

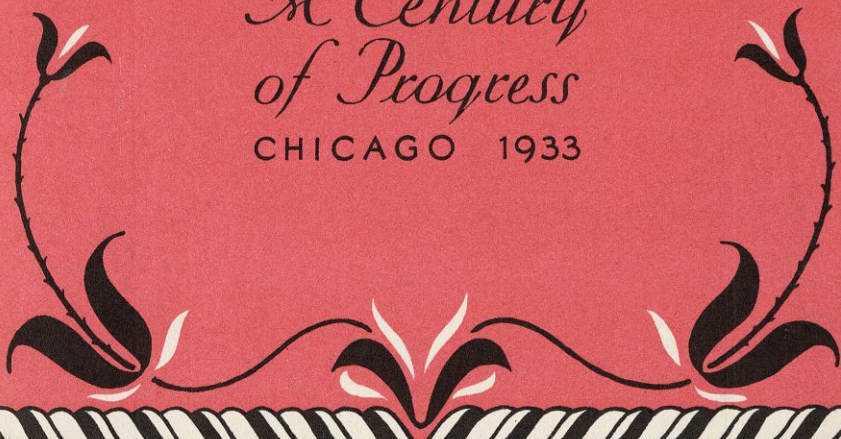
PRIZE WINNING
RECIPES
OF HOME CANNING

A Souvenir of the
INTERNATIONAL
CANNING CONTEST

at

*A Century
of Progress*

CHICAGO 1933



THE WORLD'S GREATEST CANNING CONTEST AT A CENTURY OF PROGRESS

What more fitting place could be found to house the 1933 INTERNATIONAL CANNING CONTEST than the great States Building at A Century of Progress. Here among the many fine exhibits of the individual States in the Union, we have the greatest display of Home Canned foods ever shown.

Each one of the thousands of jars on display represents the best effort of some individual Home Canner. Here truly is a tribute to the art of Home Canning and a shrine to the housewives from all over the world who competed in this great International Contest.

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The Annual INTERNATIONAL CANNING CONTEST

The 1933 INTERNATIONAL CANNING CONTEST is the third Contest of its kind to be held. Previous to this, national canning contests have been held, but three years ago it was decided to make them "International" so that women from all over the world might compete with their handiwork, and thus exchange ideas.

It was fitting then that this year the efforts of these women, from every state in the Union and the many foreign countries, be displayed at the World's Fair. This was made possible through the courtesy of the officials of A Century of Progress at Chicago. Through their co-operation it has been made possible to have every entrant in the Contest experience the thrill of having her Home Canned food exhibited at the greatest World's Fair ever held. And the millions of visitors to the Fair, who will see this fine exhibit will take home a lasting impression of one of the most unusual and interesting displays they have ever seen.

Each year many thousands of dollars in Cash and Prizes are awarded to the many winners. Besides the individual awards, many prizes are distributed among County organizations and other women's organizations.

GRACE
VIALL
GRAY
*Secretary,
International
Canning
Contest*



In 1931 the Grand Champion Canner was Mrs. Howard Smalley of Ottawa, Ill., who won her laurels with a perfect jar of Home Canned asparagus. The 1932 Grand Champion Canner was Mrs. Anna Buckthal of Edwardsport, Ind. Her entry (illustrated in center of book) was a balanced meal which consisted of the following: corn and tomato soup, cubes of beef, green beans, mustard pickles, apple butter and blackberries.

Mrs. Buckthal has this to say about Home Canning: *"I know that all the fruit and vegetables that I place in my jars will help decrease the family grocery bill in the winter. And not only that, I really enjoy the work that is so much worth while. I feel happy to go to my cellar and look over the jars of beautiful canned fruit, vegetables and meat. At the present time I have 287 quarts of eatables stored away in my cellar."*

Each year the International Canning Contest \$300.00 Scholarship is awarded to a 4-H Club girl submitting the best balanced meal. Last year the fortunate winner in this class was Alice Welbes of Portland, Ore., who is now attending Oregon State College.

The INTERNATIONAL CANNING CONTEST is sponsored by various organizations interested in Home Canning, and justifies itself in many ways:

First—It teaches thrift, economy and conservation.



STATES
BUILDING
A Century of
Progress,
Chicago,
scene of the
1933 International
Canning
Contest

Second—It affords the opportunity of friendly competition among women from neighboring states as well as from foreign countries.

Third—Perhaps a reason that justifies its existence as much as any other is the fact that after the thousands of jars are judged for prizes, they are distributed to various charitable organizations. Many a poor, sickly child as well as hungry adult has been kept alive during the winter months by these donations of wholesome Home Canned foods. So even though some women may not have won a prize in the Contest they may feel very happy that their jars have gone to feed some unfortunate individual.

This souvenir booklet contains the Recipes of some of the winners in the 1931 and 1932 International Canning Contests. Knowing how interested women are to learn just how the Prize Winners prepared their jars, and how anxious they are to improve their own Home Canning, it was decided to compile into convenient and attractive form the recipes of these fortunate winners. These Recipes come from almost every state in the Union and several foreign countries, and give the ingredients and methods used in preparing these fine jars of Home Canned foods. The names of the individual Prize Winners are given with their respective recipes.

JUDGES AT
WORK
selecting best
jars entered in
the Contest



ASPARAGUS

Wash choice stalks of asparagus in cold water thoroughly, placing stalks in wire basket or colander. Pack firmly in a quart mason jar, tips up. Add one teaspoon of salt, fill jar with boiling water, put on lid and partially seal. Process in the Waterless Cooker for three hours.

