

To Prevent "flat sour":—

- I. Can within five hours after picking.
- II. Can only young, tender, fresh products.
- III. Blanch, cold dip and pack one jar of the product at a time, and place each jar in the canner as it is packed. The first jar will not be affected by extra cooking.
- IV. Cool the jars as quickly as possible, but do not let a draught strike them.

PRINCIPAL METHODS OF CANNING.

1. One period cold-pack method.
2. Fractional or Intermittent Sterilization.
3. Open Kettle.
4. Steam Pressure.

The one recommended for home use is the single boiling, or one period cold-pack method. It is the simplest and most successful way of canning. The product is superior in taste, texture and colour. To can successfully by the one period cold-pack method it is important that careful attention be given to each detail.

STEPS IN CANNING PROCESS.

1. *The preparation of canning utensils.*—If jar has been used the previous year, special attention must be paid to washing. Wash carefully in clean, hot, soapy water. Rinse in hot water and test. Test every jar, top, and rubber. See that the edges of the jar or top are not rough, by running your finger around the edge. All sharp edges should be filed or scraped off. Fill each jar half full of warm water, adjust the rubber, put on the cover and snap the wire clamp. Turn jar upside down to see if it leaks. In using a Perfect Seal jar, if the jar leaks, the clamp may be tightened by turning the spring of the clamp underneath the word "tight" on the neck of the bottle.

Never use a rubber ring which has been used before. Old rubbers lose their elasticity, are brittle and break when stretched. Test rubber by folding the ring and pressing tightly. Turn it over and reverse the fold in the same place. A good rubber ring will show no crease or break where the rubber has been folded.

After the jars have been tested they should be put on in warm water and boiled for 10 minutes. The tops and rubbers should also be sterilized for the same length of time.

2. *The preparation of vegetables and fruit.*—Wash carefully, using a brush when necessary. Too much attention cannot be paid to the careful washing or even scrubbing of the fruit or vegetables.

3. *Blanching.*—All vegetables and some fruits are blanched or scalded. It may be done with either boiling water, or steam. The length of time varies with the product. The easiest way to blanch is to use a large cheesecloth bag or a square of cheesecloth. Tie the prepared product in the bag and place in boiling water to cover for the time stated. With greens, the blanching is done in steam; a colander placed over boiling water may be used.

4. *Cold Dip.*—After removing the fruit or vegetable from the boiling water or steam, dip in cold water, the colder the better, and allow to stand only long enough to cool the vegetable sufficiently to arrest all flow of juices and to be easily handled.

The blanching and cold dip are very important. They ensure a close pack, partially remove strong acids, begin the sterilization of the vegetable and loosen the skin of such vegetables as the tomato.