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Pork on the Farm: Dressing - Curing - Canning

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PORK ON THE FARM

Dressing-Curing-Canning



SOUTH DAKOTA STATE COLLEGE
EXTENSION SERVICE

C. LARSEN, DIRECTOR
BROOKINGS, S.D.

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Pork on the Farm

Dressing, Curing and Canning

by

F. U. Fenn, Instructor in Animal Husbandry; I. B. Johnson, Extension Animal Husbandman; and Mary A. Dolve, Extension Nutrition Specialist

The most popular meat in our South Dakota farm homes is pork. Hogs are produced in all sections of the state and for many of our farm families the hog provides the bulk of the year's meat supply. Every farm family could well afford to get its supply of meat from the livestock produced on the farm. Whenever the farmers of South Dakota market their fat hogs and then buy what pork is needed in the home, they are overlooking an opportunity of saving several dollars and of providing their table with good meat products that can readily be had through the proper dressing, curing and canning of pork on the farm. The hog is an efficient meat producer; he makes more economical gains and provides a larger per cent of edible products than any other meat animal. From the pork carcass farm families may provide themselves not only with fresh meat but with a variety of cured and canned meat and meat products.

Selecting the Hogs for Butchering

The health of the hogs selected for butchering is exceedingly important. There is always danger that disease may be transmitted to a person eating meat from an unhealthy animal; furthermore, the keeping quality of the meat from a feverish or off-conditioned animal cannot be relied upon. The best guide for selecting healthy animals for home butchering is to choose those that have made the best gains, have good appetites, and are rustlers. The sick animal is listless and not hungry and the runt is probably small because it is affected with disease or parasites. Avoid mangy hogs because it is impossible to scald them so that a clean, smooth, attractive carcass is obtained. Occasionally some peculiar conditions may be noted when the carcass is opened, such as diseased glands, inflamed organs, or spotted kidneys, liver or spleen. In such cases, it would be advisable to have the local veterinarian inspect the carcass and entrails to determine whether or not the carcass is fit for food.

Hogs that are in medium condition weighing from 170 to 250 pounds each and rapidly gaining in flesh, yield the best quality of meat. Never use a hog that is losing in weight. The meat from a thin hog is apt to be tough and lacking flavor and juiciness, while the meat from an excessively fat hog does not produce the best cured pork, as the bacon is apt to be greasy and the hams may have to be skinned in order to be properly cured. Never kill boars for pork and the sows and gilts when in heat should not be used; it is advisable to pass up the stags as the quality of the meat is not comparable to that of a good butcher hog, and surely the farm family is entitled to the best of what the farm produces.

The meat from old hogs is apt to be tough, although its quality is improved by the proper fattening of the animal. The meat from young pigs

is watery and lacking in flavor and firmness. Best results are obtained when hogs from 5 to 10 months old are butchered. As regards quality of hogs, avoid the coarse, rough, flabby and wrinkly hogs, selecting those that are smooth and deeply and firmly covered as they yield a finer texture of meat that shows more marbling.

Care of Hogs Before Butchering

Hogs to be butchered should be kept off feed for 24 hours before killing but they should have plenty of fresh water to drink. Such treatment permits the eliminaton of usual waste products of the hog's system, it helps to clear the stomach and intestines of their contents so that they handle easier when dressing the hog. It is also easier to get the hog bled out well if the system is not loaded with food and pork will cure better when the smaller blood vessels are quite free from blood and food nutrients. Do not excite or overheat the hog before killing, for if the body temperature is raised above normal and a feverish condition produced, poor bleeding will result and there is a tendency for the pork to sour. A hog should not be kicked, pounded, or otherwise bruised prior to killing for this causes blood to collect in the bruised spots and if it occurs on any of the cuts to be cured, such spcts will first have to be trimmed out before putting the cut or piece into the cure.

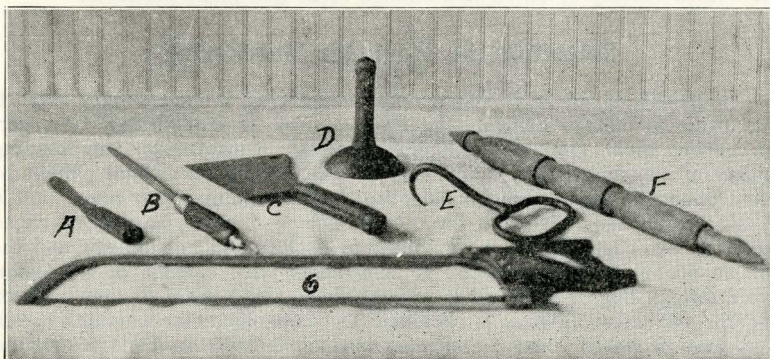


Fig. 1.—Tools for hog butchering: A, butcher knife; B, steel; C, cleaver; D, bell scraper; E, hog hook; F, gambrel; G, meat saw.

Equipment for Farm Butchering

Expensive equipment for hog butchering is unnecessary. In Fig. 1 are shown some of the tools usually used. It is not essential to have all of these but one will need a 6- or 8-inch butcher knife, a gambrel, a hog hook and possibly one or more bell scrapers, although a dull butcher knife, a stub-handled garden hoe, or a dull corn knife will do very well for scraping the hog. Other equipment needed would consist of vessels for heating the water, a clean tub and pails, a clean cloth, a barrel in which the hog may be scalded, a platform or inverted wagon box on which to scrape the hog, and a hoist or block and tackle for suspending

the hog from some suitable scaffold or ladder when removing the entrails and cooling out the carcass.

The position of the barrel with respect to the platform on which the hog is to be scraped is illustrated on the cover page of this circular. The barrel is tilted at an angle of about 45 degrees and is held securely in this position by the temporary framework which surrounds it. The 2x4's used for the frame work are spiked to the platform and the lower ends are spiked together with the 2x4 used as a crosspiece underneath the barrel.

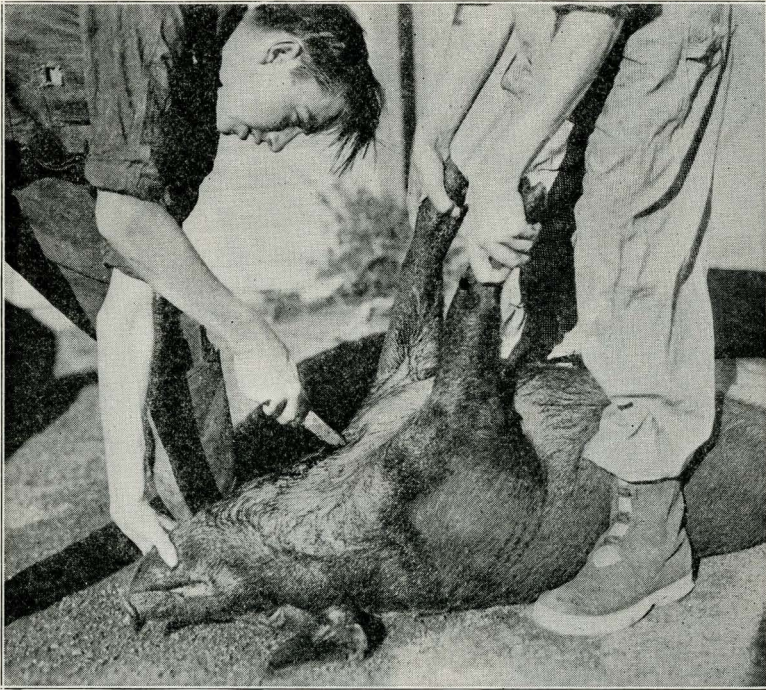


Fig. 2.—Sticking the hog, showing position of the knife when the blood starts.

Killing the Hog

There are several different methods of killing hogs for butchering, but only one is generally recommended. It is not advisable to shoot or stun the hog before bleeding, but if this is done, be sure to stick the hog immediately afterwards and allow it to bleed out as thoroughly as possible. Shooting the hog may be dangerous to persons standing around, the hog that is shot never bleeds out as thoroughly as it should, and the bullet may lodge in the shoulder, causing the meat to spoil while in the cure. Stunning the hog with an ax is apt to prove unnecessarily cruel, for the animal is apt to move its head and after one glancing blow it will be worried and excited and will not bleed properly.

