



Chrysothrix Horaria
Holly Springs
N. Carolina

The great purpose of the girls' canning club is to teach girls how to can all kinds of fruits and vegetables in the best possible way, and to create an interest among girls for the love of such work. The great recent educational demonstration work began in the South, when the tomato Canning Clubs were organized. And we are very glad to know that these tomato clubs are a South demonstration. A desire to know all about this kind of work and a realization of the great step in the educational world undertaken by these clubs led me to enroll as a member.

The tomato is one of the few garden vegetables of American origin holding high rank as a commercial crop which has come into general cultivation within the last century. And because of the tropical origin of the tomato it requires a long season for its growth and development. It is therefore necessary to resort to methods which lengthen the growing season especially in northern states. The seed may be

sown early in hot-beds or green-houses. When the plants are about two inches ⁱⁿ height, they should be transplanted in a cold frame until they are four or five inches high. They should then be carefully taken up with a ~~little~~ ~~of dirt~~ to prevent breaking the roots; the dirt slightly shaken off and set into the garden which has been thoroughly prepared for them. The plants grow very rapidly, and are soon in full bloom. It is very interesting to watch the little tomatoes form from the bloom, and grow until they develop their full size. When they are grown they begin to ripen and are soon ready for use.

The soil best suited for the cultivation of tomatoes is one which contains a comparatively high percentage of sand. In this region a sandy loam soil is preferred to bottom land. An area with a gentle slope to the south is considered more desirable than that with other exposure.

Just a word about the seed-beds. They are prepared on the south side of a wall or something which will shield them from ~~north~~ wind. The place for bed should be dug out about six inches and then filled in with rich stable manure. This should then be covered about two or three inches deep with some of the soil, and seed sown in small trenches about one and one-half inches apart.

They should be well watered and cared for.

I used two large two-horse wagon loads of stable manure on my garden. I have always found this kind best to keep vines from drying up and tomatoes from decaying.

The young plants do much better if transplanted from the hot-bed to the cold frame before putting out in the open.

When they are set in garden they should be placed four feet apart each way.

The ground should be well stirred around plants by plowing at first while plants are small, but after they get larger the hoe should be used, for with the plough there is danger of upsetting the roots.

and bruising the vines. They should be well hoed once a week, and pruned at least that often by pinching out all side shoots, and only the central leading stem allowed to develop.

The plant should be trained to a stake about four or five feet high, driven firmly in ground beside the plant and carefully tied to prevent whipping and to keep the fruits off the ground.

In growing my tomatoes I was not troubled with disease and insects. The insects may be destroyed by spraying the plants with a solution of a cheap neutral soap ~~in~~ water; by fumigation with tobacco stems, or in many other ways. The best preventive for the many diseases which may give trouble in the cultivation of tomatoes is thorough spraying with Bordeaux mixture.

Very careful attention is required in the preparation of fresh fruits and

vegetables for the market. Especially if they are to be shipped a long distance should great care be taken in gathering and packing. The stage of ripeness at which fruit should be picked and shipped should be regulated by the season as well as the demand for the market for which they are intended. During cool weather the fruit should be riper than during the warm season. The most distant shipments should be filled from the best advanced fruits.

When gathering tomatoes to be shipped some distance; they should be gathered as soon as partially colored instead of allowing them to become entirely colored on the vines. The fruit as they come from the vines should be well sorted, so that tomatoes that are symmetrical in form, uniform in size, and of a like degree of ripeness will reach the same shipping case. All stems should

be removed; and all bad fruit excluded. The individual fruits should be wrapped in thin, pliable, brown, or white paper, and packed in two-layer boxes or in baskets. These features are important factors in gaining the highest success, though they seem self evident.

There are many different methods that may be used in canning tomatoes, but the two principle points in any method are: sterilization, and sealing to prevent the exclusion of air. In our club work we used the tin can one quart size. We first thoroughly sterilized the cans then scalded the tomatoes, peeled them and packed them in the cans very carefully using a silver spoon to press them down until the cans were well filled. We then sealed them and boiled from twenty-five to thirty minutes.

The labels we use are prepared especially for the girls' canning clubs! The motto

which they bear is one that every true club member tries to live up to. "To make the best better". The trade mark which is distinctive and which will tend to hold the trade for the product as it gains a reputation in the market is very essential. The can should be labelled in a very neat, ^{and attractive} manner in order that the canned product may find a ready market.

X Home and club canning work has great educational possibilities if carried on properly in connection with the work of the public schools. It is a form of education by demonstration.

