYONNAISE**

**NUT SANDWICHES**

**TEA**

**LITTLE PEACH PIES**
(Peaches canned in Ball Jars)

**COFFEE**

**CANNED CHICKEN SALAD SANDWICHES** (from Ball Jars)

**TINY CRULLERS**

**TEA OR COFFEE**

**CANNED PEACH SALAD WITH MAYONNAISE**

**CREAM CHEESE SANDWICHES**

**TEA**

**CANNED PEAR AND PEACH SALAD** (from Ball Jars)

**WITH MAYONNAISE**

**RASPBERRY JAM SANDWICHES**

**TEA OR COFFEE**
EVERY month brings its own special problems of planning the meals for the household. January is the time of hearty appetites so it is necessary to arrange to give the family enough to eat, without undue expense, foods of the right kind—and with sufficient variety—to replenish every portion of the body.

During the winter months the tendency is to eat too many fats and sweets so we must introduce enough acids into the diet.

Peaches and strawberries, plums and tomatoes, spicy pickles and mangoes, and all the tart fruits of the summer months, stored in Ball Jars, using Ball instructions, should be freely used.

Luxuries they would be at winter prices—strawberries at a dollar a basket—fresh peaches so precious they repose on beds of cotton in the fruit shops—tomatoes in only a few markets. Luxuries they are still—in their safe shining glass jars—but luxuries we can afford because they were put up with the Ball instructions when the fruit and vegetables were in season. These represent the best food value put up in the home.

It is recommended that all canned goods, either in tin or glass, be thoroughly heated before serving.

Here are a few suggestions for their place in the winter menus:

**BREAKFAST**
- Rice served with Plums canned in Ball Jars
- Eggs shirred on Creamed Potatoes
- Buttered Toast
- Coffee (Adults) Cocoa (Children)

**LUNCHEON OR SUPPER**
- Corn Chowder (from Corn canned in Ball Jars)
- Hot Rolls
- Butter and Currant Jelly
- Gingerbread
- Tea

**DINNER**
- Tomato Soup (Tomatoes canned in Ball Jars)
- Broiled Steak or Ham Mashed Potatoes
- Reheated Winter Squash (from Ball Jars)
- Bread and Butter Piccalilli (Ball-canned)
- Strawberry Shortcake (Berries canned in Ball Jars)
- Coffee

By using these as skeleton menus and substituting other foods from Ball Jars of similar nature for those used, many changes can be obtained.
PEACH TARTLETS

2 cupfuls canned peaches from Ball Jar
1/2 cupful butter
1/2 cupful sugar
1 beaten egg
Grated rind of 1/4 orange

Juice of 1/2 orange
1 cupful flour
1 scant teaspoonful baking powder
1/4 teaspoonful salt

Pastry

Line individual pans (or one large pie plate) with the pastry. Cut the peaches into rather large dice and place in the pastry-lined pans. Beat the butter and sugar until creamy, add the egg, orange rind and juice, then the flour, baking powder and salt sifted together. Put a spoonful of the mixture over the fruit in each pan, sprinkle with granulated sugar and bake in a moderately hot oven—350-375 degrees F.—fifteen to twenty minutes.

FRUIT CUP, BALL STYLE

1 cupful peaches from Ball Jars
1/2 cupful diced figs
1/2 cupful cherries from Ball Jars
Whipped cream

1 tablespoonful lemon juice
1/2 cupful orange juice
6 quartered marshmallows
2 tablespoonfuls nut-meats, chopped, or maraschino cherries

Blend the fruits, add the lemon juice and chill thoroughly. Just before serving stir in the quartered marshmallows, then pile in sherbet glasses and garnish with whipped cream and nut-meats or maraschino cherries. Serve as a dessert.

TOMATO CHEESE TOAST

2 cupfuls sifted tomatoes from Ball Jars
1 teaspoonful meat or vegetable extract
1/2 cupful grated cheese

1/4 cupful grated cheese
2 tablespoonfuls cornstarch
2 tablespoonfuls cold water

Buttered toast

Scald the tomato with the extract, salt and pepper and when boiling thicken with the cornstarch and cold water rubbed smoothly together. Simmer for five minutes, add the grated cheese, pour over buttered toast and serve very hot.

PIQUANTE SALAD

Ball Jar of asparagus tips
Rings of pimento or green pepper from Ball Jar

French dressing
Lettuce or cress
Savory mayonnaise dressing

Cut the asparagus tips so that they are all of even length. Put five or six tips through each pimento or green pepper ring and pour over each a tablespoonful of French dressing. Serve on individual plates, allowing one bundle of tips to each service. Garnish with lettuce or cress and serve with savory mayonnaise dressing.

SAVORY MAYONNAISE DRESSING

1 1/2 cupfuls mayonnaise
2 tablespoonfuls chopped stuffed olives

2 tablespoonfuls mustard pickle from Ball Jar
1 teaspoonful minced parsley

Add the olives, pickles, minced, and the parsley to the mayonnaise and chill thoroughly before using.
STRAWBERRIES IN RICE BORDER

3 cupfuls milk
½ cupful rice
½ cupful sugar
1 teaspoonful vanilla extract
Canned strawberries from Ball Jars

Cook the rice in boiling salted water for ten minutes, drain and add it to the milk which has been scalded with the sugar in a double boiler. Cook over boiling water until the rice has absorbed all the milk. Cool slightly, add the vanilla and turn into a border mould which has been dipped into cold water. Chill, unmould and fill the center with the Ball-canned strawberries.

If desired, other fruits put up in Ball Jars may be substituted for the strawberries.

STRAWBERRY SHORTCAKE

2 ½ cupfuls bread flour
4 teaspoonfuls baking powder
1 ½ tablespoonfuls sugar
½ teaspoonful salt
3 tablespoonfuls shortening (any kind)
1 cupful milk
1 egg (optional)
Canned strawberries from Ball Jars

Strawberry shortcake sauce

Sift together the dry ingredients, then work in the shortening with the fingertips, keeping the mixture flaky. Moisten with the egg, well-beaten (if used), and the milk and divide into two portions. Pat half into an oiled layer cake pan, brush the surface with melted butter and pat the second half over this. Bake in a hot oven, 375 degrees F., from thirty to thirty-five minutes, then split and put together with half of the berries, reserving the remainder to spread over the top. Serve with whipped cream or the shortcake sauce.

If a very large shortcake is desired, double the recipe and bake in three or four layers. The shortcake may be topped with whipped cream, into which some of the more perfect berries may be pressed. This makes the berries go farther.

PEACH SHORTCAKE

Prepare as for strawberry shortcake, substituting canned peaches from Ball Jars for the berries. Put together as follows:

Chop all but six of the peach halves coarsely, using this as a filling for the layers. Cover the top with sweetened whipped cream, pressing into it the whole peach halves. Serve with a sauce made by thickening one and a half cupfuls of the canned peach juice with one and a half tablespoonfuls of flour and butter creamed together; add more sugar if necessary.
IT'S an interesting fact that longevity is steadily increasing. More and more we are finding that the food we eat affects our progress. Is it not worth thinking about—this increased longevity—in the light of the great variety of foods now at our disposal? We have not only increased kinds of foods, but we have learned by home canning to keep our foods from one season to the next. We have an almost unlimited variety from which to choose in making up our menus—if we have been wise enough—not only to fill our home canning cupboard during the Summer, but to keep replenishing it as the months roll on. Oh, yes, there are the Fall apples, just waiting to go into the Ball Jars,—cranberries to be made into canned sauce and conserve,—winter squash, cabbage—all foods that may otherwise spoil and be wasted unless they are preserved by Ball instructions.

Have you ever stopped to realize just how much these home canned foods can really mean to your menu—how you can combine them with other inexpensive foods—and because they are out-of-season how you can achieve meals that are positively luxurious, at small cost? Have you ever paused to think in just how many ways these home canned foods fit in—how often the three meals would be bettered by their use—not only from the luxury and health standpoints, but from that of piquancy and variety?

Glance over the illustrative February menus. Do you realize that foods canned in Ball Jars logically appear six times in these three balanced meals? And why? The currant jelly at breakfast is used for both sweet (for energy) and acid (for cleansing). At lunch, the delicious canned tomatoes from Ball Jars are extended into a balanced dish, the equivalent of meat in food value, by cheese and rice; and the dessert, containing canned peaches, is baked along with it. As to dinner—some canned peppers are in the casserole; they add interest and flavor and whet the appetite.

**BREAKFAST**
- Oranges
- Cracked Wheat
- French Toast with Currant Jelly
- Coffee (Adults)
- Top Milk
- Cocoa (Children)

**LUNCHEON OR SUPPER**
- Escaloped Tomatoes, Rice and Cheese (canned Tomatoes from Ball Jars)
- Bread and Butter
- Baked Peach Dumplings (canned Peaches from Ball Jars)
- Cocoa

**DINNER**
- Casserole of Chicken, Mexican Style
- Cauliflower (from a Ball Jar) and Turnips
- Baked Potatoes
- Celery
- Bread
- Butter
- Huckleberry Cornstarch Mould—with Cream
- Coffee
SAVORY STEAK

1½ pounds flank or round steak
1½ teaspoonfuls salt
½ teaspoonful pepper
½ cupful flour
2 cupfuls diced raw potato
1 minced onion
1 teaspoonful minced parsley
3 cupfuls canned tomato from Ball Jars

Lay the steak on a board and pound into it the flour with which half the salt and pepper have been mixed. Spread the diced potato, onion, parsley and remaining salt and pepper mixed together on the meat, then roll up and tie firmly. Place in a deep baking dish, pour the tomato around, cover closely and bake two hours in a moderate oven—350 degrees F. Serve with carrots or small whole beets canned in Ball Jars.