Sticking is Best.—The most satisfactory method is that of sticking the hog without its being stunned. When doing this have the hog lying squarely on its back. To get the hog into this position the one who is to hold the hog should reach underneath the body of the hog, grasp the forefoot opposite him and with a quick jerk turn the hog on its back. He should then stand astride the hog with his feet just back of the hog's shoulder and maintain a good grip on the forelegs (Fig. 2). The man doing the sticking should place one hand on the lower jaw of the hog, holding its head down, and with the knife in the other hand make a slit

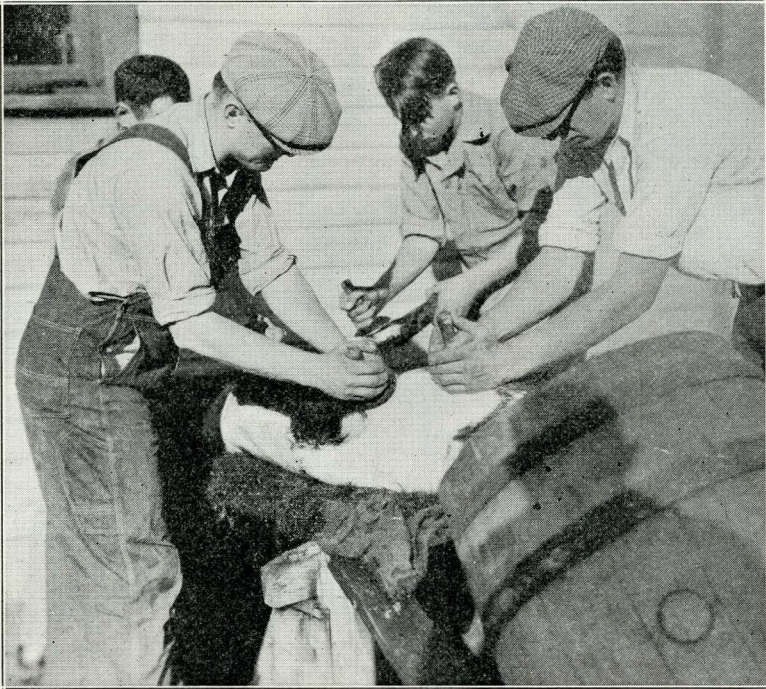


Fig. 3.—Scraping the carcass.

through the skin along the midline from 1 to 2 inches in front of the breast bone. With the cutting edge of the knife toward him the point of the knife should be inserted toward the point of the breast bone, and when it is felt, the point of the knife should follow it down and be pushed slightly under it and then directed toward the backbone or neckbone for a total depth of 4 or 5 inches. Withdraw the knife with a forward cut with the point without turning the blade. Such an incision cuts the large vein and artery where they divide to go to each shoulder and to each side of the neck, and causes the blood to gush forth from the cut.

Release Hog After Sticking.—Release the hog after it has been stuck as this will permit a more thorough bleeding. Should the stick be made

too far back under the breast bone, the chest cavity may be punctured and a lot of blood will collect in it unless the hog is hanging when being bled out. Do not aim to make a heart stick for then the heart will stop pumping the blood out of the system. If the stick is not made directly down through the midline, but a little to one side, a shoulder stick results, the hog does not bleed out so well, and blood clots are formed in the shoulder which results in more waste in trimming the shoulder and may cause it to spoil while in the cure. The most desirable method of sticking the hog is to hoist it up by one hind leg with a block and tackle and while hanging clear of the ground, the incision may be made as previously directed, and the hog allowed to hang until completely bled out.

Scalding and Scraping

Do not drag the carcass to where it is to be scalded; if necessary, haul it in a wheelbarrow or on a sled. Any blood remaining on the outer surface of the carcass should be washed off with warm water, because if left on it prevents getting a good scald on the surface thus covered.

If the water for scalding is heated on the kitchen stove, it should be boiling when removed. Enough water is needed to about half fill the barrel. The ideal temperature for the water is from 145° to 150° F., as this gives the most satisfactory scald. If necessary, temper the boiling water with a little cold water to get it to the desired temperature. If the scalding water is too hot, say 170°, it may set the hair and cause more trouble than if too cold. A thermometer is the most reliable guide for the beginner, but if one is not available, a satisfactory and reliable guide is to dip one's forefinger in the water three times in succession. If the water is of correct temperature it should burn the finger the third time; if it burns the finger the first time it is too hot. A shovelful of wood ashes or a tablespoon of lye added to the water in the barrel will aid in removing the scurf on the hog. Some prefer a half bar of laundry soap for this purpose.

The scalding can be done more satisfactorily by using a tank that will accomodate the entire carcass. A small sized galvanized water tank or trough may be used, blocking it up so that a fire may be built underneath it for maintaining the water at the correct temperature of 145° F., which gives a slow scald and eliminates the danger of setting the hair. The carcass can be kept moving while in the water by first placing a rope underneath it and then see-sawing on the rope. Where several hogs are to be butchered it will be found advisable to provide a tank rather than having to use a barrel for the scalding. The scraping platform should be level with the top of the tank.

Scald Rear Half First—When using the barrel for scalding, the rear half of the carcass should be scalded first, for if the water is too hot and hair should set it is more easily shaved from the rear half of the carcass than from the front half. While the carcass is lying on the platform, insert the hog hook in the lower jaw of the hog underneath the tongue and slide the carcass into the barrel. Keep the carcass moving in the barrel so as to insure a more thorough and uniform scald. It is not necessary to pull the carcass out of the barrel before it is ready to scrape except to try the hair. When the hair slips on the hind flank and on the legs, remove the carcass from the barrel, twist the hair off the hind shanks and also remove the toes and dewclaws from both feet

while they are still hot, hooking them off with the hog hook. Cut a gambrel slit at the back of each hind shank, making the cut lengthwise from just below the hock to between the dewclaws, being careful not to cut across a tendon. Loosen the two tendons in each shank and insert the gambrel, and then scald the front half of the carcass. Be sure to keep the carcass moving while in the barrel.

Clean Head and Feet First.—When the hair slips off the head and front shanks, pull the carcass out onto the platform and scrape off all hair and scurf, cleaning the head and feet first as they are more difficult to clean when cold. When using the bell scraper hold it with both hands, incline it somewhat on the farther edge and scrape toward yourself with the lay of the hair (Fig. 3). If the hair cannot be scraped from some portion of the carcass, cover that portion with a gunny sack and soak with the scalding water for two or three minutes.

When the hair and scurf have been removed, hoist the carcass, permitting it to hang so that the head is just clear of the ground. Now rinse the carcass with hot water, scraping it thoroughly so as to remove all traces of scurf and hair. Use the butcher knife to shave off any remaining portions of hair that could not be removed with the scraper. After thoroughly cleaning the carcass, rinse it with cold water and scrape it again with the knife; in making the final scraping use the back of the knife, scraping upward on the carcass thereby forcing the water out of the pores of the skin. Some prefer to singe off any hair remaining on the head rather than to shave it.

If the head is to be split and left on the carcass, the best time to remove the tongue is just before the carcass is hoisted off of the platform. The jowl is split by continuing to cut down the midline from the point of sticking to the chin. The cut is continued down in the throat to the windpipe and the knife slashed down along the inner sides of the lower jaw bone. Then the hand can be inserted in on top of the tongue and it can be pulled back and out of the lower jaw using the knife to cut the tissues that hold it in the angle of the jaw and to cut it free from the upper end of the windpipe. The tongue should be held by the tip, scraped some with the knife, and then rinsed in cold water.

Removing Entrails

Stand facing the belly side of the carcass, cut through the midline between the hams, continuing the cut downward along the midline to the head, cutting through the skin but not deep enough to expose the intestines. If the carcass is that of a barrow cut around the opening of the penis sufficiently to include the glandular tissue, slit down along both sides of the sheath and strip it back and cut it off where it enters the abdomen near the hams. Cut through between the hams until striking the aitch bone and continue the cut downward until this bone is well exposed. The aitch bone may now be split with the knife starting the knife with the sharp edge of the blade pointing upwards underneath the lower midline of the bone (Fig. 4). In young hogs this bone splits rather easily and one should not experience much difficulty in splitting it in older hogs. After splitting this bone, grasp the bung gut below and loosen it toward the bung. Cut around the bung or rectum until it is entirely free, tie it with a string and pull it downward and outward (Fig. 5).

Split the Breast Bone.—Before opening the abdominal cavity, split

the breast bone by inserting the knife in the opening made in sticking the hog and cutting upward through the breast bone. Now insert the first and second fingers of the left hand in the opening into the abdominal cavity, place the knife between these fingers and continue cutting downward through the midline. The fingers will serve as a guide in making the cut and as a protection from cutting the intestines. In removing the intestines be careful not to pull out any of the leaf fat surrounding the

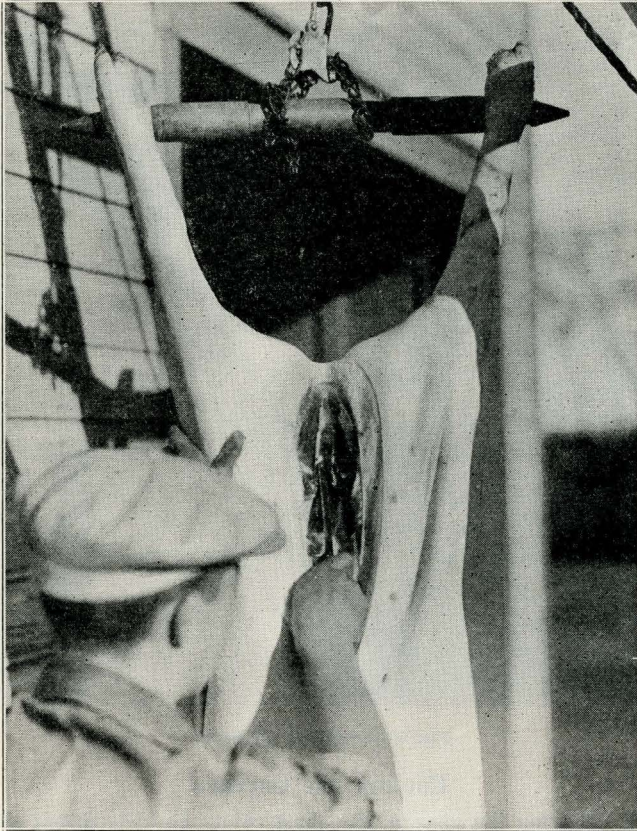


Fig. 4.—Splitting the aitchbone.

kidneys. Remove the fat that surrounds the stomach. Pull out the stomach and viscera (Fig. 6) from the abdominal cavity, cut the diaphragm (the tissue between the chest and abdominal cavities) between its light and dark portions allowing the muscular portion to remain attached to the ribs, and remove the lungs and heart. Cut off the gullet and windpipe down near the head, or if the tongue has been removed previously, then the gullet and windpipe can be taken out completely.