In preparing an exhibit the girls have an end toward which to work in trying to make their exhibit the most attractive. In this way it is beneficial and thus it has a great value in stimulating and interest in such work among other girls.

Tomatoes can probably be prepared in a greater number of ways than any other vegetable. Few dinners are complete without them. They form the basis of most soups. They may be used in sauce for fish or oysters. And as a vegetable they may be used in many ways.

I will give a few recipes for tomatoes that I have found to be good.

Tomato Catchup.

Take 1 peck of red, ripe tomatoes, clean them, put them in a preserving kettle and cook until thoroughly done, mash them through a fine strainer to remove the seeds and skins. Add to this 8 level tablespoonfuls of salt and 1 level tablespoon of cayenne pepper.

Suspend in the tomatoes a flannel bag containing -

2 level tablespoonfuls of black pepper

6 level tablespoonfuls of mustard

1 level tablespoonful of cinnamon

1 level tablespoonful of unground allspice

1 level tablespoonful of cloves.

Boil as rapidly as possible until the catchup begins to thicken; then add 1 quart of vinegar and continue boiling until a teaspoonful placed in a saucer will not give off any water. Remove the bag containing the spices put the catchup in jars or bottles and seal with cork while hot.

Tomato Ciboulette.

Remove skins from four small tomatoes, and cut in halves cross-wise. Cover with mayonnaise and sprinkle with finely chopped chives.

Ripe Tomato Pickle.

3 pints tomatoes peeled and chopped
1 cup chopped celery
4 table spoonful chopped red pepper.
4 table spoonful chopped onion
4 " " salt
6 " " sugar
6 " " mustard seed
 $\frac{1}{2}$ teaspoon cloves
 $\frac{1}{2}$ " " cinnamon
1 " " ground nutmeg
2 cups vinegar

Mix ingredients in order given. Put in a stone jar and cover. This uncooked mixture must stand a week before using, but may be kept a year.

Stuffed Tomato Salad.

Peel medium sized tomatoes. Remove thin slice from top of each and take out seeds and some of pulp. Sprinkle inside with salt, moist and let stand one-half hour. Fill tomatoes with cucumbers cut in small cubes and mixed with mayonnaise dressing. Arrange on lettuce leaves, and garnish top of each with mayonnaise dressing forced through a pastry-~~bag~~ tube.

During the year 1913 I raised one thousand pounds of tomatoes, used three hundred pounds at home; I didn't sell any of my tomatoes fresh but canned them all, and had eight hundred cans, in all.

The instructions given by our teacher and the experience I have had in canning, making pickles, preserves, jellies, etc., since I have been a club member mean a great deal to me. I am sure I now know the most wholesome and sanitary methods of preserving fruits and vegetables. I have had to work right hard at times in order to save my tomatoes, but have thoroughly enjoyed it. And my health seems to be better than ever before. I really believe the outdoor exercise, pure, fresh air, and sunshine are good for anyone.

United States Department of Agriculture

BUREAU OF PLANT INDUSTRY

FARMERS' COOPERATIVE DEMONSTRATION WORK

WASHINGTON, D. C.

GIRLS' CANNING AND POULTRY CLUBS.

To All Demonstrators in Girls' Club Work:

We are sending this blank form to you and ask that you make a full report of the preparation of the seed beds, planting, cultivation, gathering, etc., of the vegetables from your one-tenth acre:

Please keep an accurate record of your garden work, expenses, etc., as you proceed, and then fill out this report in full and mail it to your County Agent in charge of Girls' Club Work at the close of the season.

Very truly yours,

BRADFORD KNAPP,
Special Agent in Charge.

O. B. MARTIN,
Assistant in Charge of Demonstration Club Work.

I. W. HILL,
Assistant in Demonstration Club Work.

Approved:

WM. A. TAYLOR,
Chief of Bureau.

c 8-1848

MARCH 27, 1913.

*I have done my best to get this girl to make this report
int. decently, have sent it back to her a time or two, and
have written the report out for her to copy but she will not do it*

To Member :

Please fill out the following report blank in full from the daily records of your club work for the past year.

ESTIMATE OF COSTS.

(NOTE.—Estimate the cost of your one-tenth acre as follows: Rental of land, \$1; count your own time worth 10 cents an hour; count all commercial fertilizers and hired help at actual cost; count barnyard manure at \$2 per ton, a good 2-horse load as a ton and a 1-horse load as half a ton.)