Note: *Asparagus can be successfully canned in a Hot-Water Bath for 3 hours, or for 40 minutes in a Steam Pressure Cooker, at 10 pounds.*

Mrs. Howard Smalley, 125 Riverview Drive, Ottawa, Illinois.
Grand Champion Canner of 1931 International Canning Contest.

TOMATOES CANNED FOR SALAD

Sterilize jars and lids. Use ripe, firm tomatoes, and rub over tomatoes with back of knife to loosen skin. Peel, place in jars, add one teaspoon salt to each quart. Pour in hot water until all space is filled. Seal tight and place in pan, canner, boiler, or any vessel of hot water, just so the jars can be put in without breaking. Let stand until cold. They keep perfectly. If not cooked too much in hot water, they will readily slice.

Note: *This recipe is quite different and it would be interesting to try it for Salad Tomatoes. Tomatoes keep very easily and can be prepared in many different ways, open kettle, jar cooked, as soup, sauces and in combination with other vegetables.*

Sophie Praefcke, Ottawa, Illinois.
Prize Winner, Vegetable Class, 1932 International Canning Contest.

CORN ON THE COB

Select cobs of corn of uniform size and tender kernel. Blanch five minutes and dip in cold water. Pack cobs closely in well sterilized jars. Add one teaspoon salt and one teaspoon sugar to each quart jar. Fill jars with boiling water, seal, and sterilize for three hours in Hot-Water Bath or 90 minutes in Steam Pressure Cooker at 10 pounds.

Mrs. J. Hodson, Armstrong, British Columbia.
Prize Winner, Foreign Entry Class, 1932 International Canning Contest.



PRIZE
WINNING
VEGETABLES
Corn on Cob
Red Beets
Mixed
Vegetables

SQUASH

Select squash uniform in size and color. Place in a vessel, pour on enough boiling water to cover well, let set on stove for 30 minutes. Have jars sterilized. Place rubber on jar, remove squash and pack while hot. Melt one teaspoon of salt in hot water, and pour in jar. When full enough to run over with boiling water, partially seal, place in pan of boiling water and let boil for three hours. Remove at once, completely seal jars, and wrap in dry cloth until cold.

Note: *If processed in a Steam Pressure Cooker, allow 75 minutes at 10 pounds.*

Mrs. Lizzie Jeffares, Blythewood, South Carolina.
Prize Winner, Unusual Class, 1932 International Canning Contest.

TOMATOES

I selected tomatoes from my garden of equal size, and as even a ripeness as I could get. Then I scalded them to remove the skins. Next I put them in the jar, being very careful not to crowd them, but yet packing them as closely as possible. I found I did not have quite juice enough to cover them, so added other tomato juice, being very careful to fill all air spaces with juice. I then added salt, a teaspoon to the quart, adjusted the rubber ring, and cover of the jar, and processed in the Hot-Water Bath for 12 minutes. I find this time is long enough as the vegetable is thoroughly cooked and it is more like a fresh tomato than a canned one when it is opened for use later on. After the processing is finished, I tighten the cover, being sure it is sealed perfectly. Then I invert and let stand until thoroughly cold, being very careful to keep away from draught.

Mrs. Florence Robinson, R. R. 4, St. Cloud, Minnesota.
Prize Winner, Vegetable Class, 1932 International Canning Contest.



PRIZE
WINNING
VEGETABLES
Cauliflower
Beans
Asparagus

PEAS

Shell peas, put in a pan and pour boiling water over them and blanch for three minutes. Then pour water off and pour more water over them and blanch three minutes. Put peas in jar, packing loosely, and add one teaspoon of salt to a quart. Fill jar with water in which the peas were blanched. Put in a Pressure Cooker and cook one hour at 10 pounds pressure.

Miss Lucy Cooper, R. R. 3, Box 154, Newport, Arkansas.
Winner, Vegetable Class, 1932 International Canning Contest.

LIMA BEANS

Shell beans, put into kettle and add just enough water to cover. Boil for five minutes. Pack while hot into jars to within 1/2 inch of top, add one level teaspoon salt to each quart jar. Fill with water beans were cooked in, completely seal, and process three hours in a Hot-Water Bath or for 60 minutes in a Steam Pressure Cooker.

Mrs. George E. White, North Haverhill, New Hampshire.
Prize Winner in Balanced Meal Class, 1932 International Canning Contest.

TOMATO JUICE (Open-Kettle)

Wash and peel tomatoes by dipping them in hot water. Cook until tender, then put through a sieve. To each quart of tomato juice add 1 teaspoon of salt. Return the juice to the kettle, boil hard for 5 minutes and pour while boiling hot into hot, sterilized glass jars.

Note: Some women like to add one teaspoon of sugar to each quart of juice. If preparing tomato juice for babies, omit both salt and sugar.

Alta M. Ware, R. R. 1, Granville, New York.
Prize Winner, Tomato Juice Class, 1932 International Canning Contest.

PRIZE
WINNING
VEGETABLES

Peas
Spinach
Southern Peas

SWEET POTATOES

Sweet potatoes should be canned as soon as they are dug. This is necessary because sometimes in digging the skins of the potatoes are bruised or broken, and if allowed to stand, these places turn dark and may start to decay. A sweet potato which is dry and mealy when canned is desirable. Some of the best varieties for canning are the Nancy Hall, Triumph and Southern Queen.

For canning whole, select firm, small potatoes of uniform size and color. Wash thoroughly and boil, or steam, for 15 minutes. Peel quickly. It is advisable not to stick potatoes with a fork, as this may cause them to discolor. Pack into hot jars. Do not add water. Partly seal and process for three hours in a Hot-Water Bath, or for 90 minutes in a Steam Pressure Cooker at 10 pounds. Remove from canner and seal immediately.