The gall bladder should be removed from the liver by cutting underneath the duct leading to it, stripping this duct back and lifting the gall bladder off with it. Remove the liver and heart and wash them in cold water. The tongue, heart and liver are all desirable and can be prepared for the table in many different ways. The intestinal fat may be stripped from the intestines and with the stomach fat be used for making soap. If desired, the stomach, the small intestines and the bladder may be removed, thoroughly cleaned and scraped and used for sausage casings.

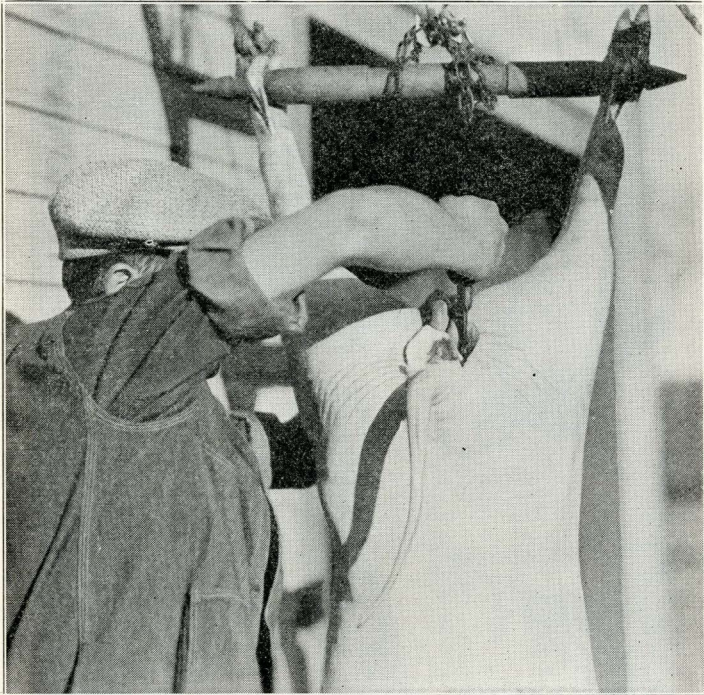


Fig. 5.—Loosening the bung.

Cooling the Carcass

After removing the viscera, the chest cavity and the throat should be washed out with clean cold water. Use a wet cloth in removing any blood strains or water from the outer surface of the carcass. In order that the carcass might cool out more quickly, it should be split by sawing lengthwise through the backbone (Fig. 7) leaving a slight attachment for the two halves at the nose of the hog. Do not use an ax for splitting the carcass. If one does not have a meat saw, use an ordinary saw. Stand facing the inside of the carcass and begin sawing at the curve in the backbone over the loin instead of at the tail head.

The leaf lard or kidney fat should be loosened at this time to aid in the proper cooling of the carcass. This fat is more readily loosened while

warm. Begin loosening it at the lower end, being careful not to loosen any of the muscles with it. It may be removed entirely or left attached to the carcass at its upper end. If removed it should be hung so as to get a free circulation of air for quick and proper cooling. The hams should also be faced as this permits more rapid cooling and this trimming is



Fig. 6.—Removing the viscera.

more easily done on the warm carcass. Cut in on the fat on the face of the ham back of each rear flank so as to expose a portion of the ham muscle. Grasp the ham edge of this strip of skin and fat that has been cut loose, pull upward and backward on it, at the time cutting over the face of the ham toward the tail head, but do not completely sever this strip from the carcass.

It is well to cool the carcass rapidly after dressing, the most desirable

temperature for cooling being from 34° to 40° F. Fresh meat absorbs odors readily so avoid hanging the carcass where such absorption is possible. In the summer time it may be necessary to use some refrigeration, hanging the carcass where the flies cannot get at it. In cold weather do not allow the carcass to freeze, as this prevent its thorough cooling out and if portions of it are to be cured, the meat will have a tendency to become sour and mushy in the cure.

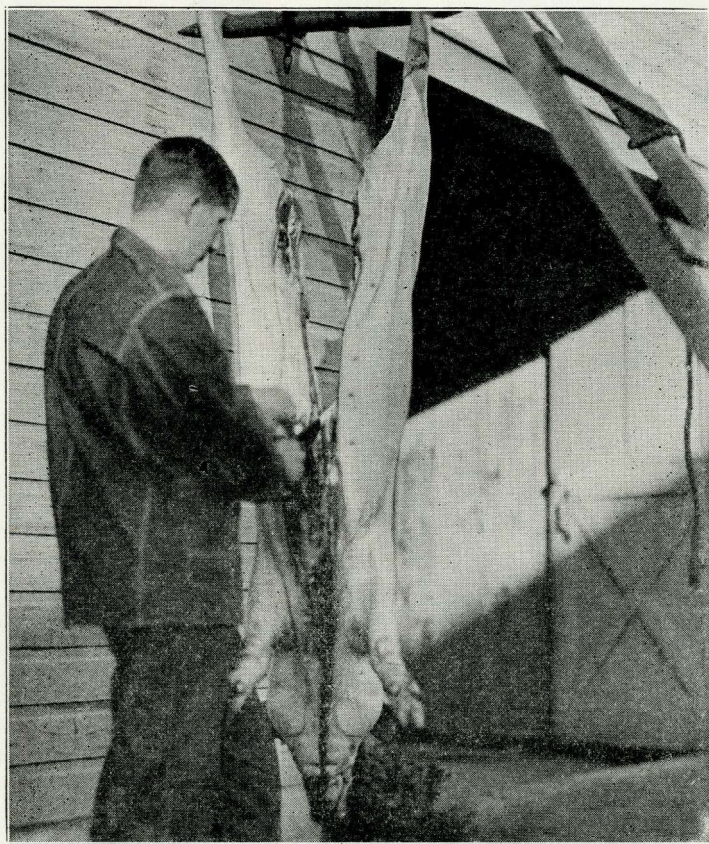


Fig. 7.—Splitting the carcass.

Cutting the Carcass

There are different methods of cutting a hog carcass, but the one here described and illustrated is one of the most desirable. When the pork is all used in the farm home, one method may be as good as another, but the one here described will keep the trimmings down to a minimum. Oftentimes several hogs are dressed at the one butchering,

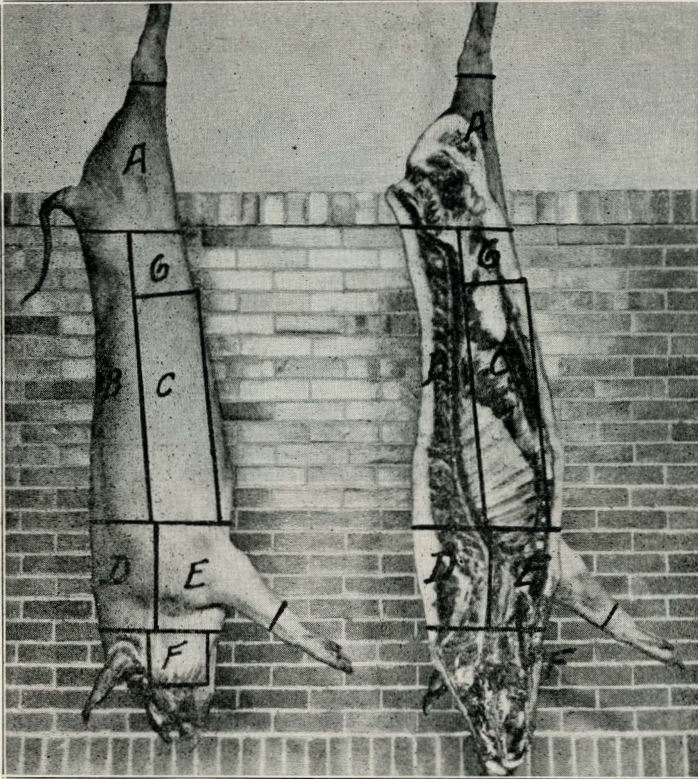


Fig. 8.—Cuts of pork. (A) Ham; (B) Fat back and loin; (C) Bacon and spare ribs; (D) Boston butt and clear plate; (E) Picnic shoulder; (F) Jowl; (G) Flank piece.

the surplus pork being sold; therefore, it is advisable to prepare the cuts in the most marketable and desirable form.

The carcass should not be cut until it has thoroughly cooled and the fat is firmly set. The platform on which the carcass was scraped may be a convenient and satisfactory place on which to cut the carcass, provided it has been thoroughly cleaned. Another satisfactory cutting table can be arranged by using two planks with a strong support under each end. One-half of the carcass is laid on the cutting table, bone side up, and is

divided into four main parts (Fig. 8)—the head (f), the shoulder (d and e), the middle (b, c and g), and the ham (a).