OPEN CHERRY PIE

1 Ball pint Jar canned red cherries
3 tablespoonfuls cornstarch
2 tablespoonfuls lemon juice

Pastry

Bring the cherries to boiling point, moisten the cornstarch with the cold water, add this to the scalding fruit and cook for three minutes. Stir in the lemon juice and cool. Line a pie plate with the pastry, prick it thoroughly, partly bake, then turn the cherry filling into it, put criss-cross strips of pastry over the cherry filling and return to the oven to finish baking—about ten minutes.

MEXICAN STRING BEANS

3 cupfuls string beans canned in Ball Jars
1 minced onion
2 tablespoonfuls bacon fat
2 tablespoonfuls flour
½ teaspoonful black pepper

Cook the onion until golden brown in the bacon fat, stir in the flour and when smoothly mixed add the tomato, pimento or green pepper and the liquid drained from the beans. Stir until boiling, cook for five minutes, then put in the salt, pepper and beans and heat thoroughly.

JELLIED PICKLED BEET SALAD

1 tablespoonful granulated gelatine
2 tablespoonfuls cold water
1 cupful boiling water
1 tablespoonful prepared horseradish
1 teaspoonful celery salt
3 cupfuls diced pickled beets from a Ball Jar
2 tablespoonfuls vinegar from canned pickled beets
Lettuce or celery tips
Mayonnaise

Mayonnaise

Soften the gelatine in the cold water, pour the boiling water over it and stir until the gelatine is dissolved. Then add the horseradish, celery salt, vinegar and beets. When just about to set turn into a plain mould which has been dipped into cold water. Set aside until firm, unmould and garnish with lettuce or celery tips and with thick mayonnaise.

If desired, cut into "blocks" and serve garnished in the same manner.
JELLY EGGS

2 tablespoonfuls granulated gelatine
3 cupfuls milk
½ cupful sugar

¼ teaspoonful salt
2 egg whites
1 teaspoonful vanilla extract

Canned peaches from Ball Jars

Soften the gelatine in three tablespoonfuls of cold milk, scald the remaining milk, add the softened gelatine, sugar and salt to it, stir until dissolved, then pour the mixture over the whites of eggs which have been beaten until stiff. Cool, add the vanilla and pour into individual sauce dishes, filling them about half full. When almost set, put half of a canned peach on top of each to simulate the yolk of a poached egg.

A boiled custard made from the yolks of the eggs and one and one-half cupfuls of milk with two tablespoonfuls of sugar may be served separately.

QUICK CHICKEN POT PIE

1 Ball Quart Jar well-seasoned canned chicken
1½ cupfuls stock or water
1½ cupfuls flour

¼ teaspoonful salt
1 teaspoonful baking powder
2 tablespoonfuls shortening
About ¼ cupful milk or water

Turn the chicken into a shallow saucepan with the stock or water and bring slowly to boiling point. Sift together the flour, salt and baking powder, rub in the shortening and moisten as for biscuit with the milk or water. Roll or pat out of a size to fit easily into the saucepan, lay it over the chicken, cover closely and simmer for twenty-five minutes. Cut the crust into pieces, arrange the chicken on a platter and lay the crust over it.

If desired, this pot pie may be extended by the addition of one cupful of canned peas, or one cupful of canned celery, from Ball Jars, heated with the chicken.

ESCALLOPED TOMATOES, RICE AND CHEESE

1 quart canned tomatoes from Ball Jars
1¼ teaspoonfuls salt
2 teaspoonfuls sugar
2 tablespoonfuls butter, melted
2 cupfuls cooked rice
1½ cupfuls coarsely grated American cheese
½ cupful buttered bread crumbs

Add the seasonings and butter to the tomatoes, then add the cheese and rice and transfer to an oiled baking dish. Cover with the crumbs and bake from thirty-five to forty minutes in a moderate oven, 350 degrees F.

Escalloped Tomatoes, Rice and Cheese
When the first warm days begin to come—then is the time for the necessary gradual change to the diet for Spring, when the body requirements are different from those of Winter months. Acids and bulky foods, with plenty of vitamins and less sugar and starch are the general requisites.

But how can these be introduced? How entice the family to eat the foods so good for them—yet which they do not always like? Often they may be combined into one dish, as boiled brown rice (a bulky and vitamin food), with peaches canned in Ball Jars (an acid and sweet) and cream (a vitamin food). This could serve as a combination cereal and fruit at breakfast, or dessert at luncheon or supper.

If a savory combination is desired, macaroni with a macedoine sauce of canned vegetables from Ball Jars could be used,—all the elements needed would be present,—or poached eggs with canned spinach from Ball Jars could be introduced. The combinations are legion,—canned asparagus escalloped with potatoes, canned peach betty (made with whole wheat bread crumbs), canned spinach made into a salad with eggs and chiffonade dressing, and so I might go on. Without the summer-stored canned foods the transition to the Spring diet would be difficult—for the snow is still in patches—and the garden scarcely ploughed. Here is a day of suggestive Spring menus:

**BREAKFAST**
- Flaked Cereal
- Top Milk
- Huckleberry Muffins (from Berries canned in Ball Jars), Butter
- Baked Bacon
- Coffee (Adults)
- Cocoa (Children)

**LUNCHEON OR SUPPER**
- Poached Eggs with Spinach
- Cottage Fried Potatoes
- Bread and Butter
- Ball-canned Apple Sauce
- Tea

**DINNER**
- Chicken Soup—canned in Ball Jars
- Baked Beef Loaf, Creole with Macaroni
- String Beans (canned)
- Piccalilli
- Pineapple Tapioca (Pineapple canned in Ball Jars)
- Coffee
BEEF CREOLE WITH MACARONI

1 Ball pint jar canned beef  
3 tablespoonfuls bacon fat or drippings  
1 large slice onion  
1 pimento or green pepper from Ball Jar  
3 cupfuls tomato canned in Ball Jar  
1 1/2 teaspoonfuls salt  
1/2 teaspoonful pepper  
2 cloves  
1/2 package macaroni

Melt and heat the bacon fat or drippings and cook the onion in it until golden brown. Add the pimento or pepper coarsely chopped, the tomato, salt, pepper and cloves. Simmer for fifteen minutes, then add the macaroni which has been cooked until tender in rapidly boiling salted water. Simmer for ten minutes longer. Heat the beef and thicken the gravy, if desired, with a little flour rubbed smooth in cold water. Place the meat in the center of a deep platter and surround it with the Creole macaroni.

APPLE BETTY

2 cupfuls apple butter from Ball Jar  
3 cupfuls soft bread crumbs  
1/4 cupful melted butter

Butter a baking dish or casserole, put in a layer of the apple butter, then one of the crumbs mixed with the butter. Continue until all is used, making the last layer of crumbs, cover and bake about thirty-five minutes in a moderate oven, 350 degrees F, then uncover and brown. Serve half warm with hard sauce.

If desired, bake in ramekins and for serving garnish each with Jelly Whipped Cream, topping it with a raisin or a shredded maraschino cherry.

PINEAPPLE TAPIOCA

1/2 cupful quick-cooking tapioca  
1 1/4 cupfuls boiling water  
1/4 cupful pineapple juice from a Ball Jar  
1/2 teaspoonful salt  
2 cupfuls diced pineapple canned in Ball Jars  
1/2 cupful sugar  
1 tablespoonful lemon juice  
1 tablespoonful butter

Combine the water, pineapple juice, salt and sugar and when boiling stir in the tapioca. Cook over hot water until the tapioca is almost clear—about twenty minutes—then add the pineapple and lemon juice. Serve half cold or thoroughly chilled, with or without light cream or boiled custard.
HERE is no better indication of public taste than popularity. Every large hotel and restaurant is introducing vegetable meals, both luncheons and dinners, because the public, particularly men, is demanding them—and the public knows what “tastes good,” leaves a feeling of digestive comfort and clear-headedness.

A vegetable dinner should be introduced into every household at least once a week. Whether the family likes it depends upon two things: first, proper combination, and second, attractiveness of service. With a goodly supply of vegetables canned in Ball Jars to draw from, these dinners can be quickly made. In each case a protein or muscle-making food must be provided in order to satisfy the family appetite by taking care of the bodily needs.

Suitable combinations are: 1. String beans and carrots from Ball Jars, boiled onions with cream sauce, mashed potatoes and poached eggs. Arrange the complete meal on one large platter, make nests of the mashed potato, putting a poached egg in each. Carefully arrange the vegetables in the intervening spaces and garnish with parsley.

2. Peas, beets, and cauliflower, all canned in Ball Jars, rice and cheese croquettes and cream sauce. Arrange on a large platter as follows: pile the croquettes in the middle, arranging the vegetables in sections around them. Serve the cream sauce separately.

3. Peas, carrots from Ball Jars, new turnips in cream sauce, stuffed hard-cooked eggs and chili sauce canned in Ball Jars.