Mrs. W. B. Middleton, R. R. 2, Richmond, Kentucky.
Prize Winner, Vegetable Class, 1932 International Canning Contest.

SAUERKRAUT

Shred cabbage, pack and press lightly into glass quart jars. Add three scant teaspoons of salt. Salt can be added a little at a time and one teaspoonful left for top. Fill jars to within one inch of the top and partly seal. If cabbage is packed well the liquid will come nearly to the top of jar. (If jars are sealed tightly the fermentation will make lids bulge.) This sauerkraut will be ready in about six weeks. After fermentation ceases the jars should be tightly sealed.

Mrs. Frank T. Gilbert, Casa Grande, Arizona.
Prize Winner in Sauerkraut Class, 1932 International Canning Contest.

OKRA

Blanch or parboil young okra one to three minutes. The more matured pods must be blanched six to eight minutes. Then prepare a brine of 1/2 cup vinegar, 1 1/2 cups water, 1/2 cup sugar. Boil together and then put okra in this brine and boil for five minutes. Pack immediately in sterilized jars and seal.

Mrs. Joe J. Ladka, R. R. 1, Prague, Oklahoma.
Prize Winner, Vegetable Class, 1932 International Canning Contest.

PRIZE
WINNING
VEGETABLES

Mushrooms
Fancy Cut
Carrots
Sauerkraut



CHERRIES

Make a syrup of three cups of water and $1\frac{1}{2}$ cups of sugar. Pit the cherries, being careful not to tear skin or crush. Pack solidly into a sterile jar and pour syrup over cherries. Partially seal jar. Place in a Hot-Water Bath and process for 20 minutes, counting from the time the water begins to boil. Remove from the Water Bath and seal.

Mrs. J. A. Wolgemuth, Lowell, Indiana.
First Prize, Fruit Class, 1932 International Canning Contest.

UNSWEETENED BERRIES

Wash and clean the berries having them free from unripened berries and sticks. Cover them with cold water after filling the jars with berries. Do not add sugar. Then process the jars in the Hot-Water Bath for 20 minutes; remove the jars, tighten the covers, and cool.

Mrs. Elsie Wessel, 356 S. 7th Street, Lindenhurst, New York.
Prize Winner, Fruit Class, 1932 International Canning Contest.

APRICOTS (Oven Cooked)

Wash apricots, cut in half and pit. Pack in clean hot sterilized glass jars as tight and full as you can get them. Make a medium syrup, using two cups of water to one of sugar, and bring to a boil. Pour over the apricots and fill jar to within one inch from the top of the jar. Partly seal and place jars two inches apart on a shallow pan (I use my broiler pan, and six quarts fit nicely), and place in a pre-heated oven at a temperature of 275 degrees for 35 minutes, or a few minutes longer if apricots are very solid. Remove from oven and seal immediately.

Mrs. J. M. Blakeley, R. R. 1, Box 95, Yucaipa, California.
Prize Winner, Fruit Class, 1932 International Canning Contest.



PRIZE
WINNING
FRUITS
Cherries
Strawberries
Raspberries

PINEAPPLE STICKS

Peel pineapple and remove eyes. Cut into slices lengthwise, making pieces about $\frac{3}{4}$ inch square and eight inches long. Sprinkle with sugar and let stand over night. In the morning pack into sterilized jars. Pour the juice over pineapple and add water if necessary to fill jar $\frac{1}{2}$ inch from top. Process in oven, 75 minutes at 250 degrees.

Mrs. J. C. Peters, Los Angeles, California.
Fourth Prize, Fruit Class, 1932 International Canning Contest.

SUN COOKED STRAWBERRY PRESERVES

Pick over and wash large, thoroughly ripe berries. Use three-fourths pound of sugar to one pound of berries. Mix berries and sugar and put on back of stove until sugar is melted. Pour into plates or shallow pans, place in hot sun, cover with panes of glass. Keep in sun until the syrup is thick. It takes two or three days of hot sun. Put in jars cold and seal.

Mrs. W. A. Winton, Chmiju, Korea, Japan.
Prize Winner, Foreign Entry Class, 1932 International Canning Contest.

SPICED CANTALOUPE

Cut the hearts of cantaloupe into balls with a globe cutter and soak them in salt water for two hours. For six quarts of the cantaloupe balls use five pounds of sugar and one "skimp" pint of vinegar in a porcelain kettle. Boil the mixture of sugar and vinegar to a syrup and add small muslin bags filled with two tablespoons cinnamon, one tablespoon cloves and one teaspoon cassia buds. Then drain the cantaloupe and add the syrup, boil for 15 minutes, pack and seal immediately. Serve them in fruit cocktail, or as a garnish with parsley on the roast pork platter.

Mrs. Alice R. Russell, Edelstein, Illinois.
Prize Winner, Balanced Meal Class, 1932 International Canning Contest.

PRIZE
WINNING
FRUITS
Figs
Red Plums
Pears



STUFFED ORANGES

Select perfect oranges of medium size, and wash thoroughly. Steam until skins are very tender—about one hour. With an apple corer, make a hole in the end of each orange, and four holes around the center. Insert as many small cubes of pineapple and maraschino cherries as the orange will hold. Pack into jars. Fill with syrup made of equal measures of sugar and water. Add two tablespoons of lemon juice to each quart of water. Partly seal and process in a Hot-Water Bath for 30 minutes. Serve as a dessert with whipped cream and nut meats.

Mrs. Irma Powell Dugan, Jackson, Michigan.
Prize Winner, Unusual Class, 1932 International Canning Contest.