Head.—If the head is removed before the carcass is split into halves, cut completely around the neck about an inch back of the base of the ears. If the cut does not strike the atlas joint, twist the head around until it loosens. If the head has been left on the carcass and split, cut it off at the atlas joint or where the neck bones join the skull (Fig. 9). Cut off the jowl (K), square it up by trimming and it may be cured as bacon, it may be used as fresh pork in baked beans, or the fat in it may be used as lard stock together with any fat trimmings from the head. The cheek

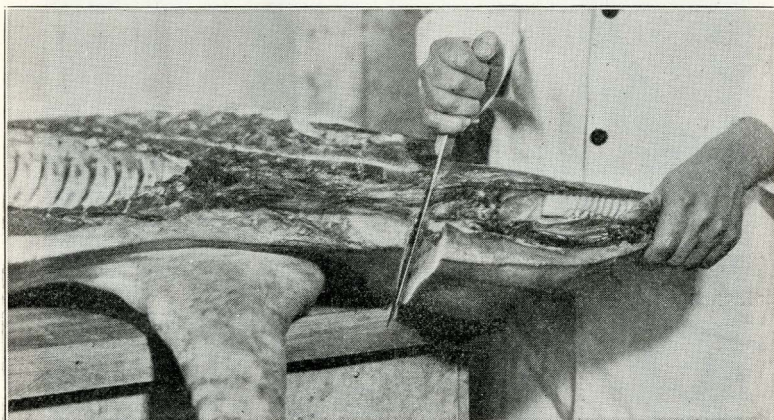


Fig. 9.—Severing the head at the atlas joint.

meat may be cut out and fried fresh as pork cutlets, or the meat trimmings from the head may be used for sausage. Some families prefer using the lean head trimmings for head cheese. The tongue may be pickled or used in head cheese. The brain, if desired, may be removed and fried.

Shoulder.—Remove the shoulder by cutting across the third or fourth rib and directly back of the shank, the place of cutting depending upon the size of the shoulder desired. Cut straight across the carcass and do not follow the curvature of the ribs (Fig. 10). Remove the ribs and neckbones, cutting close to the bones so as to make them spare and leave as much meat on the shoulder as possible (Fig. 11), otherwise more meat will still have to be trimmed from the shoulder in order to shape it properly. The shoulder may now be trimmed like a ham and cured, the shank being cut off above the knee. If the shoulder is large, so as to make it more difficult of curing, or a smaller quantity of smaller pieces of cured meat is desired, it may be cut and trimmed as shown in Fig. 12. Cut off at least the top one-third of the shoulder, making the cut parallel to the top line of the shoulder. The fat is then trimmed from this shoulder butt and is known as the clear plate and can be used for lard stock or cured as salt pork. The lean portion known as the boston butt should be trimmed up and may be used for roasts or steaks; it may be sliced and

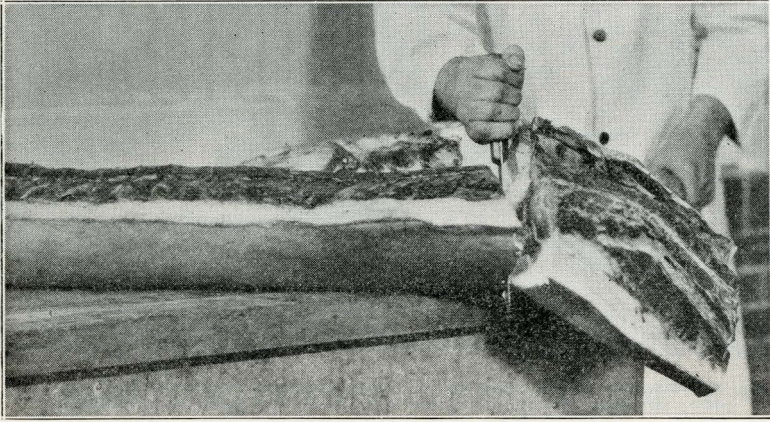


Fig. 10.—Removing the shoulder.

fried down or it may be used for sausage. Some prefer to give it a light cure and smoke it. The shank is first sawed off straight across below the knee and then again above the knee; the knee knuckle may be cooked in pork and beans, the foot may be cleaned and used for pickled pigs feet, or both foot and knuckle may be used in head cheese. The picnic shoulder

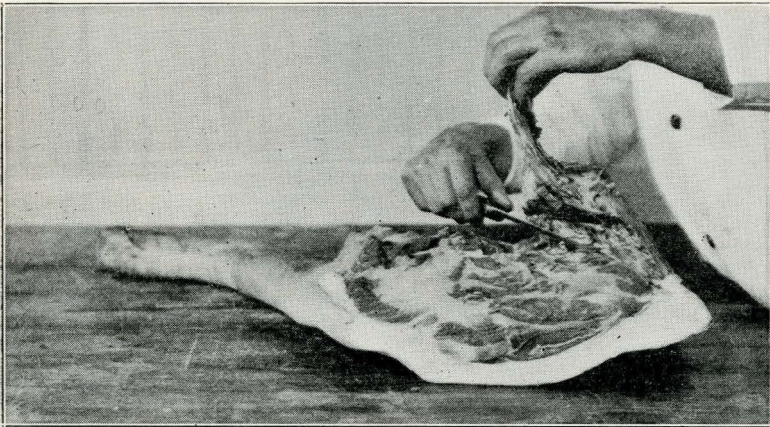


Fig. 11.—Removing the ribs and neckbones from the shoulder.

should be trimmed for curing and smoking, being careful not to expose too much of the lean, as the cure hardens it.

Ham.—In removing the ham the location of the cut will depend upon the relative size of the ham and the amount of side or middle desired. Ordinarily, the cut is made at right angles to the shank 2 inches in front

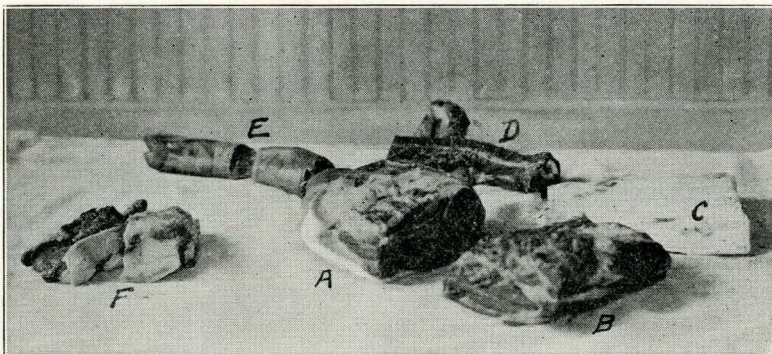


Fig. 12.—Trimmed shoulder showing (A) Picnic shoulder; (B) Boston butt; (C) Clear plate; (D) Spare ribs and neck bones; (E) Foot and knuckle; (F) Trimmings.

of the forward point of the aitch bone (Fig. 13). If the live hog weighed less than 200 pounds the ham can be cut a little longer, while on the carcass of a 300 pound hog the cut should be made closer to the aitch bone. In shaping the ham, trim off the tail bone, then hold the ham with the face or bone side toward you, shank end up, and trim off a strip of fat at the lower edge of the ham opposite you, doing this with one smooth cut. The flank side of the ham should be trimmed to the slant of the muscle, leaving the flank edge of fat sticking out a trifle beyond the

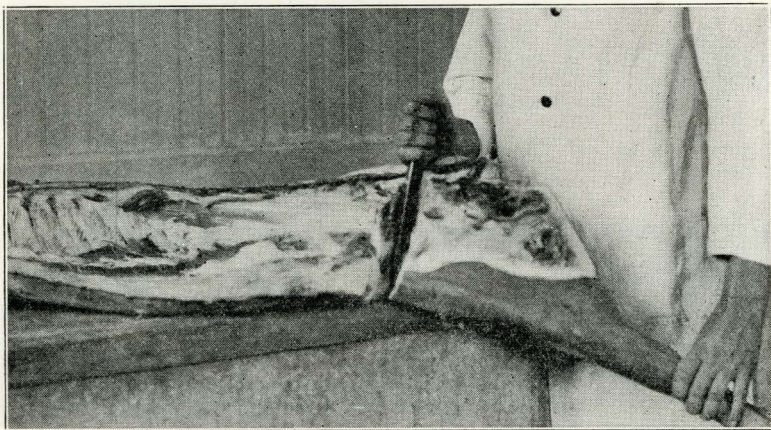


Fig. 13.—Removing the ham.

lean, for in curing it shrinks back and this gives the ham a better appearance. Trim off all rough edges, being careful not to expose too much of the lean portion of the ham. Trim out all pelvic fat. The aitch bone is sometimes sawed off level with the face of the ham. If the ham is from a heavy hog it will be advisable to skin it, being careful to leave an even

layer of about one-half inch of fat over the lean meat. Saw off the shank straight across below the hock and again above the hock (Fig. 14), using these two portions of the shank as described for the shoulder cut. Fresh hams may be used for either steaks or roasts.