If the family is large the vegetable meal may be arranged upon a good sized platter, the vegetables being put in sections separated by sprigs of parsley or cress, or tiny spring radishes, the protein food being piled in the center, if it consists of croquettes or something of that nature, or interspersed about if it consists of poached eggs, cheese timbales or the like.

If there are only two or three members in the family, the vegetable dinner may be served individually. Plenty of melted butter should be poured over the vegetables after they have been put on the platter,—or cream-tomato or egg sauce may be used as a garnish or served separately.
Here are some suggestive April day menus:

**BREAKFAST**
- Apple and Cranberry Sauce (canned in Ball Jars)
- Oatmeal—Top Milk
- Frizzled Ham
- Coffee (Adults)

**LUNCHEON OR SUPPER**
- Spinach Omelet
- Creamed Potatoes
- Sweet Pickles (from Ball Jar)
- Baking Powder Biscuit, Butter
- Pineapple Conserve (canned in Ball Jars)
- Tea

**DINNER**
- Rice and Cheese Croquettes
- Peas, Beets, Cauliflower, all from Ball Jars
- Apricot Sorbet (canned Apricots in Ball Jars)
- Filled Cookies

**SQUASH MUFFINS**

1 cupful canned squash from a Ball Jar  
2 cupfuls flour  
3 teaspoonfuls salt  
3 teaspoonfuls baking powder  

Sift together the flour, salt and baking powder, rub in the shortening, add the sugar, then the squash, to which the well-beaten eggs have been added, and last of all the milk. Beat thoroughly and bake in hot oiled muffin pans in a moderately hot oven—350-375 degrees F.—about twenty-five minutes.

**FRANCO-RUSSIAN DRESSING**

6 tablespoonfuls salad oil  
2 tablespoonfuls vinegar  
3 teaspoonful salt  
⅛ teaspoonful pepper  

Work the seasonings into the oil, add the vinegar slowly, beating continually. Then stir in the chili sauce and pimiento.

**APRICOT SORBET**

3 cupfuls boiling water  
2 cupfuls granulated sugar  

Boil the water and sugar together for fifteen minutes, add the sifted apricots and the lemon juice. Cool and freeze to a mush, using equal parts of ice and salt. Serve in sherbet glasses with a garnish of diced Ball-canned apricots or Ball-canned red cherries.
WHEN the new lettuce is ready to thin out and the crisp red radishes are fully formed—then come the first days that presage Summer. Salads are needed the year round—and there are so many of them that one could have a new one each day—but at this season they are positively a necessity. Fortunately Nature nearly always makes her wants known through the appetite. That is why the salad tastes so good in the Spring.

The plain green salad with its French dressing belongs at dinner. To vary it try the following combinations:

- Lettuce, sliced red radishes and French dressing containing canned chow-chow from Ball Jars.
- Tender dandelions, sliced hard-cooked eggs and French dressing seasoned with chili sauce canned in Ball Jars.
- Lettuce, sliced young onions and French dressing containing chutney sauce canned in Ball Jars.

The more substantial salads are served at luncheon or supper. Try reinforcing plain potato salad with canned peas or beets from Ball Jars, or making a little chicken or veal into salad for the whole family by the addition of canned peas or string beans. Salads of this type should be put together with mayonnaise or boiled dressing to which a little chili sauce canned in Ball Jars may be added if desired.

Sweet salads of fresh, canned or jellied fruits from Ball Jars may be used as the salad course at luncheon or supper, or instead of dessert at any meal. To make jellied fruit salad prepare a pint of lemon jelly according to your favorite recipe, or make up the quantity from a prepared jelly powder, using in either case for half of the liquid the juice from any light colored canned fruit. When this has begun to thicken, stir in two cupfuls of mixed diced canned fruits combined with a half cupful of fresh fruits.

Suitable combinations would be: Equal parts of pineapple and peaches canned in Ball Jars; diced apple or halved Malaga or Tokay grapes; canned pears and apricots from Ball Jars with sliced bananas or halved Malaga or Tokay grapes; canned pineapple and stoned cherries with thinly sliced orange.

Transfer the mixture to a small bread pan or mould lightly rubbed with salad oil and set aside to stiffen, or use instead individual moulds. For serving, unmould and garnish with lettuce and mayonnaise to which a third the quantity of stiffly whipped cream has been added. If desired, a number of left-over canned fruits from Ball Jars may be combined to make this salad.
Sometimes more than one salad a day may be served, as illustrated in the following menus. It will also be noticed that the variety of food is increased by calling on the well filled cupboard of products canned in Ball Jars for foods out of season at this time.

**BREAKFAST**
- Baked Apples (canned in Ball Jars)
- Eggs shirred in canned Tomato Sauce from Ball Jars
- Reheated Rolls
- Coffee (Adults)

**LUNCHEON OR SUPPER**
- Cold Sliced Meat
- Bread and Butter
- Salad of Pickled Beets
- Pumpkin Pie
- Tea

**DINNER**
- Spring Lamb Stew with Peas (canned in Ball Jars)
- Dumplings
- Boiled Rice
- Stuffed Peach Salad
- Coffee

**SPRING LAMB STEW WITH VEGETABLES AND DUMPLINGS**
- 2½ pounds shoulder of lamb
- ½ teaspoonful pepper
- 6 small onions
- ⅓ pint Ball Jar canned peas
- 6 young carrots
- About ¾ cupfuls water
- ⅓ teaspoonfuls salt

Cut the meat into convenient sized pieces, cover with the cold water and bring slowly to boiling point, skim and simmer for half an hour, then add the onions, carrots, salt and pepper and simmer until both meat and vegetables are tender. Add the peas with their liquor and the tomato dumplings and cook closely covered for about twenty minutes. Arrange the meat in the center of the platter, the vegetables round it and the dumplings at the outer edge. A little chopped parsley may be sprinkled over the meat, if desired.

**PUMPKIN PIE**
- 2 cupfuls pumpkin canned in Ball Jars
- ½ cupful sugar
- ⅓ teaspoonful salt
- 1 teaspoonful ground ginger
- ½ teaspoonful cinnamon
- 2 eggs
- 1 cupful milk
- 4 tablespoonfuls molasses
- 3 tablespoonfuls melted butter or a substitute

Add the sugar, salt, ground ginger and cinnamon to the pumpkin. Beat and add the eggs, then the milk, molasses and butter. Mix all thoroughly, turn into a pie plate, which has been lined with pastry, and bake half an hour in a moderately hot oven—350–375 degrees F.

**FRENCH FRUIT SALAD DRESSING**
- 3 tablespoonfuls fruit juice from canned fruit, or melted jelly from currant jelly canned in Ball Jars
- 6 tablespoonfuls salad oil
- 2 tablespoonfuls lemon juice
- ½ teaspoonful salt
- ¼ teaspoonful paprika

Add the salt and paprika to the oil, beat in the lemon juice and fruit juice or jelly. Beat until thoroughly emulsified.
TOMATO CREAM SALAD

2 cupfuls thick sifted canned tomato from Ball Jar
2 slices onion
1 spray parsley
4 cloves
1 teaspoonful celery salt
¼ teaspoonful pepper
1 cupful whipped cream
¼ teaspoonful baking soda
1 ½ tablespoonfuls granulated gelatine
2 tablespoonfuls cold water
Lettuce or cress
French dressing

Cook the tomato, onion, parsley, cloves, celery salt and pepper together for fifteen minutes. If fresh or dried celery leaves are available use them to flavor instead of the celery salt and add plain salt for the seasoning. Then add the baking soda dissolved in a teaspoonful of cold water. Press through a sieve, add the gelatine which has been softened in the cold water, then dissolved by setting the cup containing it over boiling water; cool, fold in the whipped cream and turn into a mould which has been dipped into cold water. Chill, unmould and serve on lettuce or with a garnish of cress. Pass French dressing separately.

EGGS SHIRRED WITH TOMATO SAUCE

6 eggs
1 ½ cupfuls tomato sauce canned in Ball Jar
Salt
Pepper
Buttered crumbs

Use either one large fireproof baking dish or individual dishes; if the former put the tomato sauce into it, if the latter divide the sauce among the individual dishes. Break the eggs carefully on top of the sauce, sprinkle with salt, pepper and buttered crumbs and bake in a quick oven—about 375 degrees F.—just until the eggs are set. Serve in the dish or dishes in which they were cooked.

To prepare buttered crumbs add two tablespoonfuls of melted butter or a substitute to one cupful of stale bread crumbs and mix thoroughly to blend.

STUFFED PEACH SALAD

Allow a half of a stoned peach from Ball Jars for each individual. Into the hollow of each put a cream cheese and nut ball, made by mashing the cream cheese, adding one-fourth the quantity of chopped nut-meat and shaping with the hands. Over these pour French dressing made with lemon juice and let stand for thirty minutes to chill. Serve with a garnish of lettuce and pass mayonnaise, if desired. Accompany with tiny toasted sandwiches made of buttered white bread and orange marmalade from Ball Jars.
THE Summer dessert can play an even more important part in the menu than the dessert of any other season, for the main parts of the meals are light and the dessert can often contribute the muscle-making balance. For instance, we might have for the June luncheon or supper a cold jellied tomato bouillon made of tomatoes canned in Ball Jars, a mixed vegetable salad, baking powder biscuits with butter, a cold baked custard served with sliced canned peaches from Ball Jars. The custards contain eggs and milk which take the place of meat, no matter how they may appear.

