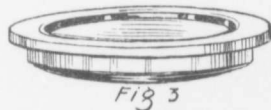
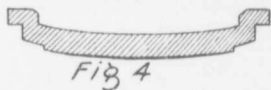


THE CANNING OF FRUIT AND VEGETABLES.

FRUIT.

Fruit may be preserved in two ways. The more common method is known as "preserving"; the less common as "canning." By the 'preserving' method the fruit is *boiled* in sugar and water, as a result of which much of the flavor is lost in the escaping steam. Preserves are also of necessity excessively sweet and thus not so well liked by many people. These objections are avoided by the 'canning' method, and thus much is added to the value of the fruit. Since the ordinary method of 'preserving' is well known to all housewives, it will not be dealt with here. Attention will be directed rather to the 'canning' method which it is desired to encourage.

The "Canning" method of Preserving Fruit: By the canning method of preserving the fruit may be kept whole, which indeed is one of its chief advantages. In canning, the sugar solution is not the "keeping" agent as in 'preserves,' but it is the entire exclusion of air from the fruit that preserves it. The greatest care must therefore be exercised to have all the jars true and in perfect condition. To this end each jar should be tested. This is accomplished by partly filling each jar with water, placing the cover on tightly and turning the jars upside down,



Style of jar recommended for canning purposes. Note concave form of cover designed to reduce air space inside.