Middle.—If the leaf fat was not removed when the hog was slaughtered, it should now be removed before cutting this portion of the carcass. Lay it aside and use later for making the choicest of lard. The middle piece is first divided into the back and belly cuts by cutting it

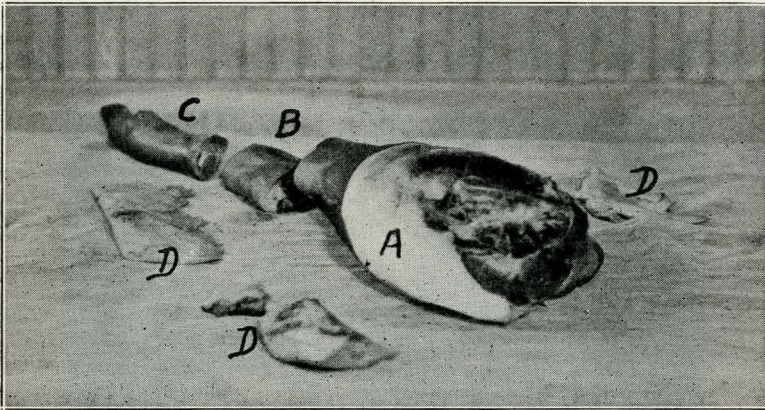


Fig. 14.—Trimmed ham showing (A) Ham ; (B) Hock knuckle ; (C) Foot ; (D) Trimmings.

lengthwise from the base of the tenderloin, forward across the ribs to the lower edge of the backbone at the shoulder end. Saw across the ribs and complete the cut with the knife (Fig. 15). The fat back should next be separated from the loin (Fig. 16), using long smooth strokes of the knife and leaving a thin layer of fat on the loin. The fat back may be used for lard stock while the loin may be roasted, or it can be sliced into chops (Fig. 17) and fresh fried, fried down in lard, or fried and canned.

In trimming the ribs from the belly piece they should be cut bare (spare) keeping the point of the knife up against the bone (Fig. 18) when cutting them out. The spare ribs may be baked or cooked as described, cutting them crosswise once or twice with a cleaver or ax before using. Flatten and smooth out the belly piece, trim the edges squarely, being careful not to trim off too much of the belly edge of the piece as this is where the choicest bacon is to be found. If the carcass is that of a sow or gilt 9 months old or over, the trim along the belly edge should include the glands as they will make the bacon unattractive. The front end of the bacon strip is thicker than the flank end and consequently the quality of the bacon can be improved by cutting off a front strip from 2 to 4 inches wide, which can be cured and used as brisket bacon (Fig. 19). Square up the flank end piece to give it good shape and cure it along with the other belly pieces. If more sausage is desired the

rind can be removed from the brisket and flank pieces of bacon and the lean portion added to the other lean trimmings for sausage-making, while any pieces of fat that can be separated from the lean should be added to the fats that are to be rendered for lard.

Trimmings.—The lean meat trimmings can be used for sausage and the fat trimmings can be cut into small cubes and rendered into lard. All pieces of skin or rind and bone and gristle should be removed in either case.

Rendering Lard

The leaf fat makes the highest quality lard; it is particularly good to use in hot weather. The fat back and the clear plate also make high quality lard and together with the fat trimmings are rendered with the



Fig. 15.—Separating the back and belly portions of the middle piece.

leaf fat. The stomach and intestinal fat can better be used for soap making. As a rule, approximately 15 per cent of the weight of the average butcher hog is made into lard.

All meat trimmings and bloody portions should be removed from the fat pieces. By removing the skin from the fat pieces before rendering, the lard will be whiter, although it is not essential to do so. In skinning the fat back and clear plate, cut them lengthwise into strips from 1 to 2 inches wide, and skin out each strip. This is done by placing the strip skin down on the table, cutting into the strip to the skin, turning the knife flat along the skin and with its edge away from you pointing slightly toward the skin, pull the strip toward you, allowing the edge of the knife to crowd the skin. Reverse and in the same manner remove the

skin from the other end of the strip. The strips of fat should then be cut into small cubes similar in size so that they will fry out evenly.

Kettle Should be Clean.—The kettle in which the lard is to be rendered should be clean. Pour a pint of water into the kettle so as to prevent scorching when the heat is first applied, fill it nearly full of fat pieces and render over a moderate fire outdoors, if possible, as this is safest due to the fire hazard when rendering. Stir frequently with a wooden paddle to prevent scorching on the bottom of the kettle. Keep a good fire and watch the action of the cracklings when the fat stock is melted and boiling. At first the cracklings will settle to the bottom of the kettle as they contain most of the water and are thus heavier than the oil; as the water boils off the cracklings become lighter and rise to the surface. When the cracklings are thoroughly browned and float, the kettle may be removed from the fire. Lard will not keep unless it is dry and so in rendering it is important to boil out all the water. After the lard has cooled, it can be tested for moisture by putting a sample of it in a hot skillet. If it sputters when melting, there is too much moisture present and the lard should be reheated.

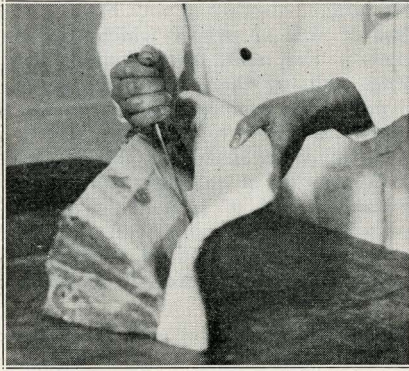


Fig. 16.—Removing the fat back from the loin.

After removing the kettle from the fire, strain the lard through muslin cloth into clean stone jars or tin pails. Don't remove the cracklings until the bulk of the clear lard is strained, then transfer them to a cloth and squeeze out all the lard possible either in a regular lard press or between two boards fastened together at one end with a hinge on the same principle as a nut cracker. When the lard is stirred as it cools, it tends to become whiter in color and smoother and finer in texture. When cooled the containers should be stored in a dry, clean, cool, well ventilated place. If it is to be kept for a long time, it can be stored in sterilized fruit jars that are sealed air tight; they can then be set away in the cellar and used as needed.

Making Sausage and Other Specialties

It is not only important to know how to make good hams and bacon but also to know how to make good sausage and other specialties so that all edible portions of the carcass may be worked into an attractive and appetizing form.

Pork Sausage.—Look over the trimmings, discarding any blood clotted pieces, and laying aside any pieces of skin or gristle which may be used to advantage in making head cheese. Use about three-fourths lean trimmings and one-fourth fat trimmings, cutting them into small pieces and grinding them through a medium plate. Oftentimes a limited amount of lean beef (one-fifth as much as pork) is added to keep the sausage from becoming too fat. A safe rule to follow in seasoning the sausage is to use 1 pound of salt for every 50 pounds of sausage and adding one-tenth pound of pepper and one-tenth pound of ground sage. For 10 pounds of sausage use 5 tablespoons salt, 4 teaspoons white pepper, and 4 teaspoons ground sage. Other spices may be added to suit the individual taste, such as red pepper, ground nutmeg, ground cinnamon, ground cloves, or ground allspice.

In storing the sausage it may be fried down in lard, it may be canned, or it may be stuffed into casings or muslin bags (2 inches in diameter). Sausage stuffed in muslin bags and then paraffined, keeps better and longer than in casings. If desired, fresh stuffed sausage may be given a mild smoke of from 2 to 4 hours.

Liver Sausage.—Remove the large blood vessels from the liver, allow it to stand in water for an hour and then boil it until done. When it has cooled put it through a food chopper, adding one-half as much boiled fat pork as liver. Usually the meat from the head is utilized in this way. The average hog liver weighs about 3 pounds. Cut the fat into small cubes and press through the food chopper; mix the ingredients thoroughly and add the seasoning desired. The following recipe is popular:

To 4½ pounds of sausage add 6 to 8 teaspoons salt, 1 teaspoon pepper, 1 teaspoon cloves, 2 small onions, ½ teaspoon thyme (if desired) and a pinch of marjoram (if desired).

Liver sausage keeps but a week or two under favorable conditions and therefore should be canned.

Head Cheese.—Trim all the meat from the head, adding the meat to the heart, the tongue, the feet, the tail, pieces of skin, and any other edible trimmings that have not been used and cook until the meat can be separated from the bones. Pour off the liquor and save it; the meat can now be picked into small pieces or chopped fine; season it with salt and pepper, return it to the kettle and add the liquor in which it was formerly cooked. Permit it to boil for 15 to 20 minutes, pour the mixture into shallow pans, cover with a cheesecloth and weight down. When it has cooled, it can be sliced and served cold or it can be sliced and fried.

Pickled Pigs Feet.—The feet should be thoroughly cleaned and then boiled for 4 to 6 hours or until just before the meat separates from the bone. They should be salted when about half done. Remove them, split them lengthwise, and pack in a stone jar, covering them with hot spiced vinegar (vinegar to which has been added bay leaves, all spice and whole black pepper).

Curing Pork

Curing meats involves the treating of fresh meats with certain ingredients, not injurious to the health, so as to preserve the meat, its palatability and its desirable flavor. The meat should not be allowed to freeze either before or during the curing process. The curing should be started when the meat is fresh and thoroughly cooled out, which is usually from 24 to 36 hours after butchering. The pieces of pork most generally cured are the hams, shoulders and bacon pieces. It may be that the shoulders from light butcher hogs can be used to better advantage in pork sausage or by canning the meat.