GROUND CHERRIES (Open Kettle)

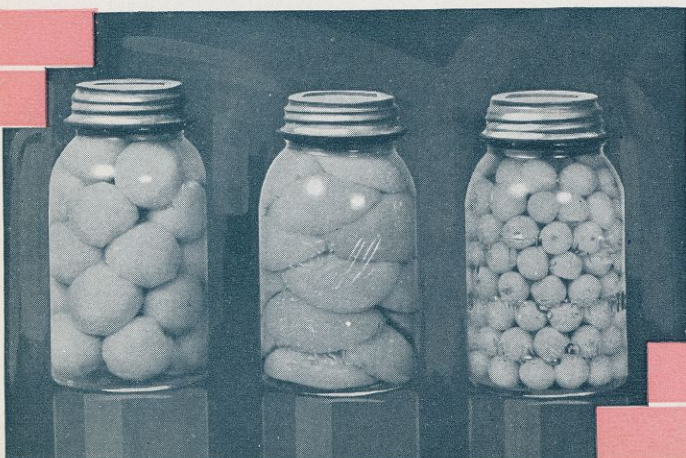
Hull and wash four measuring cups of ground cherries. Put on to cook with one cup of cold water and two cups of sugar. Boil slowly until done. Put fruit in hot, sterilized glass jars and seal tight.

Miss Dorothy Eggen, Lake Crystal, Minnesota.
Prize Winner in Miscellaneous Berries Class, 1932 International Canning Contest.

PRESERVED GUAVA

Wash and thinly peel some ripe guava. Cut in half, remove the seeds and drop them in cold water to keep them from turning dark. Then make a heavy syrup by boiling together for five minutes one cup of water and three cups of sugar. It will take one dozen of strawberry guava, one dozen white pear guava, and one dozen of lemon yellow guava. Cook them in the syrup for twenty minutes, pack while boiling, in clean hot sterilized glass jars and seal immediately. Cook each Guava in its own syrup. First place the strawberry red, then the white, then the yellow and continue to pack until the jar is full, adding the syrup all the while. Fill the jar to overflowing with the boiling syrup of the white guava.

Mrs. Annie M. Potts, Box 14, Plant City, Florida.
Prize Winner, Fancy Pack Class, 1932 International Canning Contest.



**PRIZE
WINNING
FRUITS**
Yellow Plums
Peaches
White Cherries

PEAR HARLEQUIN

- 1/2 peck pears
- 2 large oranges
- 1 pint grated pineapple
- 4 pounds sugar
- 3 small bottles of maraschino cherries

Pare, core and quarter pears, chop oranges into small pieces, using rind. Add pineapple and sugar. Let stand over night. Add chopped cherries and cook slowly about three hours, until pears are tender and soft. Pour while boiling into sterilized, hot glass jars, and seal at once.

Same recipe may be made into a conserve by putting ingredients through a food chopper.

Mrs. Ralph Ashton, 470 Merrimack Street, Manchester, New Hampshire.
Prize Winner, Fruit Class, 1932 International Canning Contest.

CANNED MANGO

Best for use are the fiberless mangoes. Cut up mangoes in desired pieces. Pack into glass jars and cover with thick sugar syrup. Partly seal and process in Steam Pressure Cooker for 10 minutes at 3 pounds pressure. Remove from canner and seal immediately.

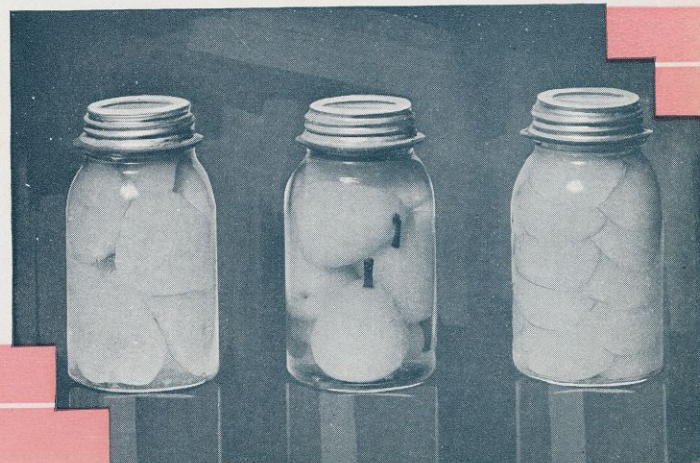
Mrs. G. F. May, P. O. B. 77, Cap-Haitien, Haiti.
Prize Winner, Foreign Entry Class, 1932 International Canning Contest.

RED TOMATO PRESERVES

- 5 quarts of peeled and seeded tomatoes
- 3 lemons
- Pinch of salt
- 5 quarts of sugar

Scald, peel and remove seeds from tomatoes, so you will have 5 quarts of solid tomato. Put lemons through food grinder or cut fine. Add to tomatoes. Add sugar and salt. Stir well. Boil briskly for one hour, then decrease heat and boil until thick enough to suit. I usually test it by cooling a little. If it isn't thick enough, boil longer. Be very careful and stir often, it burns easy.

Mrs. M. L. Clendenin, Metamora, Ohio.
Prize Winner, Balanced Meal Class, 1932 International Canning Contest.



**PRIZE
WINNING
FRUITS**
Pears (halved)
Pears (whole)
Peaches

In the 1932 International Canning Contest the Grand Champion prize was awarded to a balanced meal entered by Mrs. Anna Buckthal, Edwardsport, Indiana. To compete in this class, the contestant sends in at least 6 jars comprising a complete meal. Mrs. Buckthal's Balanced Meal consisted of Corn and Tomato Soup, Roast Beef, Green String Beans, Mixed Relish, Apple Butter for a spread and Blackberries for dessert.

