

WHY FOODS SPOIL.

If foods are to be kept successfully from one season to another, it is necessary to have as nearly as possible exact knowledge of the conditions that interfere with their preservation.

Food spoils because of the presence on it of minute living organisms that make it undesirable and even harmful. To prevent food from spoiling it is necessary to protect it from invasion by these invisible as well as visible enemies.

All micro-organisms need warmth, food, moisture and air to make them grow. It is now known that some micro-organisms that cause food to spoil may assume two forms, the spore form and the active form. In the spore form these organisms are very difficult to destroy and may live even after being subjected to the boiling temperature, unless this temperature is kept up the proper length of time to complete sterilization.

STERILIZATION.

The secret of success in canning depends upon two things: First, complete sterilization, that is the destruction by heat of all germ life on the food and on all parts of the jar that come in contact with the food. Second, care to prevent further entrance of these organisms that cause foods to spoil.

SOME TERMS EXPLAINED.

Scalding—Boiling water is poured over the fruit or vegetable and allowed to stand a few minutes, then drained. This is done to loosen the skin and eliminate objectionable acids.

Blanching—The vegetables are covered with boiling water and boiled according to length of time given in time table. This is to remove objectionable flavors, to reduce the bulk and aid in sterilization.

Cold Dip—Dip fruit or vegetable in cold water. This is to harden the pulp under the skin, set the color and make it easier to handle the product in packing.

Scalding and blanching are always followed by cold dip.

PREPARATION OF JARS.

1. Test each jar before using by partly filling it with water with rubber ring adjusted. Seal tightly and invert on a dry surface. If no traces of moisture can be seen, the jar may be used.

2. Sterilize jars and covers by putting them in a vessel of cold water, bring water to boiling point and boil 15 minutes. Remove jars from water and fill at once with the prepared fruit or vegetables. Do not allow jars to stand any length of time after being sterilized.

TEST FOR RUBBERS.

A good rubber will stand considerable pulling and will return to its original shape. A good rubber will also stand several hours boiling when placed on jars, without being affected. Sterilize rubbers by pouring boiling water over them and allowing them to stand for a few seconds before using. Never use rubber rings more than one season.