Equipment.—A cool (35° to 50° F.), well ventilated cellar, free from rats, is a desirable place in which to cure the pork. The best curing vessel is a large stone jar, as it can be readily cleaned and scalded; such a jar, however, is more expensive and is breakable. New hardwood barrels or molasses or vinegar barrels are very desirable, but whatever container is used, be sure that it is thoroughly cleaned and scalded before putting the pork into it. It is possible to dry cure the pieces without curing vessels.

Curing Ingredients.—The principal preservatives used in curing pork are salt, sugar or molasses, and saltpetre. Salt forms the basis of all curing formulas; it has a hardening and drying effect on the meat as it draws out the meat juices. Sugar or molasses counteract the hardening effect of the salt and soften the muscle fibers and improve the flavor of the cured product. Saltpetre should be used sparingly; it hastens the curing and retains the red color of the meat, for if it is not used the meat will have a pale red or gray color. Baking soda is sometimes used to keep the brine from souring.

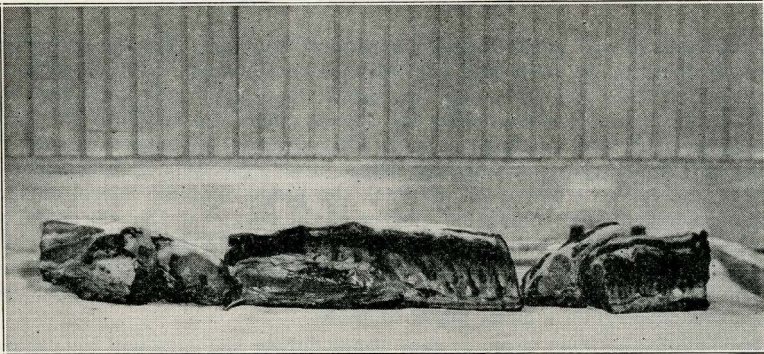


Fig. 17.—Showing both loin and rib chops.

Methods of Curing.—There are two common methods of curing pork, the dry cure and the brine cure. When sugar is added to the brine cure it is known as the sweet pickle. In using the dry cure the surface of the meat is rubbed with the preservatives, while with the brine cure the preservatives are dissolved in water and the meat placed in the brine.

Either method is effective; the dry cure is the simpler. The dry cured meat improves with age. Where the temperature of the cellar remains at about 50°F or over the use of the brine cure is not recommended on account of the souring of the brine. Before starting the cure with either method, the meat should first be rubbed with salt and allowed to drain, flesh side down, overnight.

The Dry Cure.—For every 100 pounds of meat use 7 pounds of salt, 2½ pounds of brown sugar and 2 ounces of saltpetre. The bacon pieces may be cured separately from the hams and shoulders using a formula with a smaller amount of salt; in that case for every 100 pounds of bacon

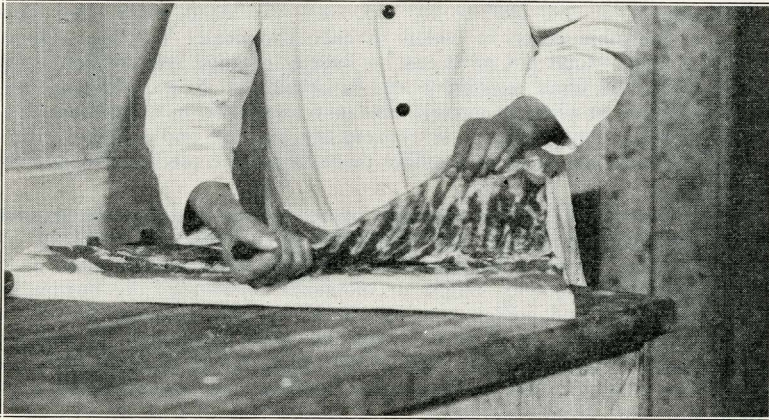


Fig. 18.—Removing the ribs (sparingly) from the bacon strip.

use 5 pounds of salt in the formula instead of 7 pounds. Mix the preservatives thoroughly. Rub one-half the mixture on the meat, being careful to get some of the cure up along the shank bone, also some into the hip joint of the hams as this enables the salt to reach the inside of the ham before the meat has a chance to spoil. This permits the cure to penetrate more rapidly and may prevent sour hams, later, especially if the temperature of the cellar is above 45° F. Pack the pieces into the barrel or jar, skin side down. There should be a layer of the cure over the top surfaces of the pieces. A week later remove the pieces and rub the remaining half of the mixture on the meat and repack, interchanging the position of the pieces in the pack. If no jar or barrel is available the meat in dry cure can be stacked up on a clean plank or table.

Repacking the meat three or four times during the cure will give more uniformity to the cure. The liquid that accumulates at the bottom of the curing vessel may be left unless the temperature is high enough to cause it to sour. The length of time for the cure depends upon the size of the pieces; it requires 2 days for every pound in the bacon pieces and 3 days for every pound in the hams and shoulders. Thus, a 12-pound ham will require 36 days in the cure. When the pieces are removed from the cure they should be washed to remove excess salt and fat from the surface, strung and hung in the smokehouse and allowed to drain for 24 hours

before smoking, if the smoked flavor is desired. The meat may be used without smoking and should be carefully wrapped and stored.

Aunt Susan's Recipe—(Dry Cure).—For every 100 pounds of hams and shoulders use 12 teacups of salt, 6 teacups of brown sugar, 12 tablespoons of black pepper and 6 tablespoons of cayenne pepper. Mix these ingredients thoroughly. For each ham or shoulder use a piece of unbleached muslin about a yard square or an opened flour sack, spreading the cloth out on the table and putting 3 or 4 thicknesses of clean newspapers on it. Lay the ham, skin side down, on the newspaper and rub the mixture into the meat, using one-eighth of the above mixture for a 12 or 13 pound ham. As the cure dissolves put on more, forcing it into the shank end, up along the bone and also up along the bone at the hip joint. Keep on rubbing and kneading this mixture into the ham until the ingredients are thoroughly worked into it. After rubbing continuously for a half hour, if the mixture has not all been absorbed, place what is left on all parts of the ham, lay the ham diagonally across the paper and carefully fold the newspapers closely around the ham on all sides so as

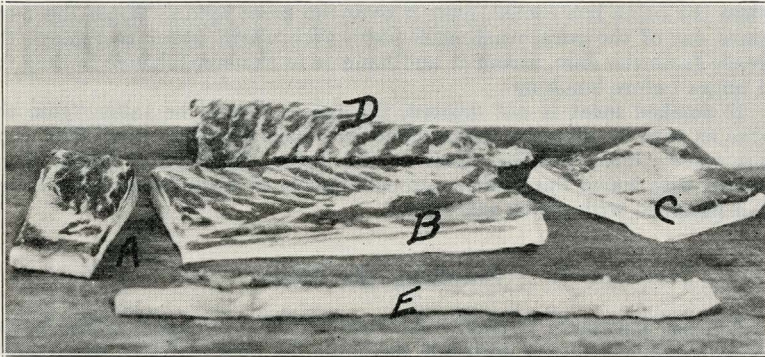


Fig. 19.—Showing three pieces of bacon (A, B, and C), the spare ribs (D), and trimmings (E).

to hold the unabsorbed cure close to the meat. Hold the paper in place, pull the cloth up around it and sew it up closely with a strong cord.

The ham should be hung, shank end up, in a dry, cool, ventilated place where it will not freeze. In a short time it will begin to drip, the dripping continuing for several days until the bloody water has drained away. The meat cures in a short time and will keep until you are ready to use it. It cuts down more like fresh pork and has a fine flavor.

The Brine Cure.—For every 100 pounds of meat use 9 pounds of salt, 3 pounds of sugar, 2 ounces of saltpetre and 5 gallons of water. Thoroughly mix the salt, sugar and saltpetre and rub some of the mixture into each of the pieces to be cured. Pack the pieces into the curing vessel, skin side down, except for the top layer which should be packed skin side up. Weigh down the pack with brick or hardwood before pouring in the brine, but do not use pine wood or limestone. Poor results have been reported when artesian water was used in brine cures even though the water had been boiled previously. Although this point has

not been investigated, it would seem advisable for those in artesian water areas to either use the dry cure method or to use water from surface wells or rain water for their brine cures.

Boil the 5 gallons of water and while the water is still warm, dissolve the remainder of the mixture in it. After the brine has cooled, pour it over the meat making sure that the meat is completely covered. The length of time for the curing process will depend upon the kind and size of pieces; the hams and shoulders will require 3 days for each pound in the piece, while the bacon pieces will require 2 days for each pound in the piece. Hams or shoulders weighing more than 20 pounds each should be trimmed or preferably cut in two. Repacking the meat every week insures a more uniform cure, the larger pieces being packed at the bottom of the vessel. Watch the brine for souring and ropiness. If the brine becomes sour and ropy, the meat must be removed and washed and the vessel cleaned and scalded before repacking the meat again. The sour brine should be boiled, adding some baking soda to it, but if the brine does not clear up it will be necessary to make a new brine. In making the new brine use two-thirds as much salt as was used in the first brine. When the brine has cooled, pour it over the meat again. When the meat comes out of the cure, wash each piece with warm water to remove the grease from the skin, string it and hang it in the smokehouse to drip for 24 hours before smoking.