CORN AND TOMATO SOUP

Scald tomatoes until skins crack. Plunge into cold water. Peel and core, cut into small pieces. Blanch corn on cob for five minutes. Then cut off from cob. Mix two parts tomatoes with one part corn. Heat mixture to boiling. Pack into clean, hot jars, add one teaspoon salt to each quart, partly seal, and process for three hours in a Hot-Water Bath. (90 minutes in a Steam-Pressure Cooker at 10 pounds pressure.)

ROAST BEEF CUBES

Season and roast young baby beef for one hour, cut into two inch cubes and pack into sterilized jars. Add two to four tablespoons of gravy from the roasting pan. Partly seal and process in a Hot-Water Bath for 3 hours. (90 minutes at 10 pounds in Pressure Cooker.)

BEANS

Wash and string beans and cut into uniform pieces. Cover with boiling water, and boil for five minutes. Pack into clean, hot jars, add 1 teaspoon salt for each jar. Fill jar with boiling water in which beans were cooked, and process in Hot-Water Bath for three hours. (40 minutes in a Steam-Pressure Cooker at 10 pounds.)



RELISH

2 cups green tomatoes
2 cups ripe tomatoes
(All these to be seeded and diced)

2 cups diced celery
1 medium sized head cabbage
2 cups lima beans
1½ cups sugar

To this add:
1 teaspoon tumeric powder
2 cups small onions
2 tablespoons mustard powder
4 tablespoons flour

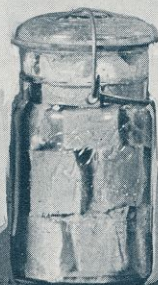
Mix all together lightly. Season with salt and let stand over night. Soak beans over night if dry and cook in the morning until tender. Drain mixture and add beans. Cover with mild vinegar. Cook 30 minutes. Add flour, thinned with a little water. Bring to a boil and seal in sterilized jars.

APPLE BUTTER

Wash, quarter, peel and core apples. To 4 quarts of apples add 2 quarts of water. Boil until soft, strain through a sieve. To the pulp add 1 quart of water or apple cider, if available. Bring to a boil, and add 3¼ cups sugar. Boil until thick using a wooden paddle. About ten minutes before removing from fire, add ½ teaspoon each of nutmeg and cinnamon. Put in sterilized jars and seal.

BLACKBERRIES

Wash berries, pack closely into sterilized jars. Fill jar with hot syrup made with 3 cups sugar to 2 cups water. Partly seal and process for 20 minutes in a Hot-Water Bath. Remove from canner and seal immediately.



COOKED VEAL TONGUE

The tongues are first pickled or corned for three weeks in a sweet pickle brine prepared as follows:

1/2 pound table salt 1/4 pound sugar 1/2 gallon clear cold water

This quantity of brine will care for twelve to fifteen veal tongues. When ready to can, remove tongues from the brine, wash thoroughly, cook until the skins can be removed and pack into sterilized Ball jars. Fill the jars with the water in which the tongues have been cooked and process in a Hot-Water Bath for three hours. Remove and seal immediately.

Mrs. R. L. Hadsell, Lake Stevens, Washington.

First Prize Winner, Meat Class, 1932 International Canning Contest.

Note: Process 90 minutes in a Steam Pressure Cooker at 10 pounds pressure.

HAM—For Cold Slicing

Parboil the ham in water with soda, then put in fresh water adding 1/2 cup brown sugar, one cup plum sauce. When the ham is about half done, cut into pieces about 1 1/2 by 4 inches. Put in sterilized jars, cover with broth in which ham was cooked, strained through cheese cloth, and process in oven for three hours at temperature of 275 degrees.

Note: Process 3 hours in a Hot-Water Bath, or 90 minutes in a Steam Pressure Cooker at 10 pounds.

Mrs. Arthur J. Miller, R. R. 1, Leland, Illinois.
Prize Winner, Balanced Meal Class, 1932 International Canning Contest.

RABBIT

Wipe dressed and washed rabbit with clean cloth and cut into portions for serving. Fry slowly for 1/2 hour in fat. When nicely browned, season well with salt and pepper. Pack into hot, sterilized glass jars and add a few tablespoons of hot fat. Partly seal. Process in Hot-Water Bath for 3 hours. (Steam Pressure Cooker for 90 minutes at 10 pounds pressure.) Remove from canner and seal at once.

Mrs. Ruth Vos, Glenfield, Pennsylvania.

Prize Winner, Meat Class, 1932 International Canning Contest.

PRIZE
WINNING
MEATS
Stewed
Chicken
Baked Ham
Rabbit



HAMBURGER BALLS

1 pound hamburger	1 onion
1 tiny piece garlic	1 teaspoon salt
1/4 teaspoon pepper	1/2 green pepper, chopped
1 egg	1 teaspoon Worcestershire Sauce

Mix well, form in flat balls, fry until brown on both sides. Pack in jar with a ring of onion around ball. Then put 4 cups of water in pan, adding 1/2 teaspoon salt and 2 tablespoons of soy sauce to it. Let come to a boil and pour over meat. Pack hot into clean, hot glass jars. Partly seal and process in a Pressure Cooker for one hour at 15 pounds pressure.

Mrs. A. Nebraske, Glen Ellyn, Illinois.

Prize Winner, Sausage Class, 1932 International Canning Contest.

FISH

Scald and soak in salt water (1 tablespoon to 1 quart of water) one hour to remove blood. Cut off all fins, pick out as many bones as possible, and when dressing, split and remove all of the back bone. Wipe dry and cut to fit jar, add one teaspoon salt (level), add no water, partially seal, and process in Hot-Water Bath for three hours, or Pressure Cooker for 90 minutes at 10 pounds pressure.

