

MAY—The club to meet in order to welcome and instruct the new members. Members' night to discuss helpful recipes and useful publications, etc.

JUNE—Club to arrange a visit to the gardens of some of its members. Demonstrations of certain gardening work.

JULY—The regular canning demonstrations of the club start this month. At the first meeting explain the uses of the canning equipment. Emphasize the importance of good quality of fruits and vegetables.

AUGUST—The regular demonstrations continue.
Appoint a committee to make arrangements for displays of canned goods at Exhibitions and Fall Fairs.

SEPTEMBER—Arrange a display of canned exhibits in the club rooms. Canning demonstrations conclude this month.

OCTOBER—Arrange for a review of the year's work.

SUCCESSFUL CANNING

THE THEORY OF CANNING—The canning of vegetables in glass sealers in the home is comparatively a new art. Its success depends upon the application of certain well-known laws; for instance, it is known that,

- (1) All decays, moulds, fermentations and rots of food are caused by minute forms of life known as bacteria, yeasts and moulds.
- (2) These minute forms of life exist in the atmosphere and are found in and on everything in nature, especially in and on all food products.
- (3) After any food product, especially fruit or vegetable, has reached a certain stage of ripeness, these minute forms of life, if conditions are favourable, will increase exceedingly rapidly by feeding on the food and destroying it.
- (4) Sufficient heat at a sufficiently high temperature will destroy any form of life.

THE SUCCESSFUL PRACTICE OF CANNING—The success in the practice of canning may be explained in two sentences.

First, the material to be canned must be subjected to enough heat to kill all those forms of microscopic life found in or on it.

Second, after such forms of life have been killed the food product **must be** hermetically sealed to protect it from exterior sources of re-infection, such, for example, as the atmosphere or the hands. The product will then keep indefinitely. This has been proved by thousands of experiments.

Non-success in household canning is due, therefore, either to insufficient sterilization or cooking or to imperfect sealing.

CANNING AND ITS WAR-TIME SIGNIFICANCE—In the year 1895 the mystery previously attached to the art of canning began to disappear and canning became a commercial industry. This industry grew by leaps and bounds. It started in the year 1860; by 1890 it had a turnover in the United States of over \$45,000,000. In the year 1916 the turnover had increased to thirteen times that sum and the canning industry is now established as one of the most important in the life of the nation.