If smoked meat is not desired, the pieces should be taken from the brine as soon as properly cured as no one likes the over-cured salty pork that results from leaving them in the brine until used. After being washed with warm water, they can be hung up to drain for 24 to 36 hours, then wrapped with paper and stored.

Smoking the Meat

It is not necessary to smoke the meat in order to cure it properly, but the smoking develops a desirable flavor in the meat. Where large quantities of meat are to be smoked a permanent smoke house should be constructed. A popular sized house is one 8 feet long by 6 feet wide and 9 feet high and is most satisfactory when made of hollow tile or concrete. Portable smoke houses are also being used with general satisfaction. Where only a few pieces of meat are smoked each year, a box or barrel may be improvised for the smoking. The fire should be built in a shallow pit and conveyed to the barrel through a pipe or tiles. In constructing such an improvised smoke house, dig a fire pit 3 feet deep, lay a tile or pipe from a point about 1 foot from the bottom of the pit to a point about 5 feet away, bringing that end of the pipe to the surface of the ground. Knock out both ends of the barrel and set it over this upper end of the pipe. Nail a couple of cross pieces very nearly flush with the top of the barrel on which to hang the meat. The pieces of meat to be smoked should be hung so that they do not touch. Cover the top as tightly as possible; a wash tub may be inverted over the barrel.

Fuel.—For fuel use maple or apple wood; corn cobs may also be used although they may produce a soot on the smoked meat. Green hickory is the most desirable but is difficult to secure in many portions of the state. Avoid using pine wood as this gives off soot and imparts a resinous flavor

to the meat. In using the improvised barrel for a smoker the meat may need to be smoked for about a week in order to produce a satisfactory nut brown color. Where a regular smoke house is used from 36 to 48 hours of smoking will prove sufficient. Do not permit the temperature of the smoke house to go above 120° F. As soon as the meat has been smoked sufficiently, open the doors or ventilators and permit it to cool.

Prepared Products.—Several prepared products are on the market for use in giving meat a smoked flavor without actually smoking the meat. Smoked salt or prepared cures containing smoked salt are products of

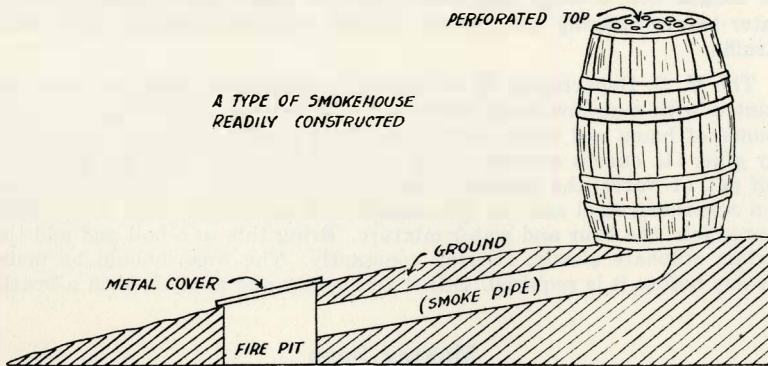


Fig. 20.—Portable smoke houses are satisfactory where only a few pieces are smoked each year.

this nature. Smoked salt is of two kinds—that prepared by mixing liquid smoke with salt and that made by passing the smoke and fumes from burning wood through salt until considerable of the smoke odors have been absorbed by the salt. It would seem that the same objections as are held against the use of liquid smoke would also hold true for smoked salt containing liquid smoke. Smoked salt prepared by treating salt with wood smoke does not have such objections. However, even such meat should not be sold as smoked meat. Smoked salt darkens the outside surfaces of the meat slightly instead of giving them the nice brown color that results from actual smoking.

Liquid smoke gives a smoked flavor to meat because of the pyroligneous acid which it contains. The Pure Foods Law of the Federal Government forbids the use of liquid smoke or similar products containing pyroligneous acid because meat so treated is not smoked meat and because this acid is considered to be injurious to the health when eaten with food. When treated with liquid smoke pieces of meat become blackened on the outside surfaces and do not have the attractive brown color of smoked meat.

Storing Meat

When cured or smoked meat is to be stored for any length of time, it should be wrapped in paper or placed in a tight, heavy paper bag and hung in a dry, dark, ventilated, vermin proof place. Some farmers wrap the meat well after it has been cured or smoked and store it away in a bin of oats or in barrels of oats where it cannot be injured by vermin. Others wrap the pieces and hang them in a cool, dry, well ventilated room free from vermin. Some wrap the pieces in muslin and then paint the muslin with a wash (the consistency of paint) made from lime and water before hanging them away. Others coat the wrapped pieces with paraffin.

The U. S. Department of Agriculture recommends that each sack be painted with a yellow wash made from the following formula: For 100 pounds of hams and bacon, use 3 pounds of barium sulphate, 1 ounce of dry glue, $1\frac{1}{4}$ ounces chrome yellow and 6 ounces flour. Mix the flour in a half pail of water; the chrome yellow should be mixed in a quart of water in a separate vessel and the glue added to it and mixed with it and then poured into the flour and water mixture. Bring this to a boil and add the barium sulphate slowly, stirring constantly. The wash should be made the day before it is required. Stir it frequently and apply it with a brush.

Making Soap

The stomach and intestinal fat and other waste pieces of fat can be used in making soap. The fat should be tried out of the different pieces. The odds and ends of fat that are saved from day to day in the kitchen may also be used. Recipes for making several different kinds of soaps and washing powders will be found on the reverse side of the wrapper on lye cans. A good recipe is as follows: Dissolve 1 pound of lye in 3 pints of water in an enamel pan. This is sufficient for 7 pounds of melted fat. The solution will get hot as the lye is added and should be permitted to cool. The fat should all be melted in an enamel dishpan (tin pans should never be used) and the lye solution should be added slowly to the melted fat, stirring constantly during the time the solution is added and until the mixture becomes as thick as pancake batter. Pour this mixture into pasteboard or wooden boxes lined with greased paper and when almost hard, cut into the sized cakes desired. Allow the soap to ripen for a month before using.

Canning Pork

Good home and business management on the farm calls for the canning of a certain amount of meats each year. Such practices provide a good supply of meat during the entire year at a much lower price than the same meat would cost if purchased in small quantities. Canned meat is practically ready to serve, and is a great convenience and time saver. An emergency supply of meat is provided so that the home inaker need not worry when company arrives unexpectedly.

The meat selected for canning should be of the best quality, should be thoroughly chilled out after butchering but not allowed to freeze. Be sure there is no taint to the meat. Meat spoils readily because of its high protein content, the density of its texture and the moisture present. It is a favorable medium for the growth of bacteria. The principle of canning is to destroy by means of heat, the bacteria that are in the product to be canned and the tins or jars. This is known as sterilization. To insure keeping after sterilization the products must be protected by sealing the cans or products. The heat must be intense enough to destroy all bacteria present. This can be obtained best by the steam pressure canner, and the use of the hot pack method.

Steam Pressure Cookers

It is highly desirable that pressure cookers be used in the canning of all meats. Commercial canners recognize that meats are most difficult to can of all foods. Consequently greater care must be taken to produce a good, wholesome product.

It is true many homemakers are successful in canning meats in the hot water bath, where a temperature of only 212° F can be secured. This is possible when careful attention is given to every detail and where a relatively long cooking period is given, but this method is unsafe as compared with the pressure cooker method.

Most pressure cookers will carry 30 pounds of pressure with a corresponding range in temperature from 212° to 274° F. The desired pressure and temperature may be easily regulated. Pressure cookers range in size from small ones which will contain only 3 quarts to the factory sizes which have a capacity of several thousand cans per day. Pressure cookers for family use vary in price from \$10 to \$36 depending on size and make desired.

Cans, Sealers and Jars

Tin cans are the best containers for meat canning because of greater convenience and safety. They are superior to glass on account of:

1. No breakage.
2. Steam pressure cooker may be closed and opened with much more speed.
3. Cans can be quickly cooled by plunging in cold water. Rapid cooling produces better product.
4. No loss of liquid.
5. Ease of handling.
6. Heat through more quickly.
7. More easily washed and cleaned.

On the open top or sanitary can the entire end of the can is the top. The top is sealed on with a hand machine which is quickly and simply operated. The same hand machine can be used as a can opener removing the entire top. The same can can be used several seasons if properly washed and stored when emptied. If much canning is done a hand sealer can be made to pay for itself in a short time. One can be secured for approximately \$18. In using glass jars requiring rubber rings, the rings used should be new and of highest quality. The jars and covers should be tested before packing to make sure that a perfect seal can be secured.

Operation of Steam Pressure Cooker

1. Fill pressure cooker with water to a depth of 2 inches. Heat. Place properly packed jars or sealed tins on rack.

2. When canner is filled place cover in position with the mark on the cover and canner in conjunction. Fasten moderately tight, one pair at a time, the pair of clamps which are placed opposite each other, then go back over the whole set of clamps, tightening each pair fully.