Mrs. W. F. Sizer, Essex, Connecticut.

Prize Winner, Miscellaneous Sea Foods Class, 1932 International Canning Contest.

SALMON

After washing the salmon thoroughly, place in a moderately hot oven for about 20 minutes. Let cool enough to handle, then remove skin, dark meat and bones. Pack in clean jars, add 1 teaspoon salt to each quart, and process for two hours in a Hot-Water Bath. Remove from canner and seal immediately.

Mrs. Delle Johnston, Deer Island, Oregon.

Prize Winner, Miscellaneous Sea Foods Class, 1932 International Canning Contest.

PRIZE
WINNING
MEATS
Veal Tongue
Trout
Pork Tenderloin



FRIED SPRING CHICKEN

Clean and cut up one good sized broiler. Season. Fry chicken in hot lard. Fill frying pan about half full of water and cook chicken until almost tender. Cook water away and brown chicken on both sides. Pack into clean, hot glass jars, put on rubber, then pour in the fryings and a little water so there will be enough to make brown gravy when opened. Put on the jar cover, partly seal. Process at ten pounds pressure for 30 minutes.

Note: If chicken is cooked until only about three-fourths done, allow more time—90 minutes in Steam Pressure Cooker at 10 pounds pressure. If Hot-Water Bath process, allow three hours.

Mrs. Robert E. Birkleek, Sharon Center, Ohio.
Prize Winner, Fried Chicken Class, 1932 International Canning Contest.

SHOULDER OF LAMB

Roast a 5-pound shoulder of lamb for about an hour. Season, slice and pack meat into hot sterilized glass jars. Pour gravy from pan over meat and a little fat. Add one teaspoon salt to each quart. Partly seal. Place jars in Hot-Water Bath and process for three hours. Remove jar, completely seal. Cool slowly.

Note: Process 90 minutes in a Steam Pressure Cooker at 10 pounds pressure.

Martha L. Skidmore, R. R. 1, New Brunswick, New Jersey.
Prize Winner, Meat Class, 1932 International Canning Contest.

ROAST PORK

Roast the meat in oven till done. Cut in suitable pieces. Pack in hot, sterilized jars. Now add some water in your roaster to get a nice brown gravy. Strain this in your jar to fill and sterilize in Hot-Water Bath three hours, or in a Steam Pressure Cooker for 90 minutes at 10 pounds.

Mrs. S. L. Lahlum, Valley City, North Dakota.
Prize Winner, Meat Class, 1932 International Canning Contest.



PRIZE
WINNING
MEATS
Fried Chicken
Soft Shell Crab
Wild Duck

TOMATO SOUP

1/2 peck ripe tomatoes 1 small bunch celery 3 sweet mangoes
Remove skins from tomatoes. Cut celery and mangoes fine. Boil all together until soft. Put through a sieve. Return to kettle and cook slowly for one-half hour, stirring occasionally to keep from burning. Add 1 teaspoon salt for each quart of soup. Pour into hot sterilized Ball jars and seal while hot.

Mrs. H. P. Phillipy, Barberton, Ohio.
First Prize, Soup Class, 1932 International Canning Contest.

SOUP MIXTURE

1 cup lima beans; 3/4 cup corn; 1 1/2 cup tomato puree; 1/4 cup okra;
1/4 cup carrots; 1/4 green pepper; salt to taste

Pre-cook beans and corn separately for 15 minutes. Add other ingredients. Fill clean hot glass jars, partly seal and process 3 hours, in Hot-Water Bath, or process for one hour in a Steam Pressure Cooker at 10 pounds.

Hlene Randolph, Birchwood, Tenn.
Prize Winner, Soup Class, 1932 International Canning Contest.

TOMATO SOUP

14 quarts tomatoes (cut in pieces) 14 stalks celery (cut)
7 medium sized onions, chopped 21 cloves

Boil these together till thoroughly cooked. Strain. Melt one cup butter, and blend with it one cup flour, 8 tablespoons salt, 16 teaspoons sugar, 2 teaspoons pepper. Cook vegetable stock and this paste together until as thick as desired. Pack in hot, clean glass jars, partly seal, process 10 minutes in Hot-Water Bath, or 8 minutes under 5 pounds pressure. When opened for use, add 1/4 teaspoon soda and one cup hot milk to each pint tomato soup.

Mrs. Zoë Anson, Jerome, Michigan.
Prize Winner in Balanced Meal Class, 1932 International Canning Contest.



PRIZE
WINNING
SOUP
MIXTURES

VEGETABLE CHILI SAUCE

- | | |
|------------------------|---------------------------|
| 40 good sized tomatoes | 6 red sweet peppers |
| 6 large onions | 3 chili peppers |
| 2 tablespoons salt | 3 cups pure cider vinegar |
| 2 stalks celery | 3 cups brown sugar |

Blanch tomatoes one minute. Remove skins. Cut them in small pieces. Put onion, leaves and stalks of celery, both sweet and chili peppers through coarse food grinder. Boil tomatoes one and one-half hours. Then add sugar, salt, vinegar and ground vegetables. Put into pint Ball jars and seal. This is delicious with Boston Baked Beans.

Mrs. C. E. Vail, Ithaca, N. Y.
First Prize, Pickle Class, 1931 International Canning Contest.

