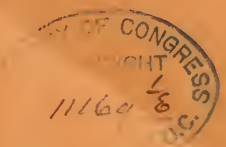
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Mrs. M. T. Wellborn's

RECIPES FOR

Preserving Fruits.

Geo. B. Staddan, Printer, 5½ Cherry St., Nashville.

MRS. M. T. WELLBORN'S

RECIPES FOR

Preserving Peaches, Pears, Apples, Plums, Gages and Quinces, Berries, Grapes, Tomatoes and Okra, in barrels, kegs or jars, of any kind or size.

Entered according to Act of Congress in the year 1874, by Mrs. M. T. Wellborn, in the office of Librarian of Congress, at Washington.

REMARKS.

Several years ago the "Spear's Patent Fruit Preserving Solution" was introduced to me, claiming to prevent fermentation, and preserve all kinds of fruit, without need of making the jars air-tight, and without the use of sugar. Being most favorably impressed with the idea, I at once proceeded to give it a trial, and put up several kinds of fruit according to the directions that accompanied the solution. I found the fruit to keep reliable as claimed, in jars of any kind and size, without making them air-tight; and I could use the fruit little by little as wanted. I found the fruit to keep just as reliable without using any sugar, as with using little or much of it as wanted; and was pleased with the solution, because it maintained these bold claims. The preserved fruit remained quite as firm and good to appearance as the

best canned fruits; but upon tasting them I found some kinds were just a little deadened in flavor, but possibly good for the desert, and quite good for baking and cooking purposes. Some other kinds I found were still more deadened and insipid, and with a very slight perceptible taste of the solution, but hardly objectionable; whilst some others I found with a decided taste of the solution, rendering them disagreeable to almost every one who tasted of them.

Having flattered myself by anticipating so much of the preserved fruit, considering their reliable keeping and elegant appearance, I must confess I was very much disappointed upon using the fruit, to find them so varied in flavor. Uncertain if the fault was my own or that of the solution, I set about making enquiry of others who had used the solution, to know their experience, and found the result in nearly every case similar to my own.

Notwithstanding this shortcoming of the solution, I considered its other advantages, such as the simple and easy manner of preserving the fruit, keeping them in large earthen and stone jars without sealing air-tight, allowing the fruit could be used little by little as wanted; and that in keeping large quantities of fruit, I need not add sugar to them at the time of preserving, whereby so little trouble and outlay of money is incurred, to inspire me to put up very much more fruit for winter than I would have the courage, in fact the ready-

money to do by the more troublesome and expensive air-tightening method—altogether enough to justify my continuing its use the following year, determined upon using it with the greatest care according to the directions, and to personally superintend the preserving of the fruit.

Thus becoming more and more interested in the cause of the solution, I commenced making experiments according to my own ideas, and with no other motive than to thoroughly manage and utilize the solution to my own appreciation and advantage in my housekeeping. After making many fruitless attempts and experiments, I still persisted, and made others, leading to the following result, and to my entire satisfaction, and as now directed in this recipe. I have confidently and largely used the solution during the past three years, and am using it still, and would use it more largely this season if the fruit could be obtained.

Last year, (1873,) I put up about two hundred and fifty (250) gallons of fruit, a part of which I sold in our town at one dollar per gallon. Their cheapness and good qualities created quite an excitement—all the more, considering the fruit was kept in barrels, without sugar at the time of preserving, and with the Spear's Solution, and the taste not perceptible, and so many persons wanting to know how it is done, I have therefore prepared this recipe, with the explanation in printed form, and protected it to myself by copyright, and

will dispose of it to any and all who may want it. And (pardon my saying it) if the recipe was the invention of another, having rendered me so much satisfaction and good service, I would impulsively urge its adoption upon all in any consideration; but being my own invention, I feel mysteriously constrained, lacking charity to give it to the public as a free offering, and lacking boldness (or something else necessary) to urge its value upon the public, notwithstanding my conscientious convictions, and absolute assurances that the great majority of families and all FARMERS and FRUIT GROWERS would be greatly benefited by having, and confidently employing it as it proposes. You will find the recipe is very simple and easy to apply, and it is all the better for that, and you hereby obtain it very much cheaper than I did. Thus I have done with remarks, and will proceed to give the recipe as follows:

PEACHES.

