

"The vegetables are first washed and sliced. Weigh them, and take 1 pound of salt for each 2 pounds of prepared vegetables. A layer of salt is first placed on the bottom of the crock or barrel, and then a layer of vegetables. Similar layers are alternated until the vessel is full, finishing with a layer of salt. A wooden cover is then applied, and weighted with a stone or similar object that will not be acted upon by the brine. After a few days, there will be a considerable shrinkage in volume, and the vessel can be filled with more layers, and weighted as before. These methods are suitable for most root vegetables, string beans, cabbage, and cucumbers. The large quantities of salt used in these methods must be removed by soaking before the vegetables can be eaten."

Green corn, after blanching (boiling on the cob for five minutes), may be cut from the cob in fairly large kernels, and preserved in salt by this latter method.

FRUIT CANNING

Fruits are usually slightly acid, and in general, do not support bacterial growth. So it comes about that canned fruits are more commonly fermented by yeasts. The yeasts are very easily destroyed, being killed at less than boiling temperature. Hence bacteria can be left out of the consideration necessary in the canning of vegetables.

Fruit should not be subjected to long cooking, but should be cooked only long enough to insure its preservation. A large quantity of sugar spoils the flavor of the fruit, and is likely to make it less easily digested.

SELECTION OF FRUIT

The selection of fruit is one of the first steps toward successful canning. The flavor is not developed until the fruit is fully ripe; but the fruit is at its best for canning and for jelly making just before it is perfectly ripe. In all the soft fruits, the fermentative stage follows closely