1. *Cost of Production :*

(a) Rent of land	<u>\$1,00</u>	\$1.00
(b) Preparation of tenth acre:		
(1) Cost of plowing	<u>0-0¢</u>	<u>0-0¢</u>
(2) Cost of pulverizing soil		
(c) Cost of seed and plants		
(d) Cost of manure and fertilizer		<u>2.00</u>
(e) Cost of cultivation, staking, and pruning		<u>2.00</u>
Total		4.00 <u>\$6.50</u>

2. *Cost of Canning :*

(a) Cost of gathering fruit	<u>1.00</u>
(b) Cost of cans, jars, labels, and supplies	<u>10.00</u>
(c) Cost of canning, pickling, and preserving	<u>2.00</u>
(d) Cost of crates and baskets	
Total	<u>13.00</u>

3. *Garden Receipts :*

(a) Receipts from fresh vegetables	<u>X</u>	
(b) Estimated value of canned vegetables	<u>X</u>	<u>83.00</u>
(c) Estimated value of vegetables for home use	<u>X</u>	<u>12.00</u>
(d) Value of other products of the one-tenth acre	<u>X</u>	
Total value of all products		<u>97.00</u>
Expenses deducted		<u>19.00</u>
Net profit for year		<u>78.00</u>

CROP AND GARDEN REPORT.

Report of Sigge Morris Holly Springs Wake
(Name of member.) (P. O. address.) (County.) (State.)

- 1. Size of plat operated under Government instructions _____
- 2. Kind and depth of soil Sandy 4 inches
- 3. Kind of subsoil _____
- 4. When and how soil was prepared Early breaking sparrow
- 5. Condition of plats when plants were put out Very good
- 6. How did you raise your plants? In a hot bed
- 7. Date of planting seed in hot beds or cold frames In February
- 8. Date of transplanting _____
- 9. Kind of seed used and where secured Stone
- 10. Width of rows 4 feet
- 11. Kind and quality of fertilizer used _____
- 12. State here any trouble you may have had with plant diseases, insects, accidents, etc. _____

13. What treatment did you use in combating diseases and insects? _____

14. How did you cultivate and manage the crop? By plowing and chopping

15. Date and method of staking June with a straight stake

16. Date of first bloom June 7

17. Date of first fruit June 29

18. Date of ripening July 4

19. Did you prune the plants? Yes How? by cutting out suckers

20. (a) Total number of pounds of tomatoes gathered from your one-tenth acre 2000

(b) Give names of other vegetables planted on the one-tenth acre and yield of each in pounds. _____

21. (a) Give list of tomato products put up from the one-tenth acre, for sale or home use, showing number and size of cans, jars, and bottles. 800 Cans sold no 36 home use 30 1/2 gallons Catchup

(b) Make similar list of other vegetables, such as peppers, beans, and okra, from the same garden, showing number and size of cans, jars, etc. 60 Cans of beans

22. Make similar list of other vegetables and fruits which you have canned and preserved from the farm this year. ~~100~~ Peaches grapes

23. How many visits did you have from agents of the U. S. Department of Agriculture and school superintendents and teachers? 3 to my home

24. Will you continue to be a club member for next year? Yes

2000 lbs.
800 cans
\$12 home
\$97 made
\$19 cost
\$78 profit

GIRLS' CANNING AND POULTRY CLUB WORK.

ATTEST OF REPORT AND YIELD.

Member's Certificate:

I hereby certify that the foregoing report is complete and correct in every particular, and that I have answered all questions to the best of my ability and understanding.

(Signed)

Siggie Harris
Club Member.

NOTE.—Each member must secure two local and responsible people to inspect this report, the crop and canning work of the season, and sign this report. We recommend that a teacher, school official, or some local leader of influence be requested to serve on this committee.

INSTRUCTIONS TO COMMITTEE ON ATTEST.

There should be 4,356 square feet in the garden. A plat 33 by 132 feet, or 66 feet square, will meet the requirements.

1. Measure plat of ground, giving length and width:

(a) How long? 132

(b) How wide? 33

(c) Number of square feet in plat? 4,356

2. Get information in regard to crop no

3. Total receipts _____

4. Total cost _____

5. Give net profit _____

ATTEST: We hereby certify that we have carefully inspected the report and the items referred to above and find the same to be correct.

(Signed)

A. J. Stephens
(Name.) (Title.)

P. O. Address Holly Springs, N.C.

Roy A. Harris
(Name.) (Title.)

P. O. Address Holly Springs, N.C.