

Information, Practical and Timely, for the Housewife

The necessity of conserving every ounce of food this season gives the matter of Home Canning a new significance and an increased importance

An abundance of vegetables and fruits for the table is made practicable by home canning; and it is profitable to individuals and to the nation alike.

Preserved Vegetables and Fruits

- Give variety to the diet.
- Have an important food value.
- Improve health and lower doctor bills.
- Take the place of more expensive foods.
- Liberate larger supplies of food grains and meats to be exported to our Allies.

Therefore, the woman who can find time to preserve what would otherwise be wasted, or who will sell or give away what is not required for her own use, will be doing a valuable patriotic work and will be promoting the health and comfort of her own family.

Expensive Equipment is Not Necessary

It is quite possible to do successful home canning by using only such equipment as the farm and home may easily provide. A wash boiler, or a pail with a close-fitting cover, and a wooden or wire rack to keep the jars from touching the bottom, makes an excellent "hot-water bath" outfit.

Canning Fruit in a "Hot Water Bath"

Make a syrup using the following proportions of sugar and water:

For strawberries and sour cherries 2 cups sugar to 1 cup water.

For peaches and plums 2 cups sugar to 1½ cups water.

For pears, peaches, sweet plums, sweet cherries, raspberries, blueberries, blackberries, 2 cups sugar to 4 cups water.

Sterilize jars by placing them in cold water and bringing the water to boiling point.

Pack prepared fruit in sterilized jars, fill with syrup, place covers in position but do not screw down. Set jars on rack in boiler and pour warm water into the boiler to come nearly to tops of jars.

Cover and cook until fruit is cooked through. Allow about 20 minutes after the water begins to boil for soft fruits like berries, cherries, peaches, plums and from 30 to 40 minutes for hard fruits such as apples, pears, quinces.

Remove jars from boiler. Fill to overflowing with boiling syrup. Seal and screw down tops.

Canning Vegetables

Vegetables are canned in the "hot-water bath" in much the same way as fruits, only the sterilization is more difficult. Either of two methods may be followed:

One-Day Method.—By the one-day method of sterilizing we mean placing the jars in the canner and heating them continuously at the boiling point or above it, for several hours. Usually if this heating is continued long enough the vegetables will be

Intermittent or Three-Day Method.—The jar is taken out of the canner at the end of an hour's boiling. The clamp or rim is tightened and the jar is set aside to cool until the following day. Do not let the vegetables cool off in the canner, as this results in over-cooking. On the second day, the clamp is loosened or the rim unscrewed, the jars are placed in warm water deep enough to reach within an inch of the tops, and they are left until they have been boiled an hour, at the end of which time they are again removed. On the third day the hour's boiling is repeated in the same way.

The three-day method is advisable when peas, beans, corn and greens are canned. Sometimes certain organisms, on these vegetables, go into a restive or spore form in which they are not easily killed by boiling. If, for example, there are spores in a jar of peas, they will probably not be killed by one hour or even by three hours of sterilizing. So after an hour's cooking, we set the jar aside until the next day, and as it gradually cools, conditions become just right for these spores to germinate. Most of them quickly change to an active or vegetative form in which it is possible to kill them by boiling. The second day, these vegetative forms are killed. It is barely possible, however, that some of the spores may not have reached the vegetative stage during the first cooling, and so have not been killed by the second boiling. For this reason we take the added precaution of sterilizing the third day.

A longer cooking period for a single day is less trouble and perhaps it requires less fuel than the three-day method, but the intermittent method is absolutely safe. It is for the housekeeper to decide which method she wishes to use and then follow explicitly the directions for that method.

Preserving Vegetables in Brine

String beans, cucumbers, etc., may be kept for winter use by packing in a brine in stone crocks. The two common methods of doing this are:

1. To pack the vegetables in the crock and cover with a concentrated salt solution made by stirring salt in a pail of water and continuing to add salt until the water will not dissolve any more. Pour off the clear brine; add more water to the salt in the pail and continue until the vegetables are completely covered. Place a weight on top to keep the vegetables under the brine, cover the crock and set in a cool place.

2. Pack like sauerkraut. This method would not do for larger vegetables like cucumbers which could not be packed tightly. Place a layer of vegetables in a crock, sprinkle with salt as in making sauerkraut. Pack solidly, place under a weight and keep in a cool place.

Preservation of Eggs in Water Glass

Eggs should be preserved when the production is greatest and the price is lowest. Eggs preserved in water glass can be successfully kept for as long a time as one year. They are practically as good as fresh eggs for all cooking purposes. The commercial water-glass solution may be obtained from any drug store. Water-glass in the form of a powder is now on the market. It can be dissolved in a definite quantity of water, as stated in the directions on the package, and for this reason is more reliable than the commercial solution, which varies in concentration.

Pork Sealed in Dripping

Beef, chicken or fresh pork may be canned quite as easily as vegetables. A very easy and satisfactory way to preserve fresh frying pork is to slice and fry the meat, cooking it almost as much as you would for immediate use. Place the pieces in layers in a stone crock, pouring hot fat over each layer and making sure to have the top completely covered with fat. This makes a seal under which the meat will keep perfectly. It is better to use small crocks for this purpose, however, as the meat does not keep long after the seal is broken.

For immediate and complete information regarding any of the following, write the Office of the Commissioner of Agriculture, Parliament Buildings, Toronto, Ontario.

Rules and Recipes for Canning Fruits.

Raw Canning of Small Fruits and Rhubarb.

Sugarless Canning.

Fruit Jams and Relishes—Apple Butters.

Preserved Fruits.

Jelly Making.

The Canning of Vegetables.

Simple Equipment for Home Canning, and Commercial Outfits—How to use Tin Cans.

Recipes for Vegetable Canning. |

Preserving Vegetables in Brine; Sauerkraut, Pickles.

Canned Meats and Soups.

Packing Eggs in Water glass.

Drying Apples and Small Fruits.

The Storing of Winter Vegetables.

The Department of Agriculture, Women's Institute Branch, is issuing a bulletin on "The Preservation of Food—Home Canning," giving detailed information on the foregoing points. It may be secured upon application in the near future.



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