



A good type of jar. This shows position of clamp during cooking.

Modern Home Canning

How to Preserve and Conserve the Food Products of the Farm

We are all anxious to do our bit in these strenuous and troublous times, and there is no way in which we housewives can give more efficient aid than by conserving every ounce of food we can. If the war goes on another year or two we will realize the need more than we do now. Conservation of food will be a necessity. We have drifted

into rather careless ways about some things in this land of plenty, and if we can acquire the habit of thrift and at the same time help our boys overseas, we will have learned a valuable lesson.

Let us take as our slogan a can of vegetables, a can of greens and a can of fruit for every day in the year. This means quite a good deal of work, but by so doing we can have better meals, better health, more food of the kind that can be sent overseas and more money to win the war. We are too prone to regard vegetables as the trimmings to a meal rather than an article of food value. If we ate more vegetables we would need less medicine, patent or otherwise. We have a great variety of vegetables in this country and the canning is easily and quickly done. One can do nine or ten bottles at a time in the wash boiler.

Why Foods Spoil

Micro organisms (bacteria, yeast and molds) are present everywhere, not only on the food itself, but in the air, water and soil. Food moisture and unfavorable temperature are the factors necessary for the growth and development of these organisms. They thrive best at a moderate temperature. At a low temperature the development is arrested, but only a very high temperature will destroy them. That is why proper sterilization is so necessary in the canning of fruit, vegetables and meat.



Pouring the hot liquid into the jars.

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Best Method

The simplest and best method for home canning is the "cold pack" method. This method has several distinct advantages:

- 1.—Everything may be canned by this method.
- 2.—Products canned in this way are superior in taste, texture and color.
- 3.—It is the easiest and quickest method.
- 4.—It does away with standing over a hot stove as when cooking products in an open kettle.

The cold pack method means that the products are packed in the jars in their fresh state and are then sterilized by heating to a certain temperature and holding at that temperature for a single period of time, the time depending upon the product that is to be canned. For all vegetables and some fruits, "blanching" and "cold dipping" precede the packing. Hot syrup is added to the fruit and hot water and a little salt to the vegetables.

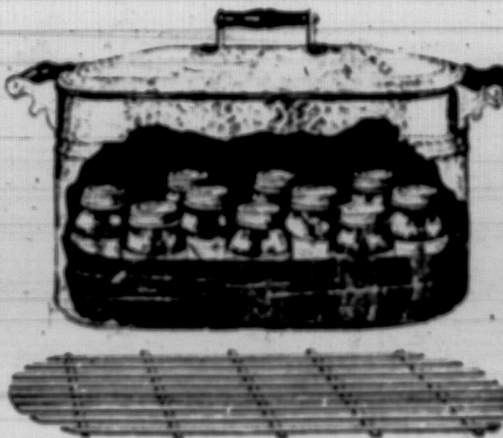


Chambray-wrapped product being lowered into boiling water for blanching.

Kind of Canner

For ordinary house hold canning the hot water bath canner is far the best, the steam pressure canners are very expensive and unless one can afford a large one the process is a slow

one. For the home-made outfit any utensil which may be fitted with a tight cover will answer such as a wash boiler, tin pail, etc. If one has a large amount of vegetables or fruit to can the wash boiler is no doubt best. It is often convenient to have a smaller vessel fitted with a false bottom, then if one has only a small amount of fruit to do the work is much easier. The small canner takes less room on the stove, less water to fill and will heat in a shorter time than the wash boiler. The rack or false bottom for the canner may be made of strong wire netting or slats of wood nailed together.



Home-made hot water bath outfit. Note false bottom of lattice.

The purpose of this false bottom is to keep the bottles from breaking and to allow free circulation of water under the bottles. After the jars are in the boiler see that the water is at least one inch over the top. This tends to equalize the pressure and insures the uniform cooking and proper sterilization of the contents of the jars.

