

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF OKLAHOMA

W. A. CONNER, Director

OKLAHOMA AGRICULTURAL AND
MECHANICAL COLLEGE AND
UNITED STATES DEPARTMENT OF
AGRICULTURE, COOPERATING

EXTENSION SERVICE
COUNTY AGENT WORK
STILLWATER, OKLAHOMA

*A Simple Canning Budget For a
Family of Five or Six*

Distributed in Furtherance of the Acts of Congress of May 8 and June 30, 1914

| Product | Use | Amount |
|---|--|--|
| Greens | At least twice a week | Can at least 50 quarts to last six months |
| Tomatoes | At least twice a week | Can at least 72 quarts to last nine months |
| Asparagus Beets Carrots Corn Beans (string) Okra Squash Soup mixture | At least three times a week (Select from group) | Can at least 108 quarts to last eight months |
| Apples Blackberries Cherries Gooseberries Grapes Peaches Plums Raspberries Pears Rhubarb Strawberries | Seven quarts a week (Select from group) | Can at least 242 quarts to last eight months |
| Jellies Jams Marmalades, etc. | About 3 or 4 glasses a week | Put up at least 150 glasses |
| Pickles and Relishes | About 1 quart a week | Can 45 quarts for ten months |