3. See that no steam escapes anywhere except at the petcock when it is open and allow the petcock to remain open until the steam escapes with a hissing noise. Then close.

4. Allow temperature to rise until the gauge registers the desired pressure. Usually 10 pounds pressure is sufficient for canning meats.

5. Count time from moment the desired pressure is reached and regulate fire to maintain that pressure. Fluctuations in pressure as from 10 pounds to 7 pounds and back again, when canning in glass, are very likely to result in a loss of liquid from the jar. The steam formed under the liquid cannot, upon sudden reduction of pressure, escape fast enough through the narrow space between cover and rubber, and it "boils up" so furiously that it pushes the liquid before it out of the jar. This is likely to happen with any sudden drop in pressure.

6. Lack of liquor in canned products may be due also to insufficient pre-cooking; failure to expel all air from spaces among particles or product when the jar was filled with liquor; to improper packing of jar, such as packing loosely in bottom and tightly near the top.

7. Uniform pressure may be maintained by turning the gas or kerosene flame up or down, as need arises, or, in case of wood stove, by moving the canner farther from flame to retard the heat.

Remove canner from fire at end of processing period. If glass jars are used, let pressure run down to zero before petcock is opened. If opened before pressure falls to zero, the jars will lose a part or all of their liquid contents. Also if the canner is opened before the pressure has fallen to zero, steam may scald the operator. If tin cans are used, the release cock may be opened full and when pressure has fallen to zero, cans may be removed and plunged immediately in water to cool. As glass jars are lifted from the processer, they should be set on a dry table and the seal completed.

NOTE.—Canning by means of a Pressure Cooker is the only method recommended by the U. S. Bureau of Home Economics. Canning methods such as the water bath, oven, etc. are often successful but are considered risky.

The Hot Water Bath

1. Any large vessel with a tight fitting cover and enough depth to allow a rack 1 inch from the bottom and water to extend 1 inch above the jars. A clean wash boiler is good for canning.
2. The water should be boiling when the jars are placed in to be processed.
3. Count time when the water returns to a boil after the last jar has been placed in the boiler.
4. The water must boil continuously during the processing period.

Hot Pack Method of Canning

This method is preferable to the cold or raw pack for as a rule meat keeps better when canned hot than when canned cold or raw. By pre-cooking the meat the original flavors developed in the roasting, frying, broiling, searing, or stewing, are retained and increased during the processing. The meat has a more pleasing color, holds its shape better and packs to advantage in the jar.

For hot pack canning, cook the meat about one-third done as for serving that particular cut or kind of meat. Process 60 minutes at 10 pounds in a pressure cooker or 3 hours in a hot water bath or oven at 275° F. Oven canning should not be attempted unless the temperature of the oven is definitely known and can be controlled.

General Canning Directions

1. Pork gets stale rapidly. It should be canned as soon as it is in condition after butchering. (No meat should be canned until all animal heat is out.)
2. Wipe the meat with a clean cloth but do not let it stand in water. Only bloody meat should be washed. Water dissolves the minerals and extractives which are valuable for flavor and nutriment.
3. Process meat longer which has been rolled in flour because flour is poor conductor of heat.
4. Cook the meat as for serving before packing in the jars. This develops the flavor and insures sterilization. Season the meat according to the individual taste.
5. Remove the bone to aid in packing the meat in the jar and to save jar space. It is not necessary to remove the bone from the meat before canning unless desired. The bones may be used for soup stock, which can be canned. In canning the soup stock, process it the same length of time as would be required for processing meat.
6. Pack the products boiling hot. If products are packed hot in boiling hot jars and lid, the jars may be sealed before putting into process.
7. Do not pack meat too tightly in the jar or there may be danger that the center does not become perfectly sterilized and will spoil.
8. Add a small amount of liquid, preferably stock or drippings, to meat in jar. It makes it easier to sterilize, softens the meat tissue, thus making it more tender, but detracts from flavor if water is used. Use only enough of fat in which meat was cooked, to make gravy when opening the jar. It is not necessary to have liquid over the top of the meat.

9. Wipe the top of jars and rubber carefully to remove all excess fat. Grease is hard on rubbers and makes it difficult to get a good seal.

10. Partially seal jars by turning the lid entirely tight and then back just $\frac{1}{4}$ inch, if jars and products are not boiling hot when packed. This is sufficient to allow for expansion.

11. When sufficiently processed remove from cooker, seal at once.

12. Do not re-tighten lids when cold.

Specific Canning Directions

1. **Roast.**—Select the meat suited for a roast. Trim and wipe it with a damp cloth. Put the meat in a hot roaster, sear and brown the outside surface, then set in the oven and roast at a moderate temperature until about one-third done. Cut the roast into convenient pieces to go in the jar, add salt, place in hot, clean, tested jars and add the pan gravy. Wipe top of can and rubber carefully to remove all fat. Process 1 hour at 10 pounds in pressure cooker or 3 hours in water bath or in an oven at 275° F. Remove from canner, seal, test the seal carefully, cool and store.

2. **Steaks and Chops.**—Cut in pieces desirable for serving. Sear in their own fat until nicely brown on both sides. Pack in clean, hot, tested jars and add some brown pan gravy for use in heating the meat when opened. Seal and process 1 hour at 10 pounds in pressure cooker or 3 hours in water bath or in oven at 275° F.

3. **Sausage.**—The best pork sausage is made from 3 parts lean meat to 1 part fat. Season the sausage and make in cakes as for table use. Do not add sage—it gives a peculiar flavor when canned. Fry until nicely brown on both sides. Pack immediately in hot, clean, tested jars and add only the brown drippings in the bottom of the pan. Wipe fat carefully from jar and rubber and seal. Process 1 hour at 10 pounds in pressure cooker or 3 hours in water bath or oven at 275° F.

4. **Liver.**—Liver contains more iron and vitamins than the usual cuts of meat. At butchering time it is well to can some of the livers and use them later instead of spring tonics.

Wash the liver, slice or cut in pieces that will go in the jar. Drop in boiling water and boil 7 to 10 minutes. Remove from the water, remove the tough membrane and cut out hard blood vessel portions. Pack in clean, hot, tested jars. Add 1 level teaspoonful salt to each pint of meat; fill the jar with boiling water, adjust rubber and lid and partly seal. Process in a pressure cooker 1 hour at 10 pounds or 3 hours in a water bath. Remove from processing kettle, seal, test carefully, cool and store.

5. **Pork Tenderloin.**—The tenderloin may be canned separately. Remove from carcass, wipe with damp cloth, and sear quickly in hot grease. Season to taste, roast until brown. Cut in can lengths and pack into cans. Add hot gravy in usual manner, seal and process.

6. **Head Cheese.**—Another recipe is offered for making of head cheese. When cooking the pieces which are used in making head cheese, as described on page 20, add 4 tablespoons of salt and 1 lemon quartered. The meat will fall from the bones after about 3½ hours of cooking or if a pressure cooker is used, processing it for 50 minutes at 10 pounds steam pressure. The liquid should then be drained off and saved, the

meat removed from the bones and chopped very fine. As seasoning for this chopped meat, add 2 tablespoons salt, (or salt according to taste), the rinds of 1 lemon well minced, 1 cup of green onions, 1 medium bunch parsley chopped fine, 1 teaspoon black pepper, $\frac{1}{4}$ teaspoon sage, 1 teaspoon red pepper, $\frac{1}{4}$ teaspoon mace, 2 bay leaves (powdered). The onions should be minced, adding 2 tablespoons of fat and then cooked until tender, being careful not to brown. Add $\frac{1}{2}$ cup of the liquid which had been saved from the first boiling, and all of the seasoning and let simmer for 10 minutes. Then add all of the chopped meat and enough more liquid to cover and let this simmer for 20 minutes. If more seasoning is desired, add it before removing from the fire. Fill the cans and process in the usual manner.

7. Blood Pudding.—Oftentimes when butchering, the blood is saved and used as food. When this is done, it is well to have a small pan and a clean pail at hand. The blood may be caught in the pan and transferred to the pail. The blood in the pail should be beaten and when cooled, may be strained and mixed with barley grit, a little finely diced pork, some milk, raisins that have been cleaned and scalded, sugar and spices. The mixture may then be placed in clean casings, filling them half full, after which they are tied or sewed at the ends and slowly boiled in water for $\frac{1}{2}$ hour. Either the blood sausage or pudding may be canned, processing it the same as for meats.

8. Chop Suey.—Chop Suey, though Chinese in name, is said to be American in origin. It affords an interesting variation in meat dishes and can be made up in any quantity, using the following proportions:

- 1 pound pork
- $\frac{1}{2}$ pound veal or beef
- 5 medium sized onions
- 3 tablespoons butter
- Salt and pepper

Dice the meat and sear it in butter, after which the onions (finely sliced), salt and pepper, are added. When the onions have browned, add hot water to cover. Simmer for 10 minutes, pack hot, seal and process 1 hour at 10 pounds pressure in a pressure cooker or 3 hours in hot water bath.

When serving, heat in a stew pan, adding a cupful of chopped celery to each pan of chop suey. Cook for 2 or 3 minutes; do not cook the vegetables mushy. There are on the market special chop suey sauces which some people like to add to the product. Crisp noodles are a nice addition when serving.