



SPRING
and Joy in Preserving all its Flavor

SOCIETY nowadays not only "says it with flowers," but "knows its vegetables." Suburban and country dwellers proudly invite their downtown friends to their homes in order to boast of the fruits and vegetables they have raised. First fruits and vegetables from the market are lacking in flavor, but the same products canned at the height of their season are luxuries to be had the year around.

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SUMMER
Gathering Fragrant Winter Store

HOT days call for cooling foods and of course during the fruitful season we shall get most of these from our gardens and the markets. These, however, are the months when Paul and Peter work hand in hand, one paying into the pocket of the other. In the morning we replenish our stock from garden or market, and later we build our menus from the earlier store, and so give that variety for which our rapturous appetites call.

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AUTUMN
the Season of Mellow Fruitfulness

THE opening of school, resumption of social activities, preparations for the holidays are the principal subjects of thought at this time of year. The necessity for nutritional and appetizing food is discussed elsewhere in this book. Here we shall give a few suggestive menus that can be prepared from the stock of home-canned goods with perfect assurance that they will fill the requirements for nutritional needs.

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WINTER
and Riches from the Cupboard Nucleus

NOW is the season when, most of all, we point with pride and gratification to our store of out-of-season foods. Strawberries in December and freshly canned vegetables in January are toothsome luxuries indeed. Winter menus are infinitely easier to prepare with a variety of beautiful foods on which to draw, and these, too, are the days when one most appreciates having such a variety close at hand.

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