Care must be taken to have desserts not over-sweet or containing too much fat, as both sugar and fat are heating or fuel foods.

In June there is still a dearth of fresh fruits, strawberries having come and almost gone, and raspberries, blackberries and huckleberries are not ripe. If there are still a few Ball Jars of canned fruits in the cupboard, they may be well used to fill in at this time in the form of frozen fruits, as the frozen pears and cherries given in this group of recipes, upside down pies, shortcakes, bettys, moulded cereal with fruit, baked dumplings or in connection with tapioca, rice or other cereal, or a plain junket. Again the pleasant acids help to gently stimulate the digestive organs. The water of the fruit augments the necessary liquids to keep elimination normal; the whole contributing to the sense of coolness so needed in June.

Here is a day of June menus. Any fruit canned in Ball Jars may be substituted for the cherries in the pies and any canned vegetable from Ball Jars may replace the peas. These, by the way, are extended with fresh lettuce so that they may go farther:

**BREAKFAST**
- Fresh Berries
- Bran Cereal
- Creamed canned Codfish (from Ball Jars) on Toast
- Coffee (Adults)
- Milk (Children)

**LUNCHEON OR SUPPER**
- Escalloped Chicken (canned in Ball Jars) with Mashed Potato
- Lettuce with French Dressing
- Upside down Cherry Pies
- Iced Tea

**DINNER**
- Veal Chops with Chili Sauce
- Canned Peas (from Ball Jars) with Fresh Lettuce
- Frozen Pears (canned in Ball Jars)
- Coffee

- Creamed Noodles
- Bread and Butter
- Jelly Roll
PINEAPPLE MINT JELLY

2 cupfuls finely chopped pineapple from Ball Jar
2 tablespoonfuls minced mint
1½ cupfuls boiling water
½ cupful lemon juice
½ teaspoonful salt
3 tablespoonfuls sugar
2 tablespoonfuls granulated gelatine
½ cupful cold water

Soften the gelatine in the cold water, add to it the boiling water with the sugar and salt, stir until dissolved. Cool, add the pineapple, lemon juice and the mint and when about to set, turn into a mould which has been dipped into cold water. Chill, unmould and serve as an accompaniment to roast veal or roast lamb.

JELLY ROLL

3 eggs
1 cupful sugar
3 tablespoonfuls cold water
½ teaspoonful salt
1 teaspoonful baking powder
1 cupful flour
Jelly or jam from Ball Jars

Beat the eggs and sugar until quite thick; add the water, then the flour, salt and baking powder which have been sifted together twice. Line a shallow pan with oiled paper, pour in the batter evenly and bake in a quick oven—375 degrees F.—about twelve minutes. Turn out onto a cloth or paper sprinkled with sugar, tear off the paper and spread with warmed jelly or jam. Roll up quickly.

VEAL CHOPS WITH CHILI SAUCE

6 veal chops
4 tablespoonfuls bacon fat or drippings
½ cupful water or stock
1 cupful chili sauce from a Ball Jar
1 teaspoonful salt
⅛ teaspoonful pepper

Brown the chops on both sides in the hot bacon fat or drippings, season, then pour into the pan round them the chili sauce and water or stock. Cover closely and simmer gently for half an hour. Arrange the chops down the center of a platter, pour the thick sauce over them and arrange creamed noodles round the meat.

ESCALLOPED CHICKEN WITH CELERY AND POTATOES

2 cupfuls canned chicken from a Ball Jar
1 cupful celery canned in Ball Jars
1 tablespoonful butter
1 tablespoonful flour
3 cupfuls well-seasoned mashed potato

Heat the chicken and celery gently together and thicken with the butter and flour rubbed together until smooth. Use the potatoes to line a casserole or baking dish. Pour the thickened chicken and celery into the potato-lined dish and bake in a quick oven—375-400 degrees F.—just long enough to thoroughly heat and to slightly brown the surface of the potatoes.
CREAMED FISH WITH PEPPERS

1 1/2 cupfuls white sauce
1 pint Ball Jar canned codfish or whitefish
1 tablespoonful minced green pepper or pimento from Ball Jar
1 tablespoonful minced parsley
Slight grating nutmeg

Carefully remove any bones from the fish and add to it the white sauce with the parsley, minced pepper or pimento and nutmeg. Heat through gently without stirring (so as not to break up the fish). Pour onto buttered toast and sprinkle parsley over the top.

PEAS WITH LETTUCE

2 cupfuls peas canned in Ball Jars
2 heads lettuce
1 teaspoonful lemon juice
1/2 teaspoonful pepper
1/2 teaspoonful salt
1 tablespoonful butter

Put the peas, pepper, salt and butter together into a saucepan. Wash the lettuce, lay it over the peas, cover closely and simmer very gently until the lettuce is wilted. Add the lemon juice and serve immediately.

FROZEN PEARS WITH CHERRIES

Turn the contents of a jar of well sweetened pears, canned in Ball Jars, into the can of the ice cream freezer, or into an enameled pail or mould; add a cupful of maraschino or well sweetened stoned red cherries from Ball Jars, cover closely, seal tight and if the pail or mould is used, bury in equal parts of ice and salt for four hours. In using the ice cream freezer, pack it as usual, using equal parts of ice and salt. Serve plain or with a garnish of whipped and sweetened cream. Arrange for serving in glass saucers or sherbet cups.

UPSIDE DOWN CHERRY PIE

Butter a muffin pan having six deep compartments, half fill each with stoned canned cherries from a Ball Jar; on these place a round of baking powder biscuit dough or shortcake mixture (see recipe for strawberry shortcake), cut one-half inch thick. Bake in a hot oven, 375 degrees F., for twenty-five minutes, then invert and serve with hard sauce.
When the piazza is looking its prettiest with gaily covered cushions and cool wicker furniture, then is the time for iced drinks and informal lazy chats of an afternoon or evening.

Ever since history began, a bite to eat and a sip to drink has been identified with hospitality. The woman who wishes to make her home the mecca for her friends and those of her husband, realizes this and will provide simple and easy refreshments for the summer. Of course there are plenty of canned fruit juices on which to draw that were put up in Ball Jars the year before, grape and currant juice or raspberry shrub all being available, while Ball Jars of canned grated pineapple or the juice from other fruits canned in Ball Jars may be used as foundations.

In making any iced drink the needed amount of sugar should be dissolved in boiling water, then added to the fruit juices; sufficient lemon or orange juice or very tart currant jelly should be added to give sparkle. Ginger ale or charged water may be turned in the last moment. Any cool drink must be served very cold. To insure this put plenty of crushed ice into a large pitcher, pour in the fruit juices and dissolved sugar, add the right amount of water, then pour the mixture into another pitcher, repeating the process two or three times to frappe the drink.

If you like, iced coffee may be served with one third the quantity of the juice from canned cherries or peaches from Ball Jars, with a little cream and sugar. Or iced tea, made rather strong, or poured over canned pineapple, may be dealt with in a similar way and served with a dash of lemon juice.

Here is a day of menus for July:

**BREAKFAST**
- Cantaloupe
- Spanish Scrambled Eggs
- Graham Muffins and Butter
- Coffee (Adults)
- Milk (Children)

**LUNCHEON OR SUPPER**
- Mixed Vegetable Salad
- Mayonnaise
- Bread, Butter and Cottage Cheese
- Jelly Doughnuts
- Pineapple-ade

**DINNER**
- Broiled Mackerel or Whitefish
- Sauce Tartare
- New Potatoes
- Corn on Cob
- Bread and Butter
- Sliced Cucumbers
- Apricot Bavarian Cream
- Hot or Iced Coffee
BROILED FISH WITH SAUCE TARTARE

Have the fish thoroughly cleaned and split down the back. Oil the wires of the broiler and place the fish on it. If to be cooked over the open fire, put the cut side of the fish next the fire first, then turn and cook the skin side. Season with salt and pepper when half cooked. If to be cooked in a gas range under the gas broiler put the flesh side of the fish next the flame, cook until delicately browned, then move the broiler away from the flame and allow the fish to finish cooking by the heat in the oven—it will not be necessary to turn it. Season when half done. Transfer to a platter, sprinkle with lemon juice and garnish with slices of lemon and parsley or cress. Serve sauce tartare separately.

SAUCE TARTARE

Mince the capers and olives and add them with the pickle to the mayonnaise. Chill thoroughly before serving.

APRICOT BAVARIAN CREAM

Soak the gelatine for five minutes in the cold water, then place it over the steam of the teakettle to dissolve. Combine the sugar, apricot pulp and salt, add the gelatine and let stand until it begins to congeal. Whip the cream, combine the mixtures, transfer to a large mould or individual moulds, lightly rubbed with salad oil and set in a cool place to stiffen. Unmould and serve, garnished with extra apricot halves canned in Ball Jars, using the juice as a sauce.
EVERY form of hospitality has its season. There is nothing more delightful in August than the picnic; not only the usual large picnic at some distant grounds, but the informal everyday picnic that may be planned at a moment’s notice. That is, it may be planned and carried out if one has a well filled cupboard of emergency supplies.

In August, when fresh fruits and vegetables are at their height, one hardly thinks of using canned fruits, but there are times when every moment counts and energy must be conserved; when the picnic is to take place at a moment’s notice this is especially true.