CATSUP

- | | |
|-----------------------------|---------------------------|
| 10 pounds ripe red tomatoes | 1 teaspoon celery salt |
| 3 medium sized onions | 1 tablespoon salt |
| 2 sweet red peppers | 1 teaspoon whole allspice |
| 1 cup vinegar | 1 teaspoon cloves |
| $\frac{3}{4}$ cup sugar | 3 pieces stick cinnamon— |
| 2 teaspoons paprika | 3 inches long |
| 1 tablespoon mustard seed | |

Wash the vegetables, removing seeds from peppers. Scald tomatoes and peel. Place all the vegetables in the top of a double boiler and cook for thirty minutes. Press through a fine sieve. Return the pulp to the top of the double boiler. Crush whole spices and place in a bag and cook with pulp. Ground spices, except paprika, will darken catsup. Long slow cooking also gives a dark color. Cook about one hour longer or until thick. Add vinegar and salt. Remove spice bag and pour into hot sterile jars.

Mrs. A. L. Chapman, Grapeland, Texas.
First Prize, Pickle Class, 1932 International Canning Contest.

PRIZE
WINNING
PICKLES
Crabapples
Pearl Onions
Pears

CHOP SUEY PICKLES

- | |
|--|
| 50 pickles 3 or 4 inches long (slice, do not pare cucumbers) |
| 30 medium sized onions |

Let sliced cucumbers and onions stand over night in weak brine (one cup salt to one gallon vinegar) and drain next morning.

- | | |
|----------------------------|----------------------------|
| 2 quarts vinegar | 3 red peppers, cut fine |
| 2 tablespoons mustard seed | 1 teaspoon celery seed |
| 4 cups sugar | 2 tablespoons mixed spices |
| 1 tablespoon pepper | tied in a bag |

Bring vinegar, spices, sugar and seasonings to a boil. Put in pickles and let boil 10 minutes. Pack while boiling hot in hot sterilized glass jars and seal immediately.

Mrs. W. G. Schott, 2434 Newport Ave., Omaha, Nebraska.
Prize Winner in Pickle Class, 1932 International Canning Contest.

PICKLED LEMONS

Fully ripe lemons; boiling water
Saturated kitchen-salt solution

Scrub lemons with a stiff brush in cold water to take off the dirt, etc. Put lemons into enameled vessel and cover with boiling water. Let stand to cool and repeat thrice. Drain and make cross-cut halfway into lemons where peduncle was attached to fruit. Cover with saturated salt solution and add pinch of finely ground cloves. Put away to cure. Good for use after 3 months. The older it gets the finer the flavor. After 1 year juice starts to jellify, finally making a jelly out of it. This is the moment when pickles are finest. *Warning!* Do not use fruits with soft spots, or those that have fallen or been dropped.

Mrs. G. F. May, P. O. Box 77, Cap-Haitien, Haiti.
Prize Winner, Foreign Entry Class, 1932 International Canning Contest.

PRIZE
WINNING
PICKLES
Mixed
India Relish
Mixed



TOMATO SAUCE

1 peck tomatoes 3 tablespoons salt
1 pound onions ½ cup sugar ½ to 1 teaspoon black pepper

Wash, then scald tomatoes, let stand a minute or so, drain off hot water and pour over some cold water to chill and make handling easier. Put tomatoes through strainer. When there are a few quarts strained, put on to cook, but not on direct flame, to keep from burning. Continue pressing tomatoes through strainer and keep adding the juice to what is already cooking. When sauce is done one should have only about one third of original quantity. Put onions in food grinder using second finest knife, fry in oil or lard till transparent, then add to sauce, now add sugar and seasoning and a bit of chopped parsley if desired. Let all cook up good and can immediately in hot sterilized jars.

Mrs. R. C. Bacon, R. R. 1, Wesleyville, Pennsylvania.
Prize Winner, Tomato Juice Class, 1932 International Canning Contest.

CORN SALAD

12 ears of good tender white corn 3 tablespoons of salt
4 tablespoons prepared mustard 1 large red bell pepper
1 large green bell pepper 4 onions
1 cup of sugar Vinegar

Grind the onions. Dice the peppers or cut in small blocks. Use enough diluted vinegar to cover. Combine all ingredients. Cook one hour and seal in sterilized, hot glass jars.

Mrs. Eva Eberwein, Chesterfield, Missouri.
Prize Winner, Pickle Class, 1932 International Canning Contest.



PRIZE
WINNING
PICKLES
Mixed
Small
Cucumbers
Mixed

TUMERIC PICKLES

2 quarts sliced cucumbers 1 teaspoon ground tumeric
1½ cups vinegar 3 teaspoons salt
1 cup sugar Cauliflower may be added

To make more, double the amount of all ingredients. Slice and soak cucumbers in salt water over night with enough water to cover cucumbers. In the morning drain as dry as possible, put in kettle, pour over this sugar, vinegar and tumeric. Boil until tender, pack in jars, and seal hot.

Mrs. D. C. Houle, Argonne, Wisconsin.
Prize Winner, Pickle Class, 1932 International Canning Contest.

MIXED PICKLES

1 pound of white onions 1 red pepper
1 dozen small cucumbers 1 quart of white vinegar
1 head of cauliflower

Clean onions and cauliflower and cook until tender. Cut cucumbers and pepper into slices. Pack in jars. Heat vinegar. Add salt and sugar to taste. Pour over contents in the jars and seal.

Mrs. Clara M. Siddons, Harleysville, Pennsylvania.
Prize Winner, Balanced Meal Class, 1932 International Canning Contest.

PICKLED EGGS

12 eggs ⅛ cup granulated sugar
1 small red pepper ¼ teaspoon salt
1 small green pepper ¼ teaspoon mixed spices
2 cups very mild vinegar 1 quart jar

Cook eggs in boiling water for seven minutes. Cool and peel carefully. Pack in jar and cover with ingredients, combined together.

Cora F. Hawkins, Montgomery, New York.
First Prize Winner, Pickle Class, 1932 International Canning Contest.



