5. *Cold Pack.*—(1) Pack the blanched product in the hot sterilized jar, taking each sterilized jar out of the canner as needed.

(2) To the vegetables add 1 teaspoon of salt to each quart jar and fill jar with boiling water to within one-quarter of an inch of the top.

(3) To the fruit add boiling syrup to within a quarter of an inch of the top of the jar.

(4) After filling the jar put on the sterilized rubber and top. If the Perfect Seal or Lightning type of jar is used, clamp the upper clamp into position, but do not touch the lower clamp. This leaves the jar half sealed. If using a screw top jar, screw the top on half way.

6. *The sterilization.*—The jar is now ready to be put into the boiler or canner. The boiler should have a rack—a wooden rack is good—to allow the water to circulate beneath the jars. The jars should not touch. The water in the boiler should be of the same temperature as the contents of the jar, there being no difficulty about this if the jars are taken out of boiling water, filled with the vegetable or fruit, boiling water or syrup added, and the jar then put back into the boiler. The water in the boiler should be at least two inches over the tops of the jars. Some directions state that it is only necessary to have the water in the boiler half way up on the jars. This method has not proved as uniformly successful as when the tops are completely covered. If the water level sinks below the rubber rings, there is a distinct difference of temperature within the jar.

Count the time from when the water begins to boil vigorously. Water is not boiling when bubbles merely form on the bottom, or when small bubbles rise to the surface. The water must be kept rapidly boiling during the sterilization period. No jar can be thoroughly sterilized unless the water is kept rapidly boiling for the length of time stated. When it says "Sterilize 20 minutes" it does not mean "leave in the boiler" for that length of time. Count the time from when the water begins to boil rapidly.

7. *Completion of process.*—(1) Remove the jars and seal at once. Many jars crack or even break after being removed from the boiler or canner on account of being placed on a cold metal table, or in a draught.

(2) Invert the jars in a place where they will cool rapidly, and do not stand them in a draught, or too close together.

(3) Wash.—Care must be taken that the cloth with which the jar is washed is perfectly clean.

(4) Label and store in a cool dry place.

TEST OF FINISHED JARS.

After fruits and vegetables are canned and stored for several days, the seal may be tested and many jars saved by resterilization. To test, raise the clamp of the Perfect Seal type of jar and attempt to lift the jar by the cover. If the cover falls off the jar has not been air-tight, or the food has started to ferment. The only method of testing a screw top jar is to invert and test for leaks.

CAUSE OF SHRINKAGE.

Shrinkage in a jar may be caused by improper or insufficient sterilization and cold-dipping, careless packing, or sterilizing for too long a period. Liquid may be lost from the jars during the sterilization period if the water in the canner does not cover the tops of the jars, if the covers of the jars are adjusted too loosely, if the false bottom in the boiler does not permit the water to circulate underneath. Such things as towels, excelsior, hay, newspapers, are unsatisfactory for use because the water cannot circulate underneath the jars.