Glass Containers

Tin cans are very scarce and the price steadily rising. The material used in the manufacture of tin cans is very necessary in the making of ammunition so that if we are to join the win-the-war league we must dig up all the glass containers we can find and fill them. Then we can largely do away with "tinned" stuff from



Filling jars. Empty jars lowered in pan of hot water to keep them sterilized.

the store. After all, glass jars are really the most satisfactory and economical to use in home canning. The initial cost may be greater, but carefully handled they will last for years. Practically all the various types of glass jars on the market may be used in the "cold pack" method. Ones in which the metal top comes in direct contact with the food are not to be recommended. They are neither safe nor satisfactory. The best all round sealer is that which has a wide mouth, a glass top and a wire spring and bail for clamping the top into place.

In canning with this jar it is important to remember that the rubber, glass cap and top spring are all put in place before the water goes in the canner, while the lower clamp is raised during the entire process of cooking. In using the screw top jar, the rubber and top are adjusted and the metal band screwed down tight, then back one half turn. This will prevent the water entering, but will permit the escape of gas that forms in the jar while the contents are cooking.

Glass jars should be thoroughly cleaned and sterilized before using. Test jars for leakage by partly filling with water, adjusting the rubber and cover and inverting. It pays to buy new rubbers each year. Get rubbers of elastic qualities, and see that they do not smell of tar, which is sometimes used as an adulterant in the making of rubber.

Canning Fruits

In making the syrup for canning fruit use three parts of sugar to two of water.

A thin syrup means that the sugar and water have boiled just long enough to dissolve the sugar.

A medium thin syrup is that which has thickened slightly and becomes sticky when cooled. This is used for medium sweet fruits.

Medium thick syrup is that which has thickened enough to pile up over the edge of the spoon when it is cool.

Thick syrup is just below the sugaring stage. These different densities may be obtained by cooling a small amount of the syrup and testing. If it is not thick enough boil a little longer.

In canning count the time of sterilization or cooking from the minute the water begins to jump and boil over the entire surface. Keep the water boiling all the time.

Have the fruit as fresh as possible.

When canning soft fruits, grade and rinse the fruit by pouring water over it through a strainer. Cull, seed and stem. Pack immediately in glass jars. Add boiling hot syrup of medium density. Place rubber and top in place. Partly tighten. Sterilize in hot water bath outfit 16 minutes. Remove. Tighten covers. Invert to cool and test joints. Wrap glass jars in paper to prevent bleaching; then store.

When canning sour fruits, such as currants, gooseberries, cranberries and sour cherries, stem, hull and clean. Blanch in hot water one minute. Remove and dip quickly in cold water. Pack berries closely in container. Add hot syrup of medium thick density until full. Place rubber and cap in place. Seal partly, not tight. Sterilize in hot water bath outfit 16 minutes. Remove. Tighten cover and invert to cool and test joints. Wrap in paper and store.

When canning hard fruits, such as apples, pears, quinces, etc., grade, blanch one and a half minutes and plunge quickly in cold water. Core, pit or remove skins, if necessary. Pack whole, quartered or sliced, as desired. Add boiling hot syrup (medium thin to medium thick density). Place rubbers and tops in position. Partly tighten. Sterilize 20 minutes in hot water bath outfit. Remove jars. Tighten covers and invert to cool and test joints. Wrap glass jars in paper to prevent bleaching, and store.



Wire basket for blanching, cold dipping and general use.

Canning Vegetables

Canning vegetables is very fascinating work and the results well worth while. Blanching, scalding and cold dipping have done away with the intermittent method of canning, when the product had to be cooked three days in succession.

When a food product has been blanched in boiling hot water or live steam, remove quickly from this and plunge immediately into cold water.

The influence of this method upon bacteria, spores and molds is very effectual. When this is followed by a single period of sterilization, the success of canning is just as sure as though single periods for three successive days were continued on Page 20.



Dipping blanched product into cold water.