Peaches should be quite fresh—just picked if possible—a little under-ripe or half ripe, so that they will remain firm upon cooking. Cling seed is preferred; after paring them, and cutting them into halves or quarters as desired, remove the pits or stones, and immediately put them in clear cold water to prevent their becoming discolored; having thus prepared the fruit, weigh out enough, (noticing the weights) to fill the preserving kettle nearly

full, which put into the kettle, and pour enough clear cold water with it to nearly cover the fruit; place it over a hot fire, and as the fruit gets hot, stir it carefully and frequently from the bottom, that the fruit may all get hot alike or scalded through, but not cooked to get soft. Then dip out the fruit with a skimmer or wire ladle, and put it into the barrel, keg or jar for keeping. To the water remaining in the preserving kettles, add Spear's Preserving Solution at the rate of two (2) tablespoonsful of the solution to each eight (8) pounds of fruit. Let the water or syrup boil a few minutes, and when boiling hot, pour it into the barrel over the fruit, and immediately throw a thick cloth over the barrel to prevent the steam from escaping. Continue to scald fruit in this manner, each time adding the solution to the syrup, and put boiling hot into the barrel, until it is filled with fruit and syrup; let it then stand closely covered for six or eight hours, for the fruit to settle, and then proceed to put the head in the barrel—but before doing so, dip out what syrup you can conveniently, to keep it from leaking when the hoops are raised to admit the head. Having properly secured the head and hoops to their proper places, remove the bung, and pour the syrup you dipped from the head, back into the barrel.

There ought to be enough syrup saved over when scalding the fruit, to fill the barrels entirely full, instead of using water, but if there should not be enough, make more by adding

four or five tablespoonsful of the solution to every gallon of boiling water. When entirely full, drive in the bung, and the work is done for the present; after standing a day or two, again remove the bung, and if not entirely full, fill it with hot water and solution made as before stated, and then drive in the bung, and pour melted sealing wax around it, and the work is done for long keeping. Remove the barrel to a cellar, or some cool damp place, that the barrels may remain tight, and not leak, or the fruit-syrup to evaporate during the hot months.

TO MAKE THE SEALING WAX,

Take eight or nine parts of rosin and one part of tallow, melt and mix together, and pour on the bung boiling hot.

Clingstone peaches preferred, as they remain firm after prolong keeping. Barrels or kegs having been used for liquors, such as whisky, brandy or wines, are preferable to new ones. After having thoroughly cleansed the barrel inside and out, fill it with water, and let it stand to soak over night, or for a day or two—then pour it off, and put in a pint of fresh water, and add to it two tablespoonsful of Spear's Solution, and thoroughly drench the barrel with it by rolling, tilting and shaking. When wanting to use the fruit, open the barrel by removing the head, and immediately drive the hoops back to their place. Remove as much of the fruit as is wanted for the oc-

casion, or if you like, enough to last you for a few weeks, if in cool weather.

In removing the fruit, do so with a wire ladle, thus simply removing the fruit, and leaving the syrup in the barrel; then put the fruit into clear, cold water, and stir a little to wash it, then pour off the water, and drain the fruit as dry as possible, and to each gallon of fruit add two or three (2 or 3) pounds of white sugar, or more or less to suit, and one (1) gill of white vinegar; stir and mix the vinegar and sugar through the fruit, repeating the stirring a few times, and then let them remain a few hours with only a thin towel over them. The vinegar will remove any insipid taste of the solution upon the fruit, and in a few hours you cannot either taste or smell the vinegar. You can use less vinegar if it is very strong.

If the directions are carefully followed, the fruit will be firm, and frequently crispy if the fruit was fresh gathered, and not too ripe. The firmer the peaches are, the more of the peach flavor is retained. If the peaches are too firm to be eaten with sugar and cream, which is frequently the case, stew them until tender, and let them get cold before using. The effect of the vinegar is to neutralize the solution, and to incorporate itself with the sugar and fruit, so as to restore and beget more of the fresh fruit flavor than is usually found with canned fruit, and peaches so prepared will serve good any way you would use fresh or canned peaches.

They will also make nice sweet pickles and sugar preserves, by first soaking the peaches when removed from the barrel, in cold water, containing one (1) gill of vinegar to each gallon of fruit. Have water enough to cover the fruit, and let it soak for a few hours, then pour off the vinegar and water, and soak in fresh, cold water. Spice as preserves in the usual manner. Do not use tin-plated ware about the fruit, as it turns it dark.

APPLES.