Sometimes it may be held on the lawn; everybody enjoying the treat of eating out-doors. Or it may be, if one lives in an apartment, that the picnic will be served on the roof; or in the country community on a large neighboring piazza, or by automobile to some spot not too far distant. The sandwiches may be made on the picnic grounds if one takes along the loaves of bread, butter in a jar and the fillings, such as a jar of chicken, canned in a Ball Jar, grape conserve or jelly; some cans of baked beans, which may or may not be heated; fresh tomatoes and lettuce with salad dressing, again in Ball Jars; plenty of fresh fruit, some cake, jelly doughnuts or jam filled cookies, a Ball Jar of fruit juice, are all that is needed.

Here is a day of August menus, including a picnic luncheon or supper:

**BREAKFAST**
- Sliced Fresh Peaches
- Prepared Cereal Top Milk
- Boiled Eggs Squash Muffins
- Coffee (Adults) Milk (Children)

**DINNER**
- Boiled Ham Currant Jelly Sauce
- Potatoes in the Jacket
- New Lima Beans
- Cole Slaw with Pickled Onions
- Mixed Jellied Fruits with Custard
- Iced Tea

**A PICNIC LUNCHEON OR SUPPER**
- Cream Cheese and Grape Conserve Sandwiches
- Minced Ham Savory Sandwiches
- Deviled Eggs
- Corn (Roasted on the Grounds) (Optional)
- Plum Cake Assorted Fresh Fruit
- Coffee Lemonade

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CHERRY SPONGE TOAST PUDDING

6 slices toasted stale sponge cake
3 cupfuls red cherries canned in Ball Jars
2 tablespoonfuls cornstarch
2 tablespoonfuls sugar

3 tablespoonfuls cold water
1 tablespoonful lemon juice
2 tablespoonfuls butter
½ teaspoonful ground cinnamon
Whipped cream or marshmallow crème

Scald the cherries and thicken them with the cornstarch rubbed smooth with the cold water. Boil for three minutes, then add the lemon juice. Put alternate layers of the toasted sponge cake and thickened cherries into a baking dish having cake for the top layer, dot with butter and sprinkle with the sugar and cinnamon sifted together. Bake in a moderately hot oven—350–375 degrees F.—for half an hour, and serve hot or cold with whipped cream or marshmallow crème.

CHICKEN A LA KING

3 cupfuls chicken, canned in Ball Jars, diced
¾ cupful canned mushrooms
1 tablespoonful minced pimento from a Ball Jar
3 tablespoonfuls butter

3 tablespoonfuls flour
2 cupfuls top milk
2 egg yolks
¾ teaspoonful salt
Few grains paprika
Buttered toast or buttered boiled rice

Make a sauce by melting the butter, adding the flour and then the top milk and seasonings. Stir in the chicken, mushrooms and pimentos, slightly beat the egg yolks and stir a little of the hot mixture into this. Return to the chicken mixture and cook for a moment or two, stirring constantly. Serve on the toast or rice.

MINCED HAM SAVORY SANDWICHES

3 cupfuls minced ham
1 teaspoonful mixed mustard
Slices of buttered bread

½ cupful chopped chow-chow from a Ball Jar

Blend the ham, mustard and chow-chow, working them thoroughly together to form a paste. (If desired, the chow-chow may be passed through the food chopper with the ham.) Spread slices of buttered white or entire wheat bread with the mixture, cover with more bread, and cut the sandwiches diagonally across into two sections.

CREAM CHEESE AND GRAPE CONSERVE SANDWICHES

Slices of buttered entire wheat bread
1 cream cheese or
1 cupful cottage cheese
Grape conserve from a Ball Jar

Have half the slices of bread spread with cream cheese or cottage cheese; spread an equal number of the slices with the grape conserve. Press one of each together and cut into any desired shape.
CURRANT JELLY SAUCE

1 glass currant jelly  ½ cupful boiling water
Juice 1 orange  ¼ teaspoonful salt

Put the currant jelly, salt and the boiling water together into a saucepan and simmer until the jelly is dissolved—breaking it up with a fork will expedite this. Add the orange juice just before serving and blend thoroughly.

DEVILED EGGS WITH CHILI SAUCE

6 hard-cooked eggs  3 tablespoonfuls chili sauce canned in Ball Jars
1/2 teaspoonful salt  1 tablespoonful salad oil
1/2 teaspoonful dry mustard  1 tablespoonful lemon juice
1/4 teaspoonful paprika

Hard cook the eggs, remove the shells and cut each egg into halves lengthwise. Remove the yolks and mash them or pass through a sieve. Add the salt, mustard, paprika, chili sauce, oil and lemon juice and mix very thoroughly. Form into balls and replace in the whites of eggs in the spaces from which the yolks were removed.

A little minced parsley or a tablespoonful of mixed pickles from a Ball Jar finely chopped may be added, if desired, for sake of variety of flavor.

PLUM CAKE

1 cupful sugar  1 cupful plums, from a Ball Jar, stoned and sifted
1 egg  2 cupfuls flour
6 tablespoonfuls shortening, any kind  ¾ teaspoonful cinnamon
1/2 teaspoonful salt  1/2 teaspoonful nutmeg
1 cupful raisins  1/2 teaspoonful ground cloves
1 teaspoonful baking soda dissolved in 1 tablespoonful warm water

Beat the shortening to a cream and add the sugar and the egg, beaten, with the salt and raisins. Sift together the flour and spices and add alternately with the plums, to which the soda has been added. Beat well, transfer to a good sized oiled cake pan and bake from forty to forty-five minutes in a moderate oven, 350 degrees F. Cover with fruit frosting and decorate with raisins.

FRUIT FROSTING

2 tablespoonfuls juice left from any fruit canned in Ball Jars
1 tablespoonful top milk or cream
Sifted confectioner’s sugar to spread, about 2 1/2 cupfuls

Heat the fruit juice and gradually work into it the sugar alternately with the cream, using enough sugar to make the frosting stiff enough to spread. If more flavoring is needed add a few drops of orange extract.
It is an appalling fact that from 25 to 65 per cent of our school children are suffering from under nourishment. Many of them live in the country where fresh air and sunshine are so plentiful that it would seem as though good health must abound, but this is not true, for the proportion of children suffering from malnutrition is far greater in the rural districts than in the city.

The only possible way to account for this is because of wrong feeding. The most important meal of all that the mother must prepare is the school lunch. Only too often it is not balanced—sweets and sugars predominating, almost nothing being supplied for the muscles of the child and little or nothing for growth. The principles of the balanced ration must be applied to the school lunch box if our rural children are to have a fair start in life. Here are some suggestive menus:

1. Sandwiches of Chicken, canned in Ball Jars, Entire Wheat Bread
   Sandwiches of Jelly, White Bread
   A Hard-cooked Egg or a Generous Handful of Cracked Walnuts
   A Cup Custard Baked in a Half-pint Ball Jar
   Two or Three Jam Filled Cookies.

2. Rye or Entire Wheat Bread Sandwiches with canned Tongue from a Ball Jar
   Baked Beans in a Half-pint Ball Jar
   Fresh Fruit
   Plum Cake

When the preserving or canning is done the children should be kept in mind, for it is often possible to fill half-pint Ball Jars with foods suitable for the child’s lunch box. This is especially true if the school affords an opportunity to heat the food.

A few suggestions are: Any of the canned soups, baked beans, ham, chicken or tongue, and vegetables canned in Ball Jars. Any of the fruits which are not too sweet may be prepared in a similar way.

In this case they are carried in the jars, the child eating direct from them. If to be re-heated—the tops may be removed, the jars being allowed to stand in boiling water until the food is heated through. Jars should be heated slowly by putting into lukewarm water and bringing the water up to the boiling point.
Here are the menus for a day in September:

**BREAKFAST**

Grapes
Fried Egg
Plant
Bran Muffins
Coffee (Adults)

Fish
Butter
Cereal
Coffee (Children)

**LUNCHEON OR SUPPER**

Fish Chowder (canned in Ball Jars)
Crisped Crackers and Butter
Sliced Tomato Salad
Franco-Russian Dressing
Bread and Fruit Mould
Light Cream
Tea

**DINNER**

Broiled Steak
String Beans
Lettuce
Jam Pudding

Mashed Potatoes
Bread and Butter
Lettuce Dressed at the Table

Foily Fruit Sauce

Coffee

**FISH SOUFFLE**

2 tablespoonfuls butter or a substitute
2 tablespoonfuls flour
1 1/2 cupfuls tomato canned in Ball Jars
1/2 cupful stale bread crumbs
3 eggs

1/2 teaspoonful salt
1/6 teaspoonful paprika
1 teaspoonful minced parsley (optional)
2 cupfuls canned codfish or whitefish from a Ball Jar

Cook the butter and flour together until smoothly blended, add the tomato and stir until boiling, next put in the bread crumbs, parsley, if used, salt, paprika, fish and the yolks of the eggs thoroughly beaten. Cool slightly, then fold in the whites of the eggs beaten until stiff. Turn into a deep oiled baking dish, set this in a pan of hot water and bake in a moderately hot oven—350–375 degrees F. Serve at once with tomato sauce or chili sauce canned in Ball Jars.

**FOAMY FRUIT SAUCE**

1 cupful fruit from a Ball Jar
1 egg white
1 cupful water
1 tablespoonful lemon juice
1 tablespoonful butter

Cook the fruit and water together for five minutes, press through a sieve and thicken with the butter and flour rubbed smoothly together. Add the lemon juice and, just before serving, pour the hot sauce onto the egg white which has been beaten until stiff.