PRIZE
WINNING
PICKLED
EGGS

LOGANBERRY JAM

Measure equal amounts of fresh loganberries and sugar. Let stand until the sugar is dissolved in the loganberries (about six hours). Boil for 25 minutes, pour into sterilized jars and seal.

Alice Welbes, 4-H Club School Girl, R. R. 7, Box 1792, Portland, Oregon.

Alice Welbes won first place in the 1932 International Canning Contest for best balanced meal entered by a 4-H Club girl. Her prize was a scholarship of \$300 in cash, awarded to her by Ball Brothers Company of Muncie, Indiana. As a result Alice Welbes is now attending the Oregon State College.

FIG PRESERVE

6 quarts figs 2 quarts sugar 3 quarts water

Leave stems on figs, cut to same length. Put figs in boiling soda solution (1 cup soda to 6 quarts boiling water) and allow figs to remain about 5 minutes. Scrape peeling off with knife. Rinse figs well in cold water, and add gradually to syrup made by boiling the sugar and water together for 10 minutes. Cook rapidly until the figs are clear and tender (about 2 hours). Lift the fruit out and place in shallow pans. Cover the figs with the syrup and allow to stand over night. Pack the cold figs in sterilized jars, fill jars to within one-half inch of top with the syrup. Partly seal. Process 25 minutes in Hot-Water Bath. Remove jars and seal immediately.

Mrs. T. A. Reid, Cripple, Georgia.

Prize Winner in the Jams, Marmalades, Butters, Conserves Class, 1932 International Canning Contest.

WILD PLUM JELLY

Pick slightly under-ripe plums. Wash and set on to boil with enough water to come within 2 inches above fruit. Boil until fruit is all split open, then strain through double layer of cheese cloth. Do not crush or squeeze, but let drip. Now take two cups of juice and let come to a boil, add 2 cups sugar, boil until it sheets from a spoon.

Mrs. O. J. Kundert, R. R. 2, Java, South Dakota.

Prize Winner, Jelly Class, 1932 International Canning Contest.

CARROT MARMALADE

1 package citrus fruit pectin	2 oranges
3 cups carrot pulp	3 lemons
1/2 teaspoon salt	1 cup water
4 cups sugar	

Wash and scrape carrots and put through a food chopper, using medium blade. Boil or steam carrots until tender. If the carrots are boiled, drain well before mixing with other ingredients. Dissolve one package of citrus fruit pectin with the boiled carrots. Wash and peel oranges. Cut the peeling into small pieces and boil in water until tender. Pour the sugar over the hot ground carrots, allowing the sugar to melt. Add the water, the lemon juice and the orange pulp and peel which have been cut into small pieces. Cook until the fruit is clear and the syrup gives a jelly test. Cool for 2 or 3 minutes, pour into sterilized jars, partially seal and process for 5 minutes.

Note: Three slices of canned pineapple may be substituted for the orange.

Albena Pierce, 4-H Club Girl, School Girl, Milsted, Alabama.

Albena Pierce was the winner of the \$100 4-H Club Girl Scholarship in the Jelly Class, 1932 International Canning Contest.

GRAPE CONSERVE

Take 3 or 4 pounds of grapes, remove seeds by hand from pulp; put skin and pulp in preserving kettle. Add as much sugar as you have fruit, cook until quite thick. Just before taking from stove add blanched almonds, cook a few minutes, seal hot. It is a matter of taste how many almonds to use. I take a large cup to a quart of preserve. Some like to add oranges cut very fine.

Annie H. Caffey, 306 Hillcrest Avenue, Louisville, Kentucky.

Prize Winner in the Jams, Marmalades, Butters, Conserves Class, 1932 International Canning Contest.



PRIZE
WINNING
JELLIES



PRIZE
WINNING
MARMALADES
AND
PRESERVES

KONDOL PRESERVE

Peel the fruit and open; remove all seeds and cut into slices. Soak over night in lime water, made by dissolving 1 tablespoon of lime in 1 quart of water. Then soak in plenty of cold water for about 2 hours and drain. Boil plenty of water and drop in this the drained, sliced Kondol; boil for about 10 minutes and drain. To 2 cups of sugar add 1 cup of water and boil. Add to this the sliced Kondol and cook until it is soft and tender. Let it stand in the same syrup over night and then pack in jars and sterilize. Seal completely after sterilization.

Mrs. Irene A. Micor, Mauban, Tayabas, Philippine Islands.
Prize Winner, Foreign Entry Class, 1932 International Canning Contest.

PEANUT SOUP WITH RICE

1/2 cup peanut butter 1 cup water
1/2 cup chicken broth 1/2 cup cooked rice

Boil water vigorously; mix peanut butter with chicken broth and pour in the boiling water. Continue boiling for five minutes. Take from the fire and add cooked rice, mixing well. Pack into glass jars and partly seal. Process in Steam Pressure Cooker for 1 hour at 10 pounds. Remove from canner and seal immediately.

Mrs. G. F. May, P. O. B. 77, Cap-Haitien, Haiti.
Prize Winner, Foreign Entry Class, 1932 International Canning Contest.

PRESERVED GUAVAS

Peel very ripe but not over-ripe guavas. Cut up in quarters, remove seeds and wash. Put into aluminum vessel, cover with water and add *one more cup of water*. Add for every pound of quartered fruit one cup of sugar. Cook until soft and syrup becomes thick. Do not stir but shake occasionally. Pack hot into glass jars and seal immediately. Cinnamon and other flavors may be used successfully for blending.

Mrs. G. F. May, P. O. B. 77, Cap-Haitien, Haiti.
Prize Winner in Foreign Entry Class, 1932 International Canning Contest.



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