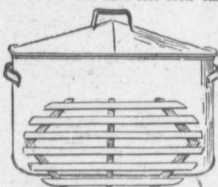


Preparation for This Year's Canning Drive

ONE of the tasks of the housewife during the summer and fall months, which seems to be a never-ending one, is the canning of products for the coming winter. A few years ago our canning activities began and ended with fruit. Nowadays, however, vegetables are being canned quite extensively, and probably this year, more than ever before, housewives will feel the necessity of saving everything in the vegetable line that they can possibly find a place for. Some people consider it foolish to can vegetables, as they say they can put their supply of vegetables in the cellar and use them as needed, therefore what is the use of going to the trouble of canning these products? There are several reasons, nevertheless, why the canning of vegetables is wise. In the first place, it is difficult to keep them stored in the cellar until the new crop comes in without becoming tough and leathery. Of course we do not advise that all vegetables be canned, as this would seem a waste of time, fuel and jars. There is another point, however, to be taken into consideration this year. We all know that there is a great scarcity of sugar in Canada, owing to shortage of ships for transportation purposes. Authorities tell us they are endeavoring to have a goodly supply on hand when the canning season arrives, but it is doubtful if it will be as plentiful as we would wish. Vegetables do not require sugar when canning, and if

of jars; invert to cool and test joints; wrap in paper if stored in light to retain color.

Probably the majority of us do not realize the importance of good jars and good rubbers. Jars should be carefully tested to see that they will seal properly. As the rubber ring is the key that fastens the door against the marauding host of germs outside, old rubbers that have lost their elas-



Ordinary Wash Boiler as Sterilizer, Showing Rack for Bottom.

tically should not be used. People who have adopted this cold pack method and who sterilize their fruit in a wash boiler or steam cooker have found that the rubbers do not last as long as with the open kettle method where the rings are not subjected to so much heat.

Another essential in canning is sterilization; the jars and rubbers must be thoroughly sterilized before

the vegetables are packed into the jars. It is a good plan to keep the jars inverted in a pan of boiling water and take them out as needed. An illustration of this practice is shown on this page.

When blanching a very handy article is a wire basket such as the one shown herewith, in which the fruit or vegetables may be placed and easily dipped in the hot and cold water. Cheesecloth will fill the bill, however, if a basket is not on hand, and in one of our illustrations we

show the cheesecloth-wrapped product being lowered into boiling water for blanching. When a food product has been blanched in boiling hot water it should be removed quickly and plunged immediately into cold water.



Lowering Cheesecloth-wrapped Product into Boiling water for Blanching.

The influence of this method upon bacteria, spores and molds is very effective.

Final preparations of vegetables such as paring, slicing, etc., should be done quickly, and the product packed into the jars as tightly as



Packing Blanching and Cold-dipped Product into Jars. Empty jars to be packed are inverted in pan of hot water.

we can substitute our fruit supply to some extent with vegetables, we will be able to help out the sugar shortage in this way.

The cold pack method of canning fruit is replacing the open kettle method to a large extent, the reason given being that housewives who follow this method consider it much easier and results are infinitely better. Another point in favor of the cold pack method this year is that it does not require so much sugar for fruit as does the open kettle method. By reading over directions as to how to go about cold pack canning the method may seem rather complicated, but when one really gets down to business and tries it out, they will find it easier than they think. We purpose giving a few suggestions here which may prove helpful to some of Our Women Folk who intend trying out the cold pack for the first time this year. As fruit and vegetables receive very similar treatment when being canned, we will deal with vegetables, as they require possibly more careful attention than the majority of fruits.

A very good outline of the process is as follows: Select jars; select product and prepare by washing, trimming, etc.; scald or blanch; cold dip; pack carefully and closely; add syrup for fruit or boiling water and salt for vegetables; place rubber and cover on; do not seal jars too tightly; sterilize; remove and tighten covers

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