**TOASTED MARMALADE SANDWICHES**

Slices of buttered bread
Orange or lemon marmalade from Ball Jars

Spread slices of buttered bread with marmalade, form into sandwiches, pressing firmly together and toast until golden brown. Cut into finger strips and serve immediately.
PIE

1 Ball Pint Jar shredded pineapple
3/4 cupful sugar
1/2 tablespoonful melted butter
Grated lemon rind
2 eggs, separated
Pie crust

Beat the egg yolks, add the sugar, the lemon rind and the butter, combine with the pineapple, then fold in the egg whites whipped stiff. Pour into a pastry lined plate and bake about forty minutes in a hot oven (375 degrees F.) for the first ten minutes, then at a moderate heat (350 degrees F.) for the remaining time.

BEEF AND VEGETABLE CASSEROLE

1 quart Ball Jar canned beef
1 quart Ball Jar canned mixed vegetables
2 medium-sized onions
2 tablespoonfuls drippings
2 tablespoonfuls flour
1 cupful water
Salt and pepper as needed
Boiled rice or noodles

Sometimes a hot meat dish is needed quickly, for instance, when unexpected guests arrive and here is one available in a very few minutes with meat and vegetables canned in Ball Jars. The addition of the freshly fried onions gives tone. Melt the drippings, slice the onions thin, and fry golden brown in the drippings. Add the flour and when brown, the water. Put in the meat and vegetables with their juices and turn into a casserole. Simmer or bake for twenty minutes. Salt and pepper may be added if needed; this will depend on the amount added when the meat and vegetables were canned. While the casserole is baking, cook the rice or noodles and serve as an accompaniment to the dish. A green salad with a simple dressing and a jar of fruit canned in a Ball Jar for dessert with wafers or cookies will make a well balanced meal which can be prepared in a little over half an hour.

BREAD AND FRUIT MOULD

4 cupfuls crumbled buttered white bread
Scalded blueberries, huckleberries, or stewed rhubarb from Ball Jars

Pour the fruit into the bread; if very juicy less fruit may be needed, only enough should be added to moisten it. Transfer to a buttered bowl, let stand in a cool place for several hours, unmould and serve with plain cream, marshmallow crème diluted with any canned fruit juice, or with jelly whipped cream.
THE unexpected guest, or even the more formal dinner guest, should strike no terror to the heart of any woman if she is a provident housekeeper and plans ahead. With a cupboard filled with food prepared the Ball-way there is no meal that cannot be quickly augmented into sufficiency.

The company meal should be kept simple, more than four courses being distinctly out of taste. Luncheon, supper or dinner may be commenced with canned soup. At luncheon or supper, chicken a la king, creamed tongue or shrimp wiggle, prepared the Ball-way, might constitute the main course, a Ball Jar of canned vegetable with possibly boiled rice acting as accompaniments.

For salad one may select the stuffed peach salad, given in this book; or one of vegetables canned in Ball Jars. For dessert any of the fruit desserts given in this book may be used.

For dinner the same principles hold good except that it would probably be more practical, in case a large number were served, to prepare a roast, a broiled steak, chops or baked ham as the main dish. Vegetables canned in Ball Jars may act as accompaniments.

Here are suggestive menus for a day in October:

**BREAKFAST**
- Sliced Oranges
- Bacon
- Corn Fritters (Corn canned in Ball Jars)
- Entire Wheat Bread and Butter
- Coffee (Adults) / Cereal Coffee (Children)

**LUNCHEON**
- Chicken, Okra and Rice Soup (canned in Ball Jars)
- Crackers and Butter
- Ginger Bread
- Grapes and Pears
- Tea

**DINNER**
- Tomato Bouillon (Tomatoes canned in Ball Jars)
- Croutons
- Planked Whitefish and Vegetables canned in Ball Jars
- Rolls and Butter
- Jellied Cole Slaw with Lettuce and Russian Dressing
- Loganberry Mousse
- Little Sponge Cakes
- Coffee
MARMALADE ROLLS

Prepare the biscuit mixture for strawberry shortcakes, using the egg. Roll out to one-half inch thickness, cut into good-sized rounds and on each place a heaping teaspoonful of marmalade, any kind. Fold the dough around this, place fold-side down on a buttered baking pan and bake from twenty-five to thirty minutes in a hot oven, 375 degrees F.

SAVORY MACARONI

3 cupfuls tomatoes canned in Ball Jars  3 cupfuls cooked macaroni
1½ tablespoonfuls bacon or sausage  1 cupful grated American cheese
drippings  Strips of crisp cooked bacon or small
1½ tablespoonfuls flour  sausages
½ teaspoonful salt  ½ teaspoonful pepper

While the macaroni is cooking prepare a sauce as follows: Cook down the tomatoes to two cupfuls of pulp, sift this, thicken with the bacon fat and flour creamed together, add the seasonings and pour half of this into the macaroni. Transfer to a platter or shallow bowl, sprinkle the cheese over the top, pour the remaining sauce around and garnish with the bacon or sausages. If the sauce seems over-acid, add a half teaspoonful of sugar.

PLANKED WHITEFISH WITH VEGETABLES CANNED IN BALL JARS

Select a whitefish weighing from two to three pounds. Clean and split it as for broiling and tack it lightly on a well oiled fish plank, brush the fish over with melted butter, dust it with salt and pepper and broil for about fifteen minutes. Then pile fluffily around it or put on by means of a pastry tube and bag, mashed potato which is absolutely free from lumps and to which a slightly beaten egg has been added to each pint of potato. Return to the broiler to brown, then garnish with spoonfuls of heated peas, asparagus tips—piled up bundle fashion, beets, heated and buttered, and carrots, either heated and buttered or pickled—all canned in Ball Jars. Decorate further with parsley, radish roses, or celery tips.
TOMATO BOUILLON

2 cupfuls canned tomatoes from Ball Jars 1/2 cupful celery canned in Ball Jars 1 spray parsley 1 teaspoonful meat or vegetable extract 1 teaspoonful salt 1/4 teaspoonful pepper

Simmer the onion and carrot for twenty minutes in the boiling water, add the tomatoes, celery and parsley and cook for five minutes longer, then press through a fine sieve. Add the meat or vegetable extract, the salt and pepper and reheat to boiling point.

If desired very clear strain through cheesecloth instead of a sieve.

JELLIED SAVORY COLE SLAW

2 tablespoonfuls granulated gelatine 1 teaspoonful onion juice 3 tablespoonfuls cold water 1 teaspoonful salt 3 cupfuls boiling water teaspoonful paprika 4 tablespoonfuls lemon juice or mild vinegar 3 cupfuls finely shredded cabbage 1 tablespoonful minced pickles from a Ball Jar 1 minced pimento from a Ball Jar Russian dressing Lettuce

Soften the gelatine in the cold water, then dissolve it in the boiling water. Add the salt, paprika, onion juice and lemon juice or vinegar. Cool and when just about to set, stir in the cabbage, pimento and pickles. Turn into a mould which has been dipped into cold water, chill, unmould and serve on lettuce. Pass Russian Dressing separately.

RUSSIAN DRESSING

1 cupful mayonnaise 1 tablespoonful chopped pickles from a Ball Jar 1/2 cupful chili sauce canned in Ball Jars 1 tablespoonful chopped olives 1 teaspoonful finely minced onion 4 tablespoonfuls thick sour cream 1 teaspoonful minced parsley

Add the chili sauce to the mayonnaise and beat it in thoroughly. Stir in the onion, parsley, pickles and olives and add the sour cream just before serving.

LOGANBERRY MOUSSE

2 cupfuls whipped cream 1 1/2 cupfuls loganberries canned in Ball Jars 1/4 teaspoonful sugar 1 tablespoonful lemon juice 1/4 teaspoonful salt 1 teaspoonful curry powder, optional

Sift the loganberries, pressing as much as possible of the pulp through the sieve. Add the sugar, salt and lemon juice. Beat the cream and add the fruit mixture slowly to it. Turn into a mould, cover and seal by putting round it a strip of muslin which has been dipped into melted fat. Chill in equal parts of ice and salt for four hours. Unmould and serve with additional whipped cream and garnish with whole loganberries.

MONGOLE SOUP

4 cupfuls tomatoes, canned in Ball Jars, well-seasoned 1 onion, sliced 1/2 cupfuls canned baked beans from a Ball Jar 1 teaspoonful curry powder, optional 1 pint water or stock 2 tablespoonfuls flour 2 tablespoonfuls cold water 1 teaspoonful minced parsley

Cook the tomatoes, beans, water or stock, onion and curry powder, if used, for twenty minutes. Press through a sieve and bind with the flour and water mixed smoothly together. Bring to boiling point, cook for five minutes and sprinkle in the minced parsley.
THE time to prepare for the Thanksgiving dinner is long before it takes place. In other words it should be planned the Ball-way, and it is quite as easy to keep this meal as well as other holiday occasions in mind the year through, as it is to scramble the last minute to do a large amount of special cooking.

The foods above all others that are enjoyed most are those which are out of season, that carry with them an atmosphere of luxury. What could be more delicious for the Thanksgiving Day menu than strawberry charlotte russe, cherries, or raspberries, or canned peas, from Ball Jars, so fresh and delicious that one can positively see the garden and feel the dew on the pods?