Any tart or acid apple a little under-ripe may be prepared according to the Peach Recipe, and they will keep very nice. To prepare them for use as wanted, take them from the barrel in the same manner as directed for peaches, and put them in clear, cold water, and wash as directed for peaches; then pour off the water, and add to the fruit one (1) gill of white vinegar to each gallon of fruit; also add whatever sugar is needed to render them suitable to the taste or use. Add water to cover them, and remove altogether into the preserving kettle and cook until tender, by adding more hot water if necessary. They will be as good as fresh cooked apples for all purposes for the desert. To prepare the apples for mince meats, take out as much fruit as is wanted—wash it in cold water, then pour off the water, and fill in enough fresh, cold

water to entirely cover the fruit; then add (2) two gills of vinegar to each gallon of fruit, and let them soak for a few hours, then use them raw as you would fresh apples.

PEARS and QUINCES.

Preserve them in the same manner as directed for peaches or apples. To prepare them for use, put them to soak in vinegar and water, the same as directed for apples; after remaining for a few hours, draw the vinegar and water from the fruit, and add to the fruit whatever of sugar is wanted, and let them stand for twelve hours. They will be very fresh and delicious. They retain the pear flavor if only scalded to get hot through. They also make a good preserve after being soaked in vinegar and water, and then soaked in clear, cold water, and preserved as you would citron.

PLUMS and GAGES.

Plums and gages can be preserved as firm as when gathered, by putting them up in cold water, and using three (3) tablespoonsful of Spear's Solution to every eight (8) pounds of fruit. Weigh the fruit (noting the weight) and fill the barrel full with fruit, then add the solution according to the weight of the fruit, and fill the barrel or jar full of cold water, and

head up the barrel or seal the jar as directed for other fruit. The fruit will remain firm and retain its natural color if yellow fruit is used. Do not let the fruit be mellow. When wanted for use, soak in vinegar and water, then sprinkle with sugar as directed for pears.

Plums can be saved in barrels or any size jar by adding a half pint of water to eight (8) pounds of plums, and scald them until hot—stir frequently that all will be hot alike. Then add two (2) tablespoonsful of solution to every eight (8) pounds of fruit. Mix it well by stirring, and pour it boiling hot into the barrel or jar, and keep it closely covered; continue in this manner until the barrel is full, and then put in the head as directed for peaches. When wanted for use, add sugar and one (1) gill of vinegar, and scald all together in a preserving kettle, and they will be equal to fresh fruit.

To preserve plums, gages, grapes and strawberries, or any kind of very acid fruit, with very little sugar, or only enough to make them palatable:—To every twelve (12) pounds of fruit—a little under-ripe or half ripe preferred—add from three to four pounds of sugar, and a half pint of cold water, put altogether into a preserving kettle, and let them scald until the skins begin to burst. Stir them frequently that all may be scalded alike, but not scorched—then remove them into a jar, and continue to boil more fruit until the jar is full. Let it then stand one or two hours to settle, and then

cut two pieces of thick white paper, and dip one in the solution and lay it over the fruit, and pour one tablespoonful of the solution to every twenty-four (24) pounds of the fruit, upon the paper. Fit the other piece of paper in the neck of the jar, and then fit in the stone lid or a cork as tightly as possible, and pour melted sealing wax, (made as before-mentioned) around the edges, being careful not to leave any air-holes for the syrup to evaporate. If the directions are carefully followed, the fruit will be as nice in twelve months as when first put up. It will be ready prepared for the table, and be as nice as fresh-stewed fruit. After opening, when not using from the jar, keep a paper saturated with the solution over the fruit to prevent fermentation.

BERRIES.

All kinds of berries keep nice if only made scalding hot. Use the water that drains from them after washing to scald them with. They will melt as they get hot, and make their own syrup. Stir them frequently that all may get hot alike. When hot, add to each eight (8) pounds of fruit, two (2) tablespoonsful of Spear's Solution. Stir them well, and put altogether boiling hot into the jar. Let it stand two or three hours for the fruit to settle, and if the fruit shrinks, fill up the jar with hot water, and keep it closely covered during the

time. Then cut two pieces of paper, and dip one in the solution and lay it on top of the berries, and pour about a teaspoonful of the solution upon the paper to thoroughly saturate it and prevent mould. Then fit the other piece of paper into the neck of the jar, and put on the lid or cork as tight as possible, and pour melted sealing wax around the edges to prevent evaporation. When wanted for use, wash them in cold water, and add one (1) gill of vinegar to each gallon of fruit. Mix the vinegar by stirring them, and let them remain for several hours; then put them into the preserving kettle with what water drains from them, and cover close with a plate turned over them. As they get hot, stir them occasionally, and when boiling, add sugar to suit the taste.

