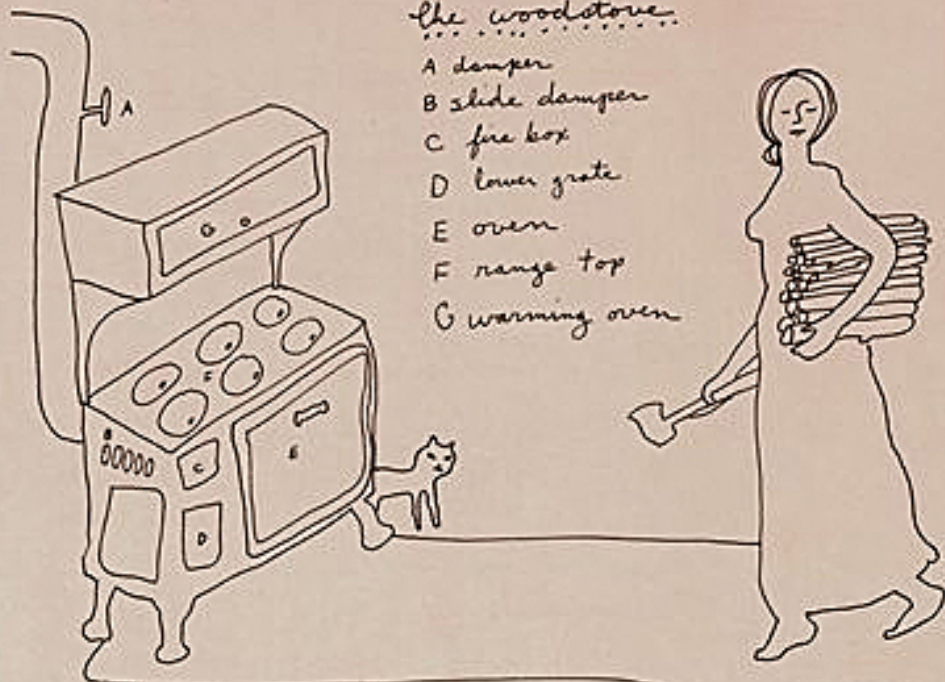


Sunday feasts are
pot luck dinners
with everyone both listening & performing happy music
together & dancing. a sauna bath or swimming
or watching a lunar eclipse or celebrating birthdays
& weddings & visiting gurus go well with Sunday
feasts. Each one is different, but all are wonderful
because all are hosts and all are guests.

The woodstove.

- A damper
- B slide damper
- C fire box
- D lower grate
- E oven
- F range top
- G warming oven



clean the stove before starting a fire (stove is cold). Take out half-burned wood - save for next fire, sweep ashes into the lower grate and into a metal pail. Use ashes in compost or soap; rub on a little stove polish. Rub in polish as the stove heats.

to start a fire open both dampers, crumple newspapers or pile up wood shavings. lay thin wood strips across the top and light. add more pieces of soft wood as blaze grows. when you have a good layer of red coals & fire, start adding hardwood. close slide vent. Control fire with damper (A).

oven temperature sprinkle a little flour on a pie tin and place in oven. Wait 30 seconds. If it browns before 30, the oven is too hot for baking (leave door open awhile) If flour just begins to tan at 30 it is just right, put in your bread.

to remove rust from stove sandpaper it and rub with oil.
to rustproof: melt 3 parts lard to 1 part resin. Apply thin coat.



fruit trees

you can have a succession of fruits ripening from early spring to midwinter if you plant a variety of trees. Plant berry bushes, too. Find out which grow in your climate. Write to the dept. of agriculture or read the organic gardening books (j.i. rodale) for information on care of trees. Besides fruit, there's nuts, carob pods, avocados, olives. Dwarf fruit trees bear earlier and are easier to harvest than standard trees.



canning.

- Step 1: choose sound, slightly under-ripe fruits and vegetables. For pickles or preserves see their respective pages. Wash, cut, peel and pit as necessary. Soups, juices and aspics prepare as usual. Prepare vegetables by cooking until just underdone. Use cooking water to can.
- Step 2: Scald jars by pouring boiling water over them and leaving them in boiled water until you are ready to use them. Boil lids.
- Step 3: Pack raw fruit or prepared foods into jars. Pack no higher than one half inch from top. Pack corn or lima beans, beans & peas no higher than one inch from top.
- Step 4: Pour in water, brine, vinegar or syrup within $\frac{1}{2}$ inches of top. Syrup for fruit: heat together 2 cups honey and $3\frac{3}{4}$ cups water. Whole cloves, cinnamon, etc. may be added to fruit. Wipe jars clean, place on scalded lids, screw bands on tight. Pickles & preserves need no processing.



Step 5: jellies & jams may be sealed with paraffin. Pour simmering jam into scalded jars and allow to cool. Remove all particles of jelly from jar above jelly. Melt paraffin and pour on a thin layer. Rotate the glass so paraffin coats sides above jelly. Pour off excess paraffin, place scalded lid on glass, label and store.

- Step 6: Place jars on rack and lower into boiling water of canning cauldron. Leave in fruits 25 minutes. Juices require 10 minutes; soup stock requires 180 minutes; all green vegetables, onions, squash, pumpkin require 3 hours; tomatoes take 35 minutes; root vegetables like carrots & turnips take 2 hours; peppers, 2 hours; cabbage 2 hours; cauliflower and broccoli $\frac{1}{2}$ hours. Remove and set jars upright in several thicknesses of cloth to cool gradually. Jars might crack if left in a cool place. When jars are cold, test for seal by tapping lid with a spoon. It should ring, not make a dull tap. Press down lid. If it can be moved at all, open and re-can the contents. Remove the screw bands, label the jars and store in a cool dry place. Vegetables, especially beans, if imperfectly canned, can cause botulism.