Each month brings its own special foods; so when canning in June remember the November strawberries; in July think about the peas for Thanksgiving; in August put up the pickled beets and the wild grape jelly that bring the touch of Summer to that day; in September think about the pickles that will grace the winter table; in October remember when you can the last of the garden, that you are going to put fresh corn on your table at Thanksgiving or Christmas; and so I might go on.

Housekeeping and cooking are not helter-skelter processes; to the contrary—homemaking is the greatest game in the world and it offers opportunity for the greatest skill, inspiration and joy.

Here are some suggestive menus for Thanksgiving day.

**BREAKFAST**
- Whole Peaches (canned in Ball Jars)
- Sausages
- Waffles with Butter and Jelly
- Coffee (Adults) Cocoa (Children)

**LUNCHEON OR SUPPER**
- Cream of Green Pea Soup Croutons
- Waldorf Pineapple Salad, Boiled Dressing Bread and Butter
- Strawberry Charlotte Russe Tea

**THANKSGIVING DINNER**
- Fruit Cocktail
- Mixed Vegetable Soup (canned in Ball Jars)
- Roast Turkey with Stuffing, Giblet Gravy
- Mashed Potatoes Sweet Potatoes
- String Beans (canned in a Ball Jar) Pilgrim Corn (canned in a Ball Jar)
- Bread and Butter
- Pickled Pears (from a Ball Jar) Celery
- Mince Pie Cheese Coffee
STRAWBERRY CHARLOTTE RUSSE (Individual)

Put a tablespoonful of strawberry jam from a Ball Jar into each sherbet glass. Into this press from four to six lady fingers, split, or substitute strips of sponge, plain, or angel cake. Heap the glasses with charlotte russe cream and decorate each with a canned maraschino cherry, shredded, or with shredded toasted almonds.

To make enough russe mixture for six servings, turn a cupful of heavy cream into a deep bowl, beat slowly and steadily until it begins to thicken, gradually adding a fourth cupful of milk, a few grains of salt and three tablespoonfuls of powdered sugar; flavor with vanilla.

If desired, a beaten egg white may be folded in to make the cream go farther.

CREAM OF CANNED PEA SOUP

3 cupfuls green peas canned in a Ball Jar
1 onion, medium-sized
3 cupfuls stock or vegetable water
2 cupfuls milk

Cook the peas, onions and stock or vegetable water (water in which vegetables have been cooked or perhaps water in which rice or noodles have been boiled) for twenty minutes. Press all together through a sieve, rubbing as much as possible of the pulp of the peas through. Blend the butter and flour smoothly together over a gentle heat, add the milk gradually and stir until boiling. Now add to this the salt, pepper and sifted peas, bring to boiling point and sprinkle in the mint—minced if fresh or rubbed to a powder with the fingers if dried. Serve with crackers or croutons of fried bread.

JELLIED PLUMS

2 tablespoonfuls granulated gelatine
1 Ball Quart Jar canned plums

Let the gelatine stand for five minutes in the cold water, then set it over the teakettle to dissolve. Add with the lemon juice to the plums, sweeten if necessary and turn into a glass bowl or individual dishes to stiffen. Serve with plain or sweetened whipped cream, or with marshmallow crème diluted until it will pour with a little water or orange juice.

BOILED FRUIT SALAD DRESSING

3 tablespoonfuls flour
1 teaspoonful salt
1 tablespoonful sugar
1 tablespoonful butter
1 egg

Place together in the upper part of a double boiler the flour, salt, sugar, butter and slightly beaten egg. Mix well, add the milk slowly and cook over hot water until thick, stirring constantly. Add the vinegar and fruit juice, again bring to boiling point, still stirring.

This dressing will keep in a cool place for several days if it is kept closely covered.

FRUIT COCKTAIL

1 cupful diced fresh apples
¾ cupful canned strawberries from Ball Jars
¾ cupful canned pineapple from Ball Jars

Cut the pineapple and peaches or apricots into small pieces and add them to the diced apples and the strawberries. Pour the orange and lemon juice over with one tablespoonful of the juice of each of the canned fruits. Chill thoroughly and serve in sherbet glasses.
PILGRIM CORN

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantities</th>
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<tbody>
<tr>
<td>3 cupfuls canned corn from a Ball Jar</td>
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<tr>
<td>2 eggs</td>
<td></td>
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<tr>
<td>1 minced canned pimento or green pepper from Ball Jars</td>
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<tr>
<td>1/2 cupful melted butter</td>
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<tr>
<td>1/2 teaspoonful salt</td>
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<tr>
<td>1/2 teaspoonful paprika</td>
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Beat the eggs slightly and add them to the corn with the minced pimento or green pepper, the melted butter, salt and paprika. Turn into a baking dish or into six individual baking dishes, sprinkle the buttered crumbs over the top and bake in a moderately hot oven—350-375 degrees F.—about twenty minutes.

WALDORF PINEAPPLE SALAD

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantities</th>
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<tbody>
<tr>
<td>2 cupfuls diced firm apples</td>
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<tr>
<td>1/2 teaspoonful salt</td>
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<tr>
<td>1 cupful diced crisp celery</td>
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<tr>
<td>1/2 teaspoonful paprika</td>
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<tr>
<td>1 cupful diced canned pineapple from Ball Jars</td>
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<tr>
<td>1/2 cupful coarsely chopped nut-meats</td>
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<tr>
<td>2 tablespoonsful lemon juice</td>
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<tr>
<td>1 tablespoonful salad oil</td>
<td></td>
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<tr>
<td>1 1/2 cupfuls boiled fruit salad dressing</td>
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Mix together in a bowl the apple, celery, pineapple and nut-meats. Add the salt and paprika, pour the lemon juice and salad oil over all and toss thoroughly together. Chill for at least half an hour, then add one cupful of the boiled fruit salad dressing. Serve in individual portions on lettuce leaves and garnish with the remaining salad dressing and halved nuts.

CREAMY RICE WITH CANNED PEACHES

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantities</th>
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<tr>
<td>1 cupful unpolished rice</td>
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<tr>
<td>1 teaspoonful salt</td>
<td></td>
</tr>
<tr>
<td>1 pint milk</td>
<td></td>
</tr>
<tr>
<td>Peaches canned in Ball Jars</td>
<td></td>
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</tbody>
</table>

Put the rice in a double boiler top, pour in a pint of boiling water, boil for ten minutes and discard the water. Then add the salt, a cupful of boiling water and the milk and steam over hot water until the rice is tender—about thirty-five minutes. Serve warm with a garnish of canned peaches, with or without a sauce made of the peach juice slightly thickened with a tablespoonful each of cornstarch and flour, creamed together, to a cupful of juice.
THERE are two red letter gift days that stand out in my memory: one is linked with a Redpath Chautauqua tour, when a darling woman brought me a basket filled with fresh vegetables, a jar of currant jelly, and one of jam made the Ball-way, with a big bunch of sweet peas.

The second red letter day was one Christmas when I unexpectedly received a case of twelve Ball Jars, quart size, containing twelve different canned foods. Around the top of each jar was tied a bit of red ribbon and attached to it was a holly decorated card with a little message. I treasured those jars, bringing them out only upon the greatest occasions, for they represented the Summer sunshine, with real love from the woman who had filled them.

I cannot think of any lovelier gift to anyone, rich or poor, than that of home-cooked foods. Small market baskets may be obtained at little cost, stained dull green and decorated with a little evergreen or sprays of laurel, in which might be put Ball Quart Jars of canned peas, string beans or spinach; a Ball Pint Jar of canned cherries or raspberries and a jar of jelly, marmalade or conserve, prepared the Ball-way. This, with a dozen jam filled cookies, a small loaf of plum cake decorated with raisins and nut-meats, or a mince pie or half a dozen jellied doughnuts, or a half-pound box of the jelly wafers, crystallized apricots or the Turkish fruit paste, would delight the soul of any housekeeper, or bachelor man or maid. Here are some menus for Christmas Day:

**BREAKFAST**
- Grape fruit
- Bacon and Eggs
- Pancakes, Jenny Lind
- Coffee (Adults)  Cocoa (Children)

**SUPPER**
- Fruit Salad (of Fruits canned in Ball Jars)
- Mayonnaise
- Canned Chicken Sandwiches
- Currant Jelly and Cream
- Cheese Sandwiches
- Maple Ice Cream  Tea  Little Cakes

**DINNER**
- Sea Food Cocktail
- Roast Goose, Bread Stuffing, Apple Sauce (canned in Ball Jars)
- Whole Browned Sweet Potatoes
- Brussels Sprouts (canned in a Ball Jar)  Chow Chow
- Bread and Butter
- Whole canned Tomato Salad  Mayonnaise
- Steamed Pudding  Orange Marmalade  Sauce
- Candies
- Fruit Custard Pie  Coffee

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SEA FOOD COCKTAIL

- ⅛ cupful chili sauce canned in Ball Jars
- 1 canned green pepper, minced
- 1 teaspoonful fresh grated or pickled horseradish
- 1 tablespoonful lemon juice

Add the various seasonings to the chili sauce and set aside to become thoroughly cold, then pour over the fish or shell fish. Serve in individual cocktail glasses accompanied with cut lemon and oyster crackers.