No. 1 TOMATOES.

Take large, firm tomatoes, not mellow ripe, scald, peal and cut up, and let them drain. The least water about them the better. Weigh and put them into the preserving kettle over a hot fire; stir them frequently, that they may all get hot alike and not scorch. When hot, add two (2) tablespoonsful of Spear's Solution, to every eight (8) pounds of fruit, and stir well. Do not let the fruit boil to get soft, but only boiling hot. Pour it into a jar, filling it entirely full, cover closely, and let stand two or three hours to settle. If the fruit

shrinks much, fill up with hot water. Cut two pieces of thick, white paper, and dip one in the solution and lay on top of the fruit, and pour a teaspoonful of the solution over the paper to saturate it well. Put the other piece of paper in the neck of the jar, and fit the stone top or cork in as tight as possible, and pour melted sealing wax around the edge. Be careful not to leave any air-holes, as the syrup would evaporate, and the fruit mould on top. When wanted for use, add two (2) gills of vinegar to one gallon of tomatoes; add plenty of sugar, and a large tablespoonful of butter, and bake or stew in a yellow crock bowl till dry. The vinegar restores the natural flavor of the tomato, and they are in every respect as nice as fresh tomatoes.

To Preserve Tomatoes Whole.

Select those not quite ripe, scald and peel them. Put in the preserving kettle one (1) pint of water to every eight (8) pounds of fruit that you are going to scald. When the water boils, add three tablespoonsful of the solution to every eight (8) pounds of tomatoes. Drop in a few tomatoes at a time, and let them scald until hot, but not cooked. Dip them out carefully, and put them into the jar, and continue to scald fruit until the jar is filled, and then let them stand a few hours to settle. If the fruit shrinks much, fill the jar full of

the syrup that the fruit was scalded in. The syrup that drains from the fruit is sufficient water in the jar. Then treat them with paper and solution on top, and seal up the same as directed in the other recipe for tomatoes. These tomatoes are often preserved firm enough to slice, and serve with vinegar, pepper and salt, and are relished by some persons served in that way.

When wanted, scald in vinegar and water, then add to the soup as you would fresh tomatoes. Small watery tomatoes with many seed, will not keep by these recipes.

After opening a large jar of tomatoes as well as other fruit, keep a thick paper saturated with the solution over the fruit, when not using from the jar. All preserved fruit should be kept in a cool place or cellar.

OKRA.

Okra can be kept in small jars if put up late in the season. Weigh the okra, and put in the preserving kettle with cold water enough ts cover it. Let it boil until the pods begin to burst. If too much water, pour off some, and add two (2) tablespoonsful of Spear's Solution to every eight (8) pounds of okra. Stir well, and pour all boiling hot into the jar, and then let stand to settle. Keep it closely covered, and if it shrinks much, fill with hot water, and put paper and solution over the

top of the okra, and seal up as directed for tomatoes.

When wanted for use, scald in a lined stew-kettle with a little vinegar added to the water. When hot, add to the soup, and use any way you would fresh okra.

Any very acid fruit can be kept for a few weeks by stewing them, and adding sugar to make them palatable. Put them in a jar, and saturate a piece of heavy white paper with the solution, and lay it on top of the fruit, and cork or cover close.

If these directions are carefully followed, there will not be a failure in preserving the different kinds of fruit; and all kinds of fruit are so plentiful in the summer season, that they can be made a common article of food during our prolonged winter months, when it would be a very acceptable article of diet to most persons.

I have ever found it so at the hotel. My table has been as bountifully supplied during the winter months, with fresh fruits as good as the canned fruits, and pronounced by many to be superior in every respect to the best canned fruits, and at such a small cost and so little trouble. And I am sure they would add health as well as luxuries to every household; besides, the surplus fruits thus saved would find a ready sale and a good price in any market, and would add an income to many persons that is lost year by year for the want of

some cheap and simple method of preserving their fruits.

Hoping to benefit the public as well as my own pecuniary interest, I will close my remarks,

MRS. M. T. WELLBORN,
Marion, Perry County,
Alabama.

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