FRUIT CUSTARD PIE

- 2 cupfuls canned peaches, apricots or pineapple from Ball Jars
- 3 eggs
- ⅛ cupful sugar

Line a pie plate with the pastry and brush it over with slightly beaten white of egg (this can be taken from the eggs used in making the custard). Drain the fruit from its juice, cut it into rather small pieces and lay these in the pastry-lined pie plate. Beat the eggs with the sugar, add the milk and salt, pour this custard over the fruit and sprinkle the cinnamon over all. Bake in a moderate oven—about 350–360 degrees F.—until the custard is set, about half an hour.

JENNY LIND GRIDDLE CAKES

- 2 cupfuls flour
- ⅛ teaspoonful salt
- 2 tablespoonfuls baking powder
- 1 tablespoonful sugar

Sift together the flour, salt and baking powder, add the sugar, then mix to a light batter with the well-beaten egg, the melted shortening and milk. Cook golden brown on a slightly oiled griddle; spread with butter, then with apple butter canned in a Ball Jar. Roll up and keep hot while cooking the remaining cakes. Sprinkle with sugar before sending to the table.

STEAMED FRUIT PUDDING

- ¼ cupful butter or a substitute, melted
- ½ cupful molasses
- ⅛ teaspoonful salt
- 1 egg

Add the melted shortening to the molasses, salt, slightly beaten egg and the fruit juice. Next add the soda dissolved in the hot water. Beat in the flour and the plums, stoned and cut into three or four pieces. Mix well, turn into an oiled mould and steam for three hours. Serve with fruit sauce or orange marmalade hard sauce.
PLUM WAFERS

3 cupfuls sifted canned plums from a Ball Jar
4 cupfuls sugar

1 cupful boiling water
1/4 cupful granulated gelatine
1 cupful cold water
1/2 teaspoonful almond extract

Cook the sugar and boiling water together for five minutes. Add the sifted plum pulp and simmer until very thick, stirring constantly. Soak the gelatine in the cold water, add it slowly to the first mixture and let the mixture boil up thoroughly. Cool and flavor with the almond extract. Drop from a teaspoonful onto waxed paper and set aside overnight, then press the wafers together in pairs, roll in granulated sugar, lay on waxed paper and dry thoroughly in a warm place.

These wafers will keep for several weeks.

RASPBERRY SHERBET

1 Ball Quart Jar raspberries
3/4 cupful sugar
1 pint boiling water

1 tablespoonful lemon juice
Few grains salt
2 egg whites

Pour the water on the sugar, while dissolving rub the raspberries through a sieve, add the lemon juice and salt and the dissolved sugar, pour into the freezer can and add the egg whites whipped stiff. Pack in three parts of cracked ice to one of rock salt and freeze, turning slowly and steadily for about fifteen minutes. Serve in sherbet glasses with or without a topping of sweetened whipped cream.

TURKISH FRUIT PASTE

1 cupful apple jelly from Ball Jar
1 cupful strawberry jam from Ball Jar
1/3 cupful granulated gelatine
1/2 cupful cold water
Powdered sugar

Put the jelly and jam together into the upper part of a double boiler and set over hot water until dissolved. Add the salt and the gelatine which has been allowed to stand in the cold water for ten minutes. Place right over the fire and boil, stirring constantly, for five minutes. Turn into a shallow pan which has been dipped into cold water and set aside for twenty-four hours. Cut into squares and roll each in powdered sugar.

ORANGE MARMALADE HARD SAUCE

1 1/2 cupfuls powdered sugar
1/2 cupful butter or a substitute

1/4 cupful orange marmalade from a Ball Jar
1/2 teaspoonful salt

Cream the butter, add the sugar gradually, then beat in the salt and the orange marmalade. Pile in a dish and chill thoroughly before using.

CRYSTALLIZED APRICOTS

3 cupfuls drained canned apricots from a Ball Jar
1 cupful sugar

1/2 cupful juice from apricots canned in a Ball Jar
Additional granulated sugar

Measure the sugar and apricot juice into a saucepan and boil for five minutes. Add the apricots a few at a time and simmer for ten minutes, drain, roll thickly in granulated sugar and lay side by side in a large baking pan lined with cheese cloth. Let them dry for several hours in a very slow oven or on a hot radiator, sprinkling additional granulated sugar over them from time to time if necessary. When thoroughly crystallized, if not to be used at once, pack in tin boxes with layers of sugar between the fruit.
SEASONABLE SUGGESTIONS

JAM PUDDING
1/2 cupful flour, 1/3 teaspoonful salt, 2 teaspoonfuls baking powder, 3/4 cupful flaked cereal, 1/2 cupful finely chopped suet, 1/2 cupful sugar, 1 egg, 1/2 cupful milk, 1/2 cupful jam from Ball Jar.

Sift together the flour, salt and baking powder, add the cereal, suet and sugar. Beat the egg and use it with the milk and jam to moisten the dry ingredients. Turn into an oiled mould or bowl, cover and steam for two hours. Serve hot with foamy fruit sauce.

COLE SLAW
3 cupfuls finely shredded cabbage, 4 tablespoonfuls salad oil, 1/2 cupful finely minced pickled onions from a Ball Jar, 1 finely minced pimento or green pepper from a Ball Jar, 1/2 teaspoonful black pepper.

Part of the vinegar specified may be that from the pickled onions. Beat the oil, vinegar, salt and pepper together until emulsified. Add the minced onions and pimento or pepper, pour over the shredded cabbage and toss all thoroughly together.

CHIFFONADE DRESSING
2 hard-cooked eggs, 1 1/2 tablespoonfuls minced parsley, 2 tablespoonfuls chopped canned pimentos from a Ball Jar, 1/2 teaspoonful salt, 1 tablespoonful chopped mixed pickle canned in Ball Jars, 5 tablespoonfuls salad oil, 2 tablespoonfuls mild vinegar, 1/4 teaspoonful peppercorn.

Chop the eggs fine, add the parsley, pimentos, pickle, beat in the oil, then the vinegar with the salt and pepper. Put a generous spoonful of the dressing on each portion of salad.

CORN FRITTERS
3 tablespoonfuls flour, 1/2 teaspoonful salt, 1 teaspoonful baking powder, 2 eggs, about 3 tablespoonfuls milk, 1 cupful corn canned in Ball Jars, 1/2 teaspoonful white pepper.

Sift together the flour, salt and baking powder, add the eggs, well-beaten, with the milk, then the corn and pepper. Drop by tablespoonfuls into bacon fat, cook golden brown on both sides and serve with a garnish of fried bacon which was cooked first, thus providing fat in which to cook the fritters.

HUCKLEBERRY MUFFINS
3 cupfuls flour, 4 teaspoonfuls baking powder, 3/4 teaspoonful salt, 2 tablespoonfuls butter, 1 cupful huckleberries from Ball Jar, well drained, 1 egg, about 3/4 cupful milk.

Sift together the flour, baking powder and salt, rub in the shortening and add the huckleberries, well drained from their juice, the egg, well-beaten, and the milk. Beat very thoroughly and bake in oiled muffin pans in a moderately hot oven—350-375 degrees F.—about twenty minutes.

TOMATO DUMPLINGS
1 1/2 cupfuls flour, 1/3 teaspoonful salt, 2 teaspoonfuls baking powder, about 3/4 cupful strained juice from Ball-canned tomato (enough to make of the consistency of biscuit dough).

Sift together the flour, salt and baking powder, add the strained tomato juice, and then pat or roll on a board until half an inch thick. Cut out with a small cutter and drop into the boiling stew. Cook ten minutes without removing the lid of the saucepan. If the lid is lifted before the dough is cooked the rush of cold air may cause the dumplings to fall.

Thick tomato pulp left over from the juice used for the dumplings may be made into a tomato cream salad in which thick sifted tomato is required.

HUCKLEBERRY CORNSTARCH MOULD
2 cupfuls juice from huckleberries canned in Ball Jar, 1 cupful water, 1/2 cupful cornstarch, 1/4 teaspoonful lemon juice.

Scald the huckleberry juice in the inner part of a double boiler, add the cornstarch and salt rubbed smooth with the cold water. Stir until the mixture thickens, then cook for twenty minutes. Add the lemon juice and turn into individual moulds which have been dipped into cold water. Chill, unmould and serve with cream and with any remaining huckleberries and juice which may be left over from the jar.

Should there not be sufficient juice in the jar to make two cupfuls, supply the deficiency with additional water.

If the huckleberries were well sweetened when canned no additional sugar will be necessary, otherwise a little may be added to the mixture while cooking.

JELLY DOUGHNUTS
3 cupfuls flour, 3/4 teaspoonful salt, 3 teaspoonfuls baking powder, 1 1/2 teaspoonful grated nutmeg, 1/2 cupful sugar, 2 eggs, 1 tablespoonful melted shortening, 3/4 cupful milk, raspberry, or other jam or jelly, from Ball Jar.

Sift together the flour, salt and baking powder, also the nutmeg, add the sugar and mix to a soft dough with the beaten eggs, milk and melted shortening. Roll out on a floured board to about one-fourth inch thickness. Cut into rounds with a large cutter, put a half teaspoonful of jam or jelly in the center of each round, wet the edges with milk or water, gather them round the jam or jelly and press closely together that they may not break open while frying. Cook in deep fat hot enough to brown a piece of bread in one minute,—if using a frying thermometer this